



101st Ottawa Scouting Group celebrates 60 years Rain or shine Scouts are prepared

by Dan McCarthy, 101st Ottawa Scouter, (www.101ottawa.com)

If it's raining, it must be camp weekend. And so it was in October for all four sections of the 101st Ottawa (St. Aidan's) Scouting Group. Beavers, Cubs, Scouts and Venturers packed their camping gear and set off to Apple Hills camp ground, near Cornwall, prepared for a wet weekend of wild weather. But no one minded as it was the first camp weekend since spring 2020. Covid forced Scouting to adapt to public health restrictions that had sharply limited in-person meetings. Scouting moved on-line and outdoors.

And adapt we did – just as the 101st has done since our founding 60 years ago in 1961. At that time, Riverview Alternative (then Public School) was six years old, and the largest residential expansion in Riverview Park's history was well underway. The broader neighbour-

hood down Alta Vista Drive, and east on Smyth Road, was alive with children of all ages, and existing scouting groups were bulging beyond capacity.

The Brotherhood of Anglican Churchmen at St. Aidan's established the 101st in February 1961, with 36 boys equally divided between the Cub Pack and Scout Troop. These numbers would double by the fall of that year.

Scouting was different then: the uniforms were itchy wool blends; summer camp fees were \$15 for ten days; scouts sported the famous Stetson hats, and membership was open only to boys. The Beaver program did not exist until 1986 and scouting for girls became an option in the early 1990s.

Spirited mix

Today all the youth sections are a spirited mix of boys and girls. Adult leadership has been equally split between women and men



Venturers on top of the world, Wright Peak in the Adirondacks

PHOTO CREDIT: BILL WOODLEY, SCOUTER WITH THE 101ST OTTAWA SCOUTING GROUP

for years now. For the past 60 years, the parish community at St. Aidan's Anglican Church on Hamlet Road has provided free meeting space for all four sections. We take

over the church halls on Tuesday and Wednesday evenings.

This is a bounce back year for Scouting; for example, the Beaver **CONTINUED ON PAGE 5**



One of our new FoRPGS Adopt-a-road signs by the Toboggan Hill meadow (yes, we know there is a translation error!) PHOTO: RON RIDLEY

Friends of Riverview Park (FoRPGS) Update Trees planted in four parks and path ornaments up now

by Ron Ridley

The Friends group was active over the fall continuing to maintain trails, working with the city on approvals and monitoring the Hydro corridor. Our maintenance work included ongoing trail maintenance, a new bridge, spreading bark chips and clearing buckthorn done by an active Sunday work team. The work with the

city on approvals for our Healthy Communities Grant is progressing slower than hoped.

Hydro Corridor update:

Hydro One recently told us that their planned cutting on the corridor is complete and they will not be back for three years unless there is an emergency. Hydro One was conscientious in doing their last work and there was little notice-

able impact. We received the \$5k grant from Hydro One in lieu of the trees they were cutting down. The Friends group worked closely with the city and trees were planted a few weeks ago:

Balena (Silver Maple, Bitternut Hickory and Hackberry)

Riverview Park (3 Bur Oak, Prospector Elm, Shagbark Hickory, Northern Catalpa)

Toboggan Hill meadow (2 Downy Serviceberry, Colorado spruce, Harvest Gold Crabapple, Hackberry) Our Federal grant paid for three of these trees

CONTINUED ON PAGE 8

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Julie Liger-Belair shares the story of her intriguing collages

by Carole Moulton

It is always a special treat to be able to ask questions of the person behind the artwork, and so it was with Julie Liger-Belair on a recent Saturday afternoon. The exhibit she titled, 'The man who thought he was a mountain (and other parables)' contains a collage collection of 32 pieces that draw in the eye of the viewer and helps that person discover even more than what one would usually notice at first glance. Wall Space Gallery framed the individual pieces, thus each is unique and works so very well with the message.

Julie Liger-Belair is a multi-disciplinary artist who works out of her home in Toronto and truly appears to enjoy sharing the stories behind what she did to achieve the end results. Each collage contains a variety of shapes, frequently interconnected or added onto with a multiplicity of media. Coloured or regular pencils, blush or gel pens are what she uses most to help complete the visual.

Where does Ms. Liger-Belair



find the basic components of each collage? Her collection comes from old photographs, elements from old newspapers or perhaps pictures of Old Masters' paintings, since these are now in the public domain. Postcards are also available from art galleries. Her workspace is large and comprised of two tables, she notes. Components are

kept by themes such as hands or faces.

How long has Julie Liger-Belair been interested in art? "Always," she replied. Her mother is an artist as are her siblings. One of her daughters is at the Etobicoke School of the Arts, a specialized, public arts-academic high school.

When Julie Liger-Belair was ac-

Julie Liger-Belair is a multi-disciplinary artist who works out of her home in Toronto

cepted at the Ontario College of Art and Design (now OCAD University) she wanted to take all the courses available- such as her in-depth interest in art. Once accepted, she was told she had to choose a major. "I wanted to try everything," she said, and laughed, and ended up studying printmaking, photography, illustration and metal-smithing. "This interdisciplinary focus led me towards mixed media art," she added.

The fascinating exhibition is at Wall Space Gallery, 358 Richmond Road in Westboro Village. You have until December 24 to enjoy the collages.



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(Top) Kelly Grace, Investigator Number Two, acrylic on panel, 30 x 20 in. (Bottom Left) Andrea Mueller (Bottom Right) Dauma, Beetles, porcelain and glaze

Joe and Sylvain: Coconut Lagoon to Food for Thought

by Carole Moul

Over the years Sylvain de Margerie could have remained just another regular customer at chef Joe Thottungal's well-known and popular restaurant on St. Laurent Blvd. What actually happened, however, was that the two successfully combined their skills to do some amazing work toward helping eliminate food insecurity in Ottawa.

Joe Thottungal is the award-winning chef of the Coconut Lagoon and Thali Restaurants. Sylvain de Margerie is the founder and president of Food for Thought, Ottawa. Together and individually they made exceptional inroads into bringing meals to some of Ottawa's neediest people. Today their mission covers many of those who are food insecure and cannot cook because of age, disability or circumstance in Ottawa.

Looking back

This venture actually began at the Caldwell Family Centre after Sylvain retired in 2014. He had been approached to help at the centre and he did. The cover story of the Riverview Park Review, October 2021, told about his journey as he accepted the volunteer challenge and before long began providing cooking classes once a month. The popularity of these classes increased quickly and soon there were classes once every two weeks then once a week to the delight of many.

As the number of classes grew so of course did the work. As a result Sylvain's wife, Doris, joined him along with many friends. Chef Thottungal soon became a popular volunteer and familiar face as he helped with the cooking classes.

All was going successfully until the arrival of COVID. And in March 2020, along with almost everything else, the internet café that was then Food for Thought closed down.



Sylvain de Margerie works with volunteers as they prepare the Pumpkin Erissery recipe from the Coconut Lagoon cookbook the Friday after Halloween. PHOTO: MARK CHARETTE, FOOD FOR THOUGHT

At the same time Ottawa began to look like a ghost town as one by one business doors shuttered and open signs turned to closed. Popular eating places such as the Coconut Lagoon and the Thali Restaurants had to watch and wait while the provincial government put various rules in place to stop the COVID spread.

Fortunately for many, Joe and Sylvain began thinking about how they could best use all the food in restaurants ready to turn into meals for clients that would never come. And as Mr. Thottungal recalled recently: "We had a lot of food, empty kitchens... the whole place was empty. I sent an email to my chef contacts and six to eight began volunteering at the downtown O'Connor Street Thali restaurant five days a week.

"They spread out tables and got down to work. Demand by needy people left hungry kept coming in and we went from preparing 200-300 meals a day in April then up to 500 and finally 800 meals a day by May at Thali." During this time Coconut Lagoon was still operating for take-out only.

Disaster struck on May 22, 2020, when the Coconut Lagoon caught fire during the evening hours. Suddenly the space and kitchen at the Thali Restaurant were needed for the Coconut Lagoon staff. Deci-



Chef Joe Thottungal is well known for his philanthropy and voluntary contributions. He has received the Order of Ottawa plus an Honorary Degree from Algonquin College. He has won first place at Ottawa's Gold Metal Plates as well as a Taste Canada Award. SUBMITTED BY FOOD FOR THOUGHT, OTTAWA.

sions had to be made, and made quickly.

What next?

Food for Thought initially moved to a commercial kitchen for the following five months. Then for another six months they enjoyed the luxury of the kitchens at the Chateau Laurier. However Food for Thought truly needed their own home base and without ever missing a day's meals they moved to their present location last spring. The kitchen at 12-855 Industrial Avenue was very much what was needed: 1,000 meals a day with ease, five days a week, with room for increased capacity.

The new kitchen also helped to make more connections outside in the community. One example happened the week after Halloween when the recipe for Pumpkin Erissery was used from Chef Thottungal's 2019 cook book, Coconut Lagoon, Recipes from a South Indian Kitchen. The main ingredient, of course, is a very common fruit this time of year.

Before the day of the planned menu, various media platforms relayed the message that pumpkins were needed. And they came in the hundreds!



The pumpkins arrive, thanks to the wonderful initiative of the Ottawa South Eco-Action Network (OSEAN). PHOTO: MARK CHARETTE, FOOD FOR THOUGHT

The idea came as the result of a discussion between Doris de Margerie and Marianne Ariganello of the Ottawa South Eco-Action Network (OSEAN) about their "Pumpkins for Pigs" initiative. Now in its fourth year, this grassroots project branched out for 2021 when it was decided that intact pumpkins could be used to help in the preparation for a Food for Thought meal while the usual local pig farms would once again be provided with all the carved jack-o-lanterns.

Everything came together in time for meal preparation to begin. A pickup truck and trailer full of pumpkins arrived. Chef Thottungal estimated that "at least 500 kilos of pumpkin were cut up and cooked by volunteers". This was a several thousand dollar value for Food for Thought and provided the 1,000 meals for the Food for Thought community.

The combined efforts of Joe and Sylvain are confronting the reality of food insecurity. Hunger is not going away. Connecting those in need with good food is the passion of these two visionaries. Reinventing the food distribution model is a full time job. But as Chef Joe Thottungal says, "Don't worry about tomorrow, do the good you can today".



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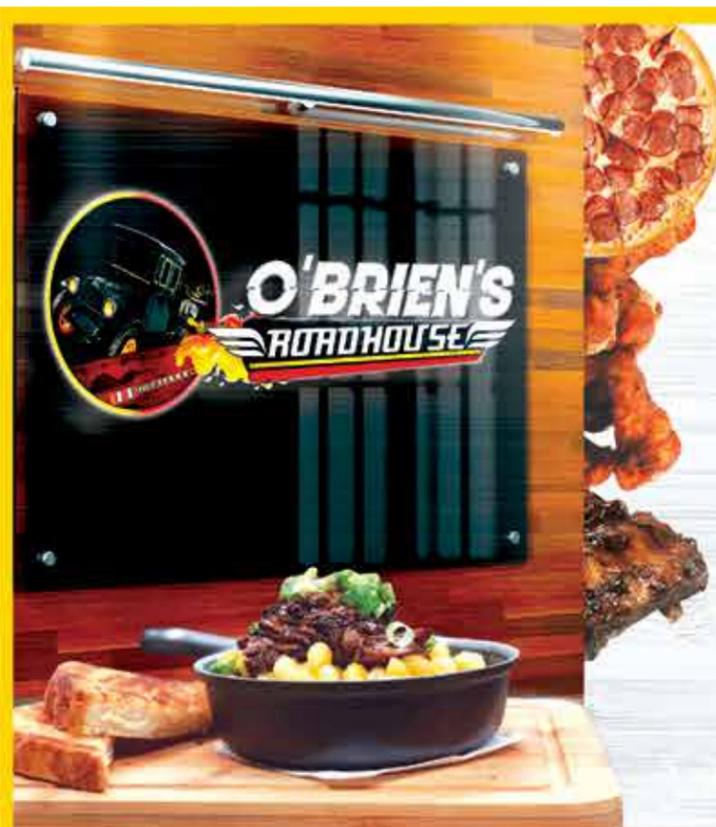
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Scouting

CONTINUED FROM PAGE 1

Colony had doubled in size and with restrictions being loosened in-door meetings are now possible. The essence of Scouting though is experiencing the natural world and this year has been re-affirming the 'out' in Scouts by getting outdoors as often as possible with a wide variety of youth-led activities.

Scouting has evolved from the individual badges of yesterday. Cub scouts can still earn their Pet Care Badge and at the same time take a deeper dive into issues of national and international concern. For example, the eight-week Around the World in 60 Days Challenge includes modules such as discovering our indigenous past, our present and climate change.

Scouting is also giving back through community and volunteer service. A few weeks ago, the Beaver Colony conducted their semi-annual clean up and playground inspection at Canterbury Park. In October, the Scouts did a shoreline cleanup along the Rideau River across from Billings Bridge Mall and below Vincent Massey Park. This winter, the Scouts will organize the campfire at the annual Balena Park winter carnival hosted by the Riverview Park Community



David Houlton, back left, kept this photo of the Troop with the late Claude Bennett, long time MPP for Ottawa South during the 70s and 80s (date about 1978). ARCHIVE OF DAVID HOULTON

Association. Scouts also volunteer for food drives on behalf of the Ottawa Food Bank. Remembrance Week is always special and, once Covid is behind us, we look forward to our regular evenings with the veterans and residents of the Perley.

One thing that hasn't changed over the past 60 years is an emphasis on fun. The 101st Group Commissioner and Scouter Francois

Marier is pleased with the start of this Scouting year, "It's great to be back with many adventurous years to come."

Friendships formed

Halloween 2021 was celebrated with parties and costumes for the Beavers and, for the Cubs, an evening on the Haunted Walk of Ottawa! The Venturers recently spent an adventurous day at the Arbras-



Peter Martin, far right, attending the 1957 World Jamboree in England. Peter later became a Scout leader at the 101st, and remains a parishioner at St. Aidan's.

ARCHIVE OF PETER MARTIN

ka aerial park and zip line. Both the Venturers and the Scouts look forward to winter camping in the months to come. And, of course, there were canoe outings throughout this summer and fall.

Sixty years on Scouting remains an activity where memories are made and friendships forged through countless campfires, hikes, and overnight camps. We expect it will be the same for the next 60 years. We'll continue to keep our fingers crossed for sunshine on camp weekends.

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Development Fees Return to Riverview Park

(with apologies to Dr. Seuss)



With all the residential and commercial development going on in Riverview Park, readers may be surprised to know that for each of those projects the City of Ottawa collects what are called Development Charges or Fees. Ideally, the fees generated in the community return to the community for a wide variety of services used in that community. Ideally, Development Fees are collected so that growth pays for growth. As it turns out only a fraction of the money raised in Riverview Park stays in Riverview Park.

Another source of Development revenue is the “Cash in Lieu of Parkland” (CiLP) program. Commercial developers are supposed to put aside a proportion of their footprint in the form of parkland for the development. If they can not, they compensate the City for the lost green space. This becomes a fancy way of paying communities for the green spaces they are losing to development. Interestingly, the money paid by the developer to the City is divided 60/40 between the Ward, and the City. So not even the total value of the green space lost is remitted to the Ward.

The purchase and setting aside of green spaces should then be a prime concern. Planting trees and installing splash pads in existing parks is commendable, but inflation rates are set to increase dramatically in the next years which will devalue those collected development dollars over time. The price of available land in Riverview Park is disappearing quickly, and is only going to increase in value. The collected fees from 2020/21, won't go very far. Riverview Park will have to be proactive by maintaining and advocating for the green spaces that are available. Green space advocacy in Riverview Park is not a form of anti-development, but exists to encourage smart growth in Riverview Park. After all, we are worth more than a splash pad.

About the *RPR* community newspaper

Riverview Park Review is a non-profit community newspaper paid for solely by advertising. It is published five times a year. It is distributed free.

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Submission formats

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Got an opinion to share? Please send letters to editor.riverviewrpr@gmail.com. Your name, address and phone number is required for verification. *Please remember to recycle this newspaper.*

Please note that the opinions published in *Riverview Park Review* are those of the authors and do not necessarily reflect the views of Riverview Park Review.

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Friends of RP

CONTINUED FROM PAGE 1

Coronation Park (Turkish Hazel, 2 Basswood, Bitternut Hickory)

We continue to work with the councillor's office and the City of Ottawa Corporate Real Estate Office (CREO) to learn more about the existing city Provincial Secondary Land Use Permits (PSLUPs) in place in Ottawa. We recently presented our summary of expected costs and are waiting for Hydro One and the councillor's office to confirm our estimate. A PSLUP is required for any recreational development FoRPGS would like to do on the Hydro corridor.

One of our new FoRPGS Adopt-a-road signs is by the Toboggan Hill meadow (yes, we know there is a translation error!).

Recently FoRPGS as part of RPCA has worked with AVCA, other community associations and our councillor to pressure the city to budget for a city-supported invasive species mitigation program. This work is in its preliminary stages but looks promising.

Feedback sought

For those of you who use the Hydro corridor and forest path we would like your feedback on our Forest Trail, Toboggan Hill Meadow and Hydro corridor plans. Our proposed

scope of for the Forest Trail/Toboggan Hill Meadow is as follows:

- To improve paths and trails to provide more opportunity for natural experiences, making a portion of these accessible to young or old, able or assisted
- Construct viewing/rest/interpretive areas
- Add some basic outdoor exercise stations and outdoor fixtures (benches, waste/recycle receptacles, etc.)
- Address invasive species threatening the greenspaces (dog strangling vine, buckthorn)
- Planting native wild pollinator flowers and fruit bearing trees to bring back bees, monarchs and birds

Wildflowers

For the Hydro corridor we plan to:

- Implement natural field areas to bring back wildflowers so reducing the cut grass by up to 60% (this was done on a trial informal basis in areas east and west of the paved path at Station Blvd)
- Address invasive species where possible
- Possibly develop cross country ski trails

Volunteers

Please send your comments to FoRPGSOttawa@gmail.com We have an ambitious



PHOTO CREDIT: GREG MONEY

spring-summer plan for 2022 and will need lots of volunteer help to complete the work plan. Please consider joining our group by contacting us at FoRPGSOttawa@gmail.com More information on our work plan, scope of work and

schedule will be posted on our Facebook site (Friends of Riverview Park Green Spaces) as it develops.

Until then, watch for the Christmas decorations. They will go back up on the Ornament Path in early December.

Happy Holidays  Joyeuses Fêtes



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INTERESTING CANADIAN PLACES

It's time to look for these Christmas happenings around Ottawa

by Bruce Ricketts

Christmas is fast approaching and, if you are anything like my family, you want to know what's happening around town and the region. After all, you got your shots and things are opening up... so it is time to have safe fun.

Magic of Lights is happening again this year, November 19 to January 8th, at the Wesley Clover Parks Campground, 411 Corkstown Road in west Ottawa. It is two miles of brilliant and festive light displays where you travel in your car or truck to get around. Admission is only \$20 for as many people as you can crush into your vehicle or \$45 if you use a party bus or a limo. It is not to be missed. (magicoflights.com)

Want some exercise with your fresh air? Check out the Sens Rink of Dreams at Ottawa City Hall. Dates to be announced-weather permitting. Why wait for the canal to freeze over when the **Rink of Dreams** will satisfy your skating needs and, as a bonus, you can grab



Left to right: Parliament Hill, Lansdowne Park and Lesley Clover Park. MICROSOFT OFFICE PICTURE MANAGER

a Beavertail for energy.

From December 8 to January 7 you can take in **Christmas Lights Across Canada**. This event presents hundreds of thousands of dazzling holiday lights throughout downtown Ottawa from 5:30 p.m. to 1:00 a.m. each evening. The pathway of lights includes Confederation Boulevard, Canada's ceremonial route which encompasses Wellington Street, Mackenzie Avenue, Elgin Street and Sussex Drive in downtown Ottawa, as well as Laurier Street in Gatineau and the Alexandra Bridge. If you want to experience this event, but can't make it to the site, there will be a virtual version of the tour. (ottawatourism.ca/en/see-and-do/christmas-lights-across-canada)

While you're downtown, enjoy the new artistic light installation on Parliament Hill. "**Entre les rangs**" ("**Between Ranks**" in English) is a sensory experience that takes you on a stroll through an urban field.

Not to be outdone by the city core, Lansdowne Park weighs in with **Christmas at the Farmer's Market**. Take in the lights and the Christmas magic while shopping for fresh food and stocking stuffers. (ottawafarmersmarket.ca)

A couple of years back I took the family to Upper Canada Village for the **Alight at Night** display. It is a bit of a hike to get there but worth ever minute. As they put it: "Bundle up for an evening stroll through this picture-perfect

postcard setting! Over one million lights adorn the heritage buildings, trees, and fences of Upper Canada Village creating a one-of-a-kind magical backdrop - a true winter wonderland!" (uppercanadavillage.com/events/alight-at-night)

Last but not least, the Skateway on the Canal. As usual the dates for the opening and closing for skating is very much weather dependant, but it is an experience not to be missed.

Merry Christmas and Happy Holidays to the residents of Riverview Park. Stay safe and have a good time.

Bruce Ricketts is a historian, researcher, and author. Readers are invited to suggest topics for his column at: bruceericketts@gmail.com

How Often Should I Get Adjusted?

One of the most frequently asked questions in a chiropractor's office is, "How often should I get adjusted?" The answer isn't as simple as most patients expect. Chiropractic is a customized wellness experience that offers specific treatment for each patient. Because there's no one style subluxation / spinal misalignment, there's no one-size-fits-all treatment.

The beauty of chiropractic is that it's personalized to your specific needs. Unlike a prescription or other forms of treatment, chiropractic is designed to treat the exact areas of your spine where an irregularity has occurred. As your chiropractor applies pressure to certain areas of your spine, tension and pain are released.

When you first begin chiropractic treatments, your chiropractor will conduct a body scan, perform a physical, or may take x-rays to determine the severity of your subluxations or spinal misalignments. Based on the results of those tests, your personal treatment plan is developed. Your chiropractor will explain how many visits per week will be needed during your initial phase of healing and how the frequency will change throughout your visits.

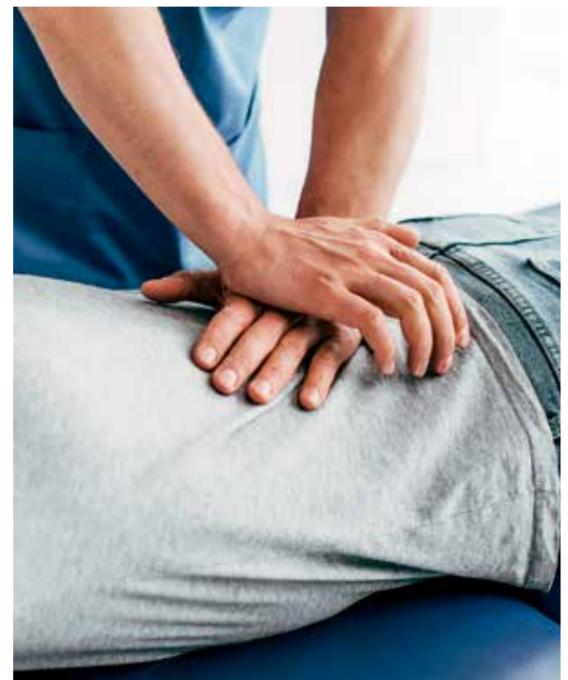
One of the most important aspects of chiropractic is maintenance. Keeping your body well means you're able to enjoy each day with more mobility and less pain. Be sure to ask your chiropractor how your treatment frequency will change as you approach maintenance.

Don't wait to have pain before consulting Dr. Stéphane Chillis. He will advise you in order to develop a preventive lifestyle and a permanent solution to add quality to your health.



Simply Chiropractic

A Tip from Dr. Stéphane Chillis



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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Your Holiday Viewing Guide!

With December now here, we all need some cozy nights to enjoy some fine entertainment. Here are some of highlights for you to see!

Pig

Nicolas Cage, who has been synonymous with bad films recently, enjoys a renaissance as a hermit who uses a beloved pig to hunt for white truffles in Oregon. When his pig gets stolen, he embarks on a quest to get it back while slowly confronting his personal grief for the loss of his wife.



Pig, starring Nicolas Cage.

Riders of Justice

Mads Mikkelsen, who has been synonymous with great films, delivers again. Tough military man Markus (Mads) can't connect with his daughter at the best of times, but after his wife is killed in a train accident, things spiral even farther down. When Markus is told the accident may not have been an accident at all, he joins three eccentric characters and charts a path of revenge.



MI-5, starring Nicola Walker

Driveways

Sadly, this was Brian Dennehy's final performance before his death. A melodrama that tells the story of a woman going to her late sister's house to clean it out and the friendship forged between her son and a Korean War veteran. This is a quiet film, that's carefully directed to make sure it doesn't come off as sappy. It could easily have become another Hallmark film, but instead

is a film that resonates with the viewer.

Best Sellers

Reviews were decidedly mixed on this dramedy, but if you want to see Michael Caine in fine, curmudgeonly form, then look no fur-

ther! Here he gets to play a writer who just wants to be alone, who is pulled out of his comfortable existence by a young publisher to whom he owes one last book (and a subsequent book tour). Aubrey Plaza plays against Michael Caine and could have been overshadowed



Best Sellers

quickly, but holds her own well as he has temper tantrum after tantrum. A quick, light, fun viewing!

Call the Midwife Season 10 and **Death in Paradise** Season 10. Not much more needs to be added here. 10th season for both of these popular shows, so if you haven't seen them, see why they've aired for 10 years. If you're a fan, you'll be in your element this holiday season.

Or perhaps you're tired of new movies and want to take a trip down the lane of the more obscure?

A young priest dreams of a better life and leaves his family in search of a more fruitful existence—leaving his wife to tend to the house and the children. Thus begins **The Apu Trilogy** (1954), which has been celebrated as one of the greatest achievements in cinematic history. Each film is beautifully filmed and acted and instantly made Satyajit Ray one of the most revered directors of all time.

Day for Night (1973)

A charming French film finds a director dedicated to making a film even though things behind the scenes aren't running very smoothly. From the legendary actress who just can't remember her lines (or forget to stop drinking wine), to the young male star who falls for the married female star, everything goes wrong. But, as once said, the show must go on!

The Big Heat (1953)

Glenn Ford and Lee Marvin...who could ask for much more? When a bomb that's meant to kill tough cop Dave Bannion kills his wife instead, he begins the war on a powerful crime syndicate headed by Vince Stone (Marvin).

MI-5.

This fantastic British spy thriller ran for 10 glorious seasons and debuted the talents of Nicola Walker (*Unforgotten*), Matthew Macfadyen, Jenny Agutter and many more! A perfect show to cozy up for in the cold months!

As always, drop in and see us, or visit us online at moviesnstuff.com

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Three strategies for living longer in your home

by Eric Cosgrove SRES®

Walk your way to health

All types of physical activity deliver health benefits. For seniors, a daily walking routine is often the best option. The Heart and Stroke Foundation of Canada cites various studies that have confirmed that walking counteracts the effects of weight-promoting genes, reduces cravings for sweets, eases joint pain, and boosts immune function.



the new house becomes “home” to you and your family.

Achieving these benefits may require only 20 minutes of walking a day, five days a week. To gain even more from your walks, take them outdoors, with or without a friend. Walk your dog (or a neighbour’s dog). Start or join a walking club. These short bursts of activity can improve your mental outlook in addition to your physical health. Note: Before starting any physical activity routine, please check with your healthcare provider first to discuss what is right for you.

Google, “Walking clubs in Ottawa” for details about a surprising number of walking clubs and groups in the Ottawa area.

Embrace one-floor living

Talk to a universal design specialist to learn how to prepare your home so you can age gracefully. You may need to make significant renovations, or your home may only require a few minor changes to accommodate one-floor living.

If your house doesn’t lend itself to a first-floor bedroom, can’t accommodate assistive equipment in the shower, or requires more renovations than you’re willing to make, consider moving to a different home.

It will be easier to change your address now than to wait until health issues dictate a move. You’ll have more time to make decorating decisions and get settled in, so

Get comfortable with technology

Technology is rapidly changing many aspects of life, from opening new ways to receive medical care, new options for staying in touch with family and friends, and new ways to manage tasks around the home.

If you aren’t already familiar with tablets or smartphones, take a class at your local library (check out the Ottawa Public Library Tech Café) or community centre, and learn the basics. You’ll be pleasantly surprised by all the benefits these devices can offer.

Robots and “smart homes” will play a significant role in independent living. Soon, you’ll be able to control your entire home, from opening windows and unlocking doors to changing the thermostat and ordering delivered meals—all with your voice!

All three dimensions—personal health, physical environment, and the ability to use technology—play vital roles in remaining independent and ageing in place as long as possible.

Eric Cosgrove SRES® is a Seniors Real Estate Specialist® and a Broker with Royal LePage Performance in Ottawa, specializing in helping homeowners downsize. ericcosgrove@royallepage.ca 613-238-2801



PHOTOS: BRIANNA MACRURY

Good on Hydro!

On Friday, 26 November, over 600 Riverview Park households lost power for around 6 hours. Apparently wind had caused a wooden hydro pole to break and then subsequently catch fire. Once remediation was complete, the damage to the pole was no longer visible. While losing power for that duration of time was a considerable inconvenience, the fact that such work was completed within 6 hours on a cold, dark windy night is impressive. During the outage affected residents could go on-line and see a visual of the impacted area, the number of affected households, the time repair crew arrived and

an estimated time of repair completion. Though the latter time was pushed back twice, Hydro updated their site every 10-15 minutes and delays were announced in advance. All indications are that Hydro delivered an essential service with dispatch and efficiency.

In Riverview Park we have both Hydro Ottawa and Hydro One. Each has interactive maps and tools for power outages.

Visit: Hydroottawa.com/outages (Outage Centre) to follow progress for Hydro Ottawa outages or hydroone.com/power-outage-and-safety (Stormcentre Hydro One) for Hydro One outages.

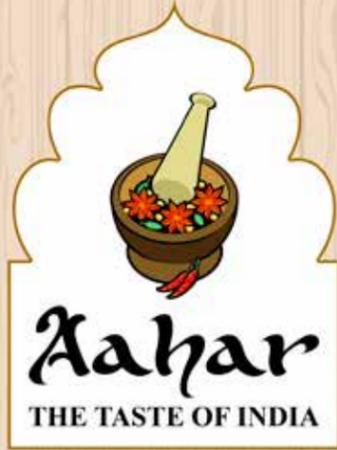
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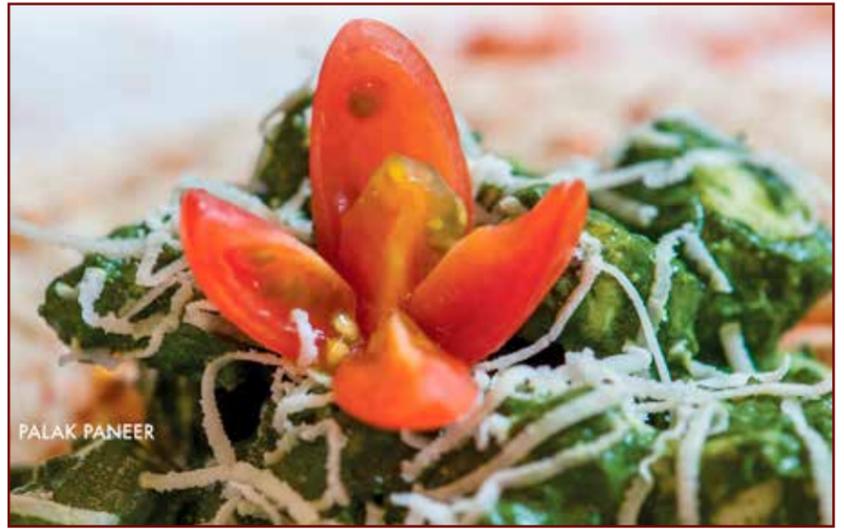
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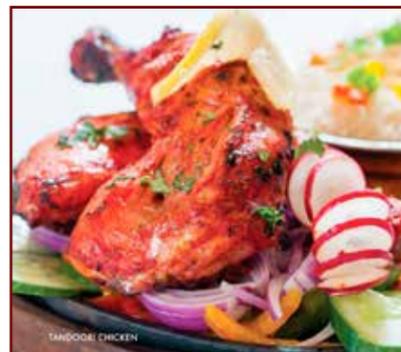
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Getting a dog?

The search for a dog breeder • Part 1 of 3

by Jonathan Sumner

Part 1 of 3 in a series meant to help in choosing a purebred breeder responsibly.

Your first step should be evaluating your lifestyle and living situation and understand the type of dog that is suitable for your situation both logistically and economically. This is critical to the success and happiness of you and your new family member.

NOTE: If you are not set on a purebred dog or a puppy from a breeder, I strongly encourage you to consider rescuing a suitable dog from a shelter while considering many of the screening tips I will discuss through this series.

For our purposes, let's assume that you have decided to purchase a purebred dog from a breeder. You will want to be armed with the skills to avoid "backyard breeders" or "puppy mills". These breeders often operate with purely financial motives with little concern about the dogs that they are breeding or the health of the litter produced. You may not want to support unethical breeders that overbreed females putting them in a lifetime of discomfort. Overbreeding will also tend to amplify negative genetic traits causing unbalanced and unhealthy dogs emotionally and physically.

You can start to identify legitimate breeders by the information they present to you. Kijiji puppies are likely to be mistake litters or inexperienced breeders. A breeder's website is a good place to start that will outline their "Kennel Name" and present information about their line of dogs. You will want to look for general information on the specific breed and their purpose. You will want to identify info on past litters and bloodlines that the dogs are bred from. Often their studs and bitches will be decorated with Canadian Kennel Champion status also defined 'CKC'. If you have gotten this far this is a good start.

A Kennel Registries is key to look for indicating that they are compliant with local breeding standards and are registered for a specific dog breed. In Canada you will want to look for the CKC (Canadian Kennel Registration) title. If a potential purebred breeder cannot produce this, it should be a deal breaker. They may also have other specific breed club registries but the CKC is the most substantial proof.

Don't be surprised if the breed-

er you choose has a waiting list for their dogs. This isn't a bad thing because you know they are reputable, and they are not churning out litter after litter for profit. If you have made the decision or are choosing between a couple of breeders, you should expect a courting process that could take years. Breeders are a suspicious group for good reason. They want their dogs to find the best possible homes with owners that are emotionally and financially prepared. If you are looking for that purebred dog and you are offered a puppy without much of an interview process, head for the door!



Next Issue:
Part 2 – The Breeder Interview
 Jonathan Sumner is head trainer and owner at the Ruff House

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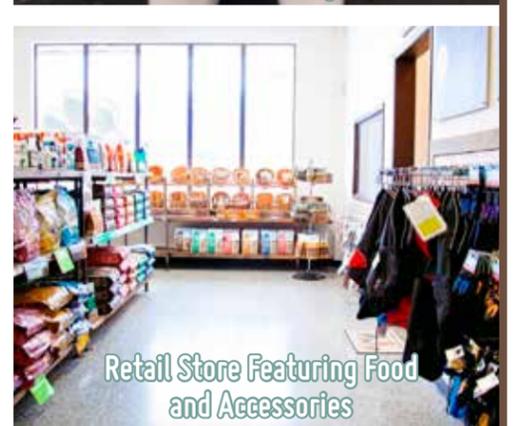
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by Geoff Radnor

We all know that some time in our lives we shall have a problem going to sleep. We worry about the things that we didn't do during the day. We also worry about all the things that have to be done when we wake up.

In an article in the Feb/Mar, 2020 edition of this paper, Brian McGurrin told us about *The Mozart Effect*, a book by Don Campbell. In his article Brian said, "... some recent research in music therapy applied to children with dyslexia, attention-deficit-disorder and autism, and promoted the idea that babies exposed to classical music would end up smarter...". In his article Brian went on to tell about the many lullabies that have been written for the youngest ones over the centuries, starting with one from 1765. There were many classical composers who wrote music to help babies sleep. These include well known cradle songs by Johannes Brahms, Chopin, Fauré and Tchaikovsky.

One of the most famous and well known lullabies is *Twinkle, Twinkle, Little Star*, those words were by Jane Taylor and were part of a poem entitled *The Star* written about 1806. But the tune that we all sing the words to is based on

Try this musical effect



Statue of Glenn Gould in front of the Canadian Broadcast Centre (CBC), Toronto

the French song *Ab! Vous dirai-je Maman* composed way back in 1761. That tune has been used as a basis of many composers' variations, the most well known is that by Mozart.

There are many recordings of Mozart's K.265 if you have access to YouTube on your computer (it's free!). You can listen to many versions. If you like to hear young and

upcoming artists listen to the delightful version of *Twinkle, Twinkle, Little Star* by 11 year old Natalie Schwamova on YouTube.

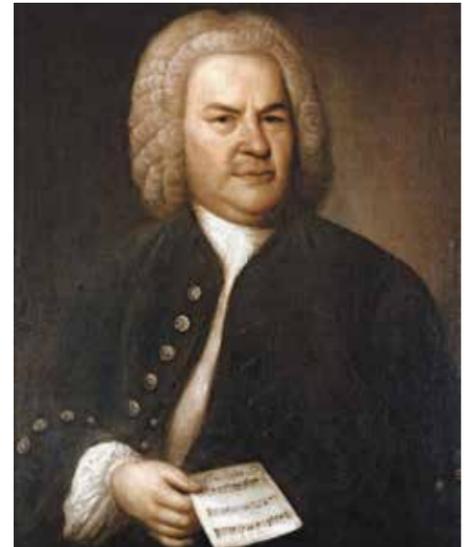
There is one other piece written by a well known composer, also from Germany, that had the objective of aiding the listener to sleep, but it was not a cradle song. It was composed for Hermann Keyserling, ambassador of the Russian Empire at the court of August III in Dresden, who was about 40 years old. But the ambassador must have had problems of his own and he needed a little tune to help him sleep. He had a young piano student, Johann Goldberg, play for him. The ambassador thought that young Johann would do well if he had lessons from the great Johann Sebastian Bach. So they met in Dresden and Bach composed a piece to help the ambassador sleep and it was played by the young Goldberg.

"I cannot sleep. Goldberg, play me something". Bach wrote an aria to begin with, then 30 variations and ended the whole piece with a repeat of the initial aria. From these modest beginnings has arisen one of the most played and recorded pieces of music in the classical world. There are well over 200 recordings of "The Goldberg Variations" and just about every pianist has played it. Not all pianists play it the same way, some in about 45 minutes while some take well over an hour and a half. Some repeat certain sections. Some play it faster than others. It has been played on the harpsichord guitar, by string orchestra, accordion and many other instruments. There are no rules on The Goldbergs.

Although The Goldbergs were written in the 18th century they became a fixture only in concert



Johann Goldberg



Johann Sebastian Bach

programs around the world in the 20th century. Rudolph Serkin made the first recording on piano rolls in 1928.

However, it was a Canadian who really made the Goldberg Variations famous. Glenn Gould played them on CBC radio on June 21, 1954. He was 21 at the time. In June the following year he recorded them for Sony Classical. His initial recording is still available today more than 65 years after its release and it has earned much praise. He played The Goldbergs at least 24 times live in concert halls.

Glenn Gould fans from around the world come to pay their respects at his effigy sitting on a bench outside the CBC studios in Toronto. Bach and Glenn Gould are out in space. The NASA Voyager Golden Record is out heading to the stars on Voyager 1. Canadian Angela Hewitt has made two recordings of the Goldbergs.

So if you have had a hard day your mind occupied with what you are going to do next and, "Why can't I just turn over and go to sleep?" try a little of Johann Sebastian Bach's Goldberg Variations on the piano. Better than taking a pill and you will feel great in the morning. Just ask the ambassador.

One link, and there are many others, to read more about The Goldbergs...<https://slate.com/culture/2007/08/simone-dinnerstein-plays-the-goldberg-variations.html>

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TRINITY COMMUNITY GARDEN

Well, this year's 'garden party' is over

by Rhonda Turner

All that remain are empty plots, except for some straggler kale and chard plants and very full compost bins.

This year Trinity Community Garden (TCG) welcomed some new members that had been on the waiting list for quite some time. While some of the new members were experienced gardeners, many were absolute beginners. Beginners always rely on advice of other gardeners. We all are happy to share our knowledge with others and perhaps learn something new ourselves every year. There is always more than one way to plant and tend to a garden.

Although the summer was very hot with little rain, the gardens grew with abundance. Our donation program to Blair Court Food Bank really exceeded itself this year. We kept count of our donation poundage and at the season's end TCG had contributed 573 pounds of organic vegetables, with 132 pounds of tomatoes alone.

Hot weather is great for tomatoes, and this summer was a hot



There were plenty of tomatoes to share.

one. The donation plots contributed lots of parsley, kale, chard, lettuces, collards, beets and carrots. The generosity of donations from TCG members were a great part of the total contribution. We were lucky to have an additional water tank installed enabling another part of the garden to have a water source near by, which was much welcomed because all watering of the garden is done by hand with watering cans.

In previous years TCG experienced some thefts, and this year was no exception. This year the thefts were focused on peppers. As one victim gardener stated,



As always, there is too much kale.

PHOTOS: RHONDA TURNER

they were "so devastated having started their plants from seed at home, cultivated and cared for these plants for four months only to have them stolen exactly when they were ready to be harvested".

TCG members gathered for a final get together (Covid-19 protocols adhered to) in late October. Gardeners cleaned up their own plots and helped out with the usual tasks to close up the garden. We shared our season's gardening experience.

One new member stated that, "As a new gardener I didn't realize just how many tomatoes I would get from 16 plants". That is the

same story from most gardeners with their kale plants, always too much kale. Hopefully gardeners remember this in the spring when they are planning their plots.

We all are anxious to plant so many things that many gardens are over crowded, sometimes so much so that plants get hidden and don't grow, or, we completely forget that the plants are even there. Spacing and moderation are key when planting seeds and seedlings. Although most of us never do, we should always read the seed package and follow the instructions because I guess experience has made the seed companies know what they are talking about.

Now that the season has come to an end, gardeners won't be taking trips to the garden to check up on its progress. They will be putting their thoughts to bigger and better ways to improve their vegetable garden next year. Some can't wait and have already started ordering seeds for next spring.

If you would like more information about Trinity Community Garden please contact us at trinity.garden@rogers.com.

Tasty dishes and memories from the Coconut Lagoon

by Carole Moulr

You don't need to be a chef or even a great cook to appreciate this phenomenal cookbook that Joe Thottungal published in 2019. Just reading the forward by Vikas Khanna (host of Masterchef India) in Coconut Lagoon: Recipes from a South Indian Kitchen, and then the introduction about the story of Joe Thottungal's life, make for a true culinary experience in itself.

As you take out the spices or the wok, Chef Joe will walk you through how to make any of these beautifully photographed dishes. All the basics have been covered and you will be able to make one of his recipes your own.

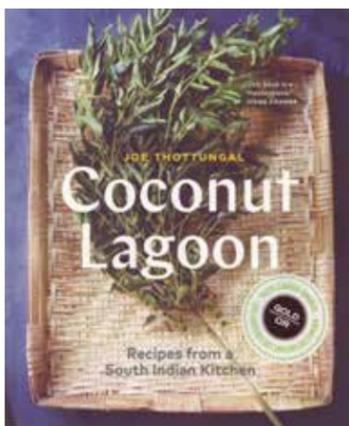
A neighbour who loves to cook was given the book Coconut Lagoon last year. For years the restaurant by the same name had been a favourite of hers. More recently she had been to Joe Thottungal's second restaurant, Thali, and Ooty Mushroom Curry was something she

wanted to try to make at home.

The first time she put her culinary skills into making the dish was after an earlier visit to Thali and before she had the cookbook. That time she made it from memory and thought she had done quite well. The second time she used Chef Joe's recipe, and was pleased to discover that she could adjust it to her diet. The successful Ooty Mushroom Curry dish recipe is found on page 113 of the Coconut Lagoon cookbook. Chef Joe provided hints, notes and dietary information that were a huge help as well.

Having come a long way from Kerala, India, Chef Thottungal has brought his love of that region's spices to Ottawa. Recalling his experiences in India, Saudi Arabia, and finally Canada, he weaves a biography as colourful as his recipes.

Chef Thottungal's recipes won him a gold in the 2020 Taste Canada Awards. Chefs, cooks and diners alike will agree the award is well deserved.

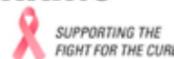


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Two minutes to shine

by Kathy Lanoue



I walked out of the meeting, back to my desk and suddenly it hit me: that's what I should have said when they asked for my feedback! What did I actually say? Did I really prattle on for two minutes without getting to the point that I only now remember?

If this sounds familiar to you, consider practising these types of impromptu speaking situations outside of your meeting...maybe someplace like Toastmasters! People think of Toastmasters as a place to practice making prepared formal speeches, but there is so much more to learn. Each meeting also focuses on off-the-cuff speaking that often crops up during business meetings, parties or friendly dinner table discussions.

At Toastmasters, we practice by giving people the chance to spend two minutes talking about a random topic they were just given.

Someone asks a question and everyone stares at me, waiting for an answer. I used to just say the first thing that popped into my head and kept rambling. These days I'm not perfect, but I'm definitely

improving. Practicing each week and learning from other people at Toastmasters has changed how I approach these situations.

For example: you find out that your friend believes pumpkin pie is the best Thanksgiving dessert, so you need to set her straight about why apple pie is the clear choice. Go!

Take a deep breath

Don't worry about a few seconds of silence. Those seconds always feel longer to you than they do to everyone else. Take a deep breath and let your brain sort through what you were asked. This lets you get past the first thing that pops into your head and gives you more options.

I have too much to say!

If you have 5 points you want to

At Toastmasters, we practice by giving people the chance to spend two minutes talking about a random topic they were just given.

make, pick the one or two strongest points and focus on them. Making 5 different arguments in one or two minutes will mean none are explained well. Not only will they make less of an impact, they may confuse the people you're trying to convince.

I have nothing to say!

The question comes and your mind goes blank. You have no idea what to say and now your brain goes into panic mode as everyone stares at you. Take that deep breath to think about how you would change that question if you asked it, then answer your re-framed question. "Actually, both pumpkin and apple pies would take a backseat to my

mom's peach crumble because..."

How do I wrap this up?

Don't be that person in the meeting who won't stop talking. Once you've outlined your argument, quickly sum up the key point you want them to remember, then finish speaking and let the silence give people a chance to let your brilliance sink in.

Try out these steps, maybe practice at your local Toastmasters club, and knock 'em dead at your next meeting!

Good Morning! TM meets every Thursday morning from 7:15 to 8:20, virtually on ZOOM. For more information visit: <https://goodmorning.toastmastersclubs.org/> Contact us at: goodmorning-toast61@gmail.com for the meeting link, then come and experience how Toastmasters can improve your communication skills and leadership techniques!

Toastmasters International, a Not for Profit Organization, offers extensive education for you to learn to find your voice, communicate and be a leader. For more information check out: <https://www.toastmasters.org/>

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ESSENTIAL HEALTH



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Let's be honest. We spend more time than ever on mobile devices. Cell phones, tablets and laptops are a part of everyday life. Spending so much time looking down at our devices has given many people neck pains. It's become so common, that health care providers have coined the term "Text Neck". This refers to the posture often used when on devices; head forward, with back and shoulders rounded or hunched.

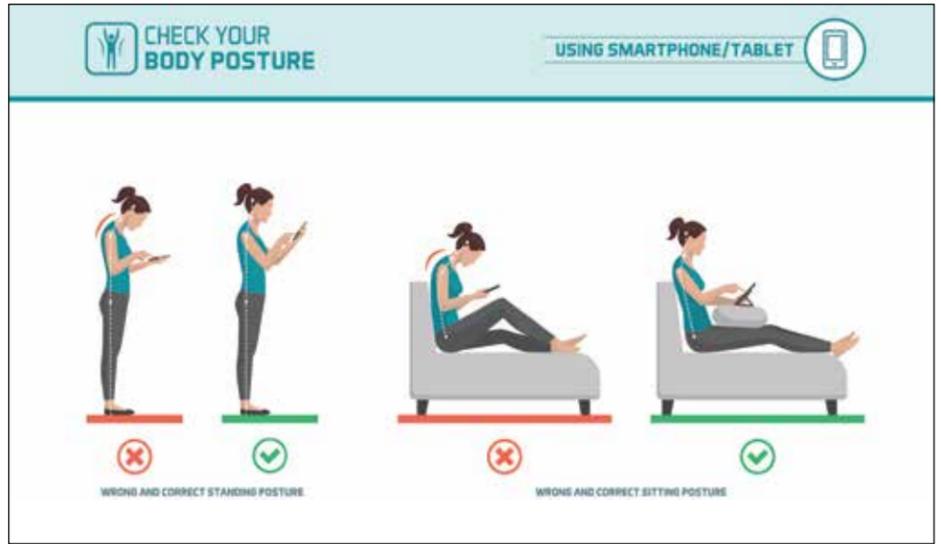
Heads are heavy. They weigh approximately 10-12 pounds. The forward head carriage created by looking down at our devices puts a tremendous amount of pressure on the neck. For every inch the head moves forward, the weight experienced by the spine increases by 10 pounds. That means that looking down at our devices, the head puts 20-30 pounds of pres-

sure on the spine! This posture compresses the muscles, tendons and ligaments in the front of the neck, while stretching and weakening the muscles, tendons and ligaments in the back of the neck.

The hours we spend on devices can lead to tension, pain and stiffness in the neck and shoulders. It can also cause headaches and migraines. The poor posture of rounded neck and shoulders can, over time, also lead to reduced lung capacity by not allowing for full breaths during inhalation. In extreme cases, it can also lead to heart disease and even some neurological issues.

Fortunately, there are a few easy things that can help.

First, watch your posture with your devices. Try to keep your shoulders back and down, your chin lifted away from your chest looking forward, and bring your



Heads are heavy. They weigh approximately 10-12 pounds.

decrease muscle stiffness and tension, and help to reduce pain.

It's harder and harder to limit the time we spend on all our devices. Taking a bit of time to watch your posture, exercising a little bit, and going for regular massages can help you manage the overall effect of "Text Neck".

If you would like to learn more about your body and conditions you have, please subscribe to our newsletter through our website at www.essential-health.ca.

device up to eye level. Use support if you need to for larger devices, such as laptops.

Regular massage therapy can help improve range of motion,

If you have any questions about how massage might be able to help you, or about psychotherapy, please email info@essential-health.ca.

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LIFE AT MAPLEWOOD

TAKE A LOOK... Explore life at Maplewood

Upcoming Maplewood Highlights For: December through February

DECEMBER 2021
Food Demonstration "Italian Christmas Cuisine" Tuesday, December 7th from 10:30 a.m. to 11:30 a.m.
Holiday High Tea at The Chateau Laurier Wednesday, December 8th from 12:30 p.m. to 3:00 p.m.
Dinner and Candlelight Concert Outing Saturday, December 11th from 5 p.m. to 9:30 p.m.

Live Christmas Lights Drive Tuesday, December 14th from 7:00 p.m. to 9:00 p.m.
Resident Holiday Cocktail Party Thursday, December 16th from 3:00 p.m. to 5:00 p.m.
Classical Music Appreciation Saturday, December 18th from 2:00 p.m. to 4:00 p.m.
Balloons Bubbly and Hors D'Oeuvres Friday, December 31st from 3:00 p.m. to 5:00 p.m.

JANUARY 2022
Big Brass and Big Resolutions Saturday January 1st from 2:30 p.m. to 3:30 p.m.
Hot Chocolate Bombs Demonstration with Local Chocolatier Monday January 10th from 7:00 p.m. to 4:00 p.m.
Jazz and Jack Frost Cocktails Thursday January 13th from 7:00 p.m. to 8:00 p.m.
Burns Night and Scotch Noshing Tuesday January 25th

from 3:00 p.m. to 7:00 p.m.
FEBRUARY 2022
Chinese New Year Buffet Tuesday February 1st from 4:30 p.m. to 7:00 p.m.
Love is Swinging in the Air Monday February 14th from 3:00 p.m. to 4:00 p.m.
Winterlude Interlude (details to follow)

Call Brian today to book a personal visit! 613-656-0556 Ext. 701

Getaway for a day!

by Rosal Yade, Activity Manager, Maplewood

Imagine the perfect fall day... light sweater, warm gentle breeze, sunshine, and being wrapped in nature's colorful carpet of leaves.

Our residents couldn't have been more blessed with beautiful weather, and all of the above checked off the checklist. The best part, we found ourselves in the beautiful Mont-Tremblant Village.

We enjoyed lunch outdoors, a gondola ride up the mountain, cafés on the patio, petting every dog that passed by and of course shopping!

The day could not have been better. Many residents, having lived in Ottawa most of their life, had never been, and were grateful for the special experience.

A day full of special memories in the fresh mountain air is one we look forward to repeating again. Will you be with us next time?



COMPUTER TIPS & TRICKS

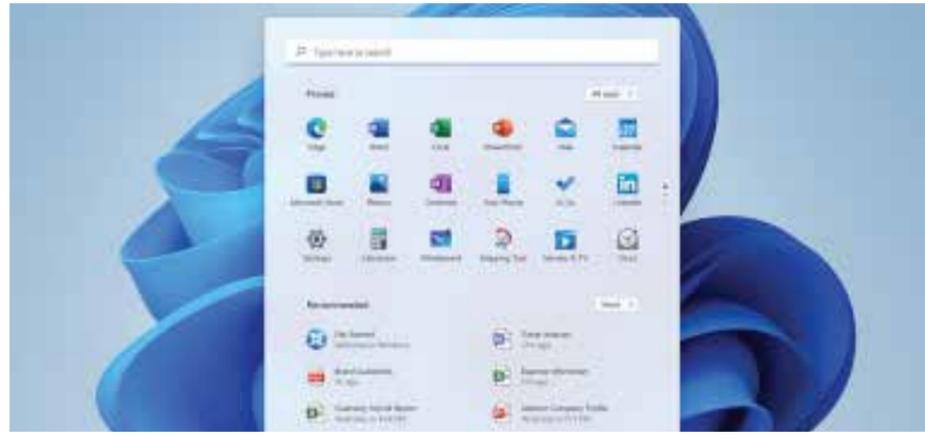
Microsoft Windows 11

by Malcolm and John Harding
of Compu-Home

This time we are asking our Macintosh devotees to have patience while we discuss a subject that is of primary concern to our Windows readers: the introduction on October 5 of the Windows 11 Operating System. As usual with the introduction of a new Microsoft OS, Windows 11 is already generating premature intense reaction ranging from bewilderment to enthusiasm to outrage and we would like to present a few clarifications.

All computers of any brand have an Operating System (OS) that allows the user to send commands to the device, usually by clicking on things. The most common OS worldwide is Microsoft Windows 10, which was introduced in 2015 and surpassed one billion installations in March of 2020. Windows 11 builds on 10 and will be offered to users over the next several months, with changes that will mostly seem superficial to us mere humans.

It is likely that the first difference is a clear declaration from



Microsoft as to whether your current computer is capable of being upgraded to Windows 11. Already there is a notice that has been added to Windows 10 updates stating that the hardware of your computer does, or does not, qualify for the upgrade. Our reaction to this is the same, whichever verdict is announced: *do nothing*. Microsoft has promised support for Windows 10 until 2025 and based on our experience we predict that 10 will remain viable for a few years after that. There is plenty of time to consider whether an upgrade to 11 should take place.

On the other hand, we are expecting that new computers will

be sold with Windows 11 as the OS and we would not hesitate to go ahead under those circumstances. We are not early-adopters, but if the manufacturers are willing to stake their reputations on this new OS, we do not expect a painful learning curve.

We cannot leave this topic without a discussion (and yes, call it a warning) about the "Microsoft Account." Microsoft wants to be your Best Friend Forever – and sell you stuff – and so like Apple, Google, Hewlett Packard and many more of the high-tech names, Microsoft has introduced a Microsoft Account. You may have had one in the past for a variety of reasons,

and you MUST use it or create a new one in order to use Windows 11. It is imperative that you record extremely carefully your Username and Password for this account. It may be a long time before you must use them again and it is an understatement to describe the quagmire of frustration and inconvenience if they are not available. "Forgot my password" will not guide you into friendly territory.

Last: We predict with absolute certainty that your friends are all going to report that Windows 11 is the worst abomination ever to strike Planet Earth. Fast-forward mentally about eight years and listen to the fondness for 11 and the fear and loathing anticipating Windows 12.

Finally --- a sincere SEASON'S GREETINGS to all the RPR team and readers.

Contact Compu-Home at 613-731-5954 to discuss this column, share your opinions and suggest subjects for future columns. Our email address is info@compu-home.com and our website is www.compu-home.com.

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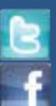
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♪ Oh what fun it is to ride...♪

by Brian McGurrin

Do any of you folks remember going on sleigh rides back when you were a teenager? The big open sleigh moved along so slowly that it was easy to jump off and climb back on.....everyone laughing and singing and having fun, and maybe doing a little romancing?

On checking the internet I was pleased to discover that sleigh-riding is apparently still popular in Ottawa. Let me briefly quote from one such sleigh ride provider in the Fallowfield area: *“You can’t survive winter in Ottawa by hibernating. Get outside and enjoy the peace and quiet of the snowy woods with a classic family sleigh ride....Pack some hot chocolate to share around the bonfire when you’re done.”*

Sounds very nice, doesn’t it? I suggested to Helen that we should organize a family sleigh ride, but she said, *“No thanks. I’m not gonna freeze my butt sitting on a cold sleigh.”* Isn’t it funny how we never seemed to notice the cold when we were teenagers.

I was even more pleased to discover that boxes of Christmas cards featuring those Currier & Ives winter scenes are still available for purchase.

Over a period of 61 years, from 1834 until 1895, the firm of Currier & Ives, modestly describing itself as *“Publishers of Cheap and Popular Prints”*, produced many thousands of hand-coloured lithographs illustrating every possible aspect of American life, and they are particularly remembered for their delightful winter scenes: rural farmhouses, kids skating on frozen ponds, and folks riding in horse-drawn sleighs.

I’m quite certain that it was precisely this sort of Victorian nostalgia that inspired Leroy Anderson and Mitchell Parish, in 1950,



to compose *Sleigh Ride*. Most recorded performances of that song limit themselves to only two or three of the many original verses composed by Parish, and it’s interesting that one of those rarely heard verses explicitly references Currier & Ives as a metaphor for Victorian nostalgia. It talks about pumpkin pie and sleigh-riding and references Currier & Ives prints in the context of the, *“wonderful things ... we remember all through our lives.”* Significantly, it also assures us that we’ll be, *“comfy cozy [and] snuggled up together like two birds of a feather.”*

On hearing the jingling sounds of *Sleigh Ride* you might be reminded of another iconic sleigh-riding song that was composed a full hundred years earlier, actually during the heyday of Currier & Ives. Of course I’m referring to *Jingle Bells*, a song that repeatedly tells us, *“... what fun it is to ride/ In a one-horse open sleigh,”* but any other similarities are purely coincidental.

History tells us that *Jingle Bells* was composed in 1850 by James Pierpont as he sat imbibing in the *Simpson Tavern* in Medford Mass., just a few miles from Boston. According to the Medford town his-

torian, in those days the town held one-horse open sleigh races, pretty much like drag races, right down the main streets of the town. And one of those rarely heard verses of *Jingle Bells* tells us that in the evening the drag racers liked to bring along some pretty gal like *Miss Fanny Bright* and race across the open fields at top speed. Is it any wonder that they were *“laughing all the way,”* until the horse, *“got into a drifted bank, and we, we got upsot.”*

Oh, what fun it wasn’t, and evidently unlike the peaceful rides in the snowy woods being offered nowadays in Ottawa.

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Jean CLOUTIER

Continuing to build our city Working together, Finding solutions

On October 27, the New Official Plan (OP) was approved by Ottawa City Council with a final vote of 21 in favour to 2 against, and I voted in favour of it. As a community, we worked hard in Alta Vista to achieve some significant and meaningful changes to the draft OP which were more suitable for our neighbourhoods. Alta Vista had the highest level of engagement of any ward on the OP, by far. I am proud of that, and of what we accomplished.



We attained more improvements to the OP than any other Ward. Your phone calls, emails and virtual and in-person conversations gave me and Planning Staff working on the OP the thoughtful input needed to guide our conversations and establish policies better tailored to our neighbourhood's needs while still accounting for the requirements of the growth management strategy and conditions set by Council, like limiting the allowable area for urban expansion and focusing on intensifying within the greenbelt to lessen the environmental impact of growth.

Our city is facing big challenges; a climate crisis, a housing emergency, anticipated 400,000 new residents in the city by 2046, housing stock from the 1950's and 60's reaching its end-of-life cycle, and the proliferation of mega mansions which are greatly increasing the property taxes of surrounding residents including our senior population who largely live on fixed incomes.

The Official Plan is not only designed to guide development throughout Ottawa to ensure we have good land-use policies, but to ensure neighbourhoods which are already growing do so in a way that would be a community benefit instead of the spot zoning style of development we see throughout the city today.

Despite its volume, size and scope, the Draft Official Plan is just one part of a process in the Planning Act of the Ontario Government. This city-wide planning policy document will eventually inform the next step of the process, the Zoning Bylaw Review. This is a three-year-long project which will take guidance from the OP and work directly with communities to establish neighbourhood and street-level zoning rules. This is where the real nuts and bolts work of designing what works for neighbourhoods will be undertaken.

In anticipation of this process, Alta Vista has already made progress through a direction to staff which I submitted at Committee and was unanimously approved to further direct the conversations held between communities and Zoning Staff to specifically include neighbourhood character, street layout and current property parcel layout, particularly for those areas which find themselves within the Evolving Overlay. This will go a long way to ensure communities continue to have their say, and in protecting residential streets from zoning changes that is not reflective of the neighbourhood.

Creating an Official Plan is a difficult process. Not all residents agree on how to attain our fundamental strategic objectives with respect to built form, environment, transportation, and economic development. I have received hundreds of emails ranging from those asking to prevent the process entirely to residents who desire to see more intensification and taller, more dense construction in Alta Vista.

Change is happening in Alta Vista whether we like it or not. The OP and Zoning Bylaw Review is an opportunity to guide that change into something meaningful and comprehensive. This Official Plan will not increase the rate of development, but it will guide the changes we see now and coming our way over time. The Official Plan will put in place the guidance over the next 25, 25, 50 years needed to deal smartly with intensification, already happening, and further intensification to come in Ottawa. It does not create the problem but seeks to address some of the issues surrounding growth that we see now.

Now is the time to prepare for the next step, the Zoning Bylaw Review. Consider what your neighbourhood could – and should – look like 45 years from now. What makes your street unique? What must be retained? And how can we guide the growth of our communities effectively?

Preparing for these big questions now will ensure Alta Vista continues to lead those important conversations.

Dear Neighbours,

As we approach the holiday season and the New Year, I would like to acknowledge that 2021 was another challenging year for many in our community. I would like to thank those who continue to work on the front lines to serve residents of our city. I would like to thank parents for their continued efforts as they juggle these incredibly challenging circumstances with little ones often at home. And lastly, I would like to acknowledge all those who have contributed to our community immunity by getting vaccinated. Thank you!

As our city continues to open up with caution, it is my hope that you and your family find ways to celebrate the holiday season safely.

Happy Holidays and please take care of one another.

Winter Weather Parking Bans

From November 15 to April 1, when Environment Canada forecasts 7 cm or more of snow or significant ice in the Ottawa area, a winter weather parking ban may be called. The ban is called to support winter operations.

When there are no vehicles on the road, operators can more effectively clear the roads and catch basins of ice and snow.

New this year, the winter weather parking ban will be called at set times to allow residents to prepare:

- A call by 9 am for an overnight parking ban; overnight parking bans are from 7 pm - 7 am.
- A call by 3:30 pm for a daytime parking ban; daytime parking bans are from 10 am - 7 pm.

Vehicles without a residential parking permit that are parked on the street during a winter weather parking ban will be ticketed and towed. To support local businesses, a program started last year to allow for paid parking on designated commercial main streets during winter weather parking bans will be continued this winter.

When an overnight winter parking ban is in effect, the City issues a special advisory to the local media and posts it on ottawa.ca. Residents can also sign up for notifications, receive Winter Parking Alerts by email, or follow the City of Ottawa on Twitter.



Conseiller / Councillor Jean Cloutier

According to recent reports:

Canadians are more than ever ready to dine in but restaurant staff shortages could interfere

by Carole Moulton

It is certainly no secret that the hospitality industry has been one of the hardest hit businesses during our COVID-19 pandemic. The changing COVID restrictions did not help either as regrettably rules had to be modified as a result of numbers, variants, and a variety of required health measures. Today Canadians look forward to re-opened restaurants, joining family and friends... just as long as they believe that safety measures are in place.

Not surprisingly, a recent survey on the Angus Reid Forum for Restaurants Canada noted that 89% of Canadians were looking forward to eating out with friends and family, with 64% saying that dining out will be an important part of their post-pandemic lifestyle.

The following may better explain who was behind this survey published in September 2021 under the title, Discerning Diner Report.

The Canadian Restaurant Association was formed in 1944. In the 1970s, as take out became popular the group became the Canadian Restaurant and Foodservices Association. In 2014, the association celebrated its 70th anniversary by unveiling a new logo, name and tagline: Restaurants Canada, The voice of foodservice.



Canadians want to dine out as long as they believe safety measures are in place. PHOTO: CAROLE MOULTON

Information from Restaurants Canada is excellent and keeps us up to date. They are a unique national, not-for-profit association advancing the potential of Canada's diverse and dynamic foodservice industry through member programs, research, advocacy, resources and events. Their careful monitoring of the foodservice industry has lasted over seven decades and in particular of late they have looked at what has been happening as the pandemic moves into over a year and half of our modified dining experiences.

Talk to family and friends and they will no doubt tell you that what they have truly missed since

this pandemic began is the socializing aspect of sit down or table service dining. Talk to the people working in the foodservice industry, however, and they are currently having a different set of issues

Keeping businesses safe, of course, is paramount however as indicated in the October 2021 Foodservice Report by Restaurants Canada, currently finding staff to work in these businesses has not been easy. Notice the proliferation of signs these days that say, 'We're hiring.'

John Ke owns 168 Sushi at 1760 St. Laurent Blvd. Prior to the pandemic he had a total staff of 16

working at his restaurant. Today he notes that he has had to open his restaurant gradually, even as restrictions were being lifted, because of the difficulty of finding staff.

"Many of the people who worked here have returned full time to complete university or college while others have decided to stay home with their families. Now, during the week there might be seven employees and on the weekends, about 10." Has anyone approached him asking for a job? Not surprisingly, the answer was, "No".

The restaurant experience is one that Canadians value. And while there have been challenges for each of us, isn't it great to know that we're taking the care so that restaurants can once again continue to open their doors to their very grateful diners.

168 Sushi is located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Avenue. Open 7 days a week + holidays with over 168 items on the menu. Dine in Thursday through Saturday from 11: a.m. - 9:55 p.m. and Sunday 11: a.m. - 8:55 p.m. Order the On-Line Sushi for Take-Out or have it delivered with Uber Eats, SkipTheDishes, Door Dash or Fantuan Delivery. Telephone 168 Sushi at: 613-523-1680. Or check out:

168SushiBuffet.com

"Shhh, it'll be OK"

by David Knockaert

On 27 July 2019 Jim Watson tweeted "I'm pleased to report that RTG (Rideau Transit Group) has achieved Substantial Completion...trial running will begin this week". The 'independent certifier' had confirmed completion. But the CBC has now reported that 12 days later, John Manconi wrote "the reliability of the LRT (Light Rail Transit) fleet is not where it needs to be to provide dependable service".

Much was made of the role of the independent certifier. The impression City officials clearly conveyed was that this entity was the principal deliverer of project oversight. Yet, obviously the independent certifier had not certified the LRT as functional, reliable and safe since such an assertion was not possible prior to the system being tested. Even a 19th century invention, the elevator, was not

functional, reliable and safe. Within the first three months of LRT operation, elevators broke down 65 times, trapping passengers at least eighteen times.

So, should we blame the independent certifier? Not, if we can judge from their Stage 2 contract. That contract states the independent certifier is bound to accept the views expressed by the "Independent Safety Assessor". So, who served/serves in that role? That remains a mystery since no contract nor contractor details have been made publicly available by the City.

The independent certifier is not an arms-length agent contracted to serve the public interest. They are hired jointly by the City and the construction consortium, "representing the interests of both PA Parties". They are also clearly not an on-site supervisor, continually inspecting and verifying work in real time, since the Stage 2 contract shows the independent certifier can

only enter work sites upon giving reasonable notice to the consortium. So, a question all of this begs is, what does an independent certifier certify? Again, the contract for Stage 2 gives an indication by stating they are to "certify any monthly progress payment...of the value of work performed". It seems what they do is determine if and when a payment is due. This is consistent with the type of firm the City has hired for Stage 2. Though the City has redacted the name of their contracted certifier, a Quantity Surveyor themselves advertise their contract for both the East-West and Trillium extensions. Quantity surveyors typically deliver cost related project services. Though this specific firm advertises expertise in civil, mechanical and electrical engineering, the service they headline is that of "cost consultant".

This leads us to the most important questions, if the independent certifier is principally a cost

calculator - who did the City employ for both Stage 1 and 2 to deliver authoritative judgements on the quality of construction, whether in the roles of Safety Assessor/Auditor, Systems Integration Verifier or otherwise? What were/are the responsibilities of these firms/people and did they/do they deliver continuous on-site oversight? Were they hired solely by the City to protect tax payer interests or jointly to also represent the consortium's interests? What consequences have the Stage 1 contractors borne for Confederation Line failures?

These questions remain because City officials much prefer silence. Hopefully the Provincial public enquiry will offer clarity in respect to Stage 1. But we also need to know if the process failures of Stage 1 have been repeated in Stage 2, and if so why. Should that be the case, both City staff and our full current complement of Councillors need to be severely held to account.



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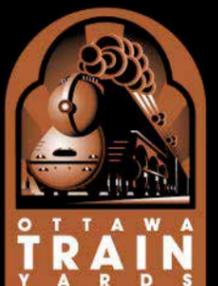


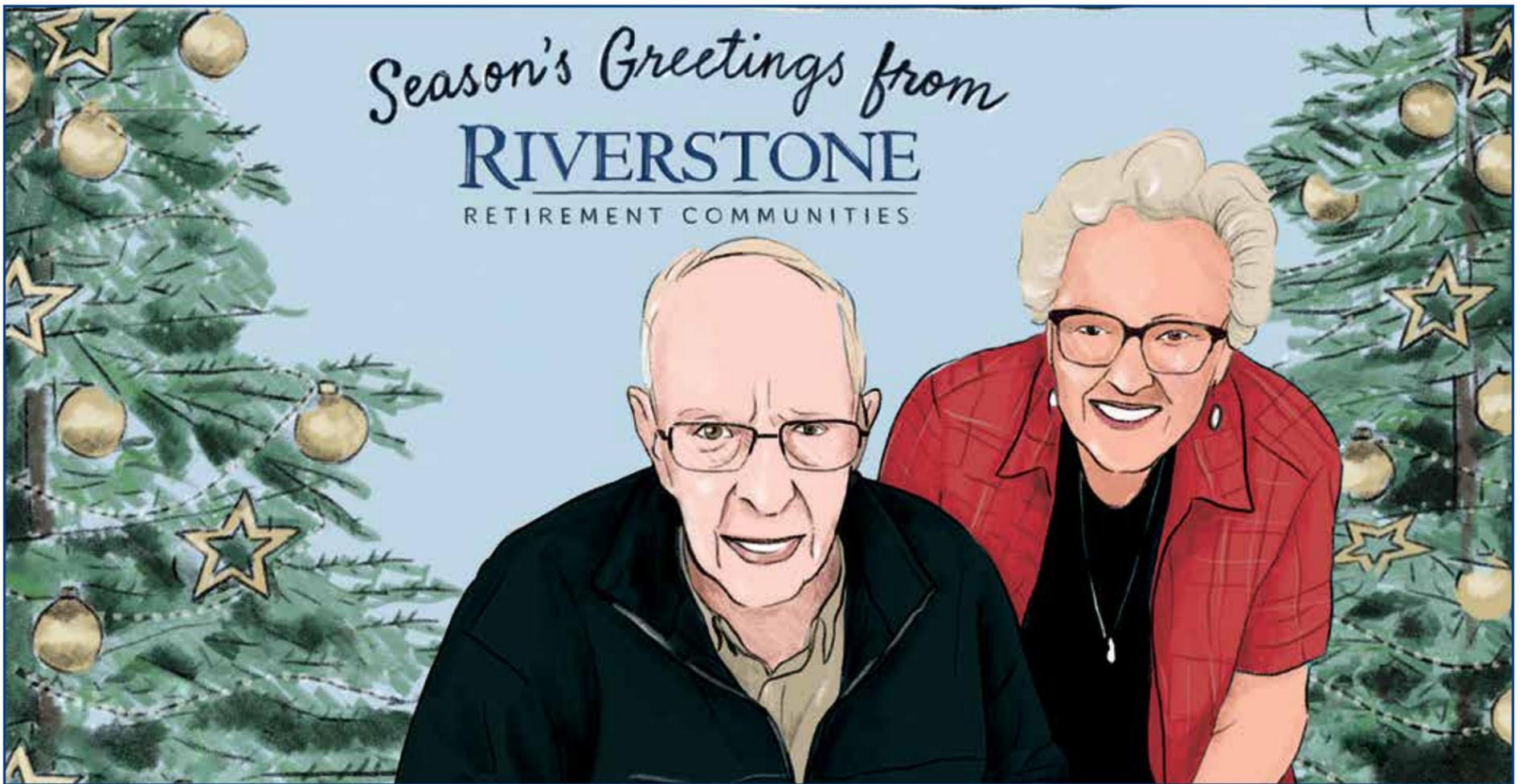
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Riverview Park | 613-656-0556
MaplewoodRetirement.com



Beechwood | 613-327-9655
RiverpathRetirement.ca

Riverview Park Review

SECTION TWO

DECEMBER 2021

A Voice of Riverview Park

JANUARY 2022

Maybe they won't notice

by David Knockaert

At the end of October, 21 of our 23 Councillors (including Jean Cloutier) gave the City's New Official Plan two thumbs up. Now that we are in an election year and with those Councillors campaigning for votes, it will be interesting to hear how many carry a more populist tune as development proposals hit their own communities.

Within our area two new residential development proposals were submitted in November, one for St. Laurent Boulevard and the other "on" Othello adjacent to the Elmvale Acres Shopping Plaza. Not surprisingly both developers have asked that height regulations be waived. You can hardly blame them since such requests and approvals are rather par for the course in this City

I sympathize with the affected communities, but that sympathy extends to everyone. There are al-

ready close to 9000 residential units planned or recently constructed in this Ward alone. If built and occupied by 2 people per unit, we would see a 40% rise in our Ward's 2018 population...and we are only in year 1 of a 25 year intensification plan. Hurrah for private investment!

Our Mayor and Councillors have proclaimed Ottawa will become the "most liveable mid-sized City in North America". But without parallel public investment, that pronouncement is exaggerated boastful posturing. Simply consider "structures". Despite more and taller buildings, we still have the same single fire station we had 30 years ago. We may be getting a lovely central library but our local users still go to the 45 year old Alta Vista branch or the 59 year old one in Elmvale. How long can our children attend the 60 year old Hillcrest High School or the 66 year old Vincent Massey and Riverview Alternative Schools? When not in school, children can



Our 54 year old field house at Balena Park. PHOTO: DAVID KNOCKAERT

visit Balena Park and admire our 54 year old "field house".

One of our newest facilities is the 44 year old Dempsey Community Centre. It's unique in Ottawa in that members of the community are denied entrance. Contrary to its name, it operates solely as a homeless shelter. Shelters are necessary, but of all the options available, the City targeted a community centre which predominantly served a racialized and economically deprived area. Classic social disinvestment.

Growth and intensification are acceptable, but only if it is embedded within a coordinated municipal and provincial public investment strategy which sees social

amenities grow in tandem with the population. If that is neither affordable nor doable, intensification may be a boon to developers, but for us it delivers the reverse of liveability. That is not the picture our Mayor or Councillors wish to paint, especially in an election year.

But to be fair, City Hall is granting Riverview Park what it considers our fair share of the \$11.2 million allocated to Ottawa through the federal government ICIP infrastructure fund. Wait for it, it amounts to \$7,000. In case you are wondering, that \$7,000 is going to Dempsey.

Something for all of us to consider as we make our way to the voting booth.



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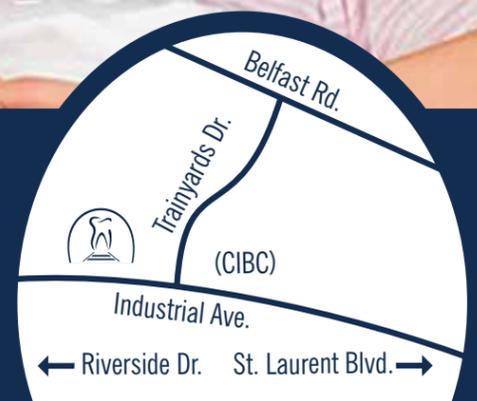
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RPR Staff Photographer, Geoff Radnor, explores some of the higher profile local intensification projects in our neighbourhood

With notes from columns of Kris Nanda, Chair, Riverview Park Community Association (RPCA) Planning and Development Committee. PHOTOS BY GEOFF RADNOR



“Work started in September (2019) on Phase 1 of the RioCan redevelopment at Elmvale Acres Shopping Centre and is expected to be completed by fall 2021. It will feature a new 9-storey, rental residential building at the corner of Othello Avenue and Smyth Road, on the site formerly occupied by Kelsey’s restaurant. Phase 1 includes the addition of a long-anticipated right-turn lane from Othello Avenue onto Smyth Road that should improve traffic flow.” These photos point out just how much the project has progressed over the past two years plus the future plans ahead for it.

CONTINUED ON PAGE 27



Wanted

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The City recently received an Official Plan and Zoning By-law Amendment application for 2025 Othello Avenue to amend the height of the subject site to permit one 27-storey apartment building and one 18-storey apartment building. The two existing 9-storey buildings will remain."

Photos of the planned site are included here along with the existing apartments, some of the land being incorporated into the project and the City of Ottawa sign recently erected.



Construction of the first phase of a high-rise rental apartment complex along Steamline Street, across from the Post Office building on Sanford Fleming, is still on hold pending decisions on potential revisions to the design. This project features two 20-storey buildings and 400 units."

This construction is planned for the west end of the Ottawa Train Yards.



"The City recently received an application to construct four high-rise (12-15 storey) apartment buildings at 1740, 1754 and 1760 St. Laurent Boulevard (south of Industrial Ave). Currently located there are a Petro Canada gas station, St. Hubert Restaurant, and 168 Sushi Restaurant along with two other businesses."

These photos show a number of the existing businesses that will be leveled to accommodate this St. Laurent Blvd. project plus some of the land being incorporated.



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Elmvale Acres Branch –
1910 St Laurent Boulevard (at the
Elmvale Acres Shopping Centre)

The libraries are now open, and many in-person services are now available. For the most current updates as well as information about available services, please visit www.biblioottawalibrary.ca or call 613-580-2940.

Library hours at both the Alta Vista and Elmvale Acres branches are:

- Monday to Thursday: 10 AM to 8:30 PM
- Friday: 1 PM to 6 PM
- Saturday: 10 AM to 5 PM

HOLIDAY HOURS

- **CLOSED Saturday, December 25th** for Christmas Day, and Saturday, January 1st for New Year's Day.
- **OPEN Christmas Eve**, Friday, December 24th from 10 AM to 3 PM, and
- **New Year's Eve**, Friday, December 31st from 10 AM to 3 PM.
- **Regular hours are in place**

from December 27th to
December 30th and
Monday, January 3rd.

Please note the following measures in place for your safety when visiting:

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Masks are required inside the branch as per provincial regulations.
- Physical distancing measures are in place. Please follow any signage and floor markings and practice physical distancing when in the branch.
- Public computer use is limited to two hours per user per day. There are no exceptions. Reservations are recommended and can be made either at the branch or online from home. Computers will be cleaned regularly.
- A limited amount of seating is now available in the branch with physical distancing measures. Please be mindful and limit your time in the branch to permit space for other library users. No tutoring is permitted at this time because of physical

distancing requirements.

- Meeting and program rooms are not available. There will be a limited return of in-person programming this fall, subject to the most current local health measures. Virtual programming will also continue for all ages online.
- The outdoor book drop is open 24 hours a day, 7 days a week.

Please visit www.biblioottawalibrary.ca for the most up-to-date information.

Info Service continues to be available for many inquiries and services by calling 613-580-2940 or emailing: infoservice@biblioottawalibrary.ca

ELIMINATION OF OVERDUE FEES

The Ottawa Public Library has eliminated overdue fees as part of our new Materials Recovery Model. Please visit our website for more details.

All other fees including replacement fees, restocking fees and printing/photocopying fees remain.

PROGRAMMING

Please note, those ages 12 and older will need to show their proof of vaccination and government-issued identification (or medical exemption) to attend in-person programs. Proof of vaccination is only required for programming participation and will not be required for other in-person library services or access to Library buildings. Physical distancing and mask requirements will apply.

CHILDREN'S PROGRAMMING

A limited amount of in-person children's programming has returned this fall. Maximum attendance will be limited. Virtual programming will also continue. Please visit <https://biblioottawalibrary.ca/en/program> or visit the branch in-person for the most up-to-date information.

The following programs will take place via Zoom. You can find the Zoom links and registration under the listings on our website at <http://www.biblioottawalibrary.ca/program>

CONTINUED ON PAGE 29

Happy Holidays!

My family and staff wish you and your families a very Merry Christmas, Happy Chanukah and Happy Kwanzaa!
The holiday season will be different again this year and we hope you can gather with your families and friends in a safe way.

Please continue to listen to the advice of Public Health experts:

- Vaccinations work
- Wash hands frequently and wear a well-fitting mask
- Practice physical-distancing
- Stay home if you are not feeling well
- If you are concerned or suspect you have the virus, call:

Telehealth Ontario: 1-866-797-0000
or Ottawa Public Health: 613-580-6744

Here to Help

My staff and I will always do our best to help you.

Please contact us if you require assistance with the following:

- Birth, death and marriage certificates
- OHIP cards
- Driver's licences
- Congratulatory messages
- Landlord or Tenant concerns
- The Legislative Page Program
- Family Responsibility Office
- General inquiries regarding provincial programs



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CONTINUED FROM PAGE 28

Online Storytime – Tuesdays at 10:30 AM until December 14th. Ages 6 and under.

Online Storytime/Heure du conte en direct – Wednesdays at 10:30 AM until December 15th / les mercredis à 10h30 jusqu'au 15 décembre. Ages 6 and under / Pour les 6 ans et moins.

Heure du conte en direct – les jeudis à 10h30 jusqu'au 15 décembre. Pour les 6 ans et moins.

Parent-Baby Connections – Thursdays at 2:30 PM until December 16th. For ages 0 to 18 months.

Connexions Parents-bébés – les mercredis à 11h30 jusqu'au 15 décembre. Pour les 0 à 18 mois.

Books Talk: Magical Marvels – Thursday, December 9th at 6 PM. For ages 9 to 12.

TEEN PROGRAMMING

Club de lecture d'ados – le jeudi 9 décembre à 16h.

Teen Book Club – Monday, December 20th at 4 PM.

ADULT PROGRAMMING

We are bringing back a limited amount of in-person adult pro-

gramming this fall. Physical distancing and mask requirements will apply. In the meantime, virtual programming will also continue. Please visit <https://bibliooottawalibrary.ca/en/program> or visit the branch in-person for the most up-to-date information.

Please note that certain programs will not return at this time due to physical distancing requirements.

The following programs will take place via Zoom. You can find the Zoom links and registration under the listings on our website at <http://www.bibliooottawalibrary.ca/program>

Croisée des mots avec Chloé LaDuchesse – mercredi le 1er décembre à 19h.

Aigüisez votre mémoire : Stratégies pour faciliter la mémorisation de noms propres – mercredi le 1er décembre à 10h.

Dessin à l'aquarelle Parties 1 et 2 – les vendredis 3 et 10 décembre à 11h15.

Art Journaling Parts 1 and 2 – Fridays, December 10th, and 17th at 10 AM.

Cooking from Different Traditions: Tastes of India – Wednesday, December 1st at 7 PM.

TECH CAFE SERIES / SÉRIE TECH CAFE

Les Balados / Podcasts – Thursday, December 2nd at 3:30 PM.

eBooks – Monday, December 6th at 3:30 PM.

Obtenir de l'aide en utilisant la technologie – Thursday, December 9th at 3:30 PM.

Both Children's and Adult Programs are added regularly. Please continue to check our website for updated information regarding online programming.

ISOLATION RECREATION

Please check out some of the activities and resources that we have for adults, teens, and kids alike. We have digital eBooks and Audiobooks, movies, language learning courses, as well as magazines and newspapers.

- These resources include:
- Digital eBooks and Audiobooks via Overdrive and CloudLibrary for English titles and Cantook Station for French titles.
 - Language learning courses via Mango Languages.
 - Streaming movies via Hoopla, the Kanopy Collection, Kan-

- opy Kids and Access Video on Demand.
- Free magazines and newspapers via Flipster, Overdrive Magazines or PressReader.
- Children's resources for educational videos and online books such as Just for Kids and the Tumblebook Library.

To access these resources and much more, please visit www.bibliooottawalibrary.ca/isolation-recreation. A valid Library card is required. For assistance, please call Info Service at 613-580-2940 or email infoservice@bibliooottawalibrary.ca.

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Riverpath is not just a retirement home, but an extended family

by Giordina Bodea,
Activities Manager, Riverpath

Through wonderful circumstances, I became part of the Riverpath Retirement Community and started a profession that was completely new to me. I began working at Riverpath as an Activities Assistant in August 2019—around the same time the retirement community opened. This year, I became the Activities Manager of the community. At that time, Riverpath had 12 residents, but as months passed by our numbers increased. More and more the residents I was taking care of and the staff I was working with felt like an extended family.

I started working at Riverpath after coming from Romania in 2018, so this support helped me embrace Canadian culture. Alongside these wonderful people, who welcomed me warmly, I celebrated my first Canada Day, Thanksgiving and Halloween, and felt for the first time what Remembrance Day is really about. Though I have learned a lot from the residents, I still have a lot to learn. Many of the residents were once educators, doctors, lawyers, members of the House of Commons, artists, and business owners. These people are cultural and spiritual treasures. Every day I spend with them, my life feels more enriched by all the intellectual wealth gathered in one place.

The Residents' Committee at Riverpath continuously supports the passions of its residents. It does this by displaying paintings and organizing shows for residents who were artists or anyone who wants to get

involved. Our community does not want residents to simply remember good times, but to continue to build new wonderful memories.

The employees at Riverpath feel honoured to be a part of this community. We understand that our community is directly responsible for creating a positive environment not only for residents but their loving families as well.

Remembrance Day was a very emotional day for staff members and residents, as some of them had, or still have, dear family members part of the military. We had the honour of meeting Chief Deputy Richard Nadeau, son of our resident Mrs Therese Vachon, an important member of the Canadian Army and with many well-recognized distinctions.

It is a privilege to be sharing Riverpath Community's story. Grandparents are some of the most respected and cherished people within Romanian communities. It is normal to be raised by your grandparents because they offer unconditional love and knowledge. We have a saying in Romania: "Whoever doesn't have grandparents should buy them." Though it doesn't translate perfectly to English, in essence it means grandparents are extremely valuable. That is how the staff at Riverpath see our residents. They are vital components of the Vanier community, and we hope that our work here illustrates that.

Riverpath offers winter stays and this allows seniors to enjoy a worry-free winter in a great community. We offer fully furnished suites for trial and winter stays and soul-warming activities.



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Malcolm and John Harding

Transforming care for Canada’s rapidly aging population

Submitted by the Perley Health Staff

One of Ontario’s biggest non-profit long-term care homes has adopted a new name as part of a larger strategy to increase its contribution to seniors and veterans across Canada. For more than a century, Perley Health (formerly the Perley and Rideau Veterans’ Health Centre) has evolved continually to keep pace with the changes affecting the people it serves. Part of the rationale behind the new brand is the impact of demographic trends.

“Over the next two decades,” says Akos Hoffer, CEO of Perley Health, “Canada must accommodate the needs of another four million seniors—eighty-two per cent of whom will be 75 years of age and older, and require complex, costly care. This surge could overwhelm our healthcare and long-term care systems.”

Perley Health is a unique and innovative community of more than 600 seniors and veterans in long-term care and in independent apartments. It is also a centre for research, education, and clinical and therapeutic services.

“The models of care and housing we have developed, implemented



Several veterans from the Perley Health community join CEO Akos Hoffer (right) in a recent ceremony to unveil the Perley Health brand promising to transform care for seniors and veterans. PHOTO: PERLEY HEALTH

and refined during the last 25 years point toward effective solutions to the challenges Canada will face in the coming decades,” says Hoffer.

The success of Perley Health is rooted in the decision made in the mid-1990s to amalgamate three organizations: Perley Hospital, Rideau Veterans’ Home and the Veterans Wing of the National Defence Medical Centre. The ability to develop and implement ever-better models of care results directly from the support Perley Health receives for veterans’ care from Veterans’ Affairs Canada, and

from private donors, including the Royal Canadian Legion, Commissioners Ottawa and members of the public.

“Continuing to honour, serve and care for veterans is essential to our future,” says Hoffer. “We must empower seniors and veterans to reach their full potential and live their best possible life at every stage of the aging process.”

The new name better reflects the full spectrum of initiatives underway at Perley Health, such as the Centre of Excellence in Frailty-Informed Care™ (CoE).

The CoE facilitates the practical research needed to better understand, manage and prevent frailty among seniors and veterans.

A case in point is SeeMe™, a recent CoE initiative and focus of ongoing research. The project developed and implemented a frailty-assessment and -management framework that takes a holistic, individualized approach to care. The CoE is also investigating the psychosocial impacts of COVID-19 restrictions, and exploring the benefits of intergenerational visits between university students and residents living with dementia.

“The pandemic restrictions have shown that social isolation can be extremely detrimental to seniors,” says Hoffer. “It really brings to light how critical it is that they remain engaged mentally and physically.”

For Hoffer, the CoE is just one example of how Perley Health is continuously improving. It’s a value woven into the fabric of the organization.

“The generous support of our community empowers us to further our work. Together, we are transforming care for seniors and veterans.”

To learn more, visit: www.perley-health.ca

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RIVERVIEW PARK PRESIDENT'S REPORT

Working towards engagement



BRYAN ORENDORFF
RPCA President

2021 is coming to a close. By most accounts, it was a better year than 2020, but that's not exactly a high bar. As a community, we were able to do more, but still not everything we wanted to. In the last month, I went out to eat in a restaurant, I saw a movie, and I got on a plane, all for the first time in close to two years. But it was all still a little weird. I'm looking forward to doing it all again to help make it a little less weird the next time. But I know it will still take time for me to get back to my normal.

The Riverview Park Community Association (RPCA) recently convened our annual general meeting in a virtual format for the second time in as many years. We wel-



comed three new board members, LeRoy Blake, Josh Gillmore, and Toni Petter, and we said goodbye to three others. Leaving are Diane Hoddinott, Raylene Lang-Dion, and Wanda Raymond. Their contributions to the community were many and we will miss them very much.

There was also a shuffle of the officers of the association as Ron Ridley stepped into the role of Vice President. In addition, Chris Farley-Ratcliffe has taken on the role of communications chair and has done an excellent job in updating the website. I hope you have

all checked it out by now. While we do tend to post as many of our news items as we can on our social media platforms, the website has even more content for you to peruse.

For those who missed our annual general meeting, the highlight of last year was to keep a low profile, all things considered. The *Friends of the Riverview Park Green Spaces* was the great success story of how community involvement can make a difference. I think many of you have seen what they have been able to do over the last year, from seminars on invasive species removal to trail maintenance. And they are still going strong and still very passionate about improving our public green spaces.

The focus of the RPCA this year is in getting back to normal, starting with expanding the membership. Last year we took a break from active recruitment but this year we are back at it. We recently dropped off a little advertisement for the association at over one thousand homes in the community. Thanks to our volunteers for all that dedicated footwork. Keep looking for us out there in the

community. Membership is only \$10 per household. If you want to know what that gets you, drop me a line and I'll be happy to list all the benefits.

The most important benefit to membership is engagement. The community association engages with the community, with local businesses, and with the City in ways individual residents often have trouble doing on their own. Much like the Riverview Park Review, the RPCA is a voice in Riverview Park. In order to keep that voice strong and diverse, we need people like you. Even if you are not interested in membership, you can still sign up to our mailing list and volunteer list and help out by staying informed or lending a hand. We'd be pleased to get to know you a little better.

For more information, check out our website at www.RiverviewParkca.com, drop me a line at riverviewparkca@gmail.com with your questions or thoughts, and/or come to our next RPCA Board meeting on December 8th. The meetings are virtual, but send me an email and I'll send you a link or a phone number if you prefer.

THE PLANNING AND DEVELOPMENT UPDATE



KRIS NANDA
Chair, RPCA Planning & Development Committee

The Riverview Park Community Association (RPCA) tracks and advocates for the community on planning and development matters in and around the local community. Among the issues that the RPCA Planning and Development Com-

mittee is following are: Proposed high-rise complex on St. Laurent Boulevard (south of Industrial Ave)

The City recently received an application to construct four high-rise (12-15 storey) apartment buildings at 1740, 1754 and 1760 St;

Laurent Boulevard. The site, approximately 100 metres south of Industrial Avenue, is currently occupied by a number of one-storey retail buildings including a Petro Canada gas station and St. Hubert and 168 Sushi restaurants.

The parcel on St. Laurent is directly east of the Everest Private development (across Russell Road from Perley Health), where two additional eight-storey apartment buildings are already planned. Under the new proposal, the Everest Private road would be extended east to St. Laurent and a new signalized intersection.

Concerns have been raised about the height of the proposed high-rises and the traffic impacts of introducing nearly 1000 additional vehicles (based on the total number of new parking spaces envisioned for the Everest Private and St. Laurent complexes) and adequacy of public transit. Public consultations have not yet been scheduled.

Proposed development at 2025 Othello Avenue (at St. Laurent).

The City recently received an Official Plan and Zoning By-law Amendment application to amend the height of the subject site to

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CONTINUED FROM PAGE 32

permit one 27-storey apartment building and one 18-storey apartment building. The two existing 9-storey buildings will remain. The application amends the Official Plan. The RPCA will be monitoring this application.

Official Plan (OP)/ Transportation Master Plan (TMP) Secondary Plan Issues

The City of Ottawa's new Official Plan to cover the period until 2046 was approved by Ottawa Council on October 27, 2021. The next phase of planning exercise will see consultations on the TMP and Secondary Plan, expected to begin in 2022.

The RPCA Board plans to reiterate concerns raised in the OP consultations. These themes include support for 15-minute neighbourhood concept (with increased walkability) an appropriate balance between intensification and maintenance of greenspace, the tree canopy and existing residential zoning and neighbourhood character. The Board will continue to call

to remove the remaining links of the Alta Vista Transportation Corridor (from Conroy to the Hospital Link and from the Link across the Rideau River to Nicholas Street) and for implementation of planning principles consistent with Council's 2019 decision to recognize a Climate Emergency.

Train Yards development/ Industrial Avenue

Construction of the first phase of a high-rise rental apartment complex along Steamline Street, across from the Post Office building on Sanford Fleming, is still on hold pending decisions on potential revisions to the design. This project features two 20-storey buildings and 400 units.

Pedestrian and cycling matters

The RPCA continues to support funding initiatives and projects that support active transportation in Riverview Park and elsewhere, including filling in gaps in pedestrian and cyclist infrastructure and

winter maintenance of sidewalks and paths such as the City-owned portion of the pathway in Cancer Survivors Park approaching Riverside Drive.

The RPCA Board formally asked that the 2022 City of Ottawa Budget fund the Environmental Assessment for the proposed multi-purpose link between the Ottawa Train Yards (Terminal Avenue) and Tremblay Station (preferably an overpass across the VIA Train Tracks). This link could be considered as a candidate for the federal Active Transportation Infrastructure Funding program to fill in a gap in the City's long-term Cycling and Pedestrian Plan network and to fulfill one of the conditions of the 2000/2001 approval for the Ottawa Train Yards Development.

Other developments

The RPCA and others had voiced concerns about the traffic implications of the proposal to build a new Amazon-style "fulfillment centre" (3 warehouse buildings) at the Southeast corner of Walkley

Road and Conroy Road, on the site of the former JDS Uniphase / Goodlife fitness building. There were also questions about inconsistencies with the City's efforts to reduce Greenhouse Gas (GHG) emissions and its impact on the Alta Vista ward. In early November, the City's Planning Committee approved the proposal by a 7-3 vote (Councillors Cloutier and Menard voted against the project).

Information on some project proposals can be found at the City of Ottawa website at: <https://app01.ottawa.ca/postingplans/home.jsf?lang=en>. The RPCA welcomes your input on these proposals and any other potential developments in the area.

If you are interested in joining the RPCA P&D group or would like further information, you may contact the Committee Chair, Kris Nanda at krpp1415@gmail.com. For more information on this and other activities in Riverview Park, please see the RPCA website at www.riverviewparkca.com or email the RPCA at riverviewparkca@gmail.com

RIVERVIEW PARK COMMUNITY ASSOCIATION ANNUAL GENERAL MEETING

President sees the good old days ahead



BRYAN ORENDORFF

BRYAN ORENDORFF
Riverview Park Community Association (RPCA) President Bryan Orendorff moved to Riverview Park in 2014. He has been on the RPCA for most of those years since arriving and has been association president for the past four. He looks forward to a time when the RPCA will be able to return to previous activities such as the ever popular Winter Carnival.

CHRIS FARLEY RATCLIFFE
Chris Farley Ratcliffe is now Communications Chair for the RPCA and is doing a superb job of keeping the



CHRIS FARLEY RATCLIFFE

web site both current and interesting. This is his second year in the association after he moved to his current residence about two years ago from another part of our community. His daughters, shown with him from left to right, are: Emily, Rachel and Hannah.



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RIVERVIEW PARK COMMUNITY ASSOCIATION ANNUAL GENERAL MEETING



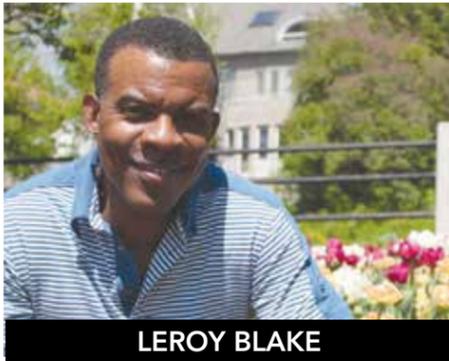
JOSHUA GILLMORE

JOSHUA GILLMORE
Joshua Gillmore probably had his first community experience in Riverview Park when he attended the Balena Park Winter Carnival in 2019. Little would he have guessed that for the upcoming carnival he would be on the RPCA Board of Directors helping make the plans for this popular winter event and carrying through with the various activities. He is drawn to the wonderful tree canopy and green spaces in our neighbourhood and has been an active participant in FoRPGS since it began last year.



KRIS NANDA

was RPCA President from 2014-2018. He is an exceptional advocate for cycling and a true ambassador for Riverview Park.



LEROY BLAKE

LEROY BLAKE
One of three new members of the RPCA Board of Directors, Leroy Blake has already been active with the Friends of Riverview Park Green Spaces (FoRPGS). He has a green thumb and the gardens to prove it. He is truly an inspiration to the neighbourhood. His next door neighbour is now another

KRIS NANDA
Kris Nanda, past president of the RPCA, joined the Board of Directors in 2007. Prior to that Kris was Chair of the Riverview Alternative School Parent Council. In 2008 he began writing the ever popular Planning and Development column for the Riverview Park Review. Kris

new RPCA Board member because of his encouragement.



LORELLA PIIRIK

LORELLA PIIRIK
This is the third year that Lorella Piirik will be on the RPCA Board of Directors. She was treasurer for one year and has now taken over looking after the Pet Memorial Garden in Balena Park. Lorella puts volunteering near the top of her list of things important to her. Last summer Lorella worked with Ecology Ottawa when they gave out saplings at Balena Park. Through her travels she has learned that what makes a city great is what the community does with its public spaces.

ation of Ontario to show support and recognize the essential work that its people do on the front lines. Their daughter is a nurse and from almost the beginning of the pandemic the Cluny Street Chorus, with their noisemakers, joined together at 7:30 each evening to sing their own version of the tune, Edelweiss. The Ridleys have lived in Riverview Park for over 30 years and neither is a stranger to volunteering. What is strange is that they weren't recognized for the Volunteer Extraordinary Award until 2021. Certainly their names should have been at the top of the list.



CRAIG CORMIER

CRAIG CORMIER
Craig Cormier moved to Riverview Park around 20 years ago and has been a volunteer pretty well since. He has been active with the Riverview Park Community Soccer League, Neighbourhood Watch and Trinity Community Garden. Currently he is Secretary of the RPCA. Craig is part of the neighbourhood rock band Waterbomber, a welcome addition to several RPCA Fall Socials. He produced his first solo album, Bodega Cats.



RON RIDLEY

RON RIDLEY
Ron Ridley has taken on the role of Vice-President of the RPCA. His work on the Friends of Riverview Park Green Spaces (FoRPGS) has already set a fine example of volunteering. He has also taken responsibility for contributing to the progress of the FoRPGS updates for our community paper.

SAM KAZAK
Sam Kazak has been a volunteer in a number of capacities and is currently RPCA Treasurer. He moved to Riverview Park in 2018 and since then has been Chair of the Riverview Alternative School Parent Council and Chair of the Vincent Massey Public School Council.

At the October 27, 2021, Annual General Meeting, Ron and his wife Carleen received Volunteers Extraordinary Awards. Their neighbour, Raylene Lang-Dion, praised their contributions to the Riverview Park community particularly for helping initiate the Friends of the Riverview Park Green Spaces. Ron has organized Sunday morning work sessions for maintaining trails, worked with the city on approvals plus monitored the Hydro corridor. The highly successful community project began in the fall of 2020.

GLEN MCPHERSON
Glen McPherson initially saw all the benefits of living close to downtown. After their move to Riverview Park close to 10 years ago his family was better able to appreciate the community itself. For that reason Glen decided to become an RPCA Board Member.

During the pandemic they received praise when Carleen was instrumental in responding to a request by the Registered Nurses Associ-

TONI PETTER
In 2015 Toni Petter moved to Riverview Park. She was enthusiastic about what Riverview Park had to offer and especially appreciates its green spaces.

Toni enjoys running and cycling and has taken up urban vegetable gardening. This is her first year on the RPCA Board of Directors.



Emmanuel United Church
691 Smyth Road, Ottawa K1G 1N7
(613) 733-0437
<http://www.emmanuelunited.ca/>

Advent services
December 1st, 8th, 15th and 22nd at 7 pm
(by Zoom - contact our office for links)



Christmas Eve services
Outdoor Family Service - 5 pm
Indoor Service of Hymns and Lessons - 7:30 pm
Advance registration required



COMMUNITY BULLETIN BOARD

■ Emmanuel United Church

691 Smyth Road, Bus #55, Ottawa, Ontario K1G 1N7 Office: (613) 733-0437 (Monday – Thursday, 8:30am-4:00pm)

E-mail: office@emmanuelunited.ca;

Website: www.emmanuelunited.ca.

Welcome! Join us for our Sunday Worship service in-person or by live-stream. Many of our worship services and activities for spiritual & social connection are also available online.

For information or meeting details (including how to join us by Zoom), contact our office or visit our website. Emmanuel continues to function as a family, offering programs and reaching out to our church members and all in the community.

Visit us on Facebook at www.facebook.com/EUC.Ottawa to find out all about Emmanuel United Church. You'll find videos, community news and sharing opportunities.

Previous Services & Sermons: These are available at www.emmanuelunited.ca/worship/sermons.php

Children's and Youth Christian Education Programs: These continue to be planned as online activities.

WEEKLY EVENTS AND ACTIVITIES:

Sundays, 10 - 11 am: **Worship Services** in-person or online. The service includes a welcoming message, hymns, prayers, videos, scripture, and a thoughtful reflection. To attend in-person, call our office to pre-register and bring your proof of vaccination. Our Services are also live streamed at www.emmanuelunited.ca/worship/webcast.php. Afterwards, join us for a virtual period of Coffee and Conversation (by Zoom). Mondays, 7 - 8 pm: **Meditation**. Jesus says, "When two or three pray together in my name, I am there among them." We live in a noisy world filled with ceaseless activity. We seek space to be quiet and be with God within ourselves.

If you wish to learn how to meditate and find more quietness, you are welcome to join fellow meditators (by Zoom).

Wednesdays, 7 - 8:15 pm: Faith Study will pause for December and resume in January. Join us. Anyone is welcome to participate in one or more sessions; there is no homework (by Zoom).

Thursdays, 10 - 11:30 am: **Thursday Morning Discussion Group**. We are currently studying the book "After Jesus Before Christianity: A Historical Exploration of the First Two Centuries of Jesus Movements," by Vearncombe, Scott, & Taussig for The Westar Seminar. (by Zoom).

Fridays, 10 - 11 am: **Coffee With Roxanne**. Join Roxanne Delmage, our Pastoral Care Provider, as she has a virtual visit, and participants share thoughts with each other. Roxanne presents a different scripture reading and topic each week. Contact her at Roxanne.delmage@gmail.com if you are interested. (by Zoom)

DECEMBER EVENTS AND ACTIVITIES:

Wednesday, December 1, 8, 15 & 22nd, 7 pm: **Evening Advent Services**. Join us for our half-hour service (by Zoom).

Saturday, December 4, 10 am - 2 pm: **Drive-through order pick-up for Just Gifts**

Christmas Market.

Sunday, December 12, 11:30 am: **From Loss to Light**. This online service is a time to remember our losses. There have been a lot this year, including death, illness, divorce, job loss and separation from loved ones during the pandemic. It is also to hear words of support and hope. If you are having trouble finding peace this season, this may be the solace you are yearning for. We are not alone. God is with us! Join the service online at www.emmanuelunited.ca/worship/webcast.php or view it later at www.emmanuelunited.ca/worship/sermons.php. Friday, December 24: Our Christmas Eve Family Service will be outside at 5 pm, followed by a Service of Hymns and Lessons inside at 7:30 p.m. Both will require advance registration. Sunday, December 26, 10 am: Joint United Church Service. The service will be shared by the congregations of Emmanuel and Rideau Park; hosted by Emmanuel United Church.

JANUARY EVENTS AND ACTIVITIES:

Sunday, January 2, 10 am: Joint United Church Service. The service will be shared by the congregations of Emmanuel and Rideau Park; hosted by Rideau Park United Church, so there will be no service at Emmanuel. Wednesday, January 26, 7 pm: Teleos - A group for all women, meeting to discuss current issues and experiences from a theological perspective. Recent topics have included Exploring Indigenous Issues through Literature with the help of books by three Indigenous authors (by Zoom).

■ St Aidan's, Elmvale Acres, The Anglican Diocese of Ottawa,

934 Hamlet Rd., Ottawa ON, K1G 1S9

Facebook/YouTube: "St Aidan's Ottawa"

Office: 613-733-0102 or staidans@bellnet.ca

Watch our "St Aidan's Ottawa" Facebook and YouTube pages for a special **Virtual Advent Concert Series**, beginning November 28! Contact St Aidan's to learn more about our **Advent Book Study**, focusing on Brian McLaren's "We Make the Road by Walking: A Year-Long Quest for Spiritual Formation, Reorientation and Activation."

Join us for our **Advent Services** each Sunday at 9:30 am, or the following Christmas celebrations:

Christmas Eve Service - December 24 at 7:00 pm (Pre-Registration and Proof of Vaccination Required)

Christmas Day Service - December 25 at 9:30 am (Proof of Vaccination Required)

■ Rideau Park United Church

2203 Alta Vista Drive

The church building is open for Sunday service with Covid protocols observed. We are gradually opening up for more activities, but many remain online. We can be reached through our website, www.rideaupark.ca, FaceBook Group, Instagram, and our YouTube channel. To contact a staff member: 613-733-3156 ext 228 or info@rideaupark.ca

Full vaccination (2 doses) is required to attend the Sunday service in person, and other in-person events in the church building.

• Sundays, 10am: **Advent Worship Services** both in-person and online, with seasonal

hymns, prayers, and a thoughtful presentation. Up to 75 people are welcome for the in-person Worship Service. Register each week at www.rideaupark.ca by Saturday, 3pm. For more info, please visit the church website or phone the office.

Seasonal Events and Services:

- **Online Advent Retreats** via Zoom, Wednesdays, 7pm. Join us for a half-hour of music, prayer and reflection on Christmas - December 1, 8, 15 and 22. Contact the church office for the Zoom invitations.

- Sunday December 12, 10am, **The Rideau Park Christmas Pageant** will be live-streamed on our website. Nearly 60 children from Rideau Park and Kitchissippi churches will take the lead in the re-telling of the Christmas Story with a focus on the true meaning of Christmas, along with a dash of humour. Not to be missed!

- Friday December 24, 7pm. Celebrate the **Christmas Eve Service** with us, in-person or online. Hear and reflect on the Christmas message. You need to register at www.rideaupark.ca For more info, check the church website or phone the office.

- Saturday Dec. 25, 10am. An online **Christmas Day Service** at www.rideaupark.ca

- Sunday January 2, 10am. **Shared in-person and online service** with Riverside and Emmanuel United Churches at Rideau Park. For more info, see www.rideaupark.ca

Weekly activities:

- **Children's and Youth Christian Education Classes** are happening online via Zoom meetings on Sundays. Newcomers are welcome. We have 4 separate groups: Ages 3,4,&5 - 10:20am; Grades 1,2,3 - 10am; Grades 4,5,6 - 10am; and our Youth Class (Grade 7 & up) - 11:30am. For more info on the program and how to connect, see www.rideaupark.ca or contact Rev Steve Clifton at sciflton@rideaupark.ca

- Sundays, 11:15am: **Healing Circle** offers a time of healing prayer online after the Worship Service for about 10 minutes, using a technique called "distance healing." Full description at www.rideaupark.ca

- Thursdays, 10am: **Group Meditation** Online is being shared together through Zoom. Join us for 20 minutes of quiet, peace and mindfulness. See www.rideaupark.ca for info, contact Rev Clifton at sciflton@rideaupark.ca to receive the Zoom invitation.

- Thursdays, 7:30pm - 9pm: **Weekly Chancel Choir rehearsals** will be in-person with Covid protocols in place, at the church to December 16th. We have enough singer's masks for all participants. Musical selections will be emailed to all singers. Those interested should contact Iain Macpherson at choirdirector@rideaupark.ca for details.

Other Connections:

- **Healing Pathway Ministry** at Rideau Park: Trained practitioners are available for healing prayers over the phone. For more info, contact healingpathway@rideaupark.ca

- Rideau Park United Church FaceBook Group: Connect with others for videos, community news, daily prayers, and sharing opportunities. It is a public page.

Animals with amazing jobs

by Maria CampbellSmith

Animals make unusual employees, but it does happen. In one case, nine beasts were needed for an arduous journey, repeated once each year. Their boss? A dedicated do-gooder with an impossible mission statement, a heavily burdened sleigh, and a very tight schedule, named Santa Claus. The successful applicants are known to the world as Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen, and Rudolph. They are perhaps the world's most famous working animals - but they're just the tip of the iceberg.

Animals have long been beasts of burden, although no one knew of these famous reindeer until 1823, when Clement Clarke Moore composed "A Visit From St. Nicholas" (aka "The Night Before Christmas"). His poem originally entertained family and friends at holiday time. Now, his fiction is famous around the world.

In actuality, reindeer still pull sleighs and supply carts over the snow and ice of frozen Northern landscapes. They are the only deer species also domesticated and farmed for milk, meat, and hides. Reindeer and caribou (same species) can migrate many kilometres with excellent traction on snow and ice. Researchers recently confirmed that reindeer also see ultraviolet light and have night vision. These attributes made them ideal for the job of navigating the globe, transporting Santa and his sleigh full of toys. Rudolph added his particular skills as beacon and leader in 1939, when Robert May wrote his verse "Rudolph the Red-Nosed Reindeer".

Santa's legendary reindeer are more fiction than fact, but there are other animal species doing an incredible range of jobs.

For decades, Canada's National Institute for the Blind (CNIB) has



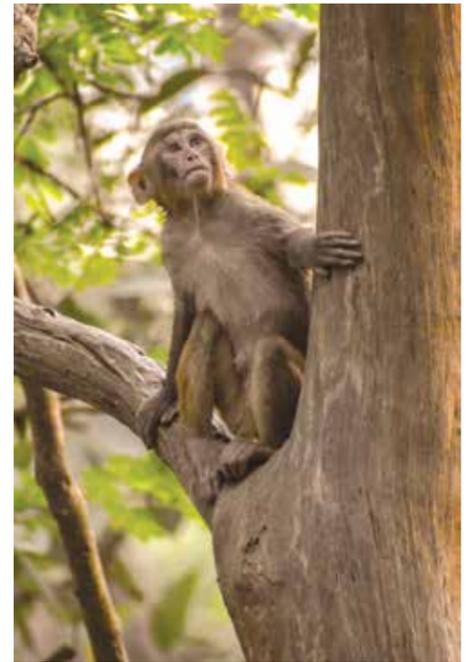
Service Dog Myla and Service Dog In Training Marley at Trainyards Farm Boy. PHOTO: CARLEEN RIDLEY

trained guide dogs to work with blind and partially-sighted individuals. Labradors, Golden Retrievers, and German Shepherds have been the breeds best-suited to the job. They are patient, intelligent, strong animals that respond well to the intense training and have working lifespans of 10 years or more. Locally, CNIB has facilities in Carleton Place and Manotick, and welcomes volunteers willing to walk young dogs, nurture pups, and assist in training.

Dogs also work as guards and in policing. The first animals ever domesticated were likely wolves, around the last Ice Age. We have

been using them to protect territories, hunt, herd, and play with ever since. The Ottawa Police force has a dozen dogs in their Canine (K9) Unit to assist with searches and arrests. Many countries use dogs for patrols and inspections. These working animals can also help track people or locate drugs and contraband. Military dogs can even detect landmines and bombs.

Other animal species have been put to work by the American military. To help locate underwater mines, the US Navy uses sea lions and trained bottlenose dolphins (with natural sonar skills). They can also be trained to transport and activate weapons, which is more wor-



Macaque monkey

risome. Military dolphins and sea lions routinely guard harbours, underwater depots, and ammunition piers. They can detect swimmers, divers and intruders, and sound the alarm. For their service, they are paid in fish and healthcare.

Many creatures are "employed" as therapy animals: dogs, cats, birds, even mini-horses. America actually revised its Disabilities Act in 2011 to allow miniature horses as service animals. The horses accommodate people with allergies or fear of dogs. They also offer much longer lifespans (50 years) as working animals. Mini-horses require more space and care, but they are being used with Autism patients, sick children, the elderly, Alzheimer patients, and even prison populations. Capuchin monkeys are also being trained and used to assist those with mobility impairments. The small, agile monkeys can turn on and off lights, appliances, and equipment to help people with spinal cord injuries. They can live and assist for 30 years.

Animals are also being trained to help humans monitor and detect vital information. Again, dogs win most of the job interviews. Dogs **CONTINUED ON PAGE 37**

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CNIB Guide Dog

Animals

CONTINUED FROM PAGE 36

can predict insulin drops and warn of impending diabetic or epileptic seizures. Some are even learning to smell or sense low blood sugar, depression, psychosis, or cancerous tumours in their owners. More than just extended family members, service pets are becoming medical helpers and first responders.

Unexpected and exotic animals have found jobs too. Canaries were once used to identify carbon monoxide and toxins in mines. Now, bees are being used as tiny, discreet detectors. With sugar water association training, bees can be trained to locate bombs and industrial chemicals. They can travel and work over a myriad of landscapes quickly, effectively, and barely being noticed.

The Gambian or African giant pouched rat has been put to work in war torn parts of Africa and Asia. These rodents are too lightweight to set off landmines, but they can be trained to find them. Much smaller and quicker than humans, they can cover 2000 square feet in 20 minutes. The same area and duty would take a trained human 4 days. How do you pay these rat employees? Easy. In bananas.

Several rural farms in Asia employ macaque monkeys for their coconut harvests. The small, nimble, hyperactive monkeys can pick 20 times the coconuts a human can. It's easy work for them. They sustain fewer injuries and do much less damage to the trees. Some rural farmers train their macaques and then keep them as family pets as well.



Santa with one of his reindeer



Rescue dogs



Police dog

There have even been teams of electricians and engineers in the UK who used ferrets as part of their installation staff. Ferrets are lightweight, small, slender animals, and very agile. They can quickly and easily run long lengths of awkward or subterranean pipes or tunnels. Attach string or wire to their legs and you can efficiently thread new cables or cameras along those pipes or tunnels. This is done for communication cables, work in and around aircraft, or underground installations. Ferrets were even used to help wire a concert arena!

There is not a nation on Earth that does

not have animals. We are fascinated by them. We compete with them for resources. Some we fear. Some we love. In North America, we spend over \$90 billion on pets and pet supplies each year! The majority of those animals are family pets and playmates. More and more though, animals are being trained for specialized and useful jobs. From rats and monkeys to dogs and dolphins, animals are efficient employees. As fiction and fact continue to cross, maybe, just maybe, look skyward this Christmas Eve and you'll spy those famous flying reindeer hard at work.

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Bottlenose dolphins,

DEAR FRAN

Epimedium aka Barrenwort



FRAN DENNETT

Epimedium, or barrenwort or bishop's hat, is a fairly unknown and little used perennial of the barberry family native to China, Japan and the Mediterranean area. It is the Chinese species that are becoming known and hybridized by lovers of this genus.

This genus is characterized by leaves composed of small heart-shaped leaflets that can number from 3-50 leaves on a plant and may be deciduous, semi-evergreen or evergreen. The waxy flowers form delicate loose sprays and come

in many colours, e.g. white, pink, purple, yellow, orange and red and bicolor combinations of these colours. They vary from clump forming to ground cover types. Not all are hardy to zone 5b.

As for soil they are not particular but a rich organic soil is preferred with dappled light a must. Once established, these early—April or May—spring bloomers are fairly drought tolerant. They combine easily with spring bloomers such as hardy ginger, ferns, hostas and other perennials that like dappled light.



Of the 21 species in this genus only a few are generally available in garden centres probably because no one has asked for them. Newly discovered species are usually collected by responsible hybridizers in the wild and tested as to suitability in a garden setting. These tests may take as long as ten years before a new species is deemed marketable. Contact your local nursery to see what they will be offering for 2022.

Remember this is not a native and will have a genus, species and cultivar name resulting from a cross of some sort.

The Epimediums listed by A.R. Buckley (Canadian Garden Perennials) and Richmond Nursery are:

- *Epimedium grandiflorum* 'Alba', 'Lilac Fairy', 'Lilafee', 'Rose Queen'
- *Epimedium coccinum* or *E. alpinum* 'Rubrum' or *Epimedium x rubrum* are all the same plant.
- *Epimedium x perralderianum*

'Frohneiten' (yellow barrenwort)

- *Epimedium pubigerum*
- *Epimedium x cantabrigiense*
- *Epimedium x versicolor* 'Sulphureum'
- *Epimedium x warlyense* 'Ellen Willmott', 'Orange Queen'
- *Epimedium x youngianum* 'Merlin', 'Niveum', or 'Roseum'
- *Epimedium x* 'Fire Dragon'

Epimediums are a great addition to any shady border and can fill those problem areas. They come out of winter on the ratty looking side. Prune off the dead leaves and their stems at ground level being careful to not injure the emerging new leaves.

As always, I hope you plan to try Epimediums in your garden next year. You will not regret it.

Merry Christmas and Happy New Year.

Fran



- Master Gardeners of Ottawa-Carleton (MGOC) check the website for gardening information <http://mgottawa.mgoi.ca>.
- To receive TROWEL TALK, our free monthly electronic gardening newsletter, contact: <troweltalkeditor@rogers.com> to be added to the list.

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OTTAWA TRINITY CHURCH OF THE NAZARENE

Caring, sharing, and moving forward at Trinity Church of the Nazarene

by Pastor Franklin Chouinard

If, in March of 2020, someone had said that the world would be in some sort of lock-down for almost two years, many people would have laughed. If someone had demanded face coverings to go into a store or proof of vaccination to go to an event, people would have scoffed or laughed. And if someone had suggested that COVID-19 would linger for as long as it has people would have shaken their heads in disbelief. And yet all that has happened. Ontario has been locked up and shut down ... but thankfully restrictions are coming to an end.

Trinity Church has continued to support and encourage people in their walk with God throughout these difficult times. At the beginning of the pandemic the church transitioned to on-line services, and services continue to be streamed on both Facebook and YouTube. There is now limited in-building attendance at services. Those who attend must follow the provincial guidelines of wearing face coverings and must show a vaccination certificate.

Even though congregational singing is still discouraged by Ottawa Health (this has been diffi-



A younger Pastor Al MacMillan sharing the word with the congregation.

SUBMITTED BY PASTOR FRANKLIN CHOUINARD

cult for many of those who attend the services in person, as singing is a large part of Trinity's worship time), the church worship team is able to lead.

The annual musical Christmas program was cancelled in 2020, but will return this year, with members of the community invited. A candle-light Christmas Eve service will be held at 7:00pm (December 24)... live this year (taped last year)—all are welcome. Active celebrations of the birth of Jesus will be a welcome change from last year's quieter services. Pastor Frank's Advent series (looking at the Christ-

mas story) will focus on being Lost and Found.

The church focuses on compassionate ministries throughout the month of December, which fits in well with the denominational theme of *Compassion as a Lifestyle*. The Church of the Nazarene is involved in caring for people worldwide, working alongside other relief agencies when there is the opportunity as well as leading efforts where it can on its own. The denomination invests resources in disaster relief for efforts that receive great media attention as well as in relief for lesser publicized lo-

calized needs.

Trinity Church supports two smaller churches in Cuba, as well as a young man who was orphaned when his parents were killed when Cubana de Aviación Flight 972 crashed in May of 2018.

On a sad note, Pastor Emeritus Al MacMillan, passed away in November. He had been part of the Trinity congregation from before the church moved to Riverview Park and he returned to Trinity when he retired from active pastoral ministry.

Led by God, he, his wife Goldie, and their family planted the Bridlewood Church in Kanata, seeing it thrive. He was chaplain of the Ottawa Rough Rider football team for many years, and was involved in both his local and extended communities for years. He was well respected and well loved, and will be missed.

More information about Trinity Church can be found at the church web site (www.ottawatrinity.ca) or Facebook page, by following Pastor Frank on Twitter @TheFrankPastor; by e-mailing the church at ottawatrinity@rogers.ca, or by calling the church office at 613-731-8926. Past services can now be found on the "Ottawa Trinity" YouTube channel.



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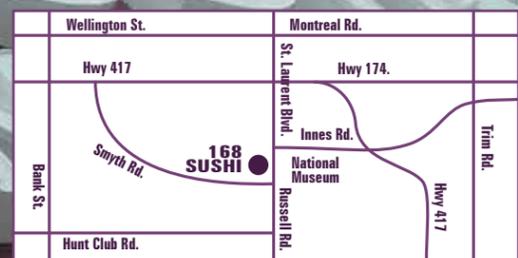
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