



OCTOBER 2020

A Voice of Riverview Park

NOVEMBER 2020

Blair Court Food Bank works through the virus



On behalf of the Riverview Park Community Association, Board Member, Raylene Lang-Dion presented Kristy Fudakowska, Executive Director for the Blair Court Community House with a cheque for the Blair Court Food Bank. Kim Boudreau, Blair Court Administrative and Program Support and Dima Banzi, Youth Worker at Blair Court were on hand to welcome this much appreciated donation to the local food bank.

PHOTO CREDIT: CAROLE MOULT

by Kristy Fudakowska

Just over a year ago Blair Court Community House assumed the role of food bank provider for Riverview Park and the surrounding area. The transition has been exciting and challenging. However, for the last few months, it has been less exciting and more challenging due mainly to Covid-19. A consistent increase of new households registering for food bank support, as well as former users returning, have kept volunteers and workers busy. More than 60 per cent of the households who now access the food service do so every two weeks. The Blair Court Food Bank is lucky to have a great team of volunteers and staff. Without them, it could not operate. Over the last few years volunteers from Trinity Church Community Garden have provided the food bank with vegetables and herbs. This year alone they delivered 230 lbs of fresh produce.

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Tax job at home thanks to the virus

by Janina and Bill

A poverty stricken Robbie Burns, in 1792, wrote from his farm house table a song that told of jubilation when the tax collector was “danced away by the devil.” His song is a hit in Scotland to this day. Like his eternal *Auld Lang Syne*, it is to a lesser extent sung at Burns suppers even here in Ottawa. Before his fame as Scotland’s Na-

tional Poet the bard was himself employed for a time as an excise tax officer. I guess that when he couldn’t pay his farm taxes he decided to apply for the tax job. Writing a letter to the Earl of Glencairn for support, he got the job simply to keep food on the table. After a few years he was not happy collecting taxes but he kept writing poetry. His situation reminds the writers of conflicting views of today’s gov-

ernment public servants who challenge the deadly COVID-19 virus by working at home rather than in the office. Canada Revenue Agency (CRA) tax work at home, which writer Janina does, helps distribute collected federal government tax revenue to countless jobless Canadians, students and businesses while the coronavirus rages. That’s to say taxes help people survive!

CONTINUED ON PAGE 2



Janina often does tax work at home in her back garden off Balena Park. PHOTO: BILL FAIRBAIRN



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Tax job at home

CONTINUED FROM PAGE 1

Now for some statistics

As of mid-September, more than 21.9 million Canada Emergency Response Benefit (CERB) applications had been processed for over \$42.9 billion in aid and over 2 million applications for students totaling over \$2.9 billion. Total calls received by the CRA from May 9 to September 11 exceeded 13 million compared with 8 million during the same period last year. Thousands of CRA employees, many of them collection staff or auditors, temporarily not able to perform their regular duties due to COVID-19, took up the call issued in late March to help Canadians by volunteering to be temporary call centre agents, working from home, to answer questions on the new emergency benefits. I and two of my colleagues volunteered, but I was not chosen so instead continued with my regular work, but from home instead of my downtown office.

I certainly don't miss the daily virus-possible commute via the 46 bus and unreliable LRT. There are many perks working from home such as being with my husband and sitting under the apple tree with my office laptop rather than at the office. I fear the downtown Ottawa core may never be the same without the thousands of employees working in office towers.

A recent Statistics Canada survey found that about 2.5 million Canadians were working from



Illustration “The Deil’s awa wi’ t’Exciseman” (the devil’s away with the tax collector). Before Robbie Burns found fame he was a poor farmer working from home wondering how he would pay his taxes.

home as of mid-August. About 40 per cent of workers have jobs that could be done from home, but that varies based on sector. About 85 per cent of finance and insurance jobs can be done from home, as compared to about 5.6 per cent of accommodation and food-services job. For the over 44,000 CRA employees across Canada, currently more than 87 per cent are to my mind diligently working from home, including me!

Back to the poet

After his experience as an excise tax collector, Robbie Burns, in this imaginative poem on the tax col-

lector, supported poorer anti-tax rebels.

The Deil’s Awa Wi’ The Exciseman

(The Devil’s Away With the Exciseman)

*The deil cam fiddlin’ thro’ the town,
And danc’d awa wi’ th’ Exciseman,
And ilka wife cries, “Auld Maboun,
I wish you luck o’ the prize, man.”*

*Chorus—The deil’s awa, the deil’s
awa,*

*The deil’s awa wi’ the Exciseman,
He’s danc’d awa, he’s danc’d awa,
He’s danc’d awa wi’ the Exciseman.*

*We’ll mak our maut, and we’ll brew
our drink,
We’ll laugh, sing, and rejoice, man,
And mony braw thanks to the meikle
black deil,
That danc’d awa wi’ th’ Exciseman.
The deil’s awa, &c.*

*There’s threesome reels, there’s four-
some reels,
There’s hornpipes and strathspeys, man,
But the ae best dance ere came to the
land
Was—the deil’s awa wi’ the Excise-
man.
The deil’s awa, &c.*

Robbie Burns, when a farmer, had more than tax-payment problems on his mind. He wrote several sad songs in his wide collection. One, in contrast to his *The Deil’s Awa*, concerned the love of his life, his Nancy, who had left Scotland for Jamaica to rejoin her husband after a long separation. Bereft by her parting, Burns focused on his economic hopeless future and in despair wrote a poem from which comes this extract.

Ae Fond Kiss

*But to see her was to love her,
Love but her, and love forever,
Had we never loved so kindly,
Had we never loved so blindly,
Never met or never parted,
We would ne’er be broken-hearted.*

Then came, *A red red rose, Scots wae hae, To a Louse, Address to a baggis, Commin’ throu the rye, Tam O’Shanter, To a Mouse, Afton water* and scores more.

To a Louse

*O would some power the gift to gie us
To see ourselves as other see us
It would from many a blunder free us
And foolish notion
What airs in dress and gait would
leave us
And even devotion*
(extract from a poem on seeing a louse on a lady’s bonnet in church)

To a Mouse

*I’m truly sorry man’s dominion
Has broken Nature’s social union,
An’ justifies that ill opinion
Which makes thee startle,
At me, thy poor earth-born companion
An’ fellow mortal.*
(extract on turning a mouse up with a plough, November 1785)

Burns, born in 1759 to tenant farmers William and Agnes, in his final years became unpopular with his excise tax managers as a result of more than his poetry. His health deteriorated when he was still young. When he died, age 37, on July 26, 1796, his wife, Jean Armour, on the day of his funeral, was giving birth at home to their last child Maxwell. Robbie Burns had written poetry all his short life. His fame came later as Scotland’s National Poet not its tax collector!

Another bird to add to your list

by Geoff Radnor

For those readers who are interested in the Ottawa sculptor Art Price as featured in previous editions of the *Riverview Park Review*, there is one more work that is very visible here in Ottawa. Guardian Bird is in the garden in front of the Ottawa Art Gallery.

The sculpture was completed in 1956.

“This large anthropomorphic bird stands watch over its surroundings. With its wings spread in a gesture of welcome and protection. Guardian Bird is a Modernist aluminum sculpture that anticipates Minimalism while referencing the wooden totem poles of the Pacific Northwest.” ©Ottawa Art Gallery



Guardian Bird created by Art Price. PHOTO: GEOFF RADNOR



Welcome to the terra20 ecobar, the centre of the terra20 experience. An economical refill station, it features eco-certified cleaning, and personal care products made locally and exclusively for terra20.

Diverting over 10,000 bottles from entering our landfills to date, the ecobar at terra20 offers a large assortment of refillable products all of which are non-toxic, pet-safe, kid-friendly, and biodegradable.

Small actions such as refilling everyday essentials can have a big impact on the environment when done collectively.



The Riverview Park Review had a chance to sit down with franchise owner, Kas MacMillan and talk about the new terra20 Train Yards

Why did you decide to open this particular franchise business?

After working for terra20 for four years, I was promoted to store manager. When the opportunity to purchase a franchise became available this past summer, I jumped on the opportunity. Every year I find more people realizing conventional products may contain toxic ingredients that have the potential to be harmful to their health and the environment.

What helped you decide to open the new terra20 Train Yards location?

While managing the corporate location, I heard from customers every day that they wanted a location in the east end. We have a lot of customers that live in Vanier, Alta Vista, and Orléans who, rightfully so, would prefer not to make the trek to the west end. Knowing this, I was interested in opening a location in the east end to

make access to healthy and sustainable products easier for. I heard all the time from people living in these areas that there were not any stores like ours out here. I am very happy to be at such an easily accessible and busy location to serve people living in the east end of Ottawa.

What are some of the products that terra20 Train Yards carries?

We sell everyday essential items from a more healthy and sustainable perspective. Everything from our popular refillable cleaning products at our ecobar, to cosmetics, to lunch containers for kids and adults, to personal care and beauty, we have it all to make it easier to live a healthy lifestyle!

What makes these products special?

Every product that we carry is carefully analyzed and vetted by

our buying team. For terra20 to even consider adding a product to our selection it must abide by three criteria. Firstly, it must be cruelty-free. Absolutely no product sold at our stores have been tested on animals. Secondly, it cannot contain any of our banned 18 toxic ingredients such as parabens, sulphates, PEGs, formaldehyde releasing compounds just to name a few. Lastly, it must adhere to at least one of our nine ethics: Made in Canada, Free of Harmful Ingredients, Organic, Vegan, Fair Trade, High Efficiency, Waste Reducing, Green Certified, and Sustainable. Basically, we do all the hard work of vetting our product so that our customers can shop through our selection with ease of mind.

Is there a market for environmentally-friendly products, particularly during an economic downturn?

There is a market for environmentally friendly products ESPECIALLY during an economic downturn. Gone are the days that consumers had to choose between affordable toxic products and expensive sustainable products. My store contains a wide selection of items that not only are affordable but work really well.

What are you enjoying the most as the franchise owner of your first business?

Customers. I come in to work everyday looking forward to meeting them, having a one on one conversation with them, finding the products that they and their families need, and overall just making their shopping experience awesome. Once you start reading the ingredient lists of products in your home, it can be super overwhelming and I love being able to help.



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Blair Court Food Bank works through the virus

CONTINUED FROM PAGE 1

The Blair Court Community House is thankful for the continued support of the Ottawa Food Bank as well as private and community group donors including the Riverview Park Community Association who made a monetary contribution in August. All of these partners have been instrumental in helping us to ensure that basic family needs are met during this difficult time. In an effort to generate additional funds to help support its work the Community House began an on-site drop box for empty wine bottles. Feel free, at your convenience, to drop off your empty bottles.

The Community House is open Monday to Thursday from 9 a.m. to 3 p.m., but is not currently offering in-person programming. It is staying connected with the community it serves through door-knock and phone-call wellness checks as well as through social media. It is meeting needs as best it can as they come up. Requests for toiletries as well as masks come in almost daily.

You can help with:
Non perishable food items such as school safe snacks, flour, sugar, canned fruit, canned veggies, pasta sauce, tomato paste and cereal.

Toiletries such as family friendly shampoo, antiperspirant, razors, dental floss, sanitary napkins and shaving cream.

Empty wine bottles should be dropped off at the community house.

Volunteering currently looking for assistance with receiving the food delivery, 1-2 hours per month and able to lift up to 30 lbs.

Monetary donations with charitable receipts are issued for any amount.



The Ottawa Food Bank truck is a welcome sight as it arrives on Station Blvd. PHOTO: CAROLE MOULT



The Blair Court Food Bank opened its doors in the summer of 2019 and is located in the lower level of the Blair Court Community House at 1566 Station Blvd. PHOTO: KRISTY FUDAKOWSKA



Rhonda Turner delivers vegetables and herbs donated from gardeners of the Trinity Community Garden. PHOTO: KRISTY FUDAKOWSKA



Chris Kelly, doing some heavy lifting, is a most welcome volunteer. PHOTO: CAROLE MOULT



Generous volunteers give of their time to help move the food. PHOTO: CAROLE MOULT



Shawn arrives with not only necessary food, but lots of smiles. PHOTO: CAROLE MOULT



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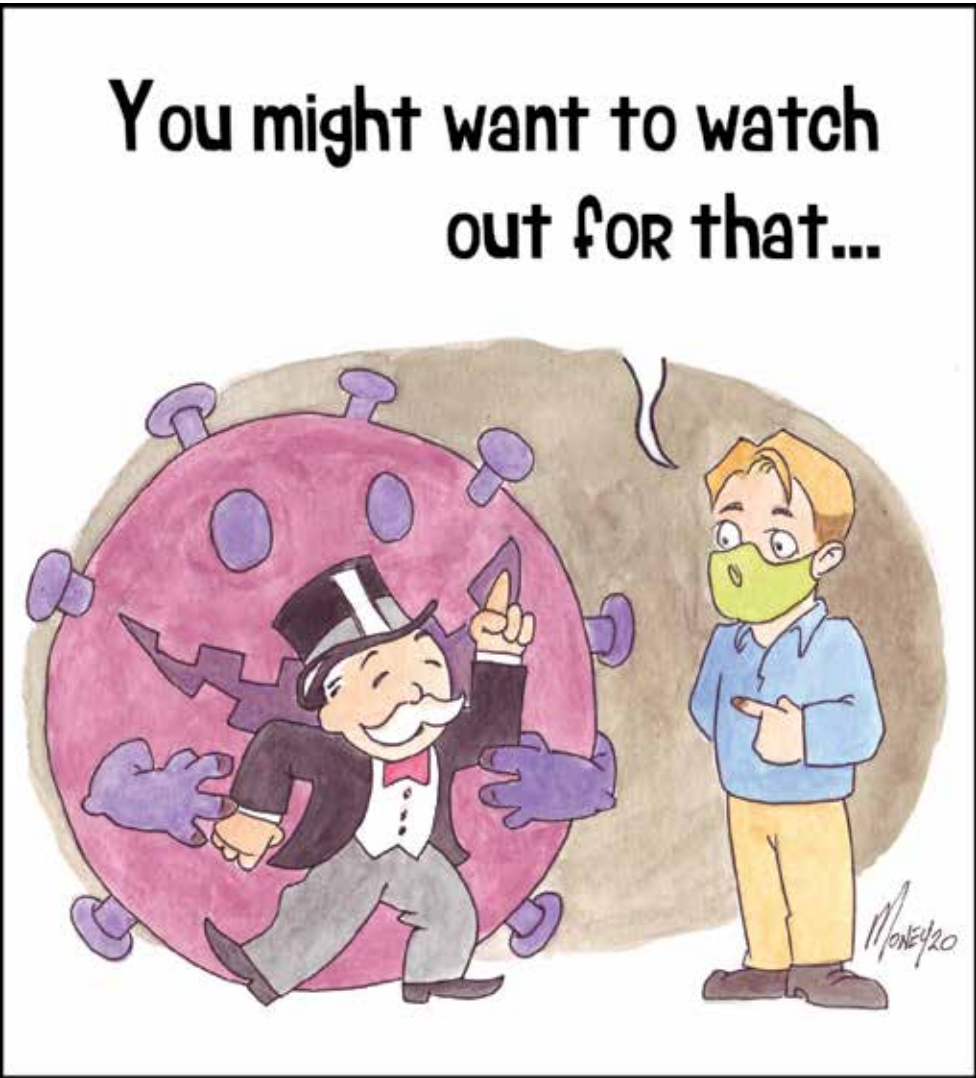
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Locally, Ward 18 has been determined to have one of the highest infection rates of Covid-19 among the City of Ottawa Wards. Health protocols are a great place to start when trying to slow the infection rate within the Ward. To have some individuals consciously ignoring these protocols, can be really provoking.

Take for example that of the billionaire business tycoon Liz Uihlein, the CEO of Uline Inc. Flying from Wisconsin to Toronto (privately), and driving to Milton with her executives, she came to Ontario for a board meeting and facility visit. She didn't self isolate for 14 days, didn't socially distance and didn't wear a mask while here. Both Halton Region Public Health and the police investigated, but in the end could do nothing. Even a well-intentioned snitch couldn't get help. Turns out, she had a formal exemption, a federal order in-council in fact.

Global Affairs Canada, one of only four departments with the authority to issue these exemptions, has granted 53 such orders to "facilitate business mobility", and a further 8 to "facilitate international travel". National Interest Exemptions have also been obtained through Public Safety Canada and The Public Health Agency of Canada (PHAC), among other departments, but the process is cloaked in secrecy and privacy. Rest assured, these exemptions are probably not available to you and me.

The local CTV news channel ran a poll recently that asked if viewers would "snitch" on their neighbours when it came to COVID protocol infractions. Those protocols are supposed to be in place to protect Health Care professionals and front line service people. They are in place to protect our Ward as well as others as the next wave comes in. They are in place so we can collectively return to a new state of normal. And they have to be conscientiously observed by all of us, and not ignored by those with special dispensation.

About the *RPR* review 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.

NOTE TO READERS: Information about COVID-19 continues to change. Businesses or services advertised in this paper may have changed hours due to the coronavirus. Please contact them for updates and help support our local businesses.

Submission formats
Contributions can be e-mailed to editor.riverviewrpr@gmail.com in **Microsoft Word** or **RTF**. Please *do not format* your documents. We may edit for grammar and brevity. Photographs must be e-mailed in **jpeg format** to editor.riverviewrpr@gmail.com. All photographs must be accompanied with the **name of the photographer and a caption** describing the subject.

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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* Contributions by politicians are paid announcements.

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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Taking a look at the 10 movies that came in at number 3 over the past decade

by Peter Thompson

We've looked at the best films of the past decade and then the second best films of the last decade, so we might as well go further and see what worthy films land at number 3! In stock now at Movies 'n Stuff, here's a year by year list of the third best of the year:

2010 - The Social Network
How do you make a movie about the inception of Facebook entertaining? You get two of the most talented people in Hollywood - David Fincher and Aaron Sorkin - and you let them do their thing. Oscar nominated in every category!

2011 - Where Do We Go Now?
With the introduction of TV in their small village, the men realize the Muslims and the Christians should be at odds, so suddenly everything is turned upside down. Now, it's up to the women of the village to pacify the two groups before any further damage can be inflicted!

2012 - The Hunt
The great Mads Mikkelsen turns in a great performance as a quiet man who teaches kindergarten. His life collapses around him when one of his students accuses him of a lewd act. With custody of his son already in jeopardy, this threatens both his professional career and his personal life.



Shoplifters



The Hunt

2013 - Captain Phillips
The real life story of the first American cargo ship to be hijacked in over two centuries and the mea-

sures that Captain Phillips (Tom Hanks) goes to survive the ordeal. Barkhad Abdi's searing performance is a work of art (and Oscar nominated).

2014 - Edge of Tomorrow (aka Live, Die, Repeat)
Possibly the most purely entertaining movie of 2014, this is like Groundhog Day, but with aliens. A cowardly officer is forced to fight on the frontlines, where he is killed immediately. However...he finds himself in a time-loop that forces him to go to battle time and time



The Handmaiden

again, each time getting closer to the truth about the alien race that is invading.

2015 - The Martian
Left on Mars and thought dead, a lone crew member must survive the inhospitable climate. Everyone wants to help, but no one has any answers. Incredibly entertaining, with a superstar performance from Matt Damon.

2016 - The Handmaiden
Tricky, diabolical, erotic, this film has it all! A female pickpocket and con man devise an elaborate, insidious plot to seduce and take a Japanese woman out of her inheritance. When the pickpocket gets a job as her handmaiden, things seem to be progressing nicely, but there's much more going on than meets the eye! From the director of Oldboy comes another classic!

2017 - The Insult
In Beirut, where religion is already under the microscope, a minor incident between a Lebanese Christian, and a Palestinian refugee turns into an explosive trial that ends up dividing the two communities, revealing layers of secrets in the process.

2018 - Shoplifters
A dysfunctional group that considers themselves a family 'adopts' a little girl they find in an abandoned house and slowly the spotlight starts to turn on their petty crimes as they are drawn out of their tenuous, below the radar existence. A very powerful film!

2019 - Jojo Rabbit
Taika Waititi's third entry onto these lists! Jojo is a lonely German boy who discovers that his mother is hiding a Jewish girl in their wall. Jojo must confront his blind nationalism as World War II continues to rage on and see the girl as a human, not just a Jew. Part comedy, part drama - all great!

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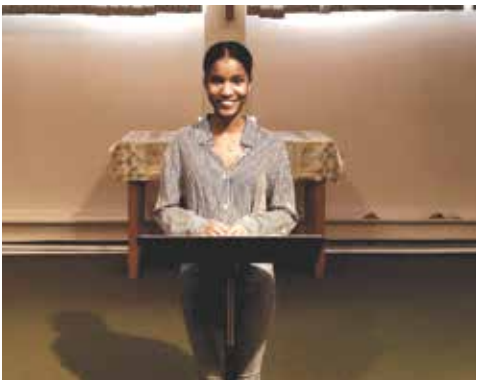
TRINITY CHURCH

Let the uninteresting days return

by Pastor Franklin Chouinard

According to Wikipedia, the term “may you live in interesting times” is an English expression supposedly a translation of a traditional Chinese curse. The author writes “While seemingly a blessing, the expression is normally used ironically; life is better in “uninteresting times” of peace and tranquility than in ‘interesting’ ones, which are usually times of trouble.” It has been six months of living in strange, or different, or “unprecedented”, or interesting days, and the days continue.

Throughout these interesting days the Trinity Church congregation continued to meet together weekly, though on-line instead of in the building. ZOOM church became the norm; an 11:00 Sunday morning on-line gathering. While some groups complained that the right to worship together in a building had been taken from them, the Trinity congregation understood that the church is the church whether it was meeting together or not – what is important is that people meet to encourage



The picture is of Johania, one of the young people of the church who will be preaching soon. PHOTO: PASTOR FRANKLIN CHOUINARD

and to be encouraged, in person or not. And while the on-line services were a poor substitute for in-person connection, it is connection none-the-less.

As of the beginning of September – with the loosening of provincial restrictions – the congregation is again meeting in the building at 480 Avalon Place. A specific COVID-19 protocol has been developed and is adhered to, with face coverings required, disinfecting done prior to and after each service, and limited participation in the sanctuary (there is an overflow area available). Unfortunately,

one of the important aspects of community gatherings – touch – is still restricted as the congregation complies with social and physical distancing orders.

Sunday services are streamed to the church Facebook page and to the Ottawa Trinity YouTube channels. While in-building congregational singing is still restricted, a worship team does lead appropriately and song lyrics are provided for those who join the services from home. Those who are unable to attend the in-church services can also participate in a post-sermon discussion through the Facebook comment section or by e-mailing the church (these discussions of the sermon started in the ZOOM meetings and are continuing now that the services originate from the church).

The youth of the church continue to be involved in the leadership of the church. Two of the young people are pursuing studies toward becoming ministers, and preach on a quarterly basis. Others are involved in leading the worship services and in looking after the technological aspects of the ser-

vices. There is a place for everyone, young and old!

In the days ahead Pastor Frank will share a short series from the Sermon on the Mount (“Great Expectations”) followed by an Advent series on “The Gospel According to Isaiah”. Unfortunately, most Christmas activities in the church have been cancelled, including potlucks and musical celebration service. The hope is that the second wave that we are in the midst of will wane quickly and that what were once regularly scheduled activities that were cancelled due to the coronavirus will return in the New Year.

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. Pastor Frank’s Thursday Thoughts and a number of past services can now be found on the “Ottawa Trinity” YouTube channel.

Remember to check your eggs

How many times have you had a minor fender-bender, or a slip on the ice and never gave it a second thought? Maybe your ego was bruised, but you didn’t notice any outward sign of injury. What happened to you on the inside could be a different story.

After a trauma, things may appear fine on the outside, but it doesn’t mean they’re OK on the inside. That’s why we open egg cartons and check the contents for hidden damage before we buy them. The same goes for your spine after any jolt. What may seem like a minor bump from the outside, could actually create SUBLUXATIONS on the inside (misaligned vertebrae that interfere with nerve function, and silently diminish health).

The solution? Get your spine checked for SUBLUXATIONS after any trauma, no matter how big or small. If your kids take a tumble down the stairs, get them checked. If your spouse backs the car into a fence post, get your spouse chacked. If you tripped over the dog on the way to the refridgerator last night, get yourself checked too. Life’s tough enough without having to live it SUBLUXATED.

HERE ARE SOME OF THE SIGNS TO LOOK FOR:

- Headaches ; Joint or muscle pain; Chronic back pain
- You were involved in a recent accident
- Or you want to live a more health conscious life



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Back to the future: Ottawa, a city of soles?

by David Knockaert

The City of Ottawa recently released a “15 Minute Neighbourhood Survey”. This survey is an adjunct to the New Official Plan which includes the goal of developing Ottawa into walkable neighbourhoods “where you can access most of your day-to-day needs within a 15-minute walk from your home, including when using a wheelchair or other mobility aids, on sidewalks or pathways. A 15-minute neighbourhood is a neighbourhood where you can walk to get to the grocery store, where you can easily walk to frequent transit, and where children can safely walk to school.”

The touted benefits of developing Ottawa into walkable neighbourhoods are to “reduce our dependency on cars, promote equity, social connections and a greater sense of community, foster physical and mental health, and reduce greenhouse gas emissions.” Certainly walking is good for us. My grandson can hardly wait to get started. As such, the benefits of walking are not in dispute. But is the goal realistic or fantastical? Is the City committing itself to a program which will benefit its residents or is it asking residents to alter their lifestyle for the City’s administrative convenience? And why now?

Walkable neighbourhoods have been part of academic urban design studies for decades. While one could even argue that walkability is traceable back to the Roman Empire where vehicles were banned in urban areas, the issue first drew modern attention with Jane Jacobs’ 1961 book *Death and Life of Great American Cities*. Forty years later interest in walkability exploded with the 2012 publication of *Walkable Cities: How Downtown Can*

Save America, One Step at a Time (2012), by Jeff Speck. He explained what we would encounter in a truly walkable neighbourhood:

- a center, either a main street or a public space,
- enough people to support retail/commercial activities and frequent transit,
- mixed use (residential, retail, commercial) & mixed income housing,
- plentiful parks and public spaces
- parking lots positioned behind buildings rather than fronting onto streets,
- school and businesses close enough to be reachable on foot by most residents
- streets primarily for use by cyclists, pedestrians and transit

For a neighbourhood to develop in such a manner, certain elements need be present:

- pathways are traversable (not obstructed) and usable regardless of a person’s age, disabilities, topography, weather, etc,
- residences, service locations, employment centres are compact – there is density which allows for proximity of destinations,
- routes are safe from both traffic and crime, regardless of time of day,
- infrastructure is wide and well maintained, pedestrian crossings are signed, streets are lit, benches and shade are available,
- routes serve varied walking functions - getting to a destination, exercising, or socializing and serve the interests of both adults and children. In other words the environment is lively and vibrant

All of the above is sufficient



“Where are the services?” PHOTOS CREDIT: CAROLE MOULT

to give us pause to wonder if the City is truly committed to such a whole scale redesign? Is their promise feasible? Here we need to take a more detailed read of Official Plan background documentation. Those papers give an indication that the city’s commitment may really be limited to increasing residential compactness/density or “intensification”. This term rose into common local parlance in conjunction with initial planning for the LRT. In order to

make the LRT a success and justify its expense ridership needed to be promoted. It was recognized this was best achieved by congregating future residential buildings around LRT stations, which in turn would encourage transit usage rather than travel via personal vehicles. Based on Official Plan documents that goal has not really changed. Within the documents are phrases such as “allocating growth around the rapid transit system”, “prior-
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Riverview Park Community Association ANNUAL GENERAL MEETING

Wednesday, October 28, 2020
7:00pm - 9:00pm on Zoom



RIVERVIEW PARK
COMMUNITY ASSOCIATION

- ~ Get answers to your questions and concerns
- ~ Learn about developments in your community
- ~ Offer ideas to improve the quality of life in Riverview Park
- ~ Find out how you can contribute or get involved yourself
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- ~ for Zoom meeting link, go to www.riverviewparkca.com

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itizing intensification in proximity to transit”, “focus new growth around existing higher-order transit” and “overall additional intensification needs to occur around the full extent of the existing and planned rapid transit system”. In part, the emphasis upon intensification is derived from a belief that building where services already exist is administratively more convenient and less expensive than urban sprawl - though I suspect the long term cost effectiveness of urban expansion depends upon the residual capacity of the existing infrastructure.

But how intense do our neighbourhoods need to be before they are deemed walkable? The environmental group Project Drawdown estimates that walkable cities require a minimum population density of 3000 to 4000 people per sq km. Our city has a population density of around 330 per sq km. According to the Fraser Institute, with rural lands excluded the urban density of Ottawa/Gatineau rises to 1900 people per sq km. As our population is projected to increase 40% by 2046 and with just over half of that growth targeted for an urban setting, in 25 years our urban density should be around 2280 people per sq km, still far



“Pedestrian crossing?” PHOTO: DAVID KNOCKAERT

below the density apparently required to achieve walkability. And even if we were to ever surpass the high density threshold, Drawdown anticipates it “could lead to residents walking for 6.5-7 percent of urban trips”, which is a very long way indeed from the City’s promise of accessing most of our day-to-day needs within a 15 minute walk from home.

Our own family has experience living in high density urban areas, having resided for 20 years in Tokyo, central London, Shanghai and Manhattan (28000 people per sq

km). We did not operate a vehicle in any of those cities and we did an awful lot of walking. But we still never met most of our day-to-day needs on foot within our neighbourhood. To the extent we did meet our service needs by walking we did so because each city had expansive multi-modal public transit systems. At the heart of those systems was the subway. Being underground, stations could be situated amidst residential neighbourhoods. Service outlets then set up around those stations. The end result was that as a resident we

did not typically make special trips for grocery shopping or to the dry cleaners or pharmacy. Rather we typically “picked things up on the way” - we met daily needs in conjunction with a journey on public transit. That was a just-in-time shopping life style and is very different from what Canadians are accustomed. Moreover Ottawa’s renewed transportation infrastructure is very different. In Ottawa we reduced bus service to accommodate the LRT rather than layer the LRT on top of existing bus

CONTINUED ON PAGE 12

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Space to walk safely? PHOTO: GREG MONEY

CONTINUED FROM PAGE 11
routes. We also set stations apart from residences (other than in the downtown core), so that most passengers arriving at a station such as Hurdman transfer to a bus rather than walk home. This loss of foot traffic reduces motivation for service providers to set up shop in the immediate station vicinity. Consequently, residents are presented with little opportunity to combine the meeting of daily necessities with a transit journey. Rather, we need to make an extra trip. And if we need to make an extra trip, even in a walkable environment, we may ask ourselves why not drive 5 minutes rather than walk 15 only to face having to lug our purchases home? It is not simply population density which influences walkability, but the physical relationship between a transit station, residences and service providers. Expecting Ottawa residents to ditch their cars seems a tad fanciful. Indeed City staff have suggested that transitioning from vehicles to “active transportation” will likely require more than achieving walkability, it will need the introduction of new funding mechanisms such as “user

fees, parking micro-levies, gas taxes, road tolls and congestion charges... and higher parking fees in denser areas that are well-served by rapid transit.”
Certainly it is possible that as neighbourhoods intensify, services will follow - sort of the Field of Dreams philosophy. But most service location decisions are taken by the private sector (supplemented by the Province), not the City. So it is not really the place for the City to promise expanded service. Unfortunately recent private and provincial experience offers little reason to expect an expansion in service availability. Brick and mortar retail is in retraction, 2018 saw the fourth continuous annual decline in the number of bank branches operating across Canada, not long ago the OECD placed Canada 26 of 28 countries for the ratio of doctors to population and the OCDSB has made no secret of the fact that two of our three area schools are targeted for potential closure. If and as our neighbourhood intensifies the most realistic expectation is not for more service but for more competition among ourselves for the existing local services.

As further intensification comes to Riverview Park what will it look like? The Official Plan documentation offers a vision developed around designated urban categories: 1) **nodes** - principally the areas around LRT stations, 2) **corridors** - areas which correlate with approved rapid transit lines and frequent bus routes within established neighbourhoods and 3) **adjacent neighbourhoods**.
The documentation suggests that “nodes and corridors will continue to be the locations for higher density development and taller buildings” while adjacent areas will serve as “appropriate locations for new types of low-rise, ground-oriented forms, such as 613 Flats”. Within nodes & corridors (Hurdman presumably being one example) the City estimates an increase of approximately 20,000 dwelling units of three or more bedrooms housed in condominiums, rental apartments or stacked row houses. Within areas adjacent to nodes “37,000 dwelling units with three or more bedrooms could be accommodated assuming approximately 15 per cent of the existing lots redevelop

op into 613 Flats.” When the City refers to a 613 flat, they are proposing to have common 40’ x 100’ lots be redeveloped into 3 separate housing units each containing 3 bedrooms & 6 rooms in total - which adds up to 9 bedrooms on a redeveloped lot. The underlying premises of this 613 concept is that those 9 bedrooms would be occupied by three independent families rather than serve as a form of rooming house and that families will sign up for these units because families are primarily interested in interior space, not detached dwellings. Colour me doubtful. To what extent Riverview Park would actually be a target area for 613 flats is something to keep an eye on.
As with most walks, this journey will end where it began. Walking is good for us. Anything the City can do to make walking more pleasurable and safer is to be appreciated. However I would not personally bank on the promise of a fully walkable neighbourhood where all our needs are met near our doorstep. Sounds to me like a “Land of Milk and Honey” disclaimer is in order.

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We have our own little creek

by Geoff Radnor

Earlier this year a work crew from the City had been working on Alta Vista Drive opposite the Immaculate Heart of Mary Church. What is going on there?

Having a closer look, while the work seems to have paused possibly due to the corona-virus, there has been constructed a large culvert or pipe to take water under Alta Vista Drive. I assume that it goes under the church parking lot and it appears again as a creek on the far side of the lot. There it was given an extensive amount of work due to the construction of the expensive Hospital Link Road.

From here it again disappears under the new rail bridge but reappears to circle the Hydro building at the edge of the Lycée Claudel parking lot. But then it again disappears under the cul de sac of the old Riverside Drive (now known as Place Claudel), and the Transit Way and under the new Riverside Drive; until it finally joins the Rideau River close to the NCC Rideau River Eastern Pathway.



Room for lots more water.

PHOTOS: GEOFF RADNOR

Quite a tortuous and expensive trip for such a little creek. I guess that was part of the \$78 million cost of the Hospital Link Road. But where did this creek start?

So going back to the construction site on Alta Vista Drive, it appears that there is a creek behind the Canadian Pharmacist Association building. It continues behind



The creek between Oakpark and The Conference Board of Canada.



The creek goes under the railroad tracks.

the Canadian Dental Association building and the empty lot, that a few years ago, housed the Canadian Medical Association, (if ever this trickle of water felt in need of treatment it was available close by).

The next place to see this wa-

terway was from the parking lot of The Conference Board of Canada and on the south side where there is the Oakpark Retirement Community.

Close to this miniscule creek is a willow tree that has a commemorative marker. "In Memory of Andrea Denise King", I have yet to find out more about Andrea.

There is not much water here; it struggles to survive amongst the fallen trees and years of collected debris of all kinds, until it finally disappears under Valour Drive.

One clue as to its origin lies just a couple of hundred metres to the east on the south side of Smyth Road. There is *The Pond*. There are a few 'waterfront' properties surrounding *The Pond*. They are on Smyth Road, Barnhart Place, Roger Road and Faircrest Road.

A Mr. Barnhart had a farm there many years ago, the family still lives in Ottawa. There are stories that *The Pond* freezes over and skating is enjoyed in the winter. Does our little creek have a name? Does *The Pond* have a name? It would appear that further investigation is in order.



Getting you ready for
Fall and Winter

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DEAR'S
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Snow Blowers



Who was that masked man?

by Denis Poitras,

For those who haven't watched the news or hardly left the house since the March break started this may have been the longest March break schools ever had. It has been quite the adjustment for all of us!

We started in March to clean the house and make bread. I hope you had better luck than I had in finding yeast. Worse was finding toilet paper. It seemed we were in the middle of a war zone but no, it was a contagious virus. The virus affected our loved ones and lost to us a lot of close ones. Many died alone with no loved ones around. Certainly not what we wanted. For sure we will be forever grateful to first responders during the crisis. They stepped up to the plate for extended overtime and it is the best that humanity has given us so far.

Where are we seven months later? Not better off for sure. Yes, the government has created many programs to help us cope financially through this pandemic. But to what extent? The nation is in such debt now that our kids and their kids may be paying for this for the rest of their lives. We have seen businesses unable to pay rent and close their doors, find employees or basically just function to make a living. Now we send our kids to school in a world that is really not ready for this Covid pandemic. We have complied with the direction of our governments and with Dr. Tam to wear a mask in all public or private buildings when doing business. We were told on a daily basis the numbers of affected people that had caught the virus and, also daily: "Wear a mask; it will help reduce the chances of catching or giving the virus."

I, personally, know that wearing a mask has become my best friend and fashion item. I leave the house to shop for groceries with mask in hand. I don't wear it while driving especially if I am alone in the car,



but it helps in many other ways. I feel safe wearing it. I feel like I am helping others. I follow social distancing. I respect my surroundings or my space as the younger

generation is saying. As a society maybe we were getting too selfish when around people not respecting their space. I sometimes wonder if this pandemic was a wake-up

call to make us realize that we were taking too much for granted. It is something to think about as we go on with our lives.

Look at our neighboring USA! If Americans had been told to wear masks at the beginning of the pandemic their great number of deaths in the past seven months would have been less. Their loss of people would have been fewer, as in this country compared to others, but we need to be persistent and continue wearing masks to protect ourselves and others. Just because our number of fatalities is not that drastically high doesn't give us the freedom to start socializing. One needs to be both careful and socially responsible. Our mental state is surely affected during this pandemic but that now calls for strength and capacity to forge through daily routines.

One positive thing that helped my mental state was to create fashionable masks. On one hand this helped me to reduce the chance of myself and others catching the virus. On the other hand, it made me feel good to wear a fashionable and safe mask. So many people have created funny, colourful and safe masks. I have been creating a limited edition consisting of a run of different fabrics to the extent of six at a time. I wear them with pride knowing my chances of catching the virus are reduced.

I close by reminding socially minded people to not attend large gatherings without thinking of the consequences. Be responsible! Once a vaccine is found and approved you can start living your lives and partying with your friends. In the meantime stay out of harm's way and respect your surroundings. Wear a mask!

Denis Poitras is a Fashion Designer established on the second floor of Figure 8/Hockey One Skates Specialist, located at 380 Industrial Avenue. You can purchase his collection of masks at Figure 8 by calling 613-731-4007.

An Advent Calendar that will make a positive difference

by Carole Moul

This message came from a regular RPR reader and contributor and it seemed like an excellent idea for sharing. The reader had seen the suggestion on Facebook and thought about passing it along for others to undertake. She plans to do this as well and has been sending out the message to family and friends.

Instead of creating an Advent



Calendar, why not create a Reverse Advent Calendar for the local Food Bank? This would mean that

instead of buying a commercial calendar, perhaps filled with chocolate, the person could be giving this year instead of taking a piece of chocolate or something similar.

The Reverse Advent Calendar kind gesture can be carried out in a number of ways.

1. Decorate a page, number it 1 to 24 and write down the name of a food item beside each number. On the appropriate day, add the item

to a box or brown paper bag.

2. Select a container that can be given away. Use your regular calendar, write down the name of a food item on it each day and add that item to the container on the appropriate day.

3. Every time you go food shopping include a few extras for your Advent Box for the Food Bank and add one each day.

With thanks to Nancy in Nova Scotia for sharing the idea.

Urban biodiversity: Mulching 101

by Patrick Hamel

As many of us spend more time watching our yards grow greener, the temptation to mulch can become unbearable for the unsuspecting homeowner. Adding organic matter to the ground can help to provide nutrients to plants by breaking down over time, preventing weed growth, and retaining humidity. However, adding too much, especially in the shape of a mulch volcano, (thick layer of mulch or dirt laid around a tree and up against the trunk), is detrimental and likely to lead to the slow death of the tree.

Piling mulch (or dirt) against the tree decreases the oxygen available for the roots to grow. This leads to the production of upward-growing roots into the mulch. These are called girdling roots and can sometimes be seen as enlarged roots around the base of trees. Most often, they are hidden just below the surface. As they grow, they strangle the base of the tree, impeding the flow of nutrients and water. A sign of the presence of girdling roots is a tree base that is straight, or even narrower, where it touches the ground, instead of flaring out, and can swell above the



An example of over-mulching from June 19th, 2020.

PHOTO CREDIT: PATRICK HAMEL

girdling roots. Symptoms include small leaves, dieback of branches, poor growth, and abnormal openings in the canopy. It is possible to have an arborist remove these superficial roots; however, it is not always practical, and prevention by appropriate planting and mulching is key to tree health and longevity. Other causes of girdling roots include leaving ropes used to secure the root-ball at the nursery during planting, or planting too deeply or

close to a paved surface.

Another consequence of mulch volcanoes is to create a moist environment in the bark, ideal for bacterial and fungal diseases and crown-rot development. Once the decaying bark under the mulch has died, the outer lifeline (cambium) of the tree is exposed, effectively discontinuing the supply of water and nutrients. Pathogens, including borer insects, thrive in humid conditions, accelerating the

decline of the tree. Also, above-ground stems need to exchange oxygen and carbon dioxide freely. Mulch volcanoes impede these processes (in addition to making it harder for water to reach the roots), leading to tree-tissue stress and weakening.

Another risk of mulch volcanoes is harboring rodents. These are great habitats for these small animals, who may chew at the bark for food, leading to similar issues as discussed above.

Save yourself some time and money, and as a rule, do not apply more than 2 or 3 inches depth (2-in for poorly drained soil) of mulch around your tree, leaving at least an inch gap between the trunk and the mulch. Reapply only when most of the mulch has already decomposed. Remember that these problems do not occur overnight, but may take 3 to 5 years to appear, depending on the extent of the damage, and are very difficult to reverse. It is recommended to consult with an arborist for solutions to these issues.

Sources:

<https://njaes.rutgers.edu/fs099/>
<https://hort.ifas.ufl.edu/woody/over-mulching.shtml>



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Good Morning! Ottawa Toastmasters

by Stephen Malesevic

I joined Toastmasters a few years ago to meet new people interested in public speaking. At the time, I was in a job in which I didn't talk to many people and was concerned about losing this skill. After joining, I learned that Toastmasters could help me achieve this goal, and had more to offer.

Growing up, I had a knack for public speaking. I delivered speeches and presentations during elementary and high schools and I spoke with enthusiasm and confidence. I also talked a lot in general. In 2013, I moved to Ottawa for university and I continued to present projects in classes. I was also a Teaching Assistant and ran tutorials for first-year undergraduate students. These sessions involved presenting course information, facilitating discussions, and answering questions. At times, I was nervous.

Speaking in front of a group people can be frightening. The audience's eyes are on you, maybe there are thoughts of hecklers or people dozing off during your presentation, or perhaps there's self-doubt about your own ability. Fortunately, support from classmates and lots of practice (I had a lot of tutorials)

helped me overcome these fears.

Convocation came and went, and like many new graduates, I was "unemployed" and on the job hunt. Countless resumes and job applications later, I was hired for a contract job in the federal government. This was exciting and I looked forward to applying all my skills and knowledge from university in my new role. I learned I didn't need to apply everything. My job focused on entering and monitoring information in data repositories, and communication to the general public was done via email using a standard template. Public speaking was not a required skill. There were all-staff meetings but I found that my contributions were not well structured; I stumbled over words, and sometimes would ramble. Eventually, I started to lose confidence and thought I was losing this skill I had a knack for.

Fortunately, there was a Toast-

masters club nearby and I decided to visit. I was nervous at my first meeting. Here was a room full of people who knew what they were doing, and I didn't really have a clue. However, these concerns soon dissipated as the members were welcoming and encouraged me to participate, improve and return to the speaker's podium. I admit, Toastmasters is not a cure-all as I still trip over words, move around too much while speaking, ramble, and occasionally blank out. However, what it did do is made me more comfortable with my skill set and started reducing my self-doubt as I know I can be a better speaker the next time I speak. The club offered a welcoming environment with supportive members and lots of practice.

Since that time, I changed jobs and joined a new club. This club maintains the same atmosphere but has shown that Toastmasters is more than public speaking. An

important part of meetings are evaluations, and as an evaluator, you listen to and provide feedback on specific points. The goal is to not only provide constructive feedback, but to tailor it based on the member so they are encouraged to return to the podium as a stronger speaker. Second, I find Toastmasters to be a creative outlet. It's an opportunity to present on a topic you're interested in, try out humour, and practice story telling. Past speeches I've given have been about my awe in seeing the Rocky Mountains for the first time, and the "trials and tribulations" of being an amateur gardener. Last but not least, Toastmasters has folks of varying skill levels and different backgrounds which makes for interesting impromptu talks and memorable speeches.

Take the time. Invest in your future. Join us at Good Morning! Ottawa Toastmasters. We meet every Thursday 7:15 a.m. to 8:15 a.m., currently online using ZOOM! Contact goodmorningtoast61@gmail.com and we will provide the invitation link.

For more details, visit <https://goodmorning.toastmastersclubs.org/>



TRENDSETTERS • Restyling your main living area for fall

by Monique Doucette

Fall is all about getting cozy inside when the weather starts to get crisp outside. Reconnect with nature by bringing autumn colours into your home and surrounding yourself with the things and colours that make you happy!

These days we are all looking at ways to maximize our living space due to the fact that many of us are spending a considerable amount of time at home. Your Main Living Space sets the tone for the rest of your home and provides a starting point for restyling or redesigning your main living space.

Here are the Top 3 areas of focus when Restyling or Redesigning your main living space.

FLOOR PLAN

Thinking critically about your floorplan will help you create flow, minimize spending on unnecessary pieces and set the tone in your space for you to build off of.

Look at the room with a critical eye. Be tough on yourself. What do you see and what can you do without? How can you arrange furniture you already have to maximize flow and utility?

DECLUTTERING AND THEN ORGANIZING

A Home Stager will work with you to incorporate the pieces most important to you into a new design while making the most of your home's best features. For example, if you are a collec-

tor, look at how to highlight some key items in your collection, rather than the whole collection. Thinking about decluttering, and then organizing, will allow you to showcase favorite pieces on a regular basis and to become the curator of your treasures, switching things up as your interests change.

COLOUR PALETTES

Nature provides us with some stunning colour combinations every season. You can also look to your artwork first as a source of inspiration. Another option is to change your wall colours, which requires a little more planning than making use of accessories, but can be well worth the

additional effort. Use your personal style to inspire you

If this sounds like a daunting exercise to you, a Home Stager can complete a Colour Consultation with you and provide some recommendations based on both your personal style and the science behind choosing a palette of colours that make sense for YOUR space.

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The power of you!

by Jonathan Sumner

Ever felt frustrated with your dog’s behaviour? Have you been in a situation where something sets your dog off in a series of barking, pulling, or lunging? As dog owners I think we all have had one or more of these helpless owner moments. Your ability to work through these challenges is less about your dog and more about you.

One of the most valuable lessons we can teach our dogs is to look at us on cue. The reason your dog is reacting to certain triggers is you have not taken the time to teach them how to act properly when certain distractions arrive like squirrels, or kids on skateboards, or even other dogs.

You cannot expect your dog to overcome their triggers in one day. Be realistic and start small. In the dog training world this means controlling the distance to the distraction that triggers your dog’s response.

There are a few key terms you should know before we carry on. First, you need to know what your “Marker” is and stick to it. Your “Marker” is a word or a sound you use to communicate to your dog when they perform the right behavior. Often this is “GOOD DOG” or “YES”. A marker can also be a clicker which is a much more precise tool than your voice.

The second term is a “Threshold”. Think of this as an imaginary line that when you move towards a distraction where one step backward your dog can perform basic obedience cues they already know. Then one step forward over the imaginary line your dogs inability to comply is triggered by the distraction. This is your dog’s threshold and this is where you need to practice.

The idea of this threshold is to work with your dog through repetition to improve their ability to perform while moving closer to their trigger. Think about the behaviour you want from your dog as a fitness goal. There is no secret formula to push this line forward except repetition and practice.

Remember that your dog’s threshold will vary from distraction to distraction. Some distractions may elicit more extreme triggers because they are more exciting.

The key to teaching your dog to focus requires you to communicate clearly and precisely what behaviour you are wanting from your dog. In order to improve, you will mark your dog’s behavior when

they look at you even for a second instead. Your “Marker” needs to be given immediately followed by a reward.

Your goal is to condition your dog to look at you, when a distraction presents itself. With repetition your dog will become more accustomed to looking for a treat when they see a distraction instead of the uncontrollable barking, pulling and lunging.

Communication. Practice. Consistency. This is what will provide the steps forward with that threshold that you are looking for. Remember, this is all about you.



Jonathan Sumner is head trainer and owner at the Ruff House where you can request a full list of grooming

services for any breed of dog. Visit the website at www.ruff-house.ca to register.

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Positive Training for Positive Results

After six months of COVID-19 what happens next?

by Geoff Radnor

It was way back in March that we were told to STAY HOME. The children stopped going to school and we began to line up to get into the store to buy our groceries. That was over six months ago now. How our lives have changed since those pre-coronavirus days.

All the churches were empty. Easter services for those of the Christian faith were canceled or held on line. In the early days of the lock-down it was wonderful to drive the car on almost empty roads. With so many people working from home and not driving to work the demand for gas went down and the price followed, it was a bargain 69¢ a litre one day but that didn't last long.

Children were not in school but how much were they learning at home? My appointment with the doctor was changed to a telephone consultation with a photo of my problem. Was that a glimpse into the future of medicine?

Hockey fans were left with nothing to watch or to talk about after the games were over. But the newspapers managed to have 6 or 8 page sports sections, so even though there were no games being played it was possible to read about those "no games". Even months after the early closing of the season much was made of "When will professional sports start again?" Many fans were suffering from severe withdrawal symptoms.

The new bike department in Canadian Tire was empty; every one bought a bike as people took to exercising on the streets with their bikes as all the gyms were closed. There was no flour or yeast on the supermarket shelves as all those locked in took to baking bread and cakes. However it didn't take long for those 5kg bags of flour to re-appear in the supermarkets. There was a mad rush to stock up on all kinds of things. A month after the toilet paper shelves were empty they were stocked up to capacity. I have a feeling that the prices were a bit higher.

We were getting used to waiting in line to get into the stores, and we got a free squirt of hand sanitizer as we went in and an offer of a \$1 mask. We couldn't go out to eat even if only at Tim Horton's; we had to line up at the take-out window. Then we started to order on line and get our dinners delivered by someone who said they also did the dishes. Many others were ordering things on-line rather than going out into the world where the coronavirus lurked, Amazon was doing very well. Many local stores



In line to shop

suffered.

With no movies, concerts and events of any kind there was one very bright spot among all this gloom, it was a parking lot concert on a Tuesday morning at the Steinway Piano Gallery near Home Depot on Cyrville Road. The weather co-operated with a fine sunny morning. Readers will remember previous stories in this paper on the two different generations who enjoyed playing the large concert grand Model D piano. It got used again by Carson Becke; his audience was seated with social dis-



Mad rush to stock up at Costco
Ottawa March 14

were erected outside O'Brien's Roadhouse on the corner of Russell Road and Industrial. They were there to keep the diners cool; it wasn't to keep the rain off as we hadn't had much in the way of precipitation. That new local restaur-



Freshly baked bread.



Steinway concert audience social distancing. PHOTOS: GEOFF RADNOR

tances being observed. Carson is a fabulous pianist and is based locally. He did two concerts in the parking lot for the 30 or so lucky people in the audience for each performance. Jennifer Messer, the manager of the Steinway Gallery is to be congratulated on turning her parking lot into a concert venue. Maybe we would see more events like this.

After about three months we started to wonder, "How long is this going to last?" "When are things going back to normal?" "What will be the new normal?" Canada Day came and went almost without trace, nothing on Parliament hill and, worst of all, NO FIREWORKS! The weather was very like summer with temperatures many days above 30°C. Will we all have to wear masks? Many did, but some did not, so what do I do? Designer masks were on sale for \$19.95 each. What pattern shall I wear today? Got to look good when I shop at Dollarama and Giant Tiger.

Then it was permitted for us to eat on the outside patios and terraces of restaurants. So, to encourage customers, very nice tents

rant was hardly open when the lock down started, so the virus was not good for O'Brien's. But you could sample their fine food again but only outside under the awnings. Will we still be eating outside in December? How about the middle of February 2021?

One day in early July it became mandatory to wear a mask when inside public buildings. Previously many people had been wearing masks, both as a sign that they didn't want to spread the virus and also that they did not want to become infected. On my first trip to a big store at Train Yards, after it was made mandatory to wear a mask, most people were following the guidelines, which was good to see. Canadians are very nice people, well most of us are.

Once-in-a-lifetime vacations to distant, exotic locations were changed to trips around Ontario as most flights to foreign lands were canceled. As the days went by Netflix, and the other streaming and TV solutions, became the focus of entertainment at home. Baseball tried to start a season with difficulty. The Bluejays were to play in Buffalo! No more live concerts.

Bluesfest, Chamber-fest and other musical attractions were canceled. Bluesfest changed to drive-in concerts with a limit of 500 cars. It was a long time since I last went to a drive-in movie. But there was a glimmer of hope by the beginning of August, the NHL started to play hockey again.

Those lazy crazy days of summer passed slowly and Labour Day approached, the return to school became the most important issue for many families. It not only affected students from kindergarten to high school, but all teachers, teaching assistants, custodians, school bus drivers and administrators. Someone said that that all the students will not become behind in their education, as almost everyone in the world will be behind, so all will be level. Parents and grandparents were hopeful that things would work out well and the schools would be safe places for all our kids.

So that was life for the last six months. Now, we are all wondering what will the next six be like? When will it return to normal? And, what will "normal" be in six months time?



Dear neighbours,

Wearing a mask helps to prevent the spread of COVID-19 and helps protect people who are around you. Since some people may have the COVID-19 virus and not know it, everyone should wear a mask when they go into an area where they might come into contact with other people. When you wear a mask, you are helping to protect other people. When other people wear a mask, they are helping to protect you.

Wearing a mask does not replace other protective measures including physical distancing, hand washing, covering your cough or sneeze, not touching your eyes, nose or mouth with unwashed hands, self-monitoring for COVID-19 symptoms, and staying home when you are sick.

During these uncertain times I understand the barriers to purchasing face masks to prevent the spread of COVID-19. If you are in need of a free reusable cloth mask, please do not hesitate to be in touch with my office by phone or e-mail if we can be of assistance.



Safer School Zones Start with You

Avoid double parking: Drivers have to go around illegally parked cars and they cannot see children trying to cross the street.

Walk-a-block: If you drive, consider parking a five minute walk away. Use the Walk-ablock map to help keep school zones safe for everyone.

No Parking: Park legally or park farther away and walk a block to school.

Avoid U-Turns: Children do not anticipate a change in a vehicles direction. Drive around the block instead.

Obey the speed limit: speeding is dangerous and illegal

Obey Crossing Guards: Do not proceed until the crossing guard has left the intersection.

Come to a complete stop: Make sure no children are crossing before proceeding through stop signs and crosswalks.



Text and image courtesy of the Ottawa Student Transportation Authority



2021 City of Ottawa Budget Consultation WEBINAR

Thursday
October 22, 2020
7pm - 8:30pm

It's your city and your budget, and I want to hear from you! Your feedback helps inform the City's budget priorities and contributes to decisions about investments in services that you want and need in our community. As your City Councillor it is important that I have the opportunity to connect with you to better understand and gather your top priorities for Alta Vista! Please visit my website for webinar details.

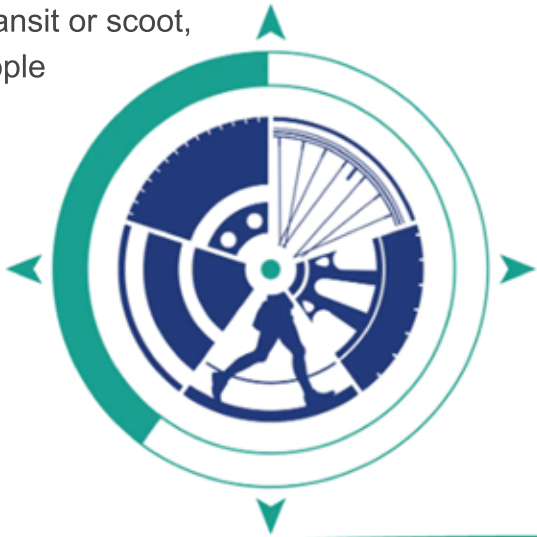
I understand as we navigate this new reality of online engagement these virtual platforms are not accesible or easy to use for some members of our community. I welcome you to call or e-mail my office to set up a time to connect!

Help us Move in the right direction!

Ottawa has grown into a city of one million residents. Over the next 25 years, that number is expected to grow to more than 1.4 million. With that kind of growth, we need to revisit how people, vehicles and goods move through our city. Transportation decisions affect all of Ottawa's residents and businesses. No matter if you walk, drive, cycle, bus, take the light rail transit or scoot, whether you ship products or have them delivered, or whether you own or share a car, how people and goods move through the city affects you. All the choices we make moving forward will require some give and take. Tell us what's important to you and how our transportation system can move us in the right direction for decades to come.

The COVID-19 pandemic has had a significant impact on the City's transportation system. It has affected how, when, and where people travel. Transit ridership, auto traffic, pedestrian volumes, and cycling trips have all fluctuated over the course of the pandemic, and things are still in a state of flux.

Please visit ottawa.ca/engage to participate in the online survey and the online active transportation mapping activity.



Conseiller / Councillor Jean Cloutier

Hope despite aggressive skin cancer diagnosis

by Shelley McLean
The Ottawa Hospital Foundation

Diagnosed with a stage 4 melanoma at the age of 62, Dan Collins feared for his life when he learned about the aggressive form of cancer. However, immunotherapy treatment gave him a reason to hold out hope. Dan had hope because of scientists who never gave up; who were determined to turn the tables on cancer and to create a better chance of survival, for patients like him. Hope that a cure is coming.

Discovery of a mass

Five years ago, Dan had been travelling for work, when he started noticing some pain when he'd lean his head back to rest on the plane. He recalls turning to his family doctor to get answers. An ultrasound revealed there was something inside the back of his head that looked like a cyst.

After an initial biopsy, Dan was referred to a surgeon at The Ottawa Hospital Cancer Centre. Another biopsy revealed the cyst was actually a mass. It was melanoma. "I was scared. Cancer had stripped my family of so much. I lost both of my two older brothers and my father to cancer. I feared for my life," recalls Dan.

Unfortunately, the mass starting growing – and it was growing fast. By the end of July, just two months later, the mass went from being not visible on the back of his head, to the size of a golf ball.

His surgical oncologist, Dr. Stephanie Obaseki-Johnson, initially wanted to shrink the tumour before surgery to remove it. However, the mass was growing too quickly.

Time to act

On August 11, 2015, Dan had sur-



Dan and Dr. Ong (pre-COVID).

gery that lasted most of the day. When it was over, he had 25 staples and 38 stitches in the back of his head. As he recovered, Dan was reminded of a saying that helped him through recovery, "Never be ashamed of your scars. It just means you were stronger than whatever tried to hurt you."

He would need that strength with the news that awaited him. Only two weeks later, the mass was back. His doctors also discovered a mass in his right lung and shadows in the lining of his belly. He had stage 4 cancer – it had metastasized. This was an aggressive cancer that left Dan thinking about the family he had already lost and what would happen to him.

The next generation of treatment

Soon, he was introduced to The Ottawa Hospital's Dr. Michael Ong and was told about immunotherapy – the next generation of treatment, with the hope of one

day eliminating traditional and sometimes harsh treatment like chemotherapy. Dr. Ong prescribed four high doses of immunotherapy. At the same time, radiation treatment began for Dan – 22 in all. His immunotherapy treatments were three weeks apart at the Cancer Centre and between each, he would have an x-ray to monitor the tumours.

By December 2015, Dan finished immunotherapy treatment and the next step was to wait. "This transformational treatment was designed to train my own immune system to attack the cancer. We would have to be patient to see if my system would do just that," says Dan.

While the shadows in Dan's stomach lining had shrunk, the mass in his lung had not. That's when Dr. Ong prescribed another immunotherapy drug that would require 24 treatments.

Dan learned from his oncologist that melanoma has gone from being an extremely lethal cancer, with few treatment options, to having

many different effective therapies available.

"When I started as an oncologist a decade ago, melanoma was essentially untreatable. Only 25 percent would survive a year. Yet now, we can expect over three quarters of patients to be alive at one year. Many patients are cured of their metastatic cancer and come off treatment. We are now able to prevent 50 percent of high-risk melanoma from returning because of advances in immunotherapy," says Dr. Ong.

Dan completed his last immunotherapy treatments in September 2017.

Today, there is no sign of cancer

When Dan thinks back to the day of his diagnosis, he remembers wondering if he was going to die. "I believe I'm here today because of research and because of those who have donated to research before me."

He thinks back to when his older brother Rick died of cancer in 2007. "At the time he was treated, his doctor asked if he would participate in a research study. The doctor told him directly, this would not help him, but it would help somebody in the future." Dan pauses to reflect and then continues, "I like to think, that maybe, he had a hand in helping me out today. Maybe he helped me survive. One thing I do know is that research was a game changer for me."

The Ottawa Hospital has been a leader in bringing immunotherapy to patients. Research and life-changing treatments available at The Ottawa Hospital altered Dan's outcome and he hopes that advancements will continue to have an impact on many more patients, not only here at home but right around the world.

Explore live radio by rotating the globe

While we need to stay close to home right now, we can travel around this planet in another way. *Radio Garden* lets you tune into 8,000 stations from around the world

The green dots on the Google Earth map represent a radio station anywhere in the world.

Click on any one of the dots on the map and you will immediately listen to that station.

Radio Garden works by crawling the web for radio streams coming from every possible location on Earth. With this data, Studio Puckey overlays each station with its corresponding geographic location.

Radio Garden was designed by Jonathan Puckey in collaboration with the Netherlands Institute for Sound and Vision. The web site below allows users to spin a virtual globe and click on live radio.

<http://radio.garden/live/toulouse/radiopresence>



Canadian study compares COVID-19 spit test to traditional swab test

shared by Jenn Ganton, MSc, Bf Director, Communications and Public Relations | Directrice, Communications et relations publiques Ottawa Hospital Research Institute | Institut de recherche de l'Hôpital d'Ottawa

A new study led by researchers at The Ottawa Hospital, University of Ottawa and the Public Health Agency of Canada's National Microbiology Laboratory shows that a Canadian-made spit test can detect the COVID-19 virus. Although it does not pick up as many cases as the traditional swab test, the spit test is more comfortable than swab testing, which requires a health-care provider to insert a swab in the back of the nose or throat.

The study, published in *Annals of Internal Medicine*, involved 1,939 people who came to The Ottawa Hospital's COVID-19 Assessment Centre at Brewer Arena, and agreed to do both tests. To mimic mass screening, those being tested were either asymptomatic or had mild symptoms.

A total of 34 people in the study tested positive for COVID-19 with both the standard swab test and the experimental spit test, while 22 tested positive with the swab test alone and 14 tested positive with the spit test alone.

"In our study, the swab test detected more cases than the spit test," said senior author Dr. Stephanie Johnson-Obaseki, a head and neck cancer surgeon at The Ottawa Hospital, assistant professor at the University of Ottawa and departmental research chair in quality improvement. "However, we feel that because the spit test is so much easier, it may still have a place in COVID-19 testing in certain situations. Further research is crucial in this rapidly-changing field."

The spit test uses a DNA collection system developed by Ottawa-based company DNA Genotek. The company provided the collection system free of charge for the purposes of this study, but did not have a role in designing the study or interpreting the results. The spit samples were shipped to the National Microbiology Laboratory in Winnipeg for detection of COVID-19 genetic material using standard techniques.

"There are many different approaches and techniques that are in use or under development for COVID-19 testing and the saliva test could be the next advancement with more research," said Dr.



Guillaume Poliquin, Acting Scientific Director General at Canada's National Microbiology Laboratory. "In addition to testing, it is important for all Canadians to follow public health guidelines if you are feeling sick to ensure that you keep yourself, your family and your community safe."

Dr. Johnson-Obaseki had previously worked with DNA Genotek on a spit test to detect Human papilloma virus (HPV), which can cause certain kinds of cancer. Like many researchers at The Ottawa Hospital and the University of Ottawa, she rapidly applied her expertise to the global fight against COVID-19. Her team's next step is to retest all the samples using an antibody test that can detect past infection with COVID-19.

"We hope that our research, and other research around the world, will lead to better and simpler testing for COVID-19," said first author Dr. Lisa Caulley, an otolaryngologist - head and neck surgeon and associate scientist at The Ottawa Hospital, and junior clinical research chair at the University of Ottawa. "But no COVID-19 test will ever be perfect, so the most important thing is to stay home if you are feeling sick and follow all public health guidelines."

The study was funded by The Ottawa Hospital Academic Medical Organization (TOHAMO). All research at The Ottawa Hospital is possible because of support from generous donors to The Ottawa Hospital Foundation.

The study was published on Friday, August 28, 2020, the same day that researchers from Yale Univer-

sity published results with another spit test for COVID-19.

COVID-19 spit tests are still considered experimental in Canada, and can only be used for research purposes.

Residents of Ottawa are en-

couraged to visit Ottawa Public Health's website for more information about preventing the spread of COVID-19 and when to get tested.

Full reference: Salivary Detection of COVID-19. Lisa Caulley, MD, MPH, Martin Corsten, MD, Libni Eapen, MD, Jonathan Whelan, BSc, Jonathan B. Angel, MD, Kym Antonation, MPH, Nathalie Bastien, PhD, Guillaume Poliquin, MD, PhD. *Annals of Internal Medicine*. August 28, 2020. <https://doi.org/10.7326/M20-4738>.

The Ottawa Hospital is one of Canada's top learning and research hospitals, where excellent care is inspired by research and driven by compassion. As the third-largest employer in Ottawa, our support staff, researchers, nurses, physicians, and volunteers never stop seeking solutions to the most complex health-care challenges. Our multi-campus hospital, affiliated with the University of Ottawa, attracts some of the most influential scientific minds from around the world. Backed by generous support from the community, we are committed to providing the world-class, compassionate care we would want for our loved ones. www.ohri.ca



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TRINITY COMMUNITY GARDEN

A message from Trinity Community Garden after a very different summer

by Rhonda Turner

Trinity Community Garden was established in 2012. The ground had to be cleared which was a very difficult task. Lots and lots of grass and weeds had to be removed. Berms surrounding the whole garden were created with this debris. The garden started off with 14 members and 15 plots. Originally dual plots were permitted. Since then, there has been an increase in interest in vegetable gardening thus it was decided last fall that double plots were no longer permitted. They were separated back into single plots measuring 20' by 40'. There are now a total of 44 plots with over 45 members.

Two of the plots are designated as donation gardens. The produce from these plots is grown specifically for Blair Court Community House Food Bank and donated on a bi-weekly basis. The produce mainly consists of items that yield a large amount, such as kale, Swiss chard, tomatoes, carrots, turnips, lettuce and parsley. The donation team also asks for contributions from other gardeners, especially now since there is a lot of produce that each plot holder may not be able to consume. So far this year the garden has donated over 228 pounds of produce to Blair Court Food Bank.

This year we were very fortunate to receive a grant from Just Food. Just Food is an organization that manages Ottawa's Community Garden Network which provides support to community gardens around Ottawa. This grant enabled us to build and install wooden border surrounds for every garden plot. This really improved the overall look of the site and defined the garden areas. Before, there were home made borders varying from many different materials with no consistency. Now the plots are completely uniform and every plot is bordered exactly to size. We thank all the volunteers and gardeners who strived to get this grant and those who built and installed the borders. Social distancing was adhered to during this installation, adding to the difficulty.

As with everything and everyone this year it has been very different due to Covid-19 and its protocols. The site is no longer open for the public to visit. Now only registered gardeners are permitted in the garden. Covid-19 protocol



Donation Team member Debra James Percival enjoys some beautiful sunflowers. PHOTO: RHONDA TURNER



Scenes from the garden. PHOTO: RHONDA TURNER

specified that gardeners could only visit their plot on odd or even days depending on the number of their plot. This has changed the overall atmosphere of the garden. We were not able to have our garden start-up day as usual with a pot luck lunch following the task at the site. We no longer get to see, visit and share stories with all of the other gardeners. Protocol stated that all gardeners wear gloves when using the water tanks. The communal gardening tools were no longer available, forcing each gardener to bring their own tools and watering cans, etc. After using the water supply, gardeners were asked to sanitize the spout handle prior to leaving the garden.

Summer has been a hot one with long periods of extreme heat and no rain. Some of the crops seemed to suffer in the heat and lack of moisture. Many gardeners stated that some seeds did not germinate. Personally, I had to re-seed my carrots and beets three times, and even after that I only got about 6 carrots. But then things seemed

to turn around. Early August was very rainy and nature watered our garden plots for us. The garden produce seemed to explode in abundance. The welcomed rains certainly helped the plants with much needed moisture.

Now with everything flourishing all the produce must be harvested. Tomatoes are everywhere, and, unfortunately lots and lots of tomatoes are either split from the moisture or fall to the ground before being picked. Many of the crops will be fine in the ground until late fall. Carrots, kale, Swiss chard and sprouts are good until it freezes and some even beyond until snow is on the ground. Apparently sprouts are better after they have felt a frost.

There is a lot more to the garden than vegetables. There is a designated wild flower garden, plus we have a bee house for the bees to take shelter in from the heat and elements. We need to attract bees in order to pollinate all our vegetable flowers so they germinate and produce fruit. In the wild flower



A happy gardener jumps for joy! PHOTO: TAMMIE WINSOR

bed a variety of perennials bloom at different times throughout the summer. Some gardeners have planted sunflowers. The sunflowers have reached a tremendous height of about 10 feet tall with lots of flowers. Others have planted nasturtiums and marigolds. These two flowers supposedly repel bugs. We also have an herb garden with a variety of herbs planted to be shared among the gardeners. It is very handy and you don't have to grow everything on your own. You can go to the herb garden and pick a few leaves of whatever you need.

Over the years the garden has been fortunate to not suffer any kind of thefts. This year, however, there was an ongoing incident of someone or something stealing beets. First of all, beets were stolen from the donation plot. Then the thefts spread out through the garden to other plots. Eventually it was suggested for the gardeners to pick their beets before they were all stolen, hopefully, whoever or whatever took them actually ate them and didn't do it as a prank.

The gardening season is coming to an end and all the gardens will be cleaned up and closed for the year. The compost bins will be filled up to overflow with all the plants that provided much appreciated vegetables. But again it won't be the same due to Covid since we won't have the companionship and usual get together with a pot luck to end the season. Our usual fall clean up method still has to be determined, whether we do it as per the odd and even days or come up with another alternative. Until next May, all of us gardeners will be thinking of what to grow next year and how to improve our gardens.

If you would like more information about Trinity Community Garden, or if you are interested in obtaining a plot next year, please contact us at trinity.garden@rogers.com. A reminder notification always appears in the spring about the garden in this great little newspaper.

ESSENTIAL HEALTH

Abs need tender loving care too:
A massage therapist's journey beyond sit-ups and smoothies



DIANA SHELDRIK
RMT/P-ATMAT

I will confess that I have been a navel gazer for a long time. The navel sits right there in the centre of the human body - over an area full of vital organs needed to fuel and nourish us on all levels. How amazing! Yet hands-on care of the abdominals is almost never considered or requested in a regular massage treatment. So, what physical care can we offer our bellies if we look beyond exercise and diet?

In 2002, during the three years training for my registered massage therapy diploma, I remember feeling like there was more care to discover about abdominals beyond the basic massage curriculum, which also included basic relaxation and

breathing techniques. What I did learn in the physiology courses was that almost every blood cell, lymph fluid and spinal fluid system runs through the abdominal cavity, and that congestion and tightness in this area can affect the function of all the organs and systems in that area. This left me looking for more techniques to support the abdominals directly!

It was 2010 when I heard about The Arvigo Technique of Maya Abdominal Therapy. The instructors taught a series of gentle, non-invasive, visceral massage techniques that focus on the abdominal, back and hip areas of the body, useful for both men and women. Finally, bel-

ly care for all! The techniques are based on repetition of light touch, not increasing physical pressure. Even within one session, I repeat techniques in the abdominal region to meet the individual needs of each client.

Over time, with regular treatment, your body has a chance to release the physical tension in the muscles and tissues surrounding the abdominal cavity and its' internal organ systems. These include the pulmonary system (breathing) digestive system (food digestions and elimination), the circulatory system (blood and lymphatics) and the reproductive system (uterus or the prostate).

I teach my clients to become more aware of their bodies and recognize when issues arise. Everyone is given take home, body-positive self-care tools that they can use in between treatments.

Maya Abdominal Therapy treatments compliment other forms of health care practices, and I offer the option of working in cooper-

ation with a Clinical Herbalist, as well as Chiropractors, Physiotherapists, Naturopathic Doctors and/or other health professionals you may already see to co-create a coordinated team working on your behalf.

As a Registered Massage Therapist and a Maya Abdominal Therapy Practitioner I offer holistic healing gifts, supporting not only the function of your body from head to toe to belly and back, but also providing tools to support your continued growth as a full human being.

From belly to beyond, I am grateful to be able to offer care, insights and wisdom from my navel gazing journey to abdominals everywhere.

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.

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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and Trainyards.

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613-695-4000

LIFE AT MAPLEWOOD

Barbara Phillipps, General Manager, shares these words

Congratulations to the staff and residents of Maplewood Retirement Community, as we celebrate our 7th year!

This year has definitely had some ups and downs, but, we have demonstrated resilience and a true sense of community as we have thrived, even in challenging times.

We are grateful as residents and staff have contributed to a culture of kindness and understanding. This year has been critical in making safe choices especially during Covid times as a retirement community.

We have worked diligently to create a comfortable and safe environment. Residents living here and staff working here demonstrate mutual acceptance and respect for each other's individuality and we recognize our differences and really value our similarities.

We are fortunate to have a team of employees and volunteers who have shared values with Riverstone Retirement Community. We are a team of employees that are here for the right reasons, even through the most challenging of times, like the pandemic we are now experiencing.

I want to thank the staff for your

kindness to each other and our residents.

I also wanted to say thank you to our wonderful neighbours! Many of whom dropped off masks and other PPE and enjoyed our outdoor concerts with us.

We love the residents, staff and volunteers for all their individuality that they bring to our home. We are not like any other.

- We are here to support the residents.
- We are here to support each other.
- We are here to support our community

- We are here to support our neighbors.

Together we make this home.

Together we live life to the fullest by being here for each other.

Do you want to learn more about Maplewood? For your friend, or for yourself? Please give us a call to book a virtual visit, or perhaps one in person. Please call Brian at 613.656.0556

If you are interested in making a difference and want to work or volunteer with us, please contact us at www.maplewoodretirement.com



A message from Shelby McLean, Activity Manager

Fall Events at Maplewood

This fall we have been busy in the kitchen baking up some delicious treats for all our different events. We enjoyed some personal size apple pies during our Applefest with apples we picked from the orchard. We are looking forward to learning new soup recipes this fall for our Fall Harvest social which will include a soup judging contest, what a perfect way to stay warm this fall!



Staying Active Indoors & Out

One of the many luxuries of living at Maplewood are bringing outdoor activities in. We are able to enjoy competitive games of shuffleboard year-round on our eight-foot-long shuffleboard mat. Whether its staying active and fit in the pool and cycling through different countries virtually are also just some examples of the exercise programs that keep us moving daily. We also created an outdoor mini putt course we are able to bring indoors and enjoy through the winter months!



LIFE AT MAPLEWOOD

A message from Upcoming Maplewood Highlights for October- November.... How we are staying active and social during COVID times

Oktoberfest Afternoon Friday October 2nd from 3 to 4 p.m.

Staying Active and Motivated During Isolation by: AIM Fitness Tuesday October 6th from 2:30 to 3:30 p.m.

Pumpkin Inferno Outing to Upper Canada Village Tuesday October 13th

Paint and Wine Night Thursday October 15th from 7:15 p.m. to 8:30 p.m.

Fall Harvest Social Wednesday October 21st from 2:30 to 3:30 p.m.

Classical Music Appreciation Wednesday October 28th from 7:15 p.m. to 8:30 p.m.

Haunted House and Halloween Social Friday October 30th from 3 p.m. to 4:30 p.m.

Political Lecture with Professor Cammy Wednesday November 4th at 2 p.m.

Maplewood welcomes you to visit our **Fall Open House Victorian High Tea and Fashion Show;** Friday November 6th from 2:30 p.m. to 3:30 p.m. Register today in order to receive the live feed of the event!

Remembrance Day Events Wednesday November 11th including a Ceremony and special lunch for our Veterans

Food Demonstration “Italian Cuisine” Tuesday November 17th from 11:30 to 12:30 p.m.

Live Music with “The Polished Brass Quintet” Wednesday November 18th from 7:15 to 8:15 p.m.

Paint and Wine Night Thursday November 19th from 7:15 p.m. to 8:30 p.m.

Maplewood Piano Bar Thursday November 26th from 7:15 to 8:15 p.m.

Register today in order to join us through a live feed for our numerous events

Call Brian at 613-656 0556 Ext 701

What our residents love about their home?

“This is a Pleasant Atmosphere, I enjoy this environment. Everyone is so welcoming and Friendly. I feel safe here, if I fall the nurse comes to help me; it’s nice being in a familiar community. I am amazed how it is always clean. It is like living on a cruise ship without the waves. We have a great physician! Excellent nursing care, good food. The staff are service oriented it’s amazing.

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We understand that choosing a retirement community is a big life decision, not to be made lightly. You need to feel confident in your choice, certain that your needs will be met, and most importantly, happy and fulfilled where you live.

At Maplewood, you’ll look at retirement living differently. Your day-to-day life is what you make it—you choose the lifestyle that works for you. From the activities you participate in to the level of personal care that you require, you’re free to be as independent as you prefer.

Our devoted staff will help make

you feel at home and provide you with the services and conveniences you require, so you can enjoy the peace of mind and easy-going lifestyle that retirement promises. Rest assured that you’ll be in good hands at Maplewood. That is our enduring commitment to you and your family.

When the time has come to make the move to a retirement community, consider Maplewood. We’re committed to do all that we can, every day, to ensure that you’re certain you made the right choice.

Health and Wellness Services Tailored to you

At Maplewood your physical, social, spiritual, mental and emotional health is of vital importance to us. We take every step necessary to ensure your safety and care. Part of what makes Maplewood different from traditional retirement homes is our flexible and holistic approach to your well-being, which drives our unparalleled health and wellness service offering. It’s all here for you – just choose the experience you want.

Call us today to book a virtual or personal visit! 613-656-0556



Celebrating through the difficult times

This September we celebrated our 7-year anniversary! We were able to recognize our residents and staff who have been with us for the entire seven years with a certificate

from our MPP John Fraser. In addition to being able to enjoy our fine dining prepared by our wonderful chefs, we have been able to order some of our favourite restaurants in, and still dine out with our multiple bubbles of 10!



Maplewood’s Signature Strawberry Rhubarb Jam Recipe

Strawberry Rhubarb Jam is easy and takes just 30 minutes to make a small batch of 3 to 4 pints. It’s sweet, gooey and the rhubarb adds just enough tartness. We made our jam from our garden grown strawberries and rhubarb.

Prep Time 10 minutes
Cook Time 20 minutes
Cooling 10 minutes
Total Time 40 minutes
Servings 3 pints

Ingredients

- 2 cups rhubarb, cut into 1/2” pieces

- 2 cups strawberries, halved
- 1 1/2 cups sugar
- 1/4 cup lemon juice

Instructions

1. Place all ingredients in a large, heavy-bottomed pot and bring to a rolling boil.
2. Reduce heat slightly and then simmer, stirring frequently, for 20 minutes. Jam will reduce in volume and thicken.
3. Let cool for 10 minutes and pour into clean glass jars or containers.
4. Can be refrigerated for several weeks.

Our best laid plan was hit by the virus and surgery

by Bill Fairbairn
Photos by Ian Felton

My wife and I had planned a summer holiday in England's Lake District with my daughter Judith and her husband Ian, but, double whammy, the Covid 19 virus and hernia surgery at the Ottawa Hospital intervened.

The virus pandemic, which afflicts Britain worse than it does Canada, did not stop Judith and Ian taking a break from London however. After weeks confined to London and district they deserved a holiday so they rented a cottage near one of the many lakes in England's north-west.

"We had a super holiday," they conveyed to me in an email. "The cottage was private and comfortable. There was some wind and rain but not too cold and some sunny days. The walks were excellent right from the doorstep.

"It was a shame to not go into towns and tourist attractions which were heaving with people. The day we left the authorities locked down the north-west of England for virus infection control. From our observation rightly so since people are not taking this virus as seriously as they need to in England."

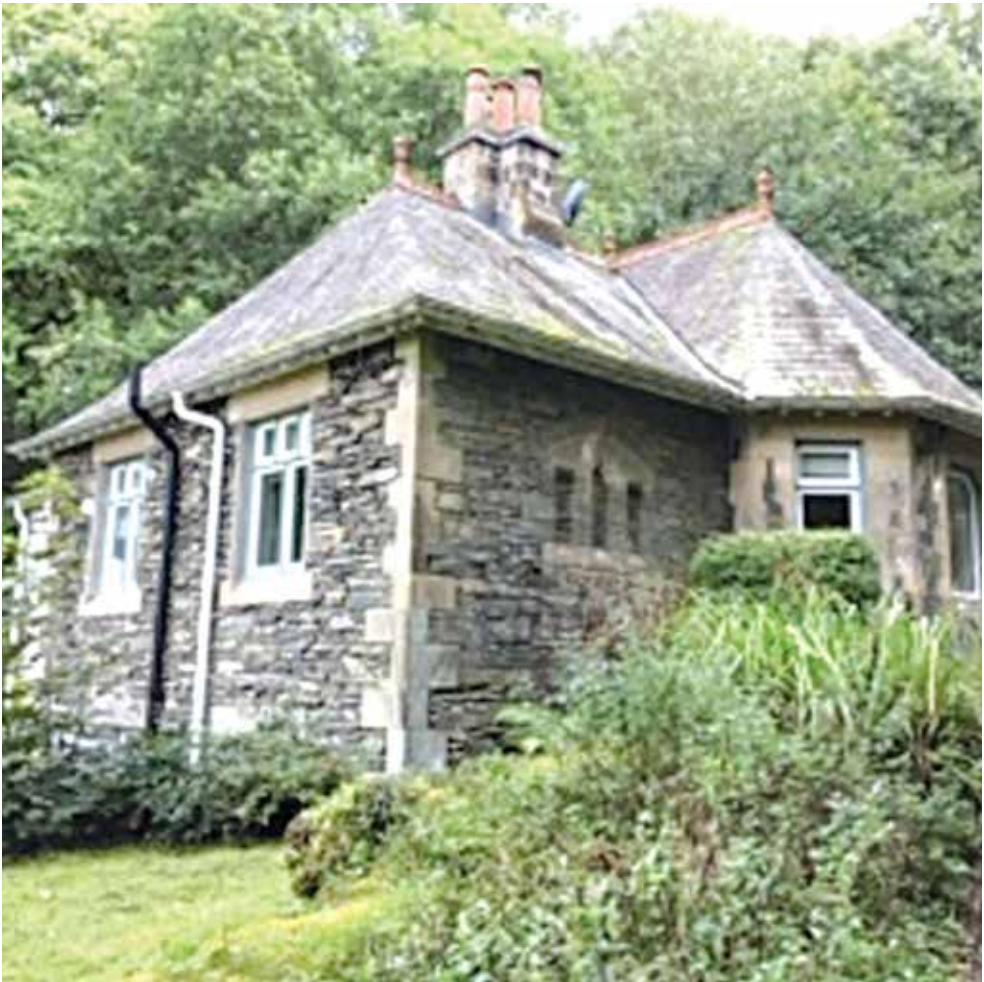
Judith says Ian and she are happy to be back home in London and don't intend to go anywhere for the foreseeable future."

Janina and I are in a similar position. I'm recovering from my surgery but kept busy with the newspaper. She does her Revenue Canada tax work from home. So we are hunkering down for winter.

I do dream of what I missed not being around England's beautiful Lake District but have at hand the surrounding photographs to compensate and publish.

A group of Englishmen who lived in the Lake District in the first half of the nineteenth century were the Lake Poets. The three main figures were William Wordsworth, Samuel Taylor Coleridge and Robert Southy. Wordsworth's Daffodil poem begins "I wandered lonely as a cloud." and is thought of as quintessentially Lake District.

The famous English children's book author Beatrix Potter resided there too. The Peter Rabbit author was an expert sheep breeder. When she died in 1943 she left 14 farms, sheep and 4,000 acres to Britain's National Trust.



168 Sushi and the West Coast connection

by Carole Moul

Over the past few months take out or deliveries have become the main stay of many of our favourite restaurants. And, thanks to the owners and staff, we have been able to enjoy a little bit of self indulgence with some of our favourite foods helping us feel as if we are perhaps becoming closer to what we now refer to as ‘normal’.

Perhaps you are even one of those hungry people who opt to walk or drive over to do your own restaurant pick-up? Whatever the reason, it is then that you might get to wonder exactly what it is that others are carrying out in those brown paper bags or even the insulated containers used by the food delivery people.

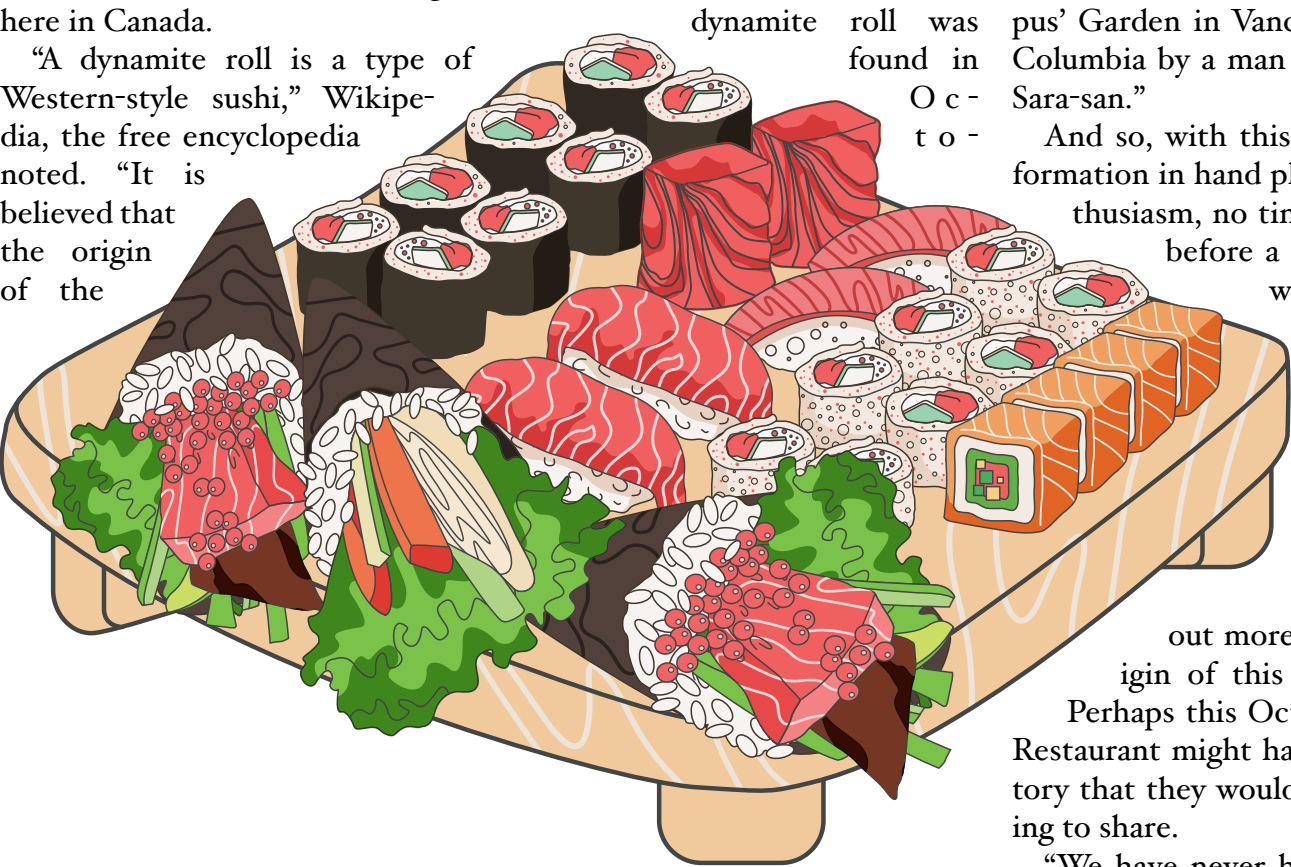
“What are hungry customers like me requesting when they want to enjoy their favourite food?” you might conjecture. “Are there any new dishes that I should be sampling?” Or, perhaps more importantly you might ask out loud for your own benefit, “Are there some restaurant dishes that are more of a first choice than others?”

Recently, it was John Ke, the owner of 168 Sushi who replied immediately for his restaurant. “The answer to your question is, yes, there are favourites, and Dynamite Sushi is the number one preference here.”

Thus it became a mission to find out more about this highly favoured dish.

It didn’t take long to boot up the lap top after speaking with John, and then Google search to find out just what this well-liked Dynamite Sushi was all about? In the end, it was discovered that the popular sushi roll was in fact created right here in Canada.

“A dynamite roll is a type of Western-style sushi,” Wikipedia, the free encyclopedia noted. “It is believed that the origin of the



dynamite roll was found in Octopus’ Garden in Vancouver, British Columbia by a man referred to as Sara-san.”

And so, with this particular information in hand plus a lot of enthusiasm, no time was wasted before a telephone call was put through to Octopus’ Garden in Vancouver, B.C. Indeed, there was now an added curiosity to find

out more about the origin of this popular dish. Perhaps this Octopus’ Garden Restaurant might have a little history that they would even be willing to share.

“We have never had a question

like this before,” the first person on the other end of the line replied.

However, following that initial call, and over the next few days, communication was made with some of the most awesome people, including speaking with Dynamite Sushi’s creator himself, Chef Sada.

And, come to find out, Sada-san is both the owner and chef of the Octopus’ Garden; a restaurant that has been in business since 1993.

The dish itself was inspired around 1988 at an earlier workplace in Vancouver before Chef Sada ever opened his Octopus’ Garden doors, and at the time to the diners was known as the Sada Roll

“The inspiration for the sushi roll came from ‘being inspired by ‘Tenmusu’ which is a variation of the Japanese ‘Onigiri’ rice ball’”, noted an email response.

The current name, however of the ever so popular roll came when one of Chef Sada’s diners exclaimed, “Oh, it’s dynamite!” And thus, as Chef Sada reported, he “was convinced for the product’s success”.

After several telephone calls and subsequent emails it seemed as if it was mission accomplished for seeking out the story behind a very popular sushi roll.

Meanwhile, if the author gets to visit the West Coast in the future, the message from Chef Sada is this: “Sada suggests that you visit Octopus’ Garden when you come to Vancouver, and he will offer a free Sada roll which now we call the dynamite roll in this restaurant.” The Octopus’ Garden Restaurant is located at 1995 Cornwall Avenue in Vancouver. The reviews are exceptional and sound as if some day a visit to Octopus’ Garden just might be well worth the trip.

Closer to home, 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. Order the On-Line Sushi for Take- Out or have it delivered with Uber Eats or SkipTheDishes. Telephone 168 Sushi at: 613-523-1680. Or check out: 168SushiBuffet.com

OPEN LETTER:

We need to end the practice of cash-shaming: cash is vital to the economy and safer to touch than cards

submitted by Steven Meitin
President, Canadian Association of Secured Transportation (CAST)

MONTREAL, (GLOBE NEWSWIRE) – In response to continued misinformation about the cleanliness of cash and the refusal by businesses to accept it, the Canadian Association of Secured Transportation (CAST) issued the following open letter:

COVID-19 has exacerbated fears that as cash changes hands, it becomes a transporter of germs and viruses. But is cash really any worse than your debit or credit card? LendEDU, a company that helps consumers learn about financial products, used a scientific device that tests for bacteria on a given surface to examine just how dirty credit/debit cards and cash really are. They tested the front and back of 41 different debit and credit cards, 27 different bills and 12 different coins. After calculating the average germ score for each

payment method, debit/credit cards turned out to be the dirtiest payment method. **The study showed that the average germ score for credit/debit cards was 285 vs. the average germ score for cash/coins at 148 (almost 2x higher for cards compared to cash).** Just think of how many surfaces cards touch as they wait on tables, bars or counter-tops to be picked up and swiped. In fact, the average score for plastic cards was worse than the score registered for the bathroom at New York City’s Penn Station, which used to see more than 650,000 people on an average workday!

Eliminating the use of cash only punishes some of the most vulnerable members of society: uncomfortable with technology, people with no credit, coin drives for charities (like poppies for veterans, daffodils for CF, change at Christmas for the Salvation Army), tips for those in the service industry, and the list goes on. It is also crit-

ical for consumers to have options to pay for their goods and services. While some may prefer the convenience of cards, others prefer how cash protects their privacy and anonymity, while helping them manage their debt level. Cash is a vital part of our economy.

Fabio Panetta, a Member of the Executive Board of the European Central Bank, recently noted that, “Adequate availability of cash is crucial for the functioning of the economy...[cash] remains the dominant means of payment for consumers, and is of fundamental importance for the inclusion of socially vulnerable citizens, such as elderly or lower-income groups... Overall, banknotes do not represent a particularly significant risk of infection compared with other kinds of surface that people come into contact within daily life.”

We need to end the practice of cash-shaming. Dirty cash is a stigma for songs, not economies. Everybody needs to continue to practice good

hygiene and be considerate of those around them. But don’t buy into the fear. The best way to protect all consumers and retailers is to continue to provide options for payment and to keep our economy moving.

Wash your hands frequently, avoid touching your face and maybe even wipe your cards and cash with the right products, but don’t think you are protecting anyone by refusing to accept cash or removing cash from our economy.

About the Canadian Association About the Canadian Association of Secured Transportation

The purpose of the Canadian Association of Secured Transportation (CAST) is to promote and advocate for the interests of Canadian providers of secure transportation of valuables, to provide a venue for beneficial dialogue among members, and to encourage the advancement and excellence of industry standards across Canada and abroad. www.cast-acts.ca

CFUW-Ottawa celebrates a 110th anniversary this year

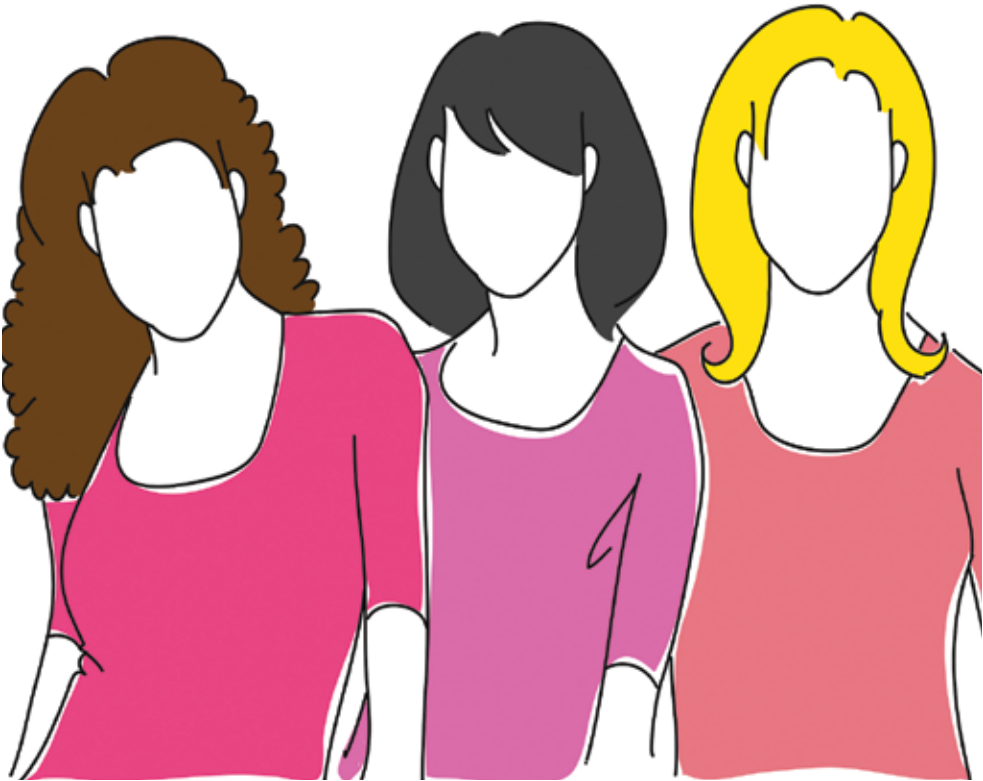
Submitted by Marie Danielle Vachon,
Communications

Clubs come and go but to celebrate a 110th anniversary, as CFUW-Ottawa is this year, you have to have a winning combination. CFUW-Ottawa’s secret? It is a dynamic organization of women that enhances personal growth and provides challenges and opportunities to make positive change in the world.

The group was created in 1910 when a group of women met in Ottawa to form what was then known as the University Women’s Club. The group has since been renamed CFUW-Ottawa and a university degree is no longer required to become a member. CFUW-Ottawa is one of 122 clubs across Canada and is affiliated with a global community in 80 countries.

CFUW-Ottawa has had, and continues to have, some fascinating members, including:

- Dr. Charlotte Whitton, a champion for women’s equality in politics and the workplace. When she was elected mayor of Ottawa in 1951, she became the first woman mayor of a major Canadian city.
- Dr. Alice E. Wilson, Canada’s first female geologist and a recognized authority on the fossils and rock of the Ottawa-



wa-St. Lawrence Valley. She was the first woman admitted to the Royal Society of Canada and the first woman to receive an honorary degree from Carleton University.

- Shirley Greenberg, a trail-blazer in the Canadian women’s movement, helped found the Ottawa Women’s Centre, from which subsequently developed the Rape Crisis Centre, the Women’s Career Counselling Centre and Interval House, a refuge for battered women. She also created the first all-female law practice in Ottawa.

CFUW-Ottawa members have always had a social conscience. During both World Wars they raised money to provide milk for children in war-torn Belgian and for soldiers’ convalescent homes. They sent gifts of tobacco and donated pajamas, hospital shirts and socks to soldiers. Princess Juliana of the Netherlands, who was given refuge in Canada during World War II, joined the club as an honorary member.

Today University Women Helping Afghan Women, one of CFUW-Ottawa’s external outreach

groups, raises public awareness of the issues facing Afghan women and girls and provides scholarships for young Afghan women who are determined to make a difference in their country. They have had impressive success. To date, 42 recipients of the scholarships have graduated and 54 women are currently enrolled; in total, almost 100 students have been supported.

The support for the education of women here in Canada is also crucial to CFUW-Ottawa members. The CFUW-Ottawa Scholarship Trust Fund has encouraged and supported students seeking higher education since 1983. In 2019-2020, the Trust Fund awarded a record of 31 scholarships totaling \$78,000.

CFUW-Ottawa promotes Canada to foreign diplomatic guests in a spirit of fun and friendship. The Diplomatic Hospitality Group organizes activities and events to demonstrate various aspects of Canadian life and to showcase Canadian history and culture in the National Capital Region.

CFUW-Ottawa is also about the power of women coming together for personal development. There are groups for those who appreciate, art, music, and theater; for women who like to hike, snowshoe or ski; and for those with an interest in the environment, history or literature.

And all at once, summer turned into autumn

Shared by Caitlin Mackenzie, Marketing Manager, Oakpark Retirement Community

This year has been the year of unprecedented challenges. Here at Oakpark, we are overcoming those challenges with the warmth and dedication of our incredible staff. As they say, not all Hero's wear capes, but many wear scrubs and a smile behind their masks.

As the beautiful fall weather starts to take over the Alta Vista neighbourhood, the two maple trees that line the Oakpark entrance are starting to turn bright shades of red and orange. When you drive down Valour Drive, you are followed by the changing leaves and are taken in by the peaceful serenity of Oakpark. Walking paths through the wooded area surround our lovely home and are just waiting for those ready to take in the fall colours.

With the postponement of many county fairs this autumn, Oakpark decided to keep some of the traditions alive with a candy apple afternoon. With all the challenges that this year has brought Oakpark staff has a commitment of ensuring these beloved seasonal traditions are still able to be enjoyed.

As lots of aspects of our lives have changed, here at Oakpark the commitment and dedication to our residents and community has not. We are definitely still accepting new residents and if you have any questions regarding Oakpark or our services, please call us at 613-260-7144 anytime!

Although we cannot host our events yet, we are excited to introduce our first virtual Open House on Friday, November 6th, 2020 at 2:30 pm. You will be able to meet the management team, staff and view our lovely home.

**To register please contact
Caitlin at cmackenzie@riverstoneretirement.ca**



There was even toasting with candy apples.



Amazing: These candy apple samples are pretty special.



Choices! Look at what they were showing at the Candy Apple Bar.



Welcome to the candy apple table. PHOTOS: TAYLOR TOLL

Pandemic impacts all walks of life



PHOTOS BY GEOFF RADNOR

Ergonomic Desk Set Up

by Susan Reive, Physiotherapist, Owner of Kilborn Physiotherapy Clinic

Since COVID-19 struck almost six months ago, many people have been working from home. Unfortunately for some people, an improper desk set up has led to neck and shoulder injuries. Indeed, sitting in poor posture for long hours can place excess strain on the neck, shoulder, and lower back, resulting in injury.

An ergonomic sitting work station includes the following:

1. The top of the monitor screen is at eye level and at arm's length away.
2. The elbows are bent to 90° and at your sides.
3. The wrists are in neutral.
4. The knees and hips are at 90° angles.

You need something adjustable and that is usually the chair that can go up or down to allow for a proper desk set up.

If you are working on a laptop, you will need a separate keyboard and mouse; place the laptop on top of a box such that the top of the screen is at eye level, or use a separate monitor. I think this has been the cause for many injuries; people working at laptops for hours on end looking down at their screens. This places

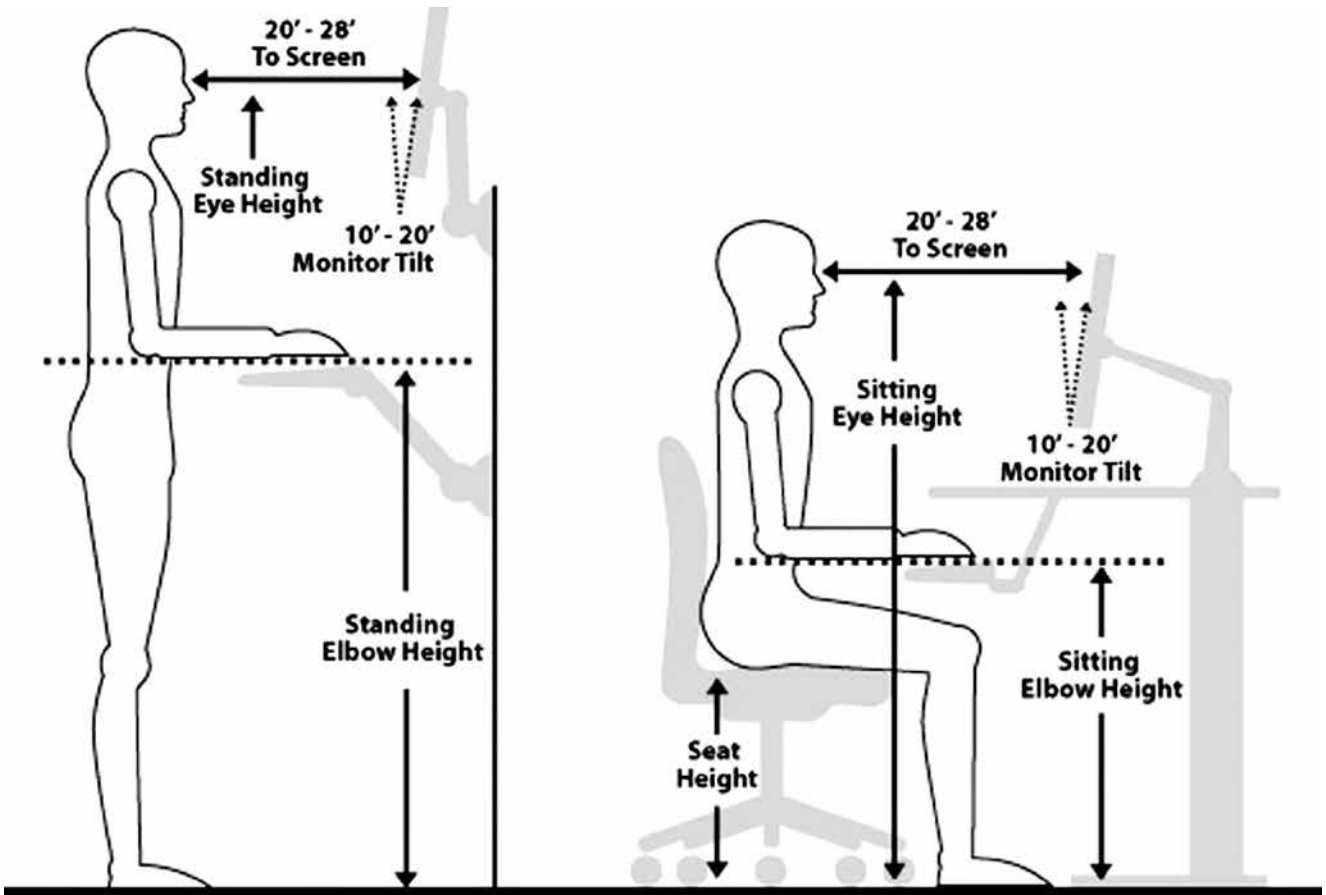


IMAGE FROM ERGOMAKER.COM

a lot of strain on the neck muscles. Moreover, if the table is too high and your arms are held up and out to the side, then the shoulder and neck muscles are stressed.

Since COVID-19 is not ending anytime soon, people will be working from home for the next few months or longer. Ensuring your work station is properly set up is essential to avoid injury. I would recommend you have two set ups: a sitting work station and a standing work station (if you are able to stand) and alternate between the two stations. Sitting places a lot of stress on the spine, so being able

to stand will help. The same rules apply with respect to the monitor height, and elbows and wrist position. Try using the kitchen counter for a standing desk and place the keyboard on a book or board to get the correct elbow position.

Finally, in addition to setting up an ergonomic workstation, the best thing you can do is to get up and move regularly. Try to go for a 15 minute walk on your lunch hour. Stretch your neck and shoulder muscles a couple times during the work day. We are meant to move, so keep moving.



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Sue Reive, PT, BScPT
MCPA, Part A Manual Therapist

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FAX: (613) 523-1074

A fall symphony of fun at Riverpath

Shared by Rosal Yade, Activity Manager



The Ottawa Woodwinds Project put on a beautiful outdoor concert for our residents! The sun sets and the “ensemble played on”! What a treat! ALL PHOTOS: ROSAL YADE



Above: Claudette enjoys an array of fresh picked apples! She looks forward to enjoying them as she picks her favourites and fills her bag, to take up to her suite!



Yoshio is incredibly talented and continues to live by the principle that practise makes perfect! Every morning and afternoon, he tickles the ivories and we benefit from the beautiful melodies he shares with us!



Thérèse is full of joy as she cracks open her fresh lobster and mussels. Our “Riverpath Seafood House” serves delicious seafood and was a hit among residents!



Left: Daniah serves up some exceptional Chilean wine to Gemma, as we continue our monthly wine tasting tour around the world! Our residents were treated to a traditional Chilean means to end the day!



Local talented sensation, Lauren Hall, entertained our residents at our Fall Rhapsody concert recently! Residents loved her voice and great repertoire of both French and English songs of the past!

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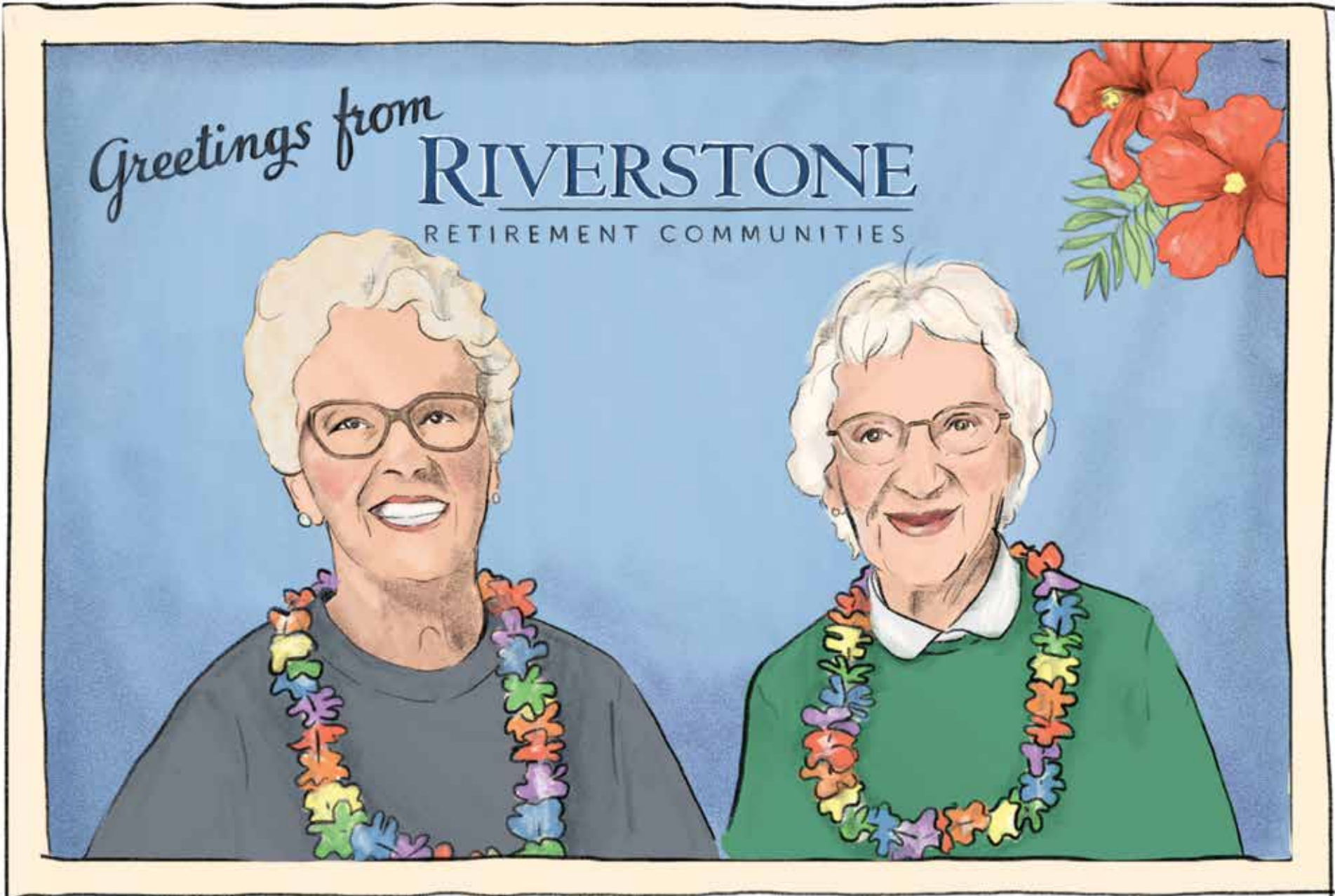
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Malcolm and John Harding



Margie & Ursula, Theme Dinner, Timberwalk Retirement

A Winter Getaway Without the Travel

Discover the community you’ve been looking for this winter in Alta Vista, Riverview Park and Beechwood. Riverstone is welcoming staycationers to spend our coldest season in safe, comfortable and connected residences. Take a break from your house this winter and stay in a vibrant Riverstone Retirement Community in your neighbourhood — no long-term commitment required.

- Private suites in a welcoming community
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today

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Health, Happiness and Home



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OakparkRetirement.com



Riverview Park | 613-656-0556
MaplewoodRetirement.com



Beechwood | 613-327-9655
RiverpathRetirement.ca

Riverview Park Review

SECTION TWO

OCTOBER 2020

A Voice of Riverview Park

NOVEMBER 2020

A Covid Canada Day

by L. Couture

It was a novel celebration in the time of a novel virus. Residents on Caledon St., Dale Ave., and Alta Vista (between the two streets) came together to celebrate Canada Day from a distance. Socially distanced events were held including a parade, movie night and house decorating contest. It turned out to be a Canada Day for the memory books.



Movie Night: another clever idea from Caledon Street.

PHOTO: K. CONNOLLY



Way to go Reese, Sharen, Joy, Jennifer, Caleb, Rayan, Charlotte, and Norah! PHOTO: M. COUTURE



A wheelbarrow of fun for Noel, Amy, Elliot and Isaac PHOTO: M. COUTURE



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Meals on Wheels helps clients like Germaine during COVID-19 this Community Support Month

by Anice Wong, Marketing and Outreach Assistant

OTTAWA, September 29, 2020 – This Community Support Month, Meals on Wheels/La Popote roulante (Ottawa) is helping clients like Germaine stay safe and healthy at home by providing nutritious meals during this unprecedented pandemic time.

Over the last few months of COVID-19, Meals on Wheels has been challenged more than ever to deliver needed services to vulnerable populations. Since the start of the pandemic, seniors who live alone have become even more isolated and homebound. They have been told to stay home to stay healthy and safe. Meals on Wheels understands how simply getting prepared meals delivered to the door can reduce a lot of stress for clients and families. Not only does it take away the worry of cooking, it can help reduce isolation. Trained volunteers provide a check in during meal deliveries and ensure clients are coping well. Even though interactions may be short

and physically distanced, in many cases the presence of the volunteer alone helps combat isolation as they may be the only person they see on any given day.

“I don’t have to go grocery shopping as much anymore. Meals on Wheels ensures I have a decent meal at least once a day,” says Germaine, a client since July. “The volunteers are polite and good humoured. They work hard for us and I tell them to keep safe.”

Meals on Wheels Ottawa is one of the many community support services that play a critical role in assisting seniors and adults with disabilities in maintaining their health and independence at home. It is an integral part of the health-care system and helps reduce the burden on family caregivers. Since a state of emergency was declared by the City of Ottawa on March 25, Meals on Wheels Ottawa has served over 53,300 meals to more than 1,045 clients.

October is Community Support Month, an opportunity to celebrate and raise awareness about the value of community support services such as Meals on Wheels.



Below are the specific celebration days for the month:

- October 5-9: Meals on Wheels Week
- October 7: Congregate Dining Day
- October 9: Supportive Housing/ Assisted Living Day
- October 11: Friendly Visiting/ Telephone Reassurance Day
- October 12: Respite Services Day
- October 12-16: Community Care Worker Week
- October 14: Client Intervention and Assistance (CIA) Day
- October 19-23: Adult Day Program Week
- October 23: Home Help/Maintenance Services Day
- October 26: Transportation

- Services Day
- October 27: Attendant Services Day
 - October 28-29: OCSA’s Virtual CommunityConnect Conference
 - October 30: Hospice and Palliative Care Services Day
- Follow the conversation on social media at #CSM2020.
- About Meals on Wheels/La Popote roulante (Ottawa)
- Meals on Wheels/La Popote roulante (Ottawa) is a not-for-profit registered charity that promotes the dignity, health and independence of seniors and adults with disabilities by delivering nutritious meals, being a point of contact within the health system, and providing collaborative leadership.



Member of Parliament | Député
The Honourable | L’honorable

David McGuinty

Ottawa South | d’Ottawa–Sud



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- » Guaranteed Income Supplement
- » Immigration Matters
- » Citizenship Inquiries
- » Canadian Passport / Consular Affairs
- » Business Opportunities / Grants & Funding
- » Student Loans / Taxation Issues

If I can ever be of assistance to you, on any federal matter, please do not hesitate to contact my office.

Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:

- » le Régime de pensions du Canada / la Sécurité de la vieillesse
- » le Supplément de revenu garanti
- » les demandes de renseignements relatives à la citoyenneté
- » les questions d’immigration
- » le passeport canadien / Affaires Consulaires
- » les occasions d’affaires / les options de financement
- » les prêts aux étudiants / les questions sur l’impôt

Si jamais je peux vous aider, n’hésitez pas à contacter mon bureau.

David McGuinty, MP | Député

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Web Site | Site Web: www.davidmcguinty.ca

INTERESTING CANADIANS

The Importance of Humour

by Bruce Ricketts

I need to start off this instalment of Interesting Canadians with an apology.

During what will undoubtedly go down in history as The Age of COVID people are doing and saying strange things. I am not talking here about Donald Trump; he was doing and saying strange things well before COVID-19.

It is fascinating to watch your friends on Facebook go from a nice person to a rabid lunatic right in front of your eyes. One day they are sending out pictures of kittens and bunnies, birthday wishes and pictures of grandchildren. A week later they are fulminating about the government, their daughter's useless boyfriend, the weather and what ever else comes to their mind. They talk about the amount they can drink in one sitting, how many sausages, pieces of bacon and slices of ham are required to complete a breakfast meal, and why Netflix sucks the big one. They post inappropriate cartoons and memes, make comments like, "If you don't like Canada... then move." They refer to people as Karens, Kevins and Snowflakes without the faintest idea what the terms mean.

Don't get me wrong, I have no idea what those terms mean, either.

So why am I apologizing?

I woke up at about 8 AM on Wednesday, April 2. We were a couple of months into COVID and being that I was in a high-risk group I decided that I would write my autobiography. My kids don't really know my life story because a lot of it was not interesting to them and, if that was the case, my grandkids would know almost nothing about me after I am gone to that big Cheezie™ factory in the sky.

After my morning coffee and a bowl of Cheerios, I sat down at my computer and began to type. It started off well but after grand total of seven words, my sense of humour, inherited largely from my mother, kicked in and it was off to the races. I began to make up stories, some loosely based on my real life. I wrote about my time in Ottawa, Calgary, Winnipeg and Tokyo... some of it was fact; most of it was pure fiction. I was having fun and my friends and family were amazed at the things they were learning about me.

You see, I never told them the stories were fiction. For that I apologize. (snicker)

Near to the end of my project, Chapter 34 of 36 to be exact, I was feeling a little melancholy and in a reflective mood. With your permission, I would like to present to you what I wrote in one chapter.

Chapter 34 Remembering

There are many things that happen to remind you that you are growing old.

You hit the hay at 11 PM and wake up at 3 AM, 4 AM and 5:30 AM to take a pee. Then you read for a bit and fall back asleep. The next thing you know it is 11 AM.

When you stand up, your knees give way and you have to sit back down on the bed. Your shoulders hurt, your hips hurt, your knees hurt, and your mouth feels like someone used a rough towel to dry it out.

You gently lift yourself off the bed, holding on to the side table for stability. You look down



The girls without Opa.



Grampa and the boys

and can barely see your feet because of the size of your fallen chest... damned gravity.

You shuffle off to the bathroom, install your dentures and comb the few remaining hairs on your dome. You note the forest of hairs growing in your ears and wonder, why there and not on top?

Your beard has grown overnight but it is too hard to see because it is as grey as your complexion. You decide to leave it for a few more days.

You move towards the kitchen, stumbling as you go over your loose-fitting slippers and too long pyjama pants. You get to the kitchen and ask yourself, "Why am I here?" Not in the metaphysical sense... you literally don't remember why you are standing there. Oh yea, coffee and toast.

You turn on the radio and the television and ignore both. You pick up the newspaper, turn to the funny pages and prepare to chuckle.

Your concentration on Garfield is interrupted by the trill of a cell phone. It is not as if you get a lot of calls. You swear that you will cancel your phone... but never get around to it.

You find your phone before it goes to voicemail.

"Hello," you say.

"Gramps?" comes the response.

It is your oldest grandson whose voice is getting deeper.

"What can I do for you, sonny?"

You just know he wants something. He doesn't call just to say hi.

"Are you doing anything today, Gramps?"

You are taken aback just a bit.

"No, not really. Why?" Here it comes.

"I wanted to borrow your car to drive to my girlfriend's cottage for the day."

"Are you asking me to drive you?"

"No, I can drive."

"What? When did you get a license?"

"Six months ago. Don't you remember? I used your car for the test?"

"You did?" Hum, haw, hum. "Oh yea, I remember now."

You do not remember.

"And when did you get a girlfriend?"

"We have been going out for over a year,"

"How come I have never met her?"

"You have met her lots of times, Grampa. You sat next to her at Mom and Dad's twentieth anniversary dinner."

"Oh yea, I remember."

You do not remember.

"OK, sonny, you can borrow the car. Just make sure you fill the gas tank when you return it."

"Thanks, Grampa. I will remember."

He will not remember.

You place the phone on the kitchen table and return to the funnies. Garfield is still taunting the dog.

Some things are worth remembering.

COVID seems to bring out the bad parts in many, many people. But, if you can keep your sense of humour as the ship sinks, then there is hope.

Keep your sense of humour, my friends. Someday, we will look back on all this and realize that the hardest part was having to take a pee at 3, 4 and 5:30 AM.

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RIVERVIEW PARK PRESIDENT’S REPORT

Thoughts amidst the new normal



BRYAN ORENDORFF
RPCA President

Welcome back everyone from what I hope has been a replenishing summer break for all. It may not have been a summer with plenty of community events as it normally is, but I hope you all still enjoyed it as much as you reasonably could as we settle into what looks to be a lengthy stretch of the new normal.

Last time I wrote about uncertainty. That uncertainty has dimmed, somewhat, and changed from questions of “what if?” to ones of “how long?”

Due to the pandemic situation, so many of our events were cancelled this last year including community soccer, movie nights, and even the corn roast. The Riverview Park Community Association (RPCA) Annual General Meeting (AGM) is still a go, though, albeit virtually. *See the ad in this paper for details.* But the event cancellations are sadly going to be a continuing theme in the short and medium term.

We had been looking at a spring social fundraiser event, but that is now unlikely. The Carol Sing and Winter Carnival are also in doubt,



and generally the RPCA has taken a back seat from creating events to helping others promote their safe events, plans, and ideas. And of course you will have noticed that you have not been solicited for memberships this year. Our summer membership drives in the last couple years have involved a lot of door knocking that certainly would not have been conducive to maintaining a physical distance.

Amidst this rather somber backdrop, I’ve made a number of personal reflections, as this certainly was not how I had envisioned the RPCA’s 2020. I have personally been rather critical of how the pandemic response has unfolded and very dissatisfied.

I’ve always been one with a great deal of faith in our governing institutions and to find those institutions largely unprepared to keep people safe (the core function of any public institution) made me feel betrayed by all levels of the state. And it hap-

pened at a time of great social stress when the people require leaders to step up. But none of them did. Our leaders and our institutions appear not to have been able to take control of the situation and seem to remain powerless to banish uncertainty and give our society clear and meaningful direction.

But people hunkered down, pulled up their socks, and have been shouldering the burden all the same. Those waiting for knee surgeries continued to walk through the pain as their quality of life improvements were put on hold. Those needing daycare they could not get played with their children in the day and worked nights at the kitchen table. And the essential workers kept commuting back into the breach with the sounds of clambering pots and pans echoing in the distance as a sign of praise.

For a long time I had no interest in anything to do with our political and institutional leadership, having felt turned away. And that included continuing on with the RPCA. There just hadn’t seemed to be a point. I felt I was a part of a failed system that wasn’t worth supporting. I felt that the path forward was to trudge through it all and to keep my head down. I felt that there was more that could have been done if I’d had the time; that others could do more and do it better.

But that feeling changed over the summer. We can all only do so

much, and all of the people who help, and indeed are, the RPCA are only volunteers; given the circumstances, volunteers with much less time for volunteering and depressingly little, at times. So, to everyone, I say thank you.

Thank you for your continued efforts towards this community. Thank you for helping to keep it safe. Thank you for helping to keep it a wonderful place to live and to raise a family. And thank you for your tolerance and your patience. There is so much more we want to do, but right now still isn’t the time. For right now, we will do less. We will wait through this new normal and we will be ready for what comes next, whatever and whenever it may be. Because we are all in need of a new, new normal.

As I noted before, please check in with the RPCA website to see the latest on what RPCA events are happening and where, though expect a slow summer. The next RPCA board meeting is scheduled for October 14th and will be conducted virtually or by phone with no availability for visitors at this time. The virtual AGM October 28th is open to all to join, but we would appreciate an RSVP.

For more information, check out our website at www.RiverviewParkca.com or drop me a line at riverview-parkca@gmail.com with your questions or thoughts.

You did it Celtic Tigers!

by Carole Moulton

In 2019, the Celtic Tigers planned to participate in their 20th MS Bike Tour come the summer of 2020. This year, they did, in fact, achieve their goal, but like everything else around them, this was a bicycle tour with a difference.

For the first 12 years the tour consisted of a two-day 160K round trip cycle between Ottawa and Kemptville. For the next seven years, the tour consisted of a two-day 160K round trip between Ottawa and Cornwall.

Referred to as a “Virtual Bike Tour” for 2020 because of the pandemic, the MS Society left it up to participating cycling teams and individuals to select their own cycling routes.

Over the years, the Celtic Tiger’s Team has varied in size from as few as six to as many as 22 cyclists.

Like everything else around them, this was a bicycle tour with a difference.

And, over the years, the various teams of Celtic Tigers have raised, through individual sponsorships, over \$180,000 for the MS Society of Canada. This year, in spite of the pandemic, the team raised over \$7,000.

The tour took place on Saturday, July 25th. Thousands of cyclists participated in the tour, by cycling on various routes, in numerous cities, across Canada.

“My team, the Celtic Tigers, participated by cycling from Ottawa to Gatineau, then cycling from Gatineau to Masson, then taking



There were smiles all around from the great team of the 2020 Celtic Tigers. PHOTO: RON ROSE

the ferry from Masson to Cumberland and then cycling from Cumberland back to Ottawa” noted Louis Comerton, a Riverview Park resident. “The other Riverview Park residents on the team were: Aileen Comerton our Team Cap-

tain, Jackie Comerton and Jackie Bohemier,” Louis added.

The commitment of the Celtic Tigers to the MS Bike Tour has been phenomenal over the years. Thank you to everyone who has helped make this happen.

COMPUTER TIPS & TRICKS

Facts of life – Part I

by Malcolm and John Harding, of Compu-Home

Data backup has been a frequent subject of calls to our workshop lately. We have heard from a lot of people devastated to find that there had been a breakdown in the back-up strategy that they thought was keeping them safe in the event of a hard disk failure, theft, or some other catastrophe. It is not only people who use their computers for business who are distressed to learn that their data is lost; our own personal data such as photos, email messages, address books and documents are the records of our lives and it is inconvenient at best and heartbreaking at worst to lose them.

Our data is saved on the hard disk of our computer; backing it up means simply to save it in a second or even a third place. Many people keep an external hard disk and copy their data onto it, while others send it over the Internet to a “cloud” storage service offered by some of the big names in the tech world, such as Apple, Microsoft, Amazon, Dropbox or Google, among many others. Considering the modest cost of either external

hard disks or cloud storage, lots of people use both, to be extra-safe.

In backing up, as in other facts of life, the devil is in the details. Problems can invade from a couple of directions. Many people choose to back up manually; every Friday, for example, they connect to their backup destination and copy the



past week’s work. This is just fine when life’s complications don’t interfere and result in forgetting to do the job for several weeks in a row – and then maybe even months can go by. The preferred alternative is to use software to run the backup automatically on an appropriate schedule – hourly, daily, weekly, etc. Here the problem arises when we let a false sense of security lull us into assuming that our backups are always happening on schedule and

that the data is being safely stored in that secondary location in case of future need. Sometimes we let a technician create that backup routine for us and we have never really taken the time and trouble to understand how it was supposed to happen. On the other hand, we might have become skilled at

the process ourselves long ago but then allowed the specifics to get fuzzy. There are quite a few gremlins lurking in a backup system and when they interfere the result can range from the data being backed up incompletely, to outright failure to back up anything at all.

There are three steps to mastering the backup process and they are all equally important. First is learning how to set up the backup utility, which mostly entails designing

the folders from which our data is being saved on the hard disk, so that copies will be made on the backup medium. Second is knowing how to check often to make sure that the program is actually doing what we expected or, in other words, that nothing has interfered with the backup files really being stored where they are supposed to be. Third, it is vital to know how to carry out a “rescue” of the files in the event of an emergency, so that you can use and enjoy them again.

There are fairly new backup systems that are easier to learn and use than in the old days, for both Microsoft Windows (“File History”) and Apple Macintosh (Time Machine). It is our experience that the odds are against a user who doesn’t take the time to learn to use these tools and the result will be gloomy.

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

Happy Thanksgiving

This is a time when we naturally give thanks. Thank you to all the province’s essential services workers and those on the front-line. You step up every day to ensure individuals, families and seniors have what they need to stay safe and healthy. Everyone is doing their part. It is not easy but we will get through it together.

Continue to listen to the advice of Public Health experts:

- Wash hands frequently
- Avoiding touching eyes, nose and mouth
- Avoid contact with people who are sick
- Practice social-distancing
- Stay home if you are not feeling well
- If you are concerned or suspect you have the virus, call: **Telehealth Ontario: 1-866-797-000** or **Ottawa Public Health: 613-580-6744**

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- The Legislative Page Program
- General inquiries regarding provincial programs

Please feel free to contact me at my community office if there are any provincial issues I can assist you with. My staff and I will always do our best to help you.



John Fraser, MPP
Ottawa South

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Tree planters enjoy their day in Billings Park

by Bill Fairbairn

Billings Park was where Alta Vista Councillor Jean Cloutier hosted a tree planting event last month. Twenty-five people showed up, some even on bikes with spades, to plant 200 trees. Under blue skies the planters finished their work an hour earlier than they had expected. “It was a blast,” one planter briefly summed up the event. Cloutier has hosted tree planting every year since he was elected to city council. Beyond that he has planted trees every year in the community for the last 27 years. His oldest daughter and wife Sandra planted with him on the first occasion.



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BOOK REVIEW

Once upon a time in my journalism career

by Bill Fairbairn

My journey was typical of what Nairobi newspaper executives used to call “a blow-in.” I arrived by bus from Dar es Salaam in the Kenyan city of Nairobi in the autumn of 1963. I had traveled back north from Cape Town, back almost half the length of the African continent often on my own two legs, but also by passenger liner from Durban. Now, with a near empty wallet, I was seeking to continue my journalism career in Nairobi.

I first knocked at the door of the *East African Standard*, founded in 1902, and with resume in hand sought out the editor. By coincidence he was in England recruiting journalists. I was told by the assistant editor that, although he was impressed by my recommendations from editors of two African newspapers and four British papers, he could not himself hire me.

So I next called at Nairobi’s other English language paper, the *Daily Nation*. I was well received by the *Nation* Group executive chairman Michael Curtis, an English former editor on London’s Fleet Street, and *Sunday Nation* editor Jack Beverley, Scottish-born like me. They examined my resumé, questioned me and told me to sit down at the editing table with other subs under chief sub-editor Joe Rodrigues and show what I could do to help bring out the next day’s newspaper.

I must have done well working under Joe because next day I signed a two-year contract with the *Nation*!

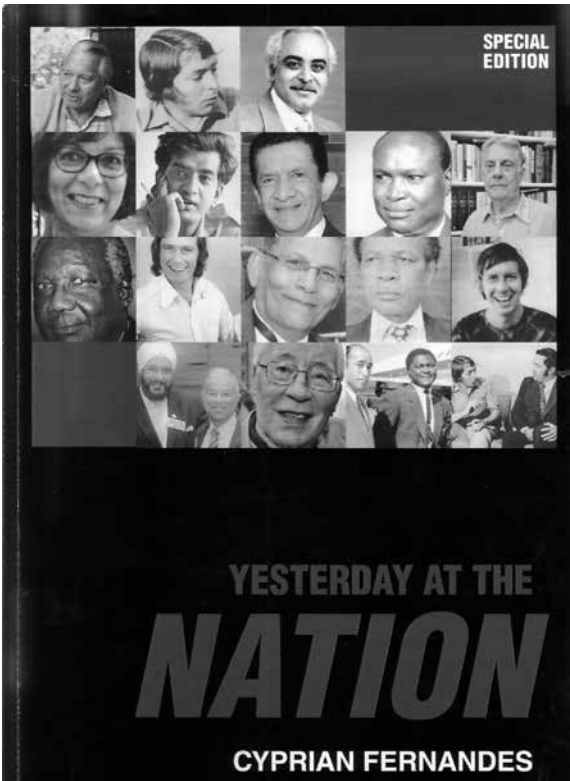
The book I review, *Yesterday at the Nation*, is by Cyprian Fernandes, a fellow journalist. It contains essays by or about 25 staff writers and photographers from 1960 when the Aga Khan, at a time of a breakthrough in technological revolution of newspaper printing methods, founded the *Nation* in what some termed darkest Africa.

Golden era

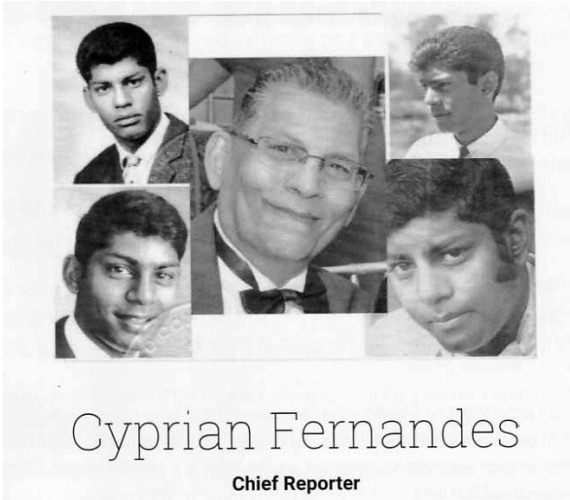
This book is a feast of memories for me of what I believe was the golden era of newspaper journalism. A record number of 17 African nations achieved independence in 1960. The battle for freedom had begun in earnest in Kenya, yet the *Nation*’s rival, the *Standard*, still supported British colonialism. It was quickly perceived on the streets that the *Standard* was on the wrong side of history and that the new *Nation* paper and its Swahili edition of *Taifa* identified with the mood of Kenya’s indigenous people ready to meet the challenge of self-rule under Jomo Kenyatta, who had just been released from British imprisonment. That challenge became formidable for the *Nation* as Jomo set about ending the ongoing Mau Mau anti-colonial rebellion. On his death Kenya’s leadership changed to less able African hands.

This book’s author, one time *Nation* chief reporter Cyprian Fernandes, now lives in Australia having fled politically volatile Kenya after someone informed his wife that there was a bullet with Cyprian’s name on it.

Political agitation was widespread in Kenya in the years after I left the *Nation* to work on the Sun in London. I had loved being in Kenya teaching journalism on the editing desk to black African university students whom, I knew, would inherit my job when “Africanisa-



Book’s cover highlights mug shots of the journalists who steered Kenya’s first post-colonial tabloid newspaper. They include Riverview Park Review’s Bill Fairbairn (lower centre).



The *Daily Nation* fought for press freedom under Jomo Kenyatta’s presidency and still publishes today in a Kenya ruled by his son Uhuru Kenyatta.

tion” became policy. Joe Rodrigues taught me much of what I knew about journalism in Kenya. He became managing editor, but was told he could never become editor-in-chief because he was brown not black.

Daniel arap Moi had become Kenya’s president and Joe, still a hero of mine, *did* become editor-in-chief. He knowingly told a television interviewer in 1978: “I would say without fear of contradiction that if I were to get up one day and decide I would be writing editorials attacking the head-of-state, I would not last long and neither would the paper.

Comment free?

The Kenyan government launched two vitriolic attacks against the *Nation* and arrested six of its journalists. Joe had written an editorial suggesting the government allow banned firebrand politician Odinga Oginga to stand in a by-election. For that he was arrested and interrogated. It was the beginning of the end for Joe. He was accused of being part of the government’s opposition.

What hammered the nail in came when one of the *Nation*’s sub-editors added the word *anonymous* below a published press release of the governing party. President Moi associated

that word with himself. So with that one word the ax fell on January 1, 1981, when Joe and five other *Nation* journalists were thrown in jail and a barrage of complaints was directed at the Aga Khan. On release Joe was forced to resign. He said he was sacked. His health suffered. In an obituary, columnist Brian Tetley wrote: “His dignity and decency were as immense as his courage and integrity. Though he never enjoyed the privileges that accrue from a pedigree of expensive education, he became a world leader in the brotherhood of journalism.”

One other, besides myself, who eventually came to Canada. was Sultan Jessa, the *Nation*’s Dar es Salaam chief correspondent. He settled in Cornwall, where he became known as the “Sultan of Selflessness.” He worked for the *Standard Freeholder*, a daily owned by the vast Thomson media chain. In 2005, at Rideau Hall, Sultan was awarded the Order of Canada recognizing three decades of community services. In a congratulatory message former Prime Minister Paul Martin said Sultan could “take pride in his accomplishments over the course of his remarkable career.”

It was said that Kenyan President Daniel arap Moi hated rising in the morning to read the independent *Daily Nation*.

I was once one of that *Daily Nation* team of editors of which Joe Rodrigues was uncrowned chief. We could hardly be called gentlemen of the press. As with most newspapers, near the office was a pub, the *Sans Chique*, whose owner would testify to that. But we believed in the adage that while facts are sacred comment is free.

However, comment is not always free! So I say well done to author Cyprian Fernandes for bringing forward 25 personal stories by journalists who stood against instances of newspaper repression betwixt colonialism and independence.

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Whoever taught Elvis to sing like that?

Elvis "the King" Part 1:

by Brian McGurkin

Everyone knows the story of how eighteen-year-old Elvis Presley went to the Memphis Recording Studio in the summer of 1953 and paid four bucks to make a private recording of a couple of pop hit songs from the 1940s - *My Happiness*, and *That's When Your Heartaches Begin*. The disc was supposedly intended as a birthday gift for his momma, but more probably aimed to capture the attention of Sam Phillips, the owner of the Recording Studio and the founder of *Sun Records*.

Phillips was known to be a keen promoter of new talent. He had already produced the first recordings of Mississippi bluesmen such as Howlin' Wolf, Junior Parker and B.B. King, and he believed that a combination of "black" blues and boogie-woogie music would be very popular among white folks, if presented in the right way.

Phillips is remembered for his oft-quoted claim that: *"If I could find a white man with the Negro sound and the Negro feel, I would make a billion dollars,"* - obviously a gross exaggeration. But Sam was realistically aware that, *"many more doors were open to whites, and the exploitation would be so much easier...and touring would be less troublesome without Jim Crow laws to worry about."* In many Southern states, Jim Crow laws legitimized anti-black racism - the segregation of public schools and public transportation, as well as restrooms, restaurants, and drinking fountains.

Phillips' very able assistant, Marion Keisker, recalled that she was alone in the Studio for that first visit by Elvis. Intrigued by the contrast between Elvis' flashy, cool-cat duds, and his deferential manner, she asked him, *"What do you sing?"* and he replied, *"I sing all kinds."* Then, perhaps mindful of Sam's convictions about the "Negro sound," she said, *"Well, who*



do you sound like?" and Elvis blurted out, *"I don't sound like nobody!"* But Marion must have heard something that she liked, because she turned on the studio tape recorder and later replayed Elvis' recordings for Sam.

But it was almost a year later, in early June 1954, that Phillips, at Marion's prompting, finally called Elvis and said: *"You want to make some blues?"* As Elvis tells it: *"All I know is I hung up and ran fifteen blocks to Mr. Phillips' office before he'd gotten off the line - or so he tells me."* But Elvis was still unable to deliver the "black" sound that Sam was looking for, so Sam told Elvis to get together with guitarist Scotty Moore, the leader of a local country & western combo.

When Elvis arrived at Moore's home, he recalled that Elvis was wearing, *"a pink shirt, pink pants with white stripes down the legs, and white bucks, and I thought my wife was going to go out the back door - people just weren't wearing that kind of flashy clothes at the time."* But Scot-

ty wasn't about to brush off a guy who came recommended by Sam Phillips, so he introduced Elvis to his bass player Bill Black, and the three musicians spent several weeks rehearsing together.

When Elvis and Scotty and Bill were invited to come to the Sun Studio for a trial taping session on July 5th, they began by playing a few country songs, but Phillips was not impressed. It was only when they started goofing around during a coffee break that a different sound suddenly erupted from the combo. Elvis and Scotty and Bill seemed to be totally unaware of having done anything special, but Sam Phillips had a Eureka moment.

As Scotty Moore vividly recalled the event: *"we were sitting there drinking a Coke, shooting the bull, Sam back in the control room. So Elvis picked up his guitar and started banging on it and singing 'That's All Right, Mama.' Jumping around the studio, just acting the fool. And Bill started beating on his bass*

and I joined in. Just making a bunch of racket, we thought... and when we was halfway through the thing, Sam came running out and said: 'What the devil are you doing?' We said,'We dunno.' 'Well find out real quick and don't lose it,' yelled Sam. 'Run through it again and let's put it on tape!'" The boys were all wondering what the heck had gotten into Phillips, and they clearly didn't realize that they had somehow produced the breakthrough R&B sound that Sam had long been dreaming about!

Phillips lost no time in bringing the recording of *That's All Right, Mama* to local disc jockey Dewey Phillips (no relation) to play on his ground-breaking Memphis radio show, *Red Hot and Blue*, then at the height of its popularity. During the 1950s Dewey had 100,000 listeners for his 9 pm-to-midnight slot and he was getting 3,000 letters a week!

Phillips' on-air persona was, *"a speed-crazed hillbilly, with a frantic delivery and an entertaining sense of humor."* He was also one of the first white deejays to promote black R&B artists during the early 1950s, and when he first heard Elvis singing *That's All Right, Mama*, he couldn't tell whether the vocalist was black or white.

Sam Phillips was delighted that Dewey *"loved the damn record"* so much that on his July 7th program he proceeded to play it fourteen times, over and over. And the response was immediate: the station received over 40 telephone calls.

Gladys and Vernon Presley were listening to Dewey's show that evening in anticipation of hearing their son on the radio, but Elvis was such a basket case that he had gone out to the local movie theatre to calm his nerves; and when Dewey called the Presley home to ask Elvis to rush down to the studio for an interview, Gladys and Vernon had to go find Elvis at the movie theatre to persuade him to go and meet with Dewey.

Elvis finally agreed, but he was still nervous, saying, *"Mr. Phillips, I don't know nothin' about being interviewed."* So Dewey made it simple: *"Just don't say nothin' dirty."* Then he made casual conversation with Elvis, not informing him that the microphone was live. Dewey knew that the radio audience had to be wondering whether Elvis was black or white, so he included a question about which high school Elvis had attended, because everyone in Memphis would have known that Humes High School was for whites only.

In retrospect, this may seem to us a minor issue, but in 1954 racial attitudes were vastly different. Scotty Moore recalled that after they listened to the first playback of *That's All Right (Mama)*, Bill Black expostulated: *"Damn. Get that on the radio and they'll run us out of town."* Southern white folks of that time strongly disapproved of the music of black R&B artists - their music was considered raunchy and vulgar ghetto music. Elvis once commented that he, *"dug the real low-down Mississippi singers, mostly Big Bill Broonzy and Big Boy Crudup, although they would scold me at home for listening to them."* But with their recording of *That's All Right Mama*, Elvis and Scotty and Bill were about to start performing that "ghetto" music."

For the B-side, the combo recorded a rockabilly version of Bill Monroe's bluegrass country waltz, *Blue Moon of Kentucky*, and the disc was officially released as a single by Sun Records on July 19, 1954, credited to *"Elvis Presley [large print], Scotty and Bill."* The disc sold 20,000 copies: not enough to chart nationally, but the single reached number four on the local Memphis charts.

The amazing career of Elvis Presley was about to take off, and by 1956 he had charted six #1 records and had sold more than 12,000,000 singles!

[To be continued next issue]

AIKIDO JISEIKAN



by Winking Owl

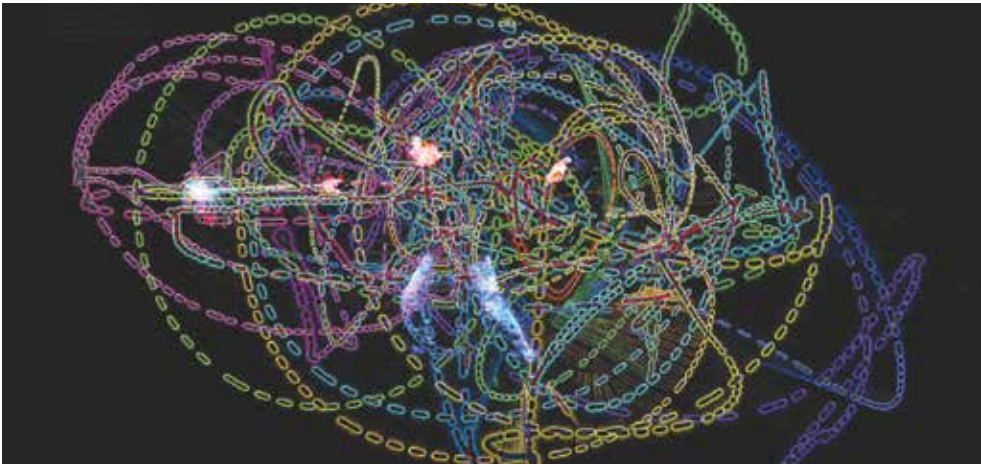
Our dojo has been closed since March. Time for some Deep Thoughts... Aikido classes are resuming, with precautions. We are doing Weapons training, spaced out and wearing masks. My enjoyment of Aikido comes through our interactions, but my partners are so remote.

The shutdown afforded me more time to practice Tai Chi at home. I had been relying a lot on just following along with Sensei and my fellow students. That meant slow progress and frequent frustration. When the virus hit, it was either practice, or lose it.

The Tai Chi Long Form is a sequence of 108 designated movements. Many of them recur over and over, and substantial segments of the sequence recur, some short, some long, and they overlap. I am easily confused. So I made a pictorial chart of the whole sequence. Now I can refresh with a glance, so it's all much easier.

Besides the 108 Form, I've included Tai Chi Jian in my routine because it is my favourite. I put a little light on the tip of my sword so I could

make a photo to trace its path as I swing it around me in our backyard. Out there, the novel abatement of city noise lets the soothing sounds of nature through. Sitting on our porch I close my eyes and listen to the rain. Against its back-



ground hiss from a distance, closer raindrops patter, the nearer the louder and fewer. Comforting. I've been working on our porch, replacing wood that had rotted. It was good to have extra time at home to do that. Almost finished. The reaching and crouching, balancing and stretching, are like Tai Chi. I didn't get too tired.

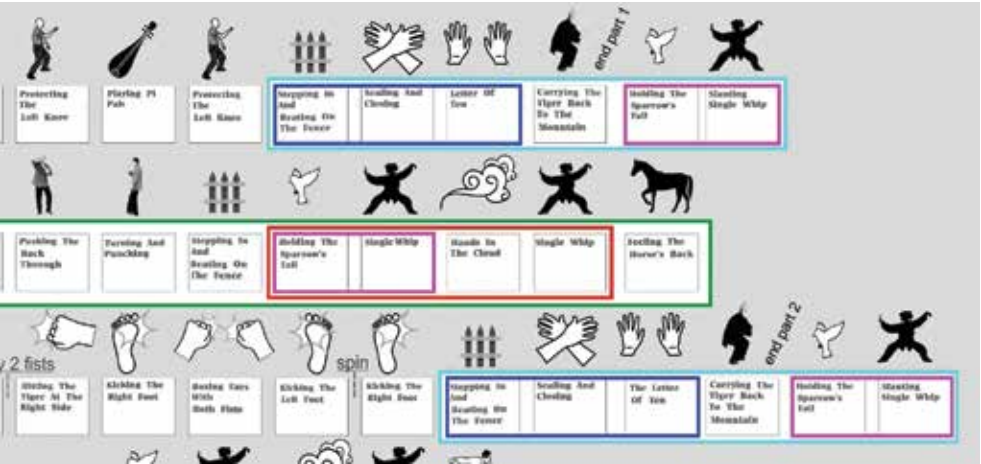
One day I was sitting with my friend at a café patio, and a gust of

wind sent our menu sheet twirling past me. I caught it like a sparrow by the tail. Our training makes for Spontaneity. I am happy to be getting back to it. Wondering how to prepare in our off-kilter world, I came across

been playing around at juggling. At first I often couldn't toss up a ball and smoothly catch it with the other hand. So I practiced just that for a while. Today I managed seventeen catches with three balls. Getting back to classes will put a dent in my time for such games. Oh well, every form of learning keeps us sharp, and working together is best.

Ethical people recognize the need for society, an implicit agreement of mutual care and support. It can be written down in part, like the Etiquette for a dojo. But the most important part is unwritten, the do-onto-others part. People who abide by it, fit in. Others, not so much. It takes practice. Aikido is practice. As partners we place ourselves in each other's care during quite vulnerable moments. Say I've had a bad day, and my partner is being obstructive, and I get an urge to use more force, less gentle persuasion. I can recall the fable of the North Wind and the Sun, and just let go.

For the past three weeks, I've I should protect my partners.



初Aikido心

Tai Chi Kids Judo

www.JISEIKAN.org 613-738-7338

Photos from the files of the RPR Staff Photographer, Geoff Radnor. Summer 2020



Everyone’s favourite flower



A flower at Merrickville



Even more flowers



Mural at Riverview Alternative School



The real NHL in Riverview Park

Why I support discontinuing Dedicated School Resource Police Officers (SRO)



CHRIS ELLIS
OCDSB Scool Trustee
Zone 6 Alta Vista & Rideau-Rockcliffee

I am fully convinced that using the \$95,000.00 to provide other supports such as Social Workers or support the Boys and Girls Club will provide support for students. A half time Social Worker will do more to support students, especially students at risk, than a full time Police Officer.

Twenty years ago when I first came to know the SRO program the following rationale resonated with me. ‘That the SRO program breaks down barriers so students will view the police in a more positive light and hopefully for students of communities that have negative opinions of police will be willing to call police.’ However,

over the years I have come to question this rationale being the driving principal of this program. My experience is that for those students most likely to have negative opinions of police the SRO does not break down those barriers. The program has no clear procedure for doing this and it seems that just having a police officer seen at school and with some interaction with students such as at sport events the barriers will dissolve. For many students at risk participating in sports is not their thing.

The community’s perception also forms part of why I don’t support the two dedicated SROs. I get comments from constituents that equate a police cruiser at the two schools with criminal activity. I don’t get the same comments about police cruisers being at Canterbury HS. Having a police cruiser at the two schools for significant periods of time reinforces a perception to some in the community that these schools experience greater criminal activity. This is a false perception but insidious. For a student from a community that is over policed to then attending a school that is over policed; a police officer there for a good part of the school day, may seem to the student to be a negative and not the opportunity to make friends with the police. And highlighting these two schools for enhanced policing does perpetuate the perception of criminality within certain communities.

The critique that the SRO program is used in a punitive manner I believe is valid. This use

of police in an authoritative manner may actually reinforce, for those from over policed communities, a negative view of police. A Canadian study on a SRO program “Assigning Value to Peel Regional Police’s School Resource Officer Program Carleton University January 2018” speaks to this in the Chapter Five which focuses on school administration perception and use of the SRO program.

Page 102. “To summarize, the actions taken by the SRO to deal with the issues of concern in the school they were working in depended very much on the problem being addressed. They consulted with the school administrator and took concrete actions when necessary. They engaged in information-sharing activities with the school, followed-up on leads generated at the schools, and took concrete steps, such as running locker searches.

The data also identified the information sharing role of the SRO as a key activity that was important to school administrators. As police officers, SROs have access to a wide range of information about what is going on in the community at large. It would appear from these data that the SROs often act as an “information” conduit between the community and the school. School administrators may not know that the police are investigating one of their students who is known to be conducting illegal activities off-campus unless the SRO tells them. The SROs are in

both “worlds” and can therefore investigate student transgressions more thoroughly than a school administrator might. When there are problems in schools, the SROs are well-positioned to investigate these problems and then assist in bringing about effective resolutions to these problems.”

From the Toronto District School Board SCHOOL RESOURCE OFFICER PROGRAM REVIEW 15 November 2017




Lost and Found Pet Recovery Network

We all miss our pets when they become lost. A missing pet is a stressfull situation for both the guardian and the animal.

Orrin and Pam Clayton have set up a confidential e-mail list of pet owners (and those who care) in Riverview Park. If you wish to participate, please e-mail letterit@rogers.com with your e-mail address, postal address and phone number.

When letterit@rogers.com is notified of a lost pet, all participants will be sent a confidential e-mail with a description of the lost or found pet. When a pet is found, Orrin and Pam will notify the owner and arrangements can be made for the pet to be returned.

Your participation may result in a lost pet being returned to their grateful owner.



Chris Ellis
Public School Trustee
Alta Vista/Rideau-Rockcliffe
Zone 6 Ottawa-Carleton District School Board

613-818-7350 - Chris.Ellis@ocdsb.ca

COMMUNITY BULLETIN BOARD

Rideau Park United Church

2203 Alta Vista Drive,
Activities and Events, October-November 2020
For more information, please see www.rideaupark.ca or call 613-733-3156 ext.228

The Rideau Park United Church building has re-opened for limited Sunday Worship Service, but continues to be closed during the week for public health precautions during the pandemic, and will be for a little while yet. However, some church events & activities are happening online for spiritual & social connection as we move into October-November. These include:

Sunday 10am Worship Services in person at the church, and online, with hymns, prayers, videos, and a thoughtful reflection. For most, the service will continue to be live streamed at www.rideaupark.ca Sunday Worship in person within the church with all necessary health protocols (masks, distancing, hand washing, etc.) is initially limited to 20 people. If all goes well, the limit will rise to 40 guests per service starting Oct. 11 (Thanksgiving Sunday). **To attend the service in person, you will need to make reservation for your group,** either by using the online reservation system or by phoning the church office.

Need to address “Covid fatigue”:
An Online Group Meditation at Rideau Park will be shared together through Zoom every Thurs., 10am, for 20 minutes of peace and mindfulness. Contact Rev Steve Clifton at sclifton@rideaupark.ca to receive the Zoom invitation. Or, use the recorded session later, to be posted in a few days.

Children’s and Youth Christian Education Classes re-start online in late September. Four separate groups to join: Age 3,4 & 5; Grades 1,2 & 3, Grades 4,5 & 6, and our youth class. Check www.rideaupark.ca for info & how to connect.

Youth Confirmation Class this fall, grade 8 and up, online through Zoom. Day and time TBD. Contact Rev Steve Clifton at sclifton@rideaupark.ca if interested.

Healing Pathway Ministry: Practitioners are offering healing prayer over the phone since in-person sessions are not currently available. For more info, contact healingpathway@rideaupark.ca or Rev Steve Clifton at sclifton@rideaupark.ca

Rideau Park United Church FaceBook Group: Connect with others for videos, community news and sharing opportunities. It is a public page. Consider joining the group if you wish to comment.

The Fosters Farm Fruit & Vegetable Stand will continue operating on the grounds at Rideau Park (corner of Cunningham St. & Alta Vista Dr.) Mon.- Fri.,10-6, Sat. & Hol. 9-5, until mid to late October.

The always popular **Rideau Park Christmas Treasures Bazaar** is taking a well deserved rest this year!! See you in 2021. Look for smaller

“pop-up” sales of baked goods, jams & jellies, & Christmas crafts. Check www.rideaupark.ca

Emmanuel United Church

Worship Services at Emmanuel will continue to be online only, with some exceptions for outdoor worship. Some church events & activities continue for spiritual & social connection. For information and updates, contact us at 613-733-0437, office@emmanuelunited.ca or find us at emmanuelunited.ca online.

Worship Services Online: Sunday 10:00 a.m., live streamed at www.emmanuelunited.ca. Please join us! Afterwards, we have a virtual Coffee and Conversation time.

Meditation: Monday at 7:00 p.m. - 8:00 p.m. In a noisy world filled with ceaseless activity, find space to be quiet and be with God within ourselves.

Prayer Requests: Please send yours to Rev. Brian Copeland at bcopeland@emmanuelunited.ca

Children’s and Youth Christian Education Programs are planned as online activities; watch emmanuelunited.ca for updates.

Book Club: Second Monday each month, 7:00 p.m. October 19 - *Moon of the Crusted Snow* by Waubgeshig Rice; November 16 - *The Huntress* by Kate Quinn

Emmanuel United Church’s Facebook Group: For videos, news & sharing opportunities. Consider joining this public group if you wish to comment.

Emmanuel Discussion Group (Heretics): Thursday 9:30 a.m. – 11:00 a.m. Upcoming books include - **Unbelievable** by John Shelby Spong & *Simplicity* by Richard Rohr.

TELEOS: Last Wednesday of the month 7:00 p.m. Meet with other women to discuss current issues from a theological perspective.

Day Pilgrimage 2020: Wednesday, October 14th, 9:00 a.m. – 4:00 p.m. Join us at Vincent Massey Park, as we reflect on “Like a Healing Stream”; please bring your own lunch and water. Enjoy either gentle walks or hiking.

Garden Get Away: Tuesday 1:30 p.m. – 2:30 p.m. We are meeting in our Botsford Garden for a chat. This is weather permitting, and COVID precautions being taken. Bring a chair and a drink.

Coffee With Roxanne: Friday 10:00 a.m. – 11 a.m. Join Roxanne Delmage, our Pastoral Care Provider, for a virtual visit.



St. Aidan’s Anglican Church

Yuletide Bazaar will be “Virtual” this year. Order delicious Homemade Baking and Jams, Jellies or Pickles through our website--staidansottawa.org. Place orders between Oct 13/20 and Nov 7/20. Pick up purchases on Nov 21/20 at St. Aidan’s Church, 932 Hamlet Rd (behind Elmvale Shopping Centre). Limited delivery available. For more information call 613-733-0102 or see website staidansottawa.org

Blair Court Community Food Bank


(formerly Nativity Parish Food Bank)
The **local food bank** is now located at Blair Court Community House, 1566 Station Boulevard in Riverview Park.



The Food Bank is operating every second week by appointment only. To book an appointment you **must** call by Monday the week of food bank to book your appointment.
October dates: 13, 14, 27, 28.
November dates: 10, 11, 24, 25.
December dates: 1,2.
Christmas extras pick up dates: 16, 17, 18.
There is ongoing registration for new program users. Please bring identification for first time users. For further information, please call 613-736-5058.









Balena Park Pet Memorial

Commemorate the life of your best friend – your pet!
For details visit the RPCA Website, or call 613-523-4339





Support the Canadian Guide Dogs for the Blind
by purchasing a brick engraved with your pet’s name.



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 Riverview Park, as well as broader city-wide issues. The RPCA is following the review of the City’s Official Plan and discussions about changing ward boundaries. While there are no major new developments to report regarding within Riverview Park itself, there are several nearby project proposals in the Ward that may have implications for local residents.

Issues of interest to the RPCA and Riverview Park residents include the following items:

Proposed Apartments for 355 and 374 Everest Private (across from Perley Rideau)

Last summer, an application was submitted to erect two eight-storey apartment buildings at 355 and 374 Everest Private (between Russell Road and St. Laurent Blvd.) which would add another 293 units and 354 parking spaces to the existing complex. Concerns were raised by the RPCA and others about greater congestion on Russell Road and insufficient pedestrian crossings. The review of the proponent’s resubmission was completed in spring 2020. No further information is available on this proposal nor on the timeframe for next steps.

Condominium Conversion for 1489 Weyburn (Between Coronation and Chadburn)

Byron Rental Properties has proposed conversion of the existing 10 building apartment complex at 1489 Weyburn into 10 separate vacant land condominium units.

The proposal would see condominiums contain the six apartment units that currently exist in it, and individual apartment units could not be sold individually. No construction or changes to the existing property is being contemplated at this time. An on-line consultation was held on June 11 in which several RPCA members participated to share concerns and ask questions about potential implications for the neighbourhood.

There have been no reported developments since the June meeting regarding the proposed condominium conversion nor is there a firm timeline for the conversion. As this article went to press, the proposal was still in the application appeal period

Trainyards High-rise Residential Development (Steamline Street)

The construction date for 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. This project features two 20-storey buildings and 400 units. The developer, Controlex, recently advised that the project is still with the City Planning Department awaiting final approval.

Trainyards Developments/Industrial Avenue Issues

Construction continues on the new, larger Farm Boy Store backing onto Belfast Road, at the far northeast of the Trainyards Parcel. The new store is planned to open by November 2020. The Terra20 Eco-Department Store (located between Kettleman’s and Pet Valu) and LL Bean (located north

of Scores Restaurant next to Tommy Hilfiger) both recently opened over the summer. The five-story Dymon Storage facility at 851 Industrial Avenue is expected to be completed by fall 2020.

Official Plan Issues

The City of Ottawa is currently in the middle of the exercise for its next Official Plan. RPCA Board members and others have provided input on several aspects, including a call to remove from the Official Plan the remaining links of the AVTC (from Conroy to the Hospital Link and from the Link across the Rideau River to Nicholas Street).

Proposed ‘mixed-use community hub’ near Via Rail and Tremblay LRT Stations.

Earlier in 2020, Colonnade BridgePort announced it had purchased a five acre industrial site off Tremblay Road, directly just east of the Via Rail terminal and approximately 250 metres from the Tremblay LRT station. The plan calls for the 1.98 hectare parcel site at 25 Pickering Place (also known as 1330 Avenue K) to be developed into a “mixed-use, high-density community hub” with new public and private streets that will include rental apartment high-rises, retail space, parkland and possibly a hotel.

The proposal is in keeping with Transit Oriented Development (TOD) given its density and proximity to the LRT. While located north of the VIA tracks and outside the Riverview Park boundaries, this complex and its TOD implications could give further impetus for the City to appropriately leverage construction of the proposed pedestrian overpass across the Via tracks, between Tremblay LRT and the Trainyards.

Federal Complex and Proposed Residential Development at 530/599 Tremblay Road

In spring 2020, Public Services and Procurement Canada put out

the call for qualified bidders to submit proposals to redevelop part of its 26-acre property on Tremblay Rd, just west of St. Laurent Blvd and directly south of the St. Laurent Shopping Centre and Highway 417. The proposed project would include a 1.6-million-square-foot office complex that would house approximately 8000 federal employees along with some residential units, parks and shops. The municipal comment period is currently in progress

Proposed High-Rises at Bank and Riverside

The city has received a request for an Official Plan Amendment and Zoning By-Law Amendment for 1335 and 1339 Bank Street. The two properties are located on the east side of Bank Street at Riverside Drive, which are currently occupied by an auto repair shop, and Harvey’s fast-food restaurant. The proposed amendments would permit the development of a 26-storey (86 metre) high mixed-use building, which may include residential units, limited service hotel units, and ground floor retail. The proposal also includes 172 vehicle parking spaces and 269 bicycle parking spaces. Concerns have been raised about the traffic dynamics of integrating the traffic flow of these vehicles with an already busy intersection.

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

FRIENDS OF THE CENTRAL EXPERIMENTAL FARM
Farm Notes October 2020

From the Farm Newsletter Fall 2020
Now available on their website: friendsofthefarm.ca

Please note: The following has been taken from the Fall Issue of their newsletter.

“Bees are the focus of the Fall issue of our newsletter, available now on our website. Julianne Labreche

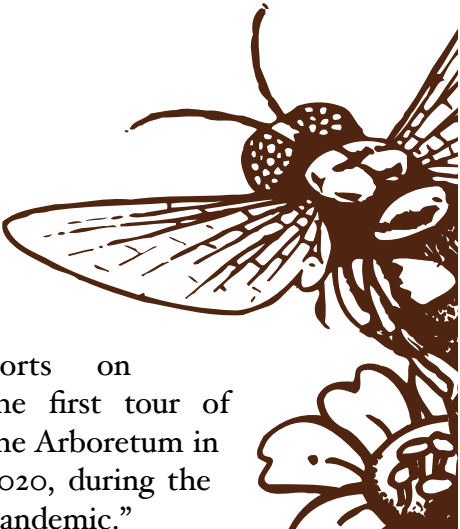
explores the world of honeybees and native bees, and looks at which plants these enigmatic creatures enjoy in an Ornamental Gardens buffet. She also discusses bee stings and the annual World Honeybee Day event that was a casualty of COVID-19.

Patricia Jasen describes early bee and honey research at the Central Experimental Farm, and

a 100-year-old newspaper clipping features the display of the Bee Division at Ottawa’s Exhibition.

Also in our Fall issue, Joan Butcher introduces us to Gerry Mulligan, whose long-time connection to the Farm, both personal and professional, was capped this year by the installation of a bench in his honour in the Arboretum. Owen Clarkin re-

ports on the first tour of the Arboretum in 2020, during the pandemic.”



DEAR FRAN

Dianthus-the Pink Family and Penstemon or Beardtongue



FRAN DENNETT
dearfrangardener@gmail.com

Every garden should have at least one of each of these two genera of perennials—Dianthus and Penstemon. I am always on the lookout for different Dianthus, hardy Penstemon or the more tender Penstemon varieties. The tender varieties are only annuals in zone 5a lasting just the season, but are so beautiful I cannot pass them by.

The Genus Dianthus – The Pinks

I'll bet you thought the common name of this genus was called "pinks" because the flowers are in the pinkish range. Not so! More on this...

The genus Dianthus includes over 300 species of perennials, annuals and biennials. They grow mainly in Europe and Asia with one species in the arctic and a few occurring in southern Africa. Almost all have ornamental value for the gardener. Lucky us.

The etymology of Dianthus to "pinks" is very interesting and starts many centuries ago. Pink first appeared in literature about 1503 when "to pink" meant to thrust or pierce as with a sword. About 1573, there is a reference to the pink family most likely referring to the jagged edge of the dianthus flower, comparing it to pinking shears. By 1592 (in Shakespeare's Romeo and Juliet) pink has evolved to mean "the very best" or "the best example of" as "in the pink". This use continues for centuries, but "pink" as a colour and reference to the Dianthus family as "Pinks" first appears about 1678. Check out the etymology of carnation, Sweet William or Stinky Billy and learn about painting and history.

Then to confuse us even more, members of this genus like to hybridize with abandon, not only within the same species but between species resulting in thousands of cultivars (there are over 30,000 recorded names), which are known by their hybrid cultivar name with a lot ending in pink! This not only happened down through the centuries but continues today with new cultivars being introduced almost yearly. Hence you see in the literature references to "old pinks" and "new pinks"

In general, Dianthus requires



Dianthus alpinus.
PHOTOS: CANDACE DRESSLER.

sun (4-5 hours), fertile, well-drained slightly alkaline soil, protection from the wind and staking of a few tall species. They are all hardy to Canadian zone 4 with the exception of the greenhouse carnation and a few other species. They tend to be low spreading or mounding plants, some with gray foliage and some fragrant. Propagation of perennials is easy from seed (if the seed is from a species or stable hybrid) or from stem cuttings or layering. Annuals and biennials are easily grown from seed. They are susceptible to aphids, thrips, caterpillars, rusts and virus infection, but don't let this deter you from growing these lovely flowers.

Some readily available Pinks include: Dianthus 'Little Kisses', D.'Dwarf Doris', D. amurensis (Amur Pink), D. 'Firewitch', D. barbatus "Heart Attack" (Sweet William, a biennial acts as a long blooming perennial).

If there is a down side to growing pinks most likely it is their short blooming period—some as short as a few weeks. Impatient gardeners who only want plants that bloom over a long period cannot be bothered with the Pinks and so miss out enjoying these charming tried and true plants.

The Genus Penstemon – Beardtongue

Penstemon, commonly called beardtongue, is a true North American genus (with one exception) with over 250 species of perennials and shrubs. A true native plant



Dianthus barbatus Sweet William



Dianthus barbatus Sweet William



Penstemon digitalis 'Husker Red'

with large and small flowers in colours of white, cream, blue, purple, red and the pink range. The flower is tubular with two lips arranged in either elongated or round clusters. The leaves can be large or small, and range from green to blue-green to reddish leaves and are arranged opposite or in whorled on stems that can be any where from 6" to 3-4' tall.

This genus contains some of the most beautiful and showy garden plants with a long blooming period,

and once established, are drought tolerant. They require sun and sharp draining soil and in some cases even gravelly soil. Some are hardy to zone 5a and some are not, and should be treated as annuals. Those labeled as hybrids, may not reliably breed true from seed and should be propagated vegetatively. They are relatively easy grown from seed. In any event, make sure you collect seed, then should the plant die you have seed to regrow it.

The following are hardy and commonly available in nurseries:

P. digitalis 'Husker Red' with red/purple stem and leaves and white blushed pink large flowers. This hardy penstemon does well in the hot, humid summers of Eastern North America. It blooms in June and will re-seed in your garden.

P. grandiflorus (Showy Beardtongue), a plains native growing to about 2'high with large pink to purple flowers that bloom in June. This penstemon likes poor sandy soil in sun to part shade and once established is drought tolerant. It is a bee and hummingbird magnet. To grow from seed it needs cold treatment or GA-3 (gibberelic acid) treatment.

P. barbatus (Breadlip penstemon) has cultivars that range in height from 25-75cm blooming from summer into autumn in almost any colour.

P. hirsutus (hairy penstemon) is a 1m high penstemon that will grow in clay soil and flowers over a long period. *P. hirsutus* 'Pygmaes' is suited for the front of the border at 15cm with purple flowers with white tips easy in sun with sandy soil. Both are easy germinators.

The big showy flowered penstemons you may see in the British gardening magazines are tender even in England, and should be treated here as annuals even though you may find them for sale with the perennial section. Just try them. You will not regret the expense.

As usual I hope you find this information entices you to try these perennials.

For information on Penstemons seed, Google the name or check out the Ontario Rock Garden and Hardy Plant Society (www.onrockgarden.com). You may have to join the society to buy seed but well worth it.

- Master Gardeners of Ottawa-Carleton (MGOC) check our 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.
- Email Help Line: mgoc_helpline@yahoo.ca

ALTA VISTA PUBLIC LIBRARY

ALTA VISTA LIBRARY –
OCTOBER/NOVEMBER
2020

REOPENING

The staff at the Alta Vista Library hope that you are keeping well and healthy during these difficult times. The branch has now reopened and is now offering additional in-person services including browsing, use of public computers by appointment, and card registration.

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

- Modified hours remain in place:
 - Monday and Wednesday: 10 AM to 6 PM
 - Tuesday and Thursday: 1 PM to 8 PM
 - Friday and Saturday: 10 AM to 4 PM
 - Closed – Monday, October 12 for Thanksgiving**
 - Wednesday, November 11 for Remembrance Day**
- The outdoor bookdrop is not available. Please return items in the branch during the modified Library hours. All returned items will be quarantined for a minimum of 72 hours before being removed from your account.
- Physical distancing measures are in place. A limited number of people will be allowed in the branch at a time. Please follow any signage and floor markings and practice physical distancing when in the branch.
- Masks are required inside the branch as per the Temporary City of Ottawa by-law.
- Public computer use is by appointment and is limited to one hour per user per day. Appointments can be made at the branch or online from home. There are absolutely no exceptions. Computers will be cleaned between use.
- All furniture has been removed, with a few exceptions. We are happy to see all of you again but please enjoy your Library materials at home. No studying or tutoring will be permitted at this time.
- Meeting rooms and program rooms are not available currently. All in-person programming is suspended until further notice. Please feel free to check out our selection of virtual programming for all ages online.
- Museum passes are not available for lending until further notice.

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

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



CHILDREN'S PROGRAMMING

Free weekly children's programming is available via Zoom. You can find the latest listings and Zoom links under the listings on our website at <http://www.biblioottawalibrary.ca/>.

Let's Talk Science – Math and Science Activities for Children ages 6 to 12, Saturdays at 10 AM.

Online Tutoring and Homework Help for Children / Tutorat et aide aux devoirs pour enfants
See website for more information and to register. For Grades 1 to 6. Youth Storytelling Workshop – Sundays at 9:30 AM

ADULT PROGRAMMING

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>

Hiking in and Around Ottawa
Thursday, October 1st at 12:30 PM.

Emotional Resiliency and COVID: An Intergenerational Indigenous Approach (with Waneek Horn-Miller)
Tuesday, October 6th at 7 PM

Crois  e des mots avec Sylvie B  rard
Mercredi le 14 octobre    18h.

Virtual Death Caf   (In partnership with the Home Hospice Association)
Friday, October 16th at 12:30 PM

Telling True Stories:
A Two-part Workshop with Moira Farr
Saturdays, October 17th and 24th at 10 AM.

Resiliency and Dealing with

Change (with Peter Katz)
Tuesday, October 27th at 7 PM.

Crois  e des mots avec Jean Boisjoli
Mercredi le 18 novembre    18h.

Tech Caf   (with the Ottawa PC Users Group)

- iPhone and iPads: What You Need to Know
Monday October 5th at 10 AM.
- Take that Picture
Monday October 19th at 10 AM
- What is iCloud?
Monday October 26th at 10 AM
- iPhone and iPads: Let's Talk
Monday November 2 at 10 AM
- VOIP (Voice Over Internet Protocol): What you Need to Know
Monday, November 9 at 4 PM
- Protect Your Privacy Rights
Monday, November 16th at 10:30 AM
- Scam Avoidance
Monday, November 23 at 4 PM
- How to Secure a Wireless Home Network
Monday, November 30, 10 AM

Seniors Fitness Class Online (with Cassie Love, Essential Movement Specialist)

- Restorative Exercises for the Feet –
Friday, October 2nd at 10 AM
- Restorative Exercises for Lower Body Strength
Friday, October 9th at 10 AM
- Restorative Exercises for the Hips and Pelvis
Friday, October 16th at 10 AM
- Restorative Exercises for Balance/Core/Back
Friday, October 23rd at 10 AM
- Restorative Exercises for Neck and Shoulders
Friday, October 30th at 10 AM
- Standing Workout
Friday, November 13 at 10 AM
- Seated Workout
Friday, November 20 at 10 AM
- Lying Down Workout
Friday, November 27 at 10 AM
- Matins Actifs pour les 55 et plus les vendredis    11h

COMFORT FOOD COOKING

- Squash Laksa (with Simon Bell of the Parkdale Food Centre)–
Wednesday, October 7 at 7 PM.
- Sourdough Bread making (with Elle Chef) - Wednesday, October 14th at 6:30 PM.

- Honey and Cider Roasted Root Vegetable Cobbler (with culinary consultant Bruce Wood)
Wednesday, October 21st at 12:30 PM.
- Classe de cuisine avec Chef Guy Dongu   de Cuisine Sant  
mercredi le 28 octobre    18h30
- Cooking Demonstration with Chef Trudy Metcalfe-Coe:
Blackened Atlantic Char –
Wednesday, November 4th at 6:30 PM

IN PARTNERSHIP WITH THE OTTAWA INTERNATIONAL WRITER'S FESTIVAL

- One Good Reason* with S  an McCann and Andrea Aragon
Friday, October 2nd at 7:30 PM.
- Missing from the Village* with Justin Ling
Monday, October 5 at 7:30 PM.
- Ending Inequality* with Thomas Philippon
Tuesday, October 13 at 7:30 PM.
- Jesse Thistle and David A. Robertson In Conversation with Shelagh Rogers
Monday, October 19 at 7:30 PM

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, Kanopy Kids and Access Video on Demand.
 - Free magazines and newspapers via Flipster, RB Digital 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.biblioottawalibrary.ca/isolation-recreation.
A valid Library card is required. For assistance, please call Info Service at 613-580-2940 or email infoservice@biblioottawalibrary.ca.

Stay safe and we hope to see you back in person real soon!

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EMVALE ACRES PUBLIC LIBRARY

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What's new at the library?

The Elmvale Acres Branch of the Ottawa Public Library is now open for browsing and computer usage. We are delighted to see so many friendly faces after so long. You may notice that we have made some changes, which are listed below.

Hours & Returns

Our opening hours have changed. Currently, we are open as follows:

Mon: 10 – 6
Tues: 1 – 8
Wed: 10 – 6
Thurs: 1 – 8
Fri & Sat: 10 – 4

Please be aware that our outside return slot is only opening during our opening hours and borrowed items can only be returned during our opening hours. We are not accepting any donations.

Library Services

Computers

Currently, we have three computers available at Elmvale Acres. Computers are available by appointment, and customers are also welcome to drop in and see what's available, but we can't guarantee that they will have access to a computer. It is best to book an appointment through the Ottawa Public Library website, in person or by calling our Info-Service line at 613-580-2940.

Browsing & Books

We are very happy to have customers back in the stacks, and we look forward to seeing you there! Due to COVID, we are unfortunately unable to offer newspapers in-branch, nor do we have tables available for customers to sit and read. Additionally, customers may not bring their own devices to sit and use the wifi.

We have a new section dedicated to our staff picks, as well as themed displays to showcase our new materials.

If you're looking to help your kids get into reading, read more, or support what they're learning at school or at home, don't hesitate to ask! We love to get kids reading, and to help them broaden their reading horizons.

Library Programs

While we are not currently offering in-person programs and activities, many of these have moved online. Currently, OPL is offering online homework help and tutoring, online language tutoring for adults, and many others. To find out about all our online programs, visit the Ottawa Public Library website and click on the link for programs and events.

Looking forward to seeing you!

Improving Road Safety in Ottawa

by Jim Watson

Students, parents and educators are all adjusting to the new reality of a very different and challenging school year. I want to acknowledge the tremendous efforts of our teachers, administrators and the entire community, as we work together to ensure the safety of students and staff in schools across the city.

Aside from COVID-19, the number one topic of conversation these days is road safety. We must all be more vigilant when driving in residential neighbourhoods and near schools and parks.

In July, the City launched an Automated Speed Enforcement (ASE) pilot project. It consists of four cameras in eight Community Safety Zones, two of which are stationary and two others that rotate periodically between six key locations in residential neighbourhoods and school zones. The data collected between July 13 and 31 revealed that our four cameras led to 10,771 tickets being issued for speeding in school zones. That's more than 2,500 tickets per camera in just over two weeks – and the real concern is the highest speed recorded during this period, with a motorist driving at 89 kilometres per hour on Meadowlands near St. Gregory Elementary School.

In addition to the ASE pilot



project, the City has equipped nearly 60 intersections with red-light cameras to reduce aggressive driving behaviours, with another 14 cameras being installed by the end of the year. Studies have shown that dangerous red light running can decrease by as much as 42 percent within a few months of a camera being installed. I am confident that we will see some further reductions in dangerous driving as we expand these initiatives across Ottawa.

It is important to note that the revenue generated by these road safety initiatives will be re-invested in community safety programs with our partners at Safer Roads Ottawa.

I hope this shines a light on how seriously we have to take road safety across our city, and particularly in school zones – and how essential photo-radar and red-light cameras will be in addressing some of this dangerous behaviour.

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