



DECEMBER 2020

A Voice of Riverview Park

JANUARY 2021

# Action group of local heroes pushes back on Hydro One plans



Two effective signs such as the one shown here were placed on Alta Vista Drive to raise community awareness. PHOTO: RAYLENE LANG-DION.

by Carole Moul

Just like so many others, LeRoy Blake was working from home in late September. Only on this particular Thursday afternoon as he glanced out a front window it appeared that something different was taking place in his neighbourhood.

“I was looking across the road and saw someone on the east side of Alta Vista working along in the corridor,” he commented recently. He went outside and soon discovered that this was a Hydro One employee checking for underground cables along the hydro corridor line. It was then that Mr. Blake began asking questions.

Very quickly he learned of the serious plans that Hydro One had

for a specific stretch of the hydro corridor, not only behind a number of houses on Abbey Road near his own home, but he discovered that their plans would also be impacting the backyards of residences on both Cluny Street and Knox Crescent

It was the language being used this time with reference to what had been typically regular corridor maintenance that raised alarm bells with Mr. Blake; terminology that included ‘heavy mechanical equipment, such as grinders and bulldozers’ to describe the company’s intentions for work in this stretch of the corridor from Abbey Road to Knox Crescent, ‘to safely remove vegetation in this section’.

Some Riverview Park residents

CONTINUED ON PAGE 2

# Local cool cat Craig flat out with first album

by Thomas Cormier

Craig Cormier is a longtime musician and resident of Riverview Park. He recently sat down to talk about the making of his first album, Bodega Cats.

## Why did you finally make an album?

I’ve been working on songs for years but could never bring all the differing styles and influences together into a cohesive album. Although I’ve grown up with pop and rock music as my main interests, I’ve also had strong Maritime and Celtic influences that I thought would always be the focus. Over the past

number of years, I’ve been writing more rock and punk-sounding tunes with the band Waterbomber, but I also had a bunch of songs that were more traditional and required a different approach. I wasn’t really sure what to do with these songs but I knew I needed to record them. So in January of this year I took some time off from my regular day job to begin the recording process. Once I got underway, I found these and the newer songs I was composing kept getting pulled towards the influences of Django Reinhardt, Stephan Grappelli and Allison Krauss. The maritime and pop influences will always remain, but the end result was

definitely a more jazz and bluegrass oriented album.

## Who was involved in making the record?

The entire album was written, performed, recorded, mixed and produced by me here in Riverview Park. I had a bit of help from Gilles Gaudet (who just moved away from the neighbourhood) with some of his awesome drum work on the track “Chairman of the Board”. As well, some backing vocals were done by two other lads on “Les Habitants”. I used all the instruments I could find around the house and managed to record



Both Craig Cormier’s first CD, Bodega Cats, and the story behind it have an interesting history.

PHOTO: CRAIG CORMIER

it on an old computer. My original intention was to try to be as acoustic as possible and to avoid

CONTINUED ON PAGE 9

# Action group

CONTINUED FROM PAGE 1

must have even experienced a touch of déjà vu, as this same thing was planned for and stopped for the hydro corridor behind Chomley and Balena a few years ago when Hydro One replaced hydro towers.

With the information from the Hydro One employee in mind it didn't take long for Mr. Blake to begin having serious conversations with others living nearby. Not surprisingly, there was great concern among members of the whole community when the following Monday Hydro One began dropping off notices to the residences affected by the proposed clear cutting.

One of the first people it was suggested LeRoy Blake contact was Raylene Lang-Dion, a nearby resident. And, although working from a distance, Raylene managed to accomplish a tremendous amount of what needed to be done to organize the *Riverview Park Hydro Corridor Action Group* and its subsequent activities. A fact that did not go unnoticed when the Action Group held its first meeting the day before the flyers actually arrived in local mailboxes.

Raylene set up numerous ZOOM meetings and created agendas, arranged to have the two-sided signs made and installed at the corridor location on Alta Vista Drive, as well as created a petition that garnered over 2,500 signatures, making excellent use of a short amount of time.

"It was very important that we acted quickly and got ahead of the issue instead of being on the receiving end of a 'done deal' with Hydro One," Raylene Lang-Di-

Anna Nitoslawska shares information 'from a distance' about the 'invasive species' in this section of the hydro corridor. PHOTO: CAROLE MOULT

on noted recently. "Emails went out to residents, information was gathered, awareness was raised, a petition was started, protest meetings were organized, volunteers stepped-up and the media was engaged. We came out strong to Hydro One and demonstrated we are a community that will definitely stand up for what we believe in. People's ideas and actions have been inspirational."

**Hydro's plans in flyer**

At about the same time that Raylene Lang-Dion became involved so did her neighbour Ron Ridley. He, too, spent countless hours volunteering in a positive variety of ways even before receiving the employee hand-delivered initial Hydro One flyer on October 5 describing Hydro One's upcoming plans.

On October 4 the first *Riverview Park Hydro Corridor Action Group* ZOOM meeting was held and Ron became the official and exceptional minute taker, maintaining as well a useful 'Timeline of Events' throughout the process.

On October 8 both Councillor Cloutier of Ward 18 and John Fraser MPP for Ottawa South readily attended a ZOOM meeting and each expressed a commitment to supporting the Action Group, and both did. And, when the Hydro One's WebEx' virtual 'consultation' meeting October 15 did not come even close to addressing the expectations of those community members who tried to participate, Councillor Cloutier hosted a ZOOM meeting for concerned residents the following Monday so that all their voices could be heard.

On October 10, after having attended the initial ZOOM meetings, taking comprehensive minutes and receiving relevant material, Ron Ridley set up a Google Drive page for everyone on the *Riverview Park Hydro Corridor Action Group* mailing list to view.

Emails among Riverview Park residents that began on October 1 have continued over many weeks and today other residents have become interested in helping avoid what was being planned by Hydro One. Various people have taken on

Patrick Dion (left) and Ron Ridley steady the community awareness sign they put up on Alta Vista Drive. PHOTO: LEROY BLAKE

the roles necessary to become engaged against what was being proposed for this popular green space; with many local residents formally volunteering to help.

**RPCA support**

The Riverview Park Community Association (RPCA) has been in support since the beginning of the process and worked closely with the *Riverview Park Hydro Corridor Action Group* to ensure the best outcome for everyone.

The work Ron posted on Google Drive has the history of what took place during just a few weeks this past fall, and now Google Drive, on behalf of the *Riverview Park Hydro Corridor Action Group*, continues to be up on the web and hosts the input of a good variety of sources.

An effective slide show by the Steppen Donovan family is there for the viewing of why this area should remain as closely as possible to how it is currently used, letters sent and notices received are on the site, maps have been provided and both Patrick Hamel and Anna Nitoslawska have helped educate the community about the invasive species that have become quite intrusive in this green space, and need to be removed.

On October 9 Josie Sirna shared a great selection of photos from the Hydro One corridor on iCloud, while others responded to her pictorial overview with their own corridor walk-through reflections.

"It has been really great to see the community come together for this issue," said Ron Ridley. "From my first discussion with the Hydro One flyer person where I was essentially told the work was a *'fait accompli'*, we have managed to change their plans and now have some say in the outcome."

On October 20 local residents gratefully received the positive news that Hydro One no longer plans to bulldoze, but will under-

The whole corridor is well worth the interest taken by the community. PHOTO: PATRICK DION

take only manual work in this popular greenspace. And just a few days later on October 23 Hydro One staff met in the hydro corridor with Riverview Park Community Association (RPCA) President Bryan Orendorff, Past President of the RPCA Kris Nanda, Councillor Jean Cloutier, and MPP John Fraser to discuss the new developments.

"This has been the perfect place for hiking, cross-country skiing, dog walking and enjoying the great outdoors, especially during a pandemic," commented Kris Nanda as he made reference to the entire corridor. Kris is well known in the community for having worked consistently and relentlessly to maintain green spaces in this community.

Everyone involved with this issue is pleased with the change in the Hydro One plans and wants to work with the company and the city to achieve the best green space possible, eradicating only what should not be in this highly valued area of Riverview Park.

And, as a follow up to the invaluable input Anna Nitoslawska had previously shared about invasive species and what really needs to be removed, on November 14 Anna gave an extremely informative talk in the exact location near Knox and Cluny where Hydro One had planned to clear cut and plant only 'pollinator gardens'. Anna called this field trip, "An Invasive Species Primer."

She talked about the corridor's invasive species and explained how, because they are non-native to the area, they don't have any natural predators to keep them in check. She told about how non-native species out-compete native species by outgrowing them for light, soil, or necessary nutrients, and then showed the participants examples of the Dog Strangling Vine and Common European Buckthorn that are taking over. Anna then also spoke about the detriments of Ragweed and Virginia Creeper that likewise inhabit the corridor and need to be destroyed.

What Anna Nitoslawska did for us is just one example of the many great activities we both saw and heard about over the past two months, and shows what can be accomplished by a group of people who see an issue of importance and act upon what they believe to be right.

It is highly doubtful now that the project of looking after our very popular hydro corridor green space will be short lived. Public awareness has been raised and extra vigilance added. This is, after all, what a community does when it wants what is best for its neighbourhood.

SEE STEWARDSHIP SURVEY, PAGE 18



# Whoever taught Elvis to sing like that?

## Elvis “the King” Part 2:

by Brian McGurrian

In Part 1 of this article which appeared in the previous issue of *Riverview Park Review*, I described the events leading up to Elvis Presley’s breakthrough recording of *That’s All Right, Mama*, initially released by Sun Records on July 19, 1954. [Check it out on YouTube.]

That breakthrough recording delivered a superb performance. Elvis sings with great confidence and enthusiasm, evidently thrilled to be finally close to achieving what he believed he was destined for. Despite the absence of drums, Elvis is perfectly supported by the “slap” bass technique of Bill Black and by a brilliant contribution from Scotty Moore that, according to *Rolling Stone* magazine, “helped change the role of the guitar in pop music.” As Keith Richards, lead guitarist of The Rolling Stones, once declared: “Everyone else wanted to be Elvis [but] I wanted to be Scotty.” The recording is also enhanced by some tasteful reverb added by Sun Records owner Sam Phillips.

But, when all’s said and done, Elvis was singing a song composed and recorded in 1946 by Mississippi bluesman Arthur “Big Boy” Crudup [pronounced *crood-up*], and was creating, either consciously or unconsciously, a close imitation of the original recording. I am not suggesting that there was anything underhanded or calculated about the imitation, and, in fact, Elvis was very open about his musical debt to Crudup and once frankly declared, “Down in Tupelo, Mississippi, I used to hear old Arthur Crudup bang his box the way I do now, and I said if I ever got to the place I could feel all old Arthur felt, I’d be a music man like nobody ever saw.” [Charlotte Observer, June 26, 1956]

According to music historian Arnold Shaw [*Honkers and Shouters: the Golden Years of Rhythm & Blues*, 1978] Elvis’ performance is, “as close to Big Boy’s phrasing, blue notes,

and high tessitura [vocal range] as he could make it.... But Presley would have been the first to acknowledge that he was the musical son of a cotton-picking, Mississippi, rhythm and bluesman, Arthur “Big Boy” Crudup, and that his musical progenitors included such R&B singers as Little Richard and Big Mama Thornton, whose raucous styles he imitated and whose songs he recorded.” [Crudup’s 1946 recording is also available on YouTube.]

It’s perfectly obvious that all composers and performers, no matter how innovative, from Mozart to Louis Armstrong to Madonna, stand on the shoulders of those who went before them. (And, in fact, the entire refrain of Crudup’s 1946 composition was copied word for word from Texas bluesman Blind Lemon Jefferson’s 1926 recording of *Black Snake Moan*.)

It has also been observed that rock and roll’s capture of a central position in mainstream American culture facilitated a new appreciation of black culture. As Little Richard declared in 1970: “I thank God for Elvis Presley. I thank the Lord for sending Elvis to open that door so I could walk down the road, you understand?” Al Green would have agreed: “He broke the ice for all of us.”

Growing up in Montreal in the late forties and early fifties, I was not aware that it wasn’t only African Americans, but also their music that was segregated. The only pop music known to me at that time was the easy-listening, mainstream hit parade devoted almost entirely to non black (and, by the way, non country) artists like Perry Como , e.g. (*Hoop-Dee-Do*, 1950) and Tony Bennett (*Cold, Cold Heart*, 1951) and Patti Page (*How Much Is That Doggie in the Window*, 1953); and yes, also a few black artists who tailored their music to appeal to white audiences, such as the Ink Spots (*We Three*, *My Echo, My Shadow and Me*, 1940), or the Mills Brothers (*You Always*

*Hurt the One You Love*, 1944) or Nat King Cole (*Mona Lisa*, 1950).

In those days, I never knew that there was a quite separate R&B hit parade broadcast almost exclusively on low-wattage ghetto radio stations for black audiences. This bias slowly began to disappear as white teenagers began to get turned on by the non-mainstream programming of innovative DJs such as Dewey Phillips in Memphis and Alan Freed in Philadelphia.

Back in 1954, Paul Simon’s favourite New York radio station was WINS, 1010 AM radio, because WINS carried the NY Yankees baseball games. Paul declares that he had not the least interest in listening to, “those big ballads you heard on the radio back then, things like: ‘See the pyramids along the Nile,’ and all that,” (referring to Jo Stafford’s blockbuster hit from 1952).

But in July 1954, DJ Alan Freed relocated to NYC and brought his programming mix of blues, country, and R&B music to 1010 AM radio. Paul was quite astonished one day to turn on the radio and to discover, quite by accident, the sound of a Harlem R&B quintet called The Crows. In 1954 the Crows had a top twenty song titled *Gee*, a performance that has sometimes been called the first Rock & Roll recording: “Oh-oh-geeeee, how I love that girl....Do-do-do-doot...” “It had a good beat,” recalls Simon, “and the lyrics were simple. Immediately I felt: **That’s my music.**”

Elvis Presley bought the Graceland Mansion on the outskirts of Memphis, Tennessee, in March 1957, when he was 22 years old, and he died there, 43 years ago, on August 16, 1977. The Graceland estate was opened to the public five years after his death, and it has become the second most-visited house in the U.S., with over 650,000 visitors a year (second only to the White House).

In Paul Simon’s 1986 Grammy

award song *Graceland*, he wonders aloud: “...for some reason I can’t explain, there’s a part of me that wants to see Graceland....” but, Paul Simon, being Paul Simon, later **can** explain, and **does** explain his reasons very clearly.

*Gee* was Paul Simon’s favourite recording only until he heard Elvis Presley’s, *That’s All Right (Mama)*. Simon also recalled exactly where and when that happened. He was sitting in the back seat of the family car in the parking lot of the Grand Union supermarket, in Queens, NYC, listening to the latest songs on the car radio while his parents did some shopping. For him, Paul said, “[it was] a **transforming musical moment**... Elvis blended country and blues in a way that seemed at once mysterious and irresistible.... Elvis arrived at precisely the moment when a generation of questioning, restless teenagers was looking for a defining figure.” At that time, Elvis (b. 1935) and Paul (b. 1941) were both restless teenagers.

When Paul Simon did the Graceland tour in 1985, he felt unexpectedly overcome by emotion when he came upon Elvis’ gravesite in the Meditation Garden and read the epitaph: “He had a God-given talent that he shared with the world.” And Paul began to reflect on those words, “and how being among the crowds that come to Graceland is almost like a religious thing, a pilgrimage, and that’s when the narrative of [my] “Graceland” song began to write itself ... and Graceland became more like a metaphor than an actual destination, and it turned out to be one of the songs that I’m most proud of.”

*The Mississippi Delta was shining like  
a national guitar  
I am following the river down the  
highway  
Through the cradle of the Civil War  
I’m going to Graceland, Graceland  
in Memphis, Tennessee, I’m going to  
Graceland...x*



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LETTER TO THE EDITOR

Submitted by Janet Mark Wallace

**Dear Riverview Park Review,**  
I read with great interest the October-November 2020 article entitled “Back to the Future: Ottawa, a city of soles?” I was glad to see the author reference Jane Jacobs and Jeff Speck. Both authors provide a great starting point for reimagining neighbourhoods adapted to pedestrian use. Jeff Speck’s 2013 TED Talk entitled “Four Ways to Make A City More Walkable” is an entertaining and informative breakdown of what elements make a walkable community.

I was intrigued by the claim made by Project Drawdown, that “walkable cities require a minimum population density of 3000 to 4000 people per sq km.” I don’t see how they came to this conclusion given that all pre-industrial settlements worldwide evolved for walkability with far lower densities than 3000 per square kilometre. Even today there are rural settlements throughout the world with total populations of less than one thousand, that have developed around the needs of the pedestrian.

Population density targets are not necessarily a useful starting point in our efforts to envision a walkable community. In fact some cities have managed to build the worst of both worlds: high density sprawl, where residential high rises are built without the accompanying businesses and services that make up a real neighbourhood.

The primary characteristic of walkable human settlements is in fact not density, but a *mix of uses*. In a walkable neighbourhood, residences, businesses, schools, parks, and civic services are arranged along a finely grained network of interconnected streets to enable most residents to walk to most of their destinations throughout

most of the year. Vehicles are accommodated at speeds and volumes that do not inhibit other road users from conducting their business. The essential component is not the height of the buildings but rather the integration of complementary civic functions within a short radius.

Such neighbourhoods are still being built in the modern era. I just returned from a posting abroad, in which I lived in a neighbourhood built after the Second World War. Within a ten minute walk, we had access to a supermarket, post office, doctor, dentist, bank, baker, butcher, bike repair, transit stop, bike share station, daycare, swimming pool, stationery store, seamstress, and many other services. We lived without a car for three years, and our three teenage kids had as much access to the neighbourhood as their parents did because driving was unnecessary.

Back here in Alta Vista, we should consider that as our population ages, many seniors are going to want to maintain access to shops and services even as they lose their desire to drive, for example, at night or in the snow. I can imagine a community where multi-lane thoroughfares like Smyth, Saint Laurent, Heron, Walkley, Bank and Industrial evolve into multi-purpose Main Streets to serve the surrounding community. At the moment, these streets are doing little more than ushering fast-moving traffic through our neighbourhood. Perhaps this space could be put to better use.

The concept of achieving walkability through a mix of uses means that walkability can transfer to any community, regardless of population density. It works for downtown neighbourhoods and it works for rural villages. If Alta Vistans support this type of development throughout Ottawa, in the long

term, we could see less need to make space here for commuter routes, where cars race between bedroom communities on the outskirts of town, to jobs downtown. If we encourage and support a mix of useful businesses serving their immediate community we can reduce the need for car travel. It also frees up road space for people who prefer, or need, to get around by car.

Alta Vista was largely built in the age of the automobile, and it is difficult to envision it adapting to a pedestrian-centred future. One way to imagine this is to picture the last place you went on vacation. Was it shady? Peaceful and quiet? Respectful of wildlife? Could family members of various ages make their way to different activities without having to cross traffic? Can we bring some of those positive elements to our own community?

Tourists in any given city are

uniformly fascinated by the “Old Towns”, built before the automobile. People love to gather in these spaces for the pure pleasure of being with other humans, and no traffic. Tiny businesses, outdoor eating, street performers, quaint alleys, hidden passageways, people-watching, places to sit and eat ice cream: these are the attributes of a town built before the automobile. What would it take to create fun, inclusive, safe civic spaces like this in our neighbourhood?

The challenges of the twenty-first century are calling us to reimagine the status quo. Freeways, cloverleaves, parking lots and multi-lane traffic may seem like the inevitable doom of a modern society. Yet neighbourhoods throughout North America are beginning to adapt to accommodate more humans and fewer vehicles. I wonder if we could do this in Alta Vista.



PHOTO: GEOFF RADNOR

**SUPPORT LOCAL BUSINESSES:** On a warm Friday afternoon, when the snow that fell a few days earlier had all gone, what better way to celebrate the fresh air and the local hospitality than at O’Brien’s Roadhouse on the corner of Industrial and Russell? Jeff, closest to the camera with the sunglasses, came over from Eastway Gardens and joined with his friends Dave, Bob and Doug to enjoy the last few warm days prior to winter’s arrival. This is just one way that we can all help our local businesses.

by Geoff Radnor

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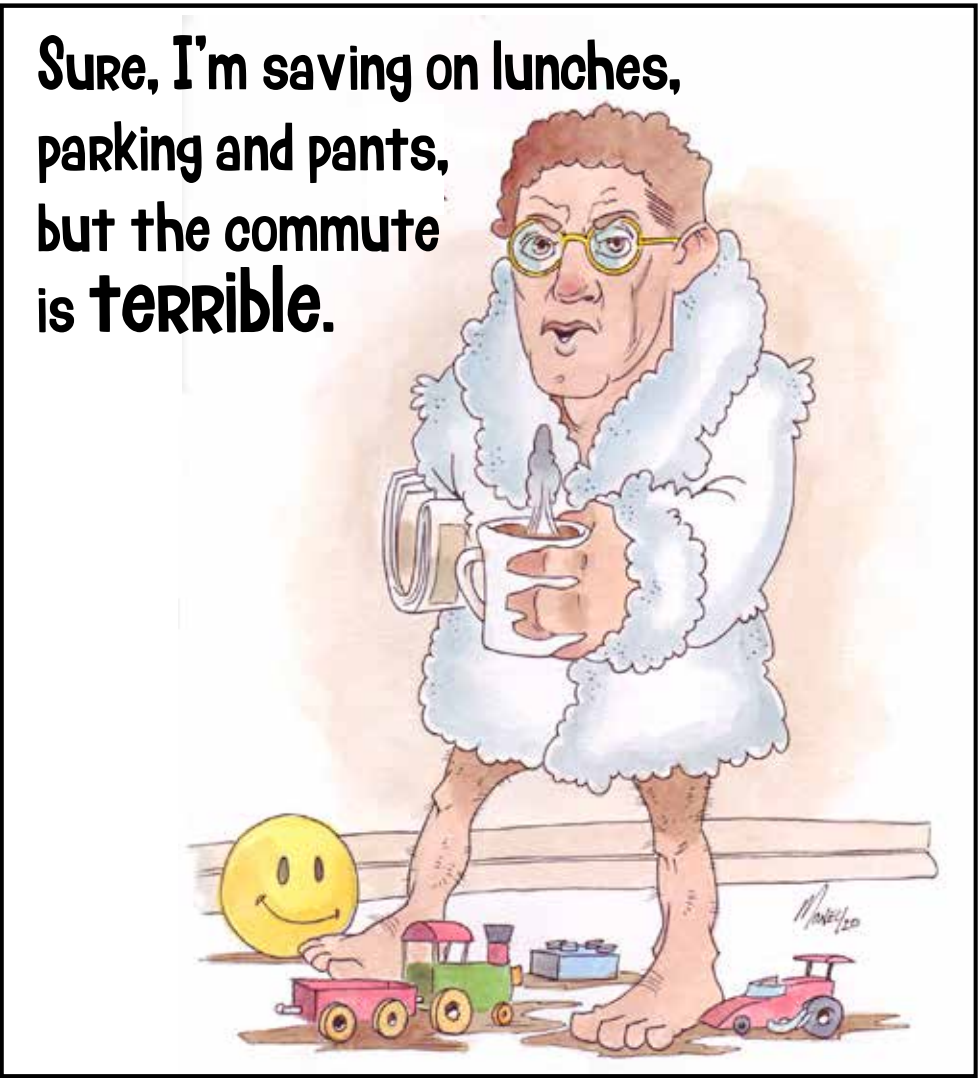
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*“That’s a Hell of a catch 22, you got there.” Joseph Heller Catch 22*

If that quote isn’t posted over some accountant’s desk, it should be. Consider the plight of the poor accountant in the next few months. With the lion’s share of workers in Ottawa tele-working, they are going to be thinking about claiming their at-home work space on their taxes for this year. Why is this a potential headache? Two things are going to happen: Revenue from property taxes and infrastructure are going to dry up. And at the same time, all those workers are going to claim half their living space as work related. Again, lost revenue for the city, province and federal government.

In a government town, having workers who are at home tele-working, is becoming the norm for office staff. The government as an employer and renter is going to realize how many empty offices they are paying rent and infrastructure taxes on. Tele-workers are going to realize they might also be able to claim their home offices as a tax exemption. Called the “work-space-in-the-home” deduction, you can claim it if you work from home more than 50 per cent of the time. As of September, many tele-workers have passed that mark.

All three levels of government are going to realize that their revenue is going to be seriously eaten into. With all the support services and money being handed out, this is going to be a real problem. So here’s the catch: taxing the tele-worker. A 5% tax would offset the cost of infrastructure and revenue loss from non-commuting workers. And, interestingly, roughly equals the money that would have been spent on meals out with colleagues, clothing costs, and commuter expenses (parking fees, bus fees, etc.).

So you thought you could work at home and save money, but what you save may have to be taxed in order to keep the system afloat. Either way, pity the accountant who has to figure it out.

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# How a *superfood* became a 168 Sushi hit

by Carole Moul

The benefits of avocados are very well known. An avocado is a fruit with a large pit and dark leathery skin. It is referred to as a single-seeded berry and today has become one of the favorites of the grocery store produce department. Sometimes avocados are known as alligator pears or butter fruit. They are the basic ingredient for guacamole dips plus are found in everything from salads and wraps to even brownies, cookies or delicious tasting smoothies.

History notes that the Central American avocado tree originated in southern Mexico and Colombia around 7,000 years ago. Today these trees are grown all over the world where the climate is right; mainly in the tropics and Mediterranean countries. Mexico is the top producer by far of avocados world wide.

There are dozens of varieties of avocados, and because they contain such a superb variety of nutrients they are often attributed as having a ‘*superfood*’ status. By definition this means that avocados are a nutrient-rich food considered to be especially beneficial for health and well-being.

It should be no surprise then that avocados have made their way onto the sushi menu. According to



John Ke of 168 Sushi at 1760 St. Laurent Blvd., here in Ottawa “the Green Dragon Roll sushi, with its green avocado ‘scales’, is the second most popular sushi dish that is requested by customers for either take-out or delivery.” In the October 2020 *Riverview Park Review* we had a story about the Canadian-invented and most popular Dynamite sushi dish at our local restaurant.

There are two kinds of Green Dragon Roll at 168 Sushi. If you order from their menu, then the #52 Green Dragon Roll item has BBQ eel, flying fish egg, cucumber wrapped with avocado and mango sauce. If your Green Dragon Roll

was from the ‘All you can eat iPad ordering’, then instead of the eel you would have shrimp tempura which is a very common ingredient in this popular dish.

In Japan, where the Green Dragon Roll originated, the dragon roll is considered to be a very famous sushi recipe. It is an “inside out,” particularly thick sushi roll. What makes the inside out roll unique is the fact that the sushi rice is in the outside and the nori seaweed is on the inside wrapping the filling.

There is actually a Sushi Encyclopedia and it notes that traditionally Green Dragon Roll has eel as its filling and cucumber wrapped

with a thin layer of avocado. Many people in the western world however do not like the traditional eel. To accommodate for the difference in tastes, the dragon roll filling here is more often made of the shrimp tempura filling.

The dark green avocado for the Green Dragon Roll sushi is the Hass variety and because of its color the dragon roll is also known as a caterpillar roll. A lot of variations have been made into the recipe and dragon rolls can be found in both different colours and with a variety of fillings.

There can be no denying that a sushi menu is alive with an abundance of colours and tastes. Yes, the Green Dragon Roll is one of the most popular sushi menu items to try at 168 Sushi. And if you do decide to sample this very well-liked dish just imagine all the goodness that you’ll have in each incredibly delicious bite.

*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, SkipTheDishes, Door Dash or Fantuan Delivery. Telephone 168 Sushi at: 613-523-1680. Or check out: 168SushiBuffet.com*

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# Bodega Cats

CONTINUED FROM PAGE 1

anything electronic. Although I was largely successful in doing this for much of the project, when it comes down to it I'm an electric guitarist and just couldn't resist it on a few tracks.

## Why the title: Bodega Cats?

I was about two thirds of the way through recording the album when I came across this picture of my son with a cat named Herman from a bodega we visited in East Side Manhattan. When I was a university student on Prince Edward Island, I used to work in a convenience store which, of course, has many similarities to a New York bodega (minus the cat unfortunately). I have worked a number of jobs in my life, but I have many fond memories of working there as it was a great place to see all these folks from your community passing through. Also, it was a picture that was taken the night after we had celebrated my parents 50th wedding anniversary. Since this album is dedicated to them and all the support they've given me, I thought the picture had connection to them as well. After a bit of consideration, I realized that this image



Craig Cormier surrounded by a few of his favourite musical instruments in his music studio. PHOTO: SUSAN OWEN

would help shape the completion of the album. I don't think my son cares for being in the photo on the album cover but frankly he's filling in for the bodega cat from PEI who took the picture.

## Where can you find the album?

You can find a copy of my CD at Compact Music in the Glebe (785 Bank Street). If you don't feel like leaving your home these days, it can also be downloaded from bandcamp ([https://](https://craigcormier.bandcamp.com/releases)

[craigcormier.bandcamp.com/releases](https://craigcormier.bandcamp.com/releases)). If you want to know more about me you can always visit my website at [www.craigcormier.com](http://www.craigcormier.com). I would like to do a launch of the record, so watch for announcements on Facebook.

## Backpacks and Purses Can Throw Off Your Alignment

If you're experiencing back, neck, or shoulder pain, your heavy shoulder bag might be the culprit. Shoulder bags cause some of the same problems seen in children who carry their backpacks on one shoulder. That's because we tend to lean to one side, in order to offset the extra weight. Your muscles strain to compensate for the uneven load, which can lead to pain and spasm. Wearing all that weight on your shoulder can throw off your natural gait and your posture. Ultimately, you may end up with one shoulder higher than the other, and an asymmetric load that can lead to spinal misalignment.

Here is a rule of thumb - don't carry shoulder loads that are more than 10 percent of your body weight. Research conducted on children ages 8 to 11 examined the effects of various loads on a child's posture: 10 percent of body weight, 15 percent, and 20 percent. The researchers concluded that schoolchildren should limit their backpack loads to less than 10 percent of their body weight. The same is true of backpacks and purses for adults.

Our recommendation is to empty your purse of unnecessary clutter that can weigh you down. The same with backpacks. Try to keep the load closest to your center of gravity. And if your children have to carry heavier loads for school, make sure to have them store their books in their school lockers, or buy them a wheeled backpack.

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



## Simply Chiropractic

A Tip from Dr. Stéphane Chillis



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# Let's fit you in

by Denis Poitras

I trust that everybody is surviving this pandemic as best they can. Yes it's been a long eight months of sacrifices but more will have to be done in order to keep this disease under control.

Who would have thought that 2020 would have been such a year of turmoil for many? Well it surely affected a traditional style of business such as Figure 8 Skate Specialists that has been in operation for over 46 years. Since March it has seen a tremendous change on how they do business.

"For the most part, we were pre-

pared for web sales as everybody was rushing to get in-line skates across the country," said Jasmin Simard owner of Figure 8. "Many stores were running low on products and some manufacturing companies never delivered their products."

Once stores started to open with reduced hours and staff, Figure 8 had to continue offering what it was known for; great products and specialized service. The store had to continue offering a great service without having the amount of qualified staff that they had before the CERB program.

That being said, they started with



fit by appointment for which a customer would call to come into a store that has a stress free and safe environment. Once in the store, customers were amazed by the service received and the one-on-one attention given without disruptions of a busy store or a staff member being interrupted by doing multi-tasking.

Reactions from customers were extremely positive which helped make a hard decision easier, espe-

cially with the COVID pandemic always in the back of their minds. The protection of its staff and customers are of valued importance to Figure 8 in today's environment.

Since doing fittings by appointments, Figure 8 has noticed that their customer base really loves this procedure to call for an appointment, get fitted and leave the store in security. No more taking a number once in the store to be served during busy times. Staff allows a certain allotment of time for the customer. They can try on skates by having their full attention while concentrating on their feet without distractions, making it easier. So, at the end of the day, it's a win, win situation for everybody.

This being said, do not wait until the last minute to get your skates for this winter's recreational season since we know there will be a lot of activities done outdoors. Figure 8 has already started to sell skates online and by the time you decide you want skates they might not have your size in stock.

Book an appointment by sending Figure 8 an email at [office@figure8.ca](mailto:office@figure8.ca) or call 613-731-4007 for a skate fitting or to get your skates sharpened. The store will then try to accommodate the time requested and if it's not available, they will find you another time that would be at your convenience. Check them out at [www.figure8.ca](http://www.figure8.ca) for store hours or to shop and have your purchase (skates or other) ready for curb side pick up.

On a personal note, I love planning my agenda on a Sunday for the week ahead of me. I do that so that I know where I am heading especially with winter approaching; plus I would rather book an appointment than freeze my derriere outside waiting to go in a store. Figure 8 Skate Specialist has always been at the forefront of the industry in service and products. Shopping by appointment is something that big industries or non-retail specialized services are using and it's going to be the way of the future for sure. Book your appointment and come shop for skates, sharpen your skates or other equipment. Be ahead of the curve. Start shopping for Christmas early!

*Denis Poitras is a Fashion Designer working out of Figure 8 Skate Specialists located at 380 Industrial Avenue, Ottawa. Phone: 613-731-4007 email: [office@figure8.ca](mailto:office@figure8.ca)*



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# Why Toastmasters?

by Craig Senior

For as long as I can remember, I dreamed about being a motivational speaker like Dale Carnegie, Earl Nightingale, or Leo Buscaglia.

For as long as I can remember, I also stuttered. It wasn't debilitating, but it always weighed on me. In every situation, part of my awareness was consumed wondering if I'd stutter and how embarrassed I might be. I'd think forward to upcoming words for which I would likely stutter and on-the-fly, replace them with words I could say fluently.

I never went out of my way to speak and I was called on just as often. Never.

While working at SHL Systemhouse in the early 1990s, someone said, "We are starting a Toastmasters club. Would you like to join?"

"What's that?"

"It's about public speaking," and as they started to provide more details.

"Sign me up!"

That's all it took. My dream was within reach. I needed no convincing.

The club started, I joined, and became aware of the spectrum of

learning opportunities. It is an all-you-can-learn buffet of personal development under the broad banners of communication and leadership.

The first level, Competent Communicator focused on the basic skills of speaking. My first speech was "Aye's the B'y," a little celebration of my birthplace, Newfoundland.

The remaining nine projects developed structure, voice, gestures, props, body language, research, finishing with giving an inspirational talk.

I took every opportunity to speak and learn, EVERY opportunity. I started delivering lunch and learn sessions, emceed employee events, such as a fashion show and the 1900-seat annual gala. Every opportunity, I spoke; every opportunity, I learned.

I started speaking in the community at the Lions Club, a Chinese New Year's dinner, charity events.

I spoke at industry associations such as the Society of Logistics Engineers, Project Management Society, International Institute of

Business Analysts, and the CMII Conference.

The advanced manuals developed deeper skills, such as facilitating discussion, interpretive reading, special occasions, and communicating on video. It was personally moving to present a dramatic rendition of Dr. Martin Luther King Jr's "I Have a Dream."

The program included running speech contests, leading up to the annual World Championships of Public Speaking. I wasn't interested in competing against others, so I competed WITH others to bring out the best in all.

It has happened that I competed with some people who I was also coaching. It was validating when they won and I continued to coach them up the contest levels as far as they could go.

As my skills grew, so did the demand for them... within Toastmasters. I regularly run workshops on developing and delivering speeches, voice, club officer roles, social media, creating webinars, and others.

A few years ago the delivery of

the educational program changed from paper to an on-line, multimedia platform, called Pathways. I quickly adapted and went on to be one of the ambassadors and guides.

Serving as Division Director was a level 3 leadership role, spanning about 25 clubs and 400 members.

In 2004, I co-produced a two-day conference with over 400 participants, a record that stands to this day.

By completing the various trainings and projects, I earned the Distinguished Toastmaster designation, the highest educational achievement offered by Toastmasters International.

Now I combine my vocation as a technologist, skills in social media, and information management to manage the document repository on Google, support office applications, and manage the District web site serving over 3000 members.

One unexpected outcome of the Toastmasters experience is while I joined to improve public speaking and discovered the leadership development track; I remain in the program because I made lifelong friendships. These friends are diverse, yet share common traits of being continuous learners, altruistic, collaborative, well-spoken, and just plain fun to be around.



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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

10 Quintessential 70s Movies

by Peter Thompson

The 1970s have some of the most celebrated films in history - everything from Jaws to The Godfather to Rosemary's Baby. But what about the slightly lesser known gems from that era? Well...let's take a look!

**10 The Long Goodbye**  
The great Robert Altman changes gears and does a hard boiled private detective thriller starring the ultra cool Elliott Gould. When he drives a friend to the Mexican border, he doesn't realize he'll be arrested for accomplice to the murder of the friend's wife when he gets back. But as always in film noirs, nothing is quite what it seems...

**9 Being There**  
Kind of an original Forrest Gump, a simple-minded gardener becomes increasingly powerful because of a chance encounter, and more importantly because he listens and doesn't speak much. Peter Sellers turns in such a quietly profound performance; you'll wish he had done more dramas.

**8 Get Carter**  
This movie encapsulates the gritty 70s films of the same genre. Michael Caine is a no-nonsense London gangster, who goes to Newcastle to investigate his brother's mysterious death. Thrilling, violent fun!

**7 Love & Death**  
Woody Allen is someone you either like or dislike, but it's hard



**Stalker**  
to argue he's a comedic genius. In this 1975 classic, he thrusts his neurosis into czarist Russia, where he's rejected time and time again by his distant cousin, who he's hopelessly in love with. Saved from further rejections, he's drafted into the army and ultimately hatches a plot to assassinate Napoleon. Diane Keaton is amazing in this!

**6 The Conversation**  
A paranoid masterpiece by Coppola and starring Gene Hackman. A surveillance expert becomes increasingly anxious when he believes the couple he's spying on will be murdered - and it would be his fault. Add to it that it's happened to him before, and you have the recipe for a great thriller!

**5 Ali: Fear Eats the Soul**  
From one of the great German directors of all time, Fassbinder, comes a beautiful love story of an older woman who stumbles into a Muslim bar and meets a young man, who she falls in love with - much to the shock and horror of all around her. Wonderful!!



Chinatown



Dog Day Afternoon

**4 Dog Day Afternoon**  
Al Pacino and Sidney Lumet were at the top of their game when they made this true story of a simple bank heist that turns completely wrong and the national media frenzy that ensues. Not a moment of wasted film in this one!

**3 Alien**  
Ridley Scott's quintessential, claustrophobic science fiction masterpiece featuring one of the most memorable scenes in movie history and a real, palpable sense of fear and tension. It's on the list, even though most people have seen it. But if you haven't, see it!

**2 Chinatown**  
One of several Polanski movies that could have made this list, Chinatown is a serious film noir featuring a master performance by Jack Nicholson. First hired to prove adultery, Nicholson's character gets caught in a web of lies and murder.

**1 Stalker**  
Russian filmmaker Tarkovsky is not necessarily for the masses. Stalker takes place in an apocalyptic city that we assume is Moscow, and the Stalker in reference is actually a guide that will take you to a mystic place to find some of the answers you pine for. At once both hard to summarize and quite a daring journey - it tops my 70s list of movies that must be seen!

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# Reasons for dog daycare

by Jonathan Sumner

2020 has been a difficult year for everyone! A lot of you have likely seen your routines altered and are spending more time at home than ever. Our dogs are exposed to this change as well. Although being at home seemed great at first, we need to remember that dogs are social animals that benefit from being social. Dog daycare can be an excellent solution for dog's well being on many levels.

With the COVID lockdown your social skills may have gotten a bit rusty while too much time alone can lead to unhealthy habits. Your dog's social abilities can decline without practice too. Dog daycare is a great way to maintain your dog's social behaviors. Without regular, safe interactions you can help avoid issues like your dog losing his mind on a walk because he hasn't seen another dog for a week. Over stimulation can lead to barking, lunging, pulling, where friendly greetings can turn into altercations.

Dog parks are an option for socialization but can be risky with varied results. Dog parks offer a large variety of dog sizes and play styles that can see shy dogs overwhelmed. Lack of any rules provides no guarantee that all the dogs are vaccinated and safe.

It is worth noting that not every dog is a fit for dog daycare. Sometimes less social or anxious dogs will be stressed to safely enjoy this service. Dog daycare provides safe socialization where behavior assessments and constant supervision help regulate which dogs can attend. Shy or less confident dogs get the chance to safely engage on their own terms and build confidence. Dog's teach each other so much more than humans can including appropriate greetings and acceptable play.

Remote working has created a common story; I was on a zoom call and my dog wouldn't leave me alone! They were barking, whining, jumping and begging for attention! A great benefit of dog daycare is that your dog socializes and burns off energy leaving you to focus on work. When picking them up your dog is well exercised and ready to cuddle.

Dogs are prone to boredom and separation anxiety. Some dogs may sleep all day however many cannot enjoy being alone. Daycare can address both mental and physical stimulation to remain healthy. While daycare is not a cure for separation anxiety it can help limit their time alone.

Since we are spending more time at home a routine is still important for dogs. If the world ever reverts back to onsite working dog daycare

can keep them in practice. With a routine a schedule switch won't be so dramatic and stressful.

Dog daycares are an amazing "guilt relief service"! Joking aside, many owners feel guilty leaving their dogs home alone. With daycare you can run errands or work guilt free!

Overall daycare is a great option to keep your dog healthy and safe. At the Ruff House we aim to provide a safe, comfortable, and compassionate place for your dogs to enjoy.

*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](http://www.ruff-house.ca) to register.*



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# Urban biodiversity: Buckthorn, alien shrub

by Patrick Hamel, Biologist

Invasive species are living organisms spreading outside their native range, causing environmental, and consequently, economical damage. Common and Glossy Buckthorn (Fr: nerprun) are tall shrubs introduced to North America from Europe over a hundred years ago as ornamental yard hedges. Buckthorn escaped backyards a long time ago, and is now an invasive species in Ontario (listed as a noxious weed under Ontario’s Weed Control Act). The alien shrub has spread around Riverview and Alta Vista (Balena Park, along the power line), The General Hospital, Coronation Ave., Lynda Lane/Billings Park, and even some residential properties), and, more generally, Ottawa and its Greenbelt, and, nationally, from Alberta to Nova Scotia.

As most invasive plants, it thrives in disturbed areas such as forest borders, abandoned lots, and along roads, but also as an understory of native tall trees such as oak and ash, and has the potential to invade mature forests, potentially suppressing the growth of hardwood species such as maple. This invasive shrub has a long growing season, giving it a competi-



Female shrub. PHOTO: CREDIT VALLEY CONSERVATION, ONTARIO

itive edge against other deciduous plants. Its leaves come early in the spring, and stay late in the fall, when abundant black berries mature in clusters (on mature female shrubs only, as the plant is dioecious). Its aggressive growth (shade tolerant, dense thickets in a wide variety of soil and conditions) allows a rapid replacement of native plants and

trees (coniferous and deciduous) by a quasi monoculture of buckthorn. Its alteration of soil chemistry (e.g., changes in nitrogen and carbon content, pH) may favour its own growth, as well as that of other invasive plants (e.g., often found with garlic mustards) and European Earthworm, (also invasive). Moreover, its fruits, leaves,

and roots may exude secondary compounds that could reduce the seeds’ germination and growth of other plants; however, research on this topic remains scarce. As an exotic species, buckthorn is not recognized as a food source by native bees, butterflies, or other insects. Hence, it has no practical value. **CONTINUED ON PAGE 15**



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# Buckthorn

CONTINUED FROM PAGE 14

tical utility in our ecosystems and very few predators, although birds (e.g., sparrows, jays, starlings) and small mammals feed on its seeds because of a lack of other options in urban environments, helping to spread the plant along fence lines and perch trees. The seeds are considered detrimental to wildlife, but their purgative (laxative) effect combined with fast germination ensure a rapid propagation.

The habitat lost to buckthorn reduces biodiversity, impacting the survival of animals and plants, various industries (such as tourism and lumber), and the aesthetic of our natural habitats (leaving fewer species, such as native wildflowers, and it has no fall colours!). If that were not enough, buckthorn is also a host for the Soybean Aphid and Oat Crown Rust, which are recognized agricultural pests in Ontario. A biological control agent is considered the best option to control the spread; however, no insects have been introduced yet, as it is unclear whether it could feed on other plants too (non-specificity).

Although its eradication in Canada has become impractical, control measures exist and are important to prevent the spread from



Buckthorn shrubs in the fall, Billings Park Pathway. PHOTO: PATRICK HAMEL

residential areas into surrounding forests:

- First, remove mature shrubs to prevent further spread: powered saws preferable. If not possible to remove the whole tree, cut off berried branches; come back later in the summer to pull out whole shrub
- Hand-pulling and uprooting: used for smaller plants (height under 1 m)
- Cutting: used to weaken the shrub, followed by the application of a plastic over the stump (plastic must be lightproof, minimum 3 to 5 mils thick, and adding soil or some mechanism heaped around the edges to prevent light entry) to prevent resprouting
- Girdling consists of cutting all

- around the circumference of the shrub, under the bark where the living tissue is found (cambium), at or below the soil line. Resprouting will occur, and this method can be cumbersome as it needs to be repeated over multiple years to be effective
- Mowing: effective in areas where an abundance of sprouts emerge, when executed at least twice for 2 years
- Weed wrench tool: for plants with stem up to 5 cm in diameter
- Other methods can be successful (e.g., flooding, livestock grazing, fire), but are not applicable to Riverview Park
- When hiking, avoid going off-trail, as it disturbs the soil, facilitating the establishment of invasives

Since the seeds can remain in the soil up to five years, long-term management is necessary.

## Need a workout?

If you are in need of a workout because of the covid situation and would like to try your hands at some of these methods (and meet other nature enthusiasts), contact the Trinity Church Community Garden ([trinity.garden@rogers.com](mailto:trinity.garden@rogers.com)), which is currently experimenting with mechanical removal on a small patch in Riverview, and would welcome volunteers to hHome gardens: actively plant native vegetation; avoid exotics (ask your garden center!)

## Tackle this weed

Prevention of spread and growth is important, as large shrubs are hardy and require more work to get rid of. Help tackle this weed.

For more info on buckthorn identification and other invasive species possibly squatting in your own yard: <https://www.ontarioinvasiveplants.ca/invasive-plants/species/> ; <http://www.invadingspecies.com/common-buckthorn/>

Consult the Pest Management Regulatory Agency's web site and the Ontario Pesticides Act and Ontario Regulation before considering using herbicides: [www.pmr-arla.gc.ca](http://www.pmr-arla.gc.ca) ; <https://www.ontario.ca/laws>



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# Immaculate Heart Of Mary Virtual Concert supports the Heron Emergency Food Centre

by Lynn Sherwood

At Heron Emergency Food Centre, the holiday season, from November until January is the busiest time of the year. Not only do we see an increase in clients as winter approaches with seasonal job layoffs for many, but with many holiday celebrations this “Season of Giving” is the period during which we receive about 80% of our annual community donations. Church concerts, schools, workplaces, service clubs, Santa’s Breakfast, and other community events usually sponsor food drives which fill our shelves and supply needed food for several months. This year, with the pandemic halting these festivities, the board of HEFC has been anticipating significantly decreased community support for our program.

Our biggest single source of community donations has always been the amazing Christmas Concert organized by the Immaculate Heart of Mary Church on Alta Vista Drive – which usually sponsors one of the most inspirational events of the Christmas season. Indeed, the church is always packed to the rafters for their excellent



It takes many hands to help create a beautiful event. Francine Brisebois (L) and Joslyn Brodeur have been the Immaculate Heart of Mary concert organizers for many years. PHOTO: LYNN SHERWOOD

concert. Because of the restrictions imposed by the pandemic we at HEFC had been assuming that there would be no IHM Concert. We were wrong.

Concert organizers Francine Brisebois and Joslyn Brodeur, have

surmounted the many obstacles imposed on us all by the pandemic, including social distancing, masks and the high risk of spreading the virus through group singing, and have worked out a way to present their 29th Annual IHM Christmas Concert. They have organized a virtual concert featuring: the IHM Church Choir, Kanata Choral Society, Ottawa Catholic School Board Children and Chamber Choirs, Ottawa Wind Ensemble - Brass and soloist Susannah Waddington. All proceeds from the concert will be donated to HEFC, enabling us to ensure that our clients can participate in the bounty and good will of the holiday season.

Creating this concert has been no easy task. Each choir submits a separate video, and then all videos are combined to create one large video recording. Some of the choirs will be accompanied by a collage of photos rather than synchronized individual videos, depending on what each group is able to pull together. All will appear to be singing together in harmony even though each singer is videoed separately. This is quite complex and challenging to accomplish technically.

This concert is entirely a volunteer effort, including the technical support for each group and the wonderful volunteers with IHM, Chris D’Silva and Michel Cormier, who are putting the whole thing together into the one large video recording which we will all be able to view on YouTube.

Joslyn and Francine are excited about this initiative, and want everyone to know that, during this dif-

ficult time it is quite possible to “invent new ways to do things that we love to do”, and to share the joy of the Christmas season with others.

Each year the concert ends with all performers and the audience sharing in the singing of The Halleluiah Chorus, and this year, during these difficult times, that chorus will be even more meaningful to us all. You are invited to participate, from your own homes, in this celebration of new life at Christmas. Your donations will help to make life a bit easier and more hopeful for those of our community who are not only struggling financially but who are feeling isolated and lonely at this time. Monetary donations in particular are helpful to HEFC since we can purchase needed food supplies in bulk for a much-reduced cost, and additionally do not have to rent storage space for large amounts of canned and packaged food.

You can view the IHM Christmas Concert online through the magic of YouTube and GoFundMe at any time between December 6 and January 6. Freewill donations will be accepted via the GoFundMe link: <http://sound4u.ca/ihm2020>, after which you will receive the YouTube Virtual Concert link. Should you have any further questions, please contact the concert organizing committee at 613-791-9115.

Members of the Board of HEFC are happy to share information about the service we, all together, provide for our community. Call us at 613 737-9090 or e-mail us at [hefc-info@rogers.com](mailto:hefc-info@rogers.com) for more information.

Check us out on Twitter [HEFC.ca@HeronFoodCentre](https://twitter.com/HEFC.ca@HeronFoodCentre)

Heron Emergency Food Centre is located at 1480 Heron Road and is open 4 days a week to provide emergency food to people in need in Ottawa South.

## December Wish List

A little extra for our clients during the holiday season helps to lift spirits all round. It means so much to someone down on their luck to feel that others care. We like to be able to provide a little extra during this season. Personal toiletries such as soap, shampoo, toothbrushes, toothpaste, and deodorant are much appreciated “luxuries” when every penny counts.

We also welcome cash and food donations including tuna, canned vegetables, canned tomato sauce, canned soup, chickpeas, kidney beans, cereal, and snacks for children.

29<sup>th</sup> Annual / 29<sup>e</sup> annuel

Concert Virtuel de Noël  
Immaculate Heart of Mary  
Virtual Christmas Concert

Available through online donations  
Airing: December 6, 2020 to January 6, 2021  
(In-person concert postponed to December 2021)

Disponible par le biais de dons en ligne  
Diffusion: 6 décembre 2020 au 6 janvier 2021  
(Concert en personne reporté à décembre 2021)

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Kanata Choral Society  
Ottawa Catholic School Board  
Children & Chamber Choirs  
Ottawa Wind Ensemble - Brass /  
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Soloist / Soliste:  
Susannah Waddington

Donations accepted through:  
Dons en ligne par le biais de:  
<http://sound4u.ca/ihm2020>



Dear Alta Vista neighbours,

As we approach the holiday season, I would like to acknowledge that for many of us, it will be quite different from years past.

In these trying times, it is my hope that you and your family find opportunities to celebrate and create new holiday traditions that can be cherished for years to come.

One thing I can say is that despite the uncertainty that 2020 has brought us, our community is remarkably strong and resilient. It has been a humbling experience and a privilege to be your City Councillor through the COVID-19 pandemic as we have learned to adapt and navigate new challenges.

Between physical distancing, masks, and other important public health measures that we have all learned to coexist with this year, my colleagues and I miss seeing you and connecting with you at events, at community meetings and out on the street. I am hopeful that each passing day brings us one step closer to a return to normalcy, and I truly look forward to what the new year will bring for our community.

Due to the pandemic our annual Breakfast with Santa event will look much different. Please follow my social media channels for updates on what we will be doing throughout December to spread some holiday cheer while being COVIDWise.

Twitter: @AltaVistaWard18  
Facebook: Jean.Cloutier



Don't overlook an important guest invite this holiday season!



With the holiday season upon us, please consider inviting your household green bin. More than just food scraps go in the green bin. Not sure how to dispose of something?

Visit [ottawa.ca/greenbin](http://ottawa.ca/greenbin)

If you can, please support our local businesses this month!

Alta Vista is home to many local businesses and many of them are struggling financially as a result of the current restrictions due to COVID-19. They are going above and beyond to offer safer shopping options.

You can help them get through this difficult time by supporting local stores, restaurants and services. Be sure to observe all Ottawa Public Health guidelines and stay COVIDWise!

Visit [Ottawa.ca/buylocal](http://Ottawa.ca/buylocal) to find links and resources that will make it easier for you to support local businesses. It's your gateway to incredible food and take-out options, one-of-a-kind shops and boutiques, unique services and more.

### Virtual Office Hours

Alta Vista residents are welcome to drop in to connect with Councillor Cloutier on:

Friday Dec. 4 2020, 9:30 am - 11:00am  
Wednesday Dec. 16 2020, 6:30pm - 8:00pm  
Thursday January 14 2021, 12:00 - 1:30pm

Please e-mail us at [jeancloutierott@ottawa.ca](mailto:jeancloutierott@ottawa.ca) for the zoom link and passcode.

Keep an eye on local development projects with DevApps!

For a comprehensive list of local development applications please visit [devapps.ottawa.ca](http://devapps.ottawa.ca). This newly updated website allows you to filter by ward in a drop down bar.

Just select: Ward 18 – Alta Vista – Jean Cloutier for a complete list of applications. Or, use the map to scroll around your neighbourhood and Ottawa to find a specific location.



## Hydro Corridor stewardship survey

The Riverview Park Hydro Corridor Action Group is interested in stewardship of the corridor spanning Abbey Road to the Perley Rideau Veterans Centre. To this end the group is surveying what the community wants. The group wishes to sense community support for enhancement of the natural environment and explore how the under-utilized space could be re-imagined in a way that contributes to environmental sustainability, biodiversity and greening of the city. For example, by improved walking trails, natural play areas or removing invasive plants/trees. Larger initiatives could include designated wild flower areas or natural meadows. This will take time and effort and must be an active partnership between the community, Hydro One and the City of Ottawa. The survey can be found on the Riverview Park Community Association (RPCA) website at <https://riverviewparkca.com>

# Winter driving – winter safety

### Being prepared

**G**et your car ready for winter with a maintenance check-up that includes battery, hoses, belts, radiator, oil, lights, brakes, tires, exhaust system, heater and defroster, wipers, plus ignition.

Make sure that you **keep your gas tank at least half full.**

**Keep an extra container of winter windshield washer fluid** in the trunk (good to -40 degrees C) with sufficient fluid in the reservoir at all times.

**Have an expert check your vehicle's tires.** Tire air pressure decreases in cold weather thus ensure that tires are properly inflated, worn or damaged tires restrict safe driving, all-season tires do not provide the traction and handling of winter tires which need to be four tires with the same tread pattern, internal construction, and size. Winter tires meeting specific snow traction performance requirements will be marked with a snowflake symbol.

**Assemble a winter driving kit** that includes a snowbrush/ice scraper, shovel, a traction aid such as sand or kitty litter, a rope or chain, road flares, booster cables, a flashlight and batteries, first aid



kit, small tool kit, extra clothing and footwear, a blanket, gas line antifreeze and energy foods such as meal replacement bars, soup, juice, plus bottled water, Clear off any snow or ice from the roof, windows, lights, or mirrors before getting behind the wheel of your vehicle.

### On the road

**Stay well behind the vehicle in front of you** in case you are forced to make a quick stop.

**Look far ahead of you** to detect conditions that could have an impact on your travel.

**Avoid sudden braking or accelerating,** or turning of the steering wheel.

**Slow down.**

Remember all vehicles take longer to stop in winter weather.

**Turn on your vehicle's full lighting system** when there is poor visibility.

**Do not use cruise control** during inclement weather.

**Be extra cautious** on areas that are shaded or on overpasses or bridges since these freeze over sooner in cold weather and remain frozen longer.

**Watch out for black ice** that can be extremely dangerous.

Check for additional highway information by calling 1-800-268-4686.

*Adapted from an Ontario Ministry of Transportation website*

## TRENDSETTERS • Finding Your Own Christmas Style

by Monique Doucette

**T**his Holiday Season will be different in many ways as we adjust to smaller gatherings and focus more on our own households. Why not embrace these changes by tapping into our creative side as we style our homes during this Christmas season?

Now imagine that you have just dug out those boxes of Christmas decorations from your storage. Why not be more intentional with how you use them this year? An easy way to enhance creativity is to start by choosing a colour theme. As with styling your home, popular holiday colours can incorporate stunning colour palettes such as silver or gold with an accent colour of blue or red, a simple silver and gold combination or a more fun-loving combination of reds, purples and greens. If you are choosing to put up a Christmas tree, try using it as a jumping off point. A tree will also create a focal point for the rest of the décor in the space such as a mantle if you have one. The style of your Christmas tree could vary between a traditional look or it could have a more contemporary feel with more recent or trendy pieces. Some people prefer a more natural theme by incorporating hand made and natural elements of wood or animal ornaments.

As with your own personal style, Holiday decor should reflect your personality. While certain people prefer the simplicity of a more minimalistic style, others will choose to Deck the Halls. In the past couple of years, I have been more mindful of carefully choosing some of my mother's treasured pieces such as homemade gold bows and peal garlands. This has given my tree a new look which is a wonderful balance of old and new but more importantly, a great reminder of wonderful Christmas's with family. Let's use our extra time this year to create a little more magic at home.

Wishing you a Merry Christmas from all of us at Trendsetter Home Staging.



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ESSENTIAL HEALTH

# When a therapist becomes a patient



**CINDIE HELMER**  
Registered Massage Therapist/  
Owner of Essential Health  
Massage Therapy in Riverview Park

A couple of years ago I started experiencing some generalized pain in my knee. I didn't think much of it at the time; my knee was achy, it was a bit painful to walk, but overall, I assumed the pain would "go away" after a couple of days. It did!

Then, after a few weeks, the same dull pain came back. This time, it was worse. Walking was becoming uncomfortable and causing me to limp - exercising had become painful. If I was going up and down stairs, I would occasionally feel or hear a slight pop in the joint. Sometimes, my knee would lock up not allowing any kind of proper movement.

I went through this process for several months. I got regular massages which helped the mus-

cles that were compensating for my knee. I started seeing a physiotherapist to help strengthen the muscles that support the knee. I even went to see a podiatrist to see if I needed orthotics. Assessments from both the physiotherapist and the podiatrist indicated that I had all the classic signs and symptoms of a meniscus tear.

So, what is a meniscus tear? Let's start with a little bit of anatomy.

The knee is the largest joint in the body. It's a hinge joint allowing the lower leg to flex and extend. The bones that make up the knee joint include the femur (thigh bone), tibia (shin bone) and the patella (kneecap). In between the femur and tibia, cushioning is provided by two

c-shaped pieces of cartilage that act as shock absorbers, protecting the leg bones from routine impact during walking, running, lifting, and sports.

One of the most common knee injuries is a meniscus tear. These tears can result from trauma or degeneration. A traumatic meniscus injury is usually caused by a forceful twisting at the knee, or a sudden stop (often sports related). Tears can also occur with deep squatting or kneeling while lifting heavy weight. A degeneration injury is caused by gradual wear and tear over time, often due to repetitive movements. Once a meniscus tear occurs, the leg bones are not able to glide over one another efficiently, causing pain, inflammation and irritation.

In my case, the next step was off to see my family doctor. On my initial visit, my knee was having a good day. The doctor did some orthopedic assessments, and I was able to do everything fairly smoothly. I was prescribed an anti-inflammatory and told to keep up with my home care.

After several more weeks of routine treatment but little progress, I went back to the doctor to insist that I get some imaging (don't be afraid to be your own health care advocate!); I was finally sent for an x-ray (to rule out arthritis), and eventually an MRI, which did in fact confirm that I had a meniscus tear.

I was referred to an orthopedic doctor who administered a cortisone shot to try to relieve the inflammation. That doctor indicated that if the cortisone shot didn't help, the next step would be surgery..

So, here I sit, just over 2 years after the onset of my knee pain, getting ready for surgery. By the time you read this, a piece of my meniscus will have been removed through an arthroscopic procedure!

Stay tuned for the next issue to find out about my post-op rehabilitative journey!

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](http://www.essential-health.ca).



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Green Spaces (varied/shared outdoor spaces) are one of eight desirable characteristics of a neighbourhood. PHOTO: PATRICK DION

# Finding value in our neighbourhood

by David Knockaert

By the time this paper goes to print the City of Ottawa will have presented to us its **draft** Official Plan.

In advance of the release of the draft, residents received an invitation to join information sessions where they are to be given an opportunity “to **learn how** their neighbourhood will evolve over the next 25 years.” I hope this was just a case of careless language. Although few residents possess expertise in planning we do all have

expertise in living. As such, our views may carry value, particularly when it comes to deciding how we wish our own neighbourhood to develop. Therefore, as the Official Plan moves from draft to final form and regardless of how final City officials may currently regard their Plan, we should certainly feel free to express our views.

But what are our views? What do we value in neighbourhoods? What about Riverview Park do we treasure/what needs to be retained? Is there anything which would make

Riverview Park a better neighbourhood, and if so, should that be a development goal for the City? Of course, the flip side will be how does all that compare with what the City considers to be good for us.

Over time I have completed numerous surveys asking what makes a good neighbourhood. I tick boxes or enter a comment. Yet, more often than not I do so without really thinking through the issue. Now is probably a good time for all of us to give it some thought, and not just because of the Official Plan. We are many months into Covid-19 restrictions with no obvious end in sight. Those restrictions have changed our lives in many ways, including how we reap enjoyment from our neighbourhood. Having a better grasp on what we value in a community may give us a clearer picture of what we miss. It may also help identify if our community has changed in any way for the better.

I cannot profess to know what residents of Riverview Park value. But I suspect the range of views will not differ significantly from those expressed by residents in other neighbourhoods. So, I looked at a variety of source analysis - Globe & Mail story from 2011, Knight Foundation/Gallup survey, Forbes, Project for Public Spaces (i.e. The Great Neighbourhood Book), an interview with a former Vancouver head of City Planning and the Re-Max 2020 Liveability Report. Not surprisingly, striking similarities arise despite the dissimilarity in sources. The eight desirable characteristics which appear most commonly are as follows (interestingly, crime, road safety and housing density/space were not popular choices):

- Proximity/Walkability/Accessibility (stores, school, office, medical)
- Green Spaces (varied/shared outdoor space)
- Aesthetics/Character/Pride in Ownership

- People know each other/community participation/openness
- Social offerings/entertainment
- Meeting Places (recreation center, church, clubs, public garden, etc)
- Quality Education Facilities
- Proximity to Public Transport

Riverview Park already possesses many of these 8 traits. Certainly the value residents place on green space was recently demonstrated by the enthusiastic public dialogue with Hydro One regarding vegetation removal. Hopefully the same enthusiasm will be displayed should our School Board(s) ever propose closing any of our schools. Green space, schools and bus service are critical components of our neighbourhood which desperately need to be retained. Two other aspects of our community which I personally find charming and wish to see retained are the common lack of sidewalks combined with on-street parking restrictions. I think human bodies in the road slows traffic while the absence of parked cars makes walking safer and less claustrophobic. Both features also seem to encourage people to engage passing neighbours in conversation.

But what is missing from our community? What could be developed that would add vibrancy? Compared to the above list, our neighbourhood may be deficient in the lack the landmark meeting places – the type of location where you say “I’ll meet you at...” (e.g. modern recreation centre or skate board park or game centre for young people, public garden for us older folks). Linking up with someone in front of Tim Horton’s does not really cut it. A deficiency for young adults may be the lack of night life venues (other than the recently opened O’Brien’s). But interestingly it is just these two community characteristics which would have been most

CONTINUED ON PAGE 21



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Join us for an outdoor family service, weather permitting.  
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7:30 PM  
Watch our live-streamed Christmas Eve Worship Service  
including virtual Communion at  
[www.emmanuelunited.ca/worship/webcast.php](http://www.emmanuelunited.ca/worship/webcast.php)





**Quality Education Facilities** are included in desirable traits for a neighbourhood. PHOTO: GREG MONEY

**CONTINUED FROM PAGE 20**  
directly affected by COVID-19 restrictions. Public health certainly discourages us from meeting up with people, bar hopping or indoor dining. So, if those social opportunities were already somewhat lacking within our neighbourhood, we have not likely been as adversely affected as other communities (e.g. Byward Market, Centretown, Glebe). Finally, we could clearly benefit from an aesthetic makeover of Industrial Avenue, adding trees, softening the atmosphere and welcoming pedestrians.

But does any of the above fit into City plans? While we will soon find out, the expectation is that the City's 25 year forward plan will continue to demonstrate three commitments: support for the LRT, increased density in residential use and a reduction in vehicle usage. Each of those is fine provided staff do not become prisoner to ideological rigidity and continue to pursue these goals even when the evidence suggests otherwise.

For example, the foundational assumption underlying the Official Plan is that the population of Ottawa will grow by 40% over the next 25 years. That seems a big number. But it really only amounts to 1.25% in annualized growth. Given that just over half that growth is expected to occur in urban areas, we have no reason to anticipate our local population rising by more than 0.7% per year. Hardly a number to warrant a dramatic change in

planning/zoning/development. Plus of course we now find ourselves amidst a pandemic. At least a third of Ottawa labour participants are employed within the federal government or technology businesses (with many others depending upon those two sectors). Yet a very large percentage of those employees are now working remotely. The prevailing assumption is that many such workers will never return to their previous workplace. While it may seem peculiar to admit, that remote employee does not need to live in the vicinity of the company's office.

Even before the pandemic such a situation was not unusual. I have had as interlocutors "HQ employees" who were actually living in Montreal, the Mideast and Asia. Outside of government we have the example of Shopify which has moved to a remote business model, with the intention of utilizing their office space across Canada solely as recruitment hubs. In truth we may well be faced with the reality that over time there will be a significantly reduced reason for people to relocate to, or remain in, Ottawa in order to secure/retain employment. If so, the population projections underlying the Official Plan will become somewhat obsolete. And that would lead to a diminished need both for LRT expansion and increased residential density. One can only hope the City does not permanently develop spending plans and alter zoning & by-law regulations to satisfy a future which may never fully materi-



**People know each other/ community participation/ openness** – another noted desirable neighbourhood characteristic. PHOTO: CAROLE MOULT

alize. I suppose we shall see.

Regarding the pandemic, while it has imposed an enormous cost upon all communities, including ours, we should not neglect to acknowledge any benefits derived by our community. One small but notable benefit is that the regrettable loss of employment and the restrictions upon social gatherings seems to have brought more people out and walking about the neighbourhood. As we walk, we meet each other. Perhaps we just say hello. Sometimes we stop to chat. In either case it is good for our physical health, our mental health, and the health of our community. One small but still a saving grace in this time of trouble.

In conclusion I encourage everyone to think of what you value, what we need to hold onto, and what we need to further develop in order to enrich our community. This will serve us well both in the short term as part of a possible response to the City's Official Plan but also for aiding a longer term appreciation of how we can serve & improve our community. Reaching clarity as to what we want is a first and necessary step in attaining it.

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DEAR FRAN

# Poinsettia – Beautiful *Euphorbia*



FRAN DENNETT

Christmas is approaching and the modern symbol of Christmas, at least for the floral trade, is the poinsettia. Poinsettias are already for sale in the stores at this writing. But how did this shrub native to southern Mexico become a symbol of Christmas?

If you are a fan of the poinsettia at Christmas, you can thank Dr. Joel Roberts Poinsett, the first US ambassador to Mexico in 1830. The ancient Aztecs called this plant “cuetlaxochitl” (pronounced [kweh tlah SOH cheet’l] and used it for medicinal reasons, in cosmetics and as a dye, not as a decorative.

Dr. Poinsett saw the bright red plants and sent samples to his home in South Carolina where he propagated it, and then shared it with friends and botanical gardens. This avid botanist is also responsible for starting the Smithsonian Institute. One friend, John Bartram, received a sample, propagated it and exhibited it as a cut flower at the first Philadelphia Flower Show. Robert Buist bought one and, being a florist, grew it to sell as a cut flower under its botanical name, *Euphorbia pulcherrima* – most beautiful euphorbia. He also named the poin-

settia in honour of Dr. Joel Roberts Poinsett who first introduced the poinsettia to the USA. The name has stuck for all these years.

In the 1920s, the Jack Ecke family of Southern California started producing potted poinsettias for Christmas. This family of nurserymen and breeders remains the largest producer of potted poinsettia in the USA. In Canada in 2019 over 5 million potted poinsettias were sold, and in the USA in 2014 over 33 million potted poinsettias worth \$141 million were sold.

Over time the breeders engineered the poinsettia from the large native shrub to a plant small enough to sit on a table or mantle. The scientists produced chemicals that allowed the plants to hold its leaves longer, and to be mass produced so that an entire crop would come to market with the same size, shape and colour. The marketing people also did their job, as poinsettias have become the plant for Christmas in whatever colour you choose and their popularity has spread to Japan, Australia and Europe. Today there are over 100 varieties available that come in red, pink, white, burgundy and speck-



led, all though red bracts and green leaves remain the most popular.

A Mexican legend says a young girl, Pepita, could not afford to buy a gift for the Baby Jesus and so she gathered a bouquet of “cuetlaxochitl” as her gift. The flower was red and star shaped resembling the Christmas star. They were also used to decorate churches at Christmas. This legend helps link the poinsettia to Christmas but the floral industry made it profitable.

In Mexico and South America *Euphorbia pulcherrima* is a three metre high shrub and has many different names usually related to Christmas since that is when it blooms there. The red “leaves” are actually bracts (modified leaves) and the actual flowers are those tiny green sac-like balls called cyathia in the centre of the bracts. The yellow is pollen and as the blossom ages these cyathia will fall off as eventually will the bracts.

### Care of a Poinsettia

Poinsettias are fussy. They do not like draughts, or a room too warm or too cold, or cold soggy roots. A daytime temperature of 21°C and a nighttime temperature of 12-15°C are most desirable. Bright light is good but not direct sunlight. Water when the top one of inch of soil is dry or if you see the leaves wilting. The floral trade considers poinsettias throw away plants, so toss it in the compost when you no longer want your poinsettia.

If you want to convince your poinsettia to “rebloom”, it is possible, but not always successful as it is a fairly long process. When all the leaves have fallen off your poin-



settia cut it back and repot. In May after all danger of frost is passed, place it outside in a shady location. Water and fertilize about every two weeks. New shoots will appear and when they are large enough, prune to 3-4 branches depending on the size of plant you want. Bring it indoors, around mid September, before the possibility of frost.

In order to trigger the formation of the red/coloured bracts it is essential that the new growth on your poinsettia receive 14 hours of TOTAL darkness for 8 weeks. This means placing the plant in a dark closet or covering it with a box every day. If you fail to do this, the bracts the will not turn red or whatever colour you originally bought. After the 8 weeks, treat normally and by Christmas time the bracts should have changed colour. I’ve heard stories about entire crops of poinsettias being lost because someone left a single light bulb on in the greenhouse. That is how critical the 14 hours of dark are to guaranteeing the bracts turn colour.

Again I hope you enjoyed this article and if you wish to explore more about poinsettias there are lots of credible sites on the Internet. Best wishes for a Very Merry Christmas and a healthy and prosperous New Year.



- Master Gardeners of Ottawa-Carleton (MGOC) check the website for gardening information <http://mgottawa.mgoi.ca>.
- To receive TROWEL TALK, our free monthly electronic gardening newsletter, contact: [troweltalkeditor@rogers.com](mailto:troweltalkeditor@rogers.com) to be added to the list.
- Email Help Line: [mgoc\\_helpline@yahoo.ca](mailto:mgoc_helpline@yahoo.ca)

# Rock star researcher uses big data to answer big questions

David Cook is receiving the Worton Researcher in Training Award in recognition of his outstanding cancer research achievements and pioneering new techniques

by Amelia Buchanan

“As a researcher, your job is to ask questions that nobody has the answer to. There are moments when you’re the only person in the world to know something, and that’s an incredible feeling.” - David Cook. Growing up, David Cook knew he was going to be a rock star. Little did he know it would be as a researcher answering big questions with big data.

“When I was a kid, my obsession was music, and that was going to be my career,” said Cook. “I didn’t take the academic courses needed to get into university. But when my band didn’t become famous, I needed to find an alternative.”

He worked as an audio engineer at an Ottawa recording studio for a few years, where he also taught youth music camps. In time Cook decided to try nursing, and attended adult high school so he could get into university.

During undergrad at the University of Ottawa, Cook fell in love with science. He was fascinated by a talk given by Dr. Barbara Vanderhyden on reproductive physiology. After the lecture, he asked how he could learn more. She suggested he do an honours research project in her lab at The Ottawa Hospital studying ovarian cancer. Cook went on to do both a masters and PhD in her lab.

“Since the moment I walked into the lab, I’ve never looked back,” said David. “As a researcher, your job is to ask questions that nobody has the answer to. There are moments when you’re the only person in the world to know something, and that’s an incredible feeling.”

For his masters, Cook studied how stem cells make decisions to stay stem cells or become other cells. His PhD focuses on how cancer cells make decisions to hide from the immune system and from cancer immunotherapies. He has been exceptionally productive, publishing 16 manuscripts in the past three years.

During his masters, Cook discovered computational biology, which uses data collected during experiments to build computer models of biological systems.

“It was another tool in my research toolkit. When you have more tools, you can ask new questions,” said David.



Researcher, David Cook. PHOTOS: THE OTTAWA HOSPITAL

No-one in his lab had used these methods before, so Cook set out to teach himself. “Maybe it was the millennial in me - I figured the internet had the answer.”

He started with one dataset sitting on the lab’s hard drive, and it worked. During his masters and PhD, Cook continued learning and applying computational biology methods to his projects. He became the institutional expert on these techniques, and researchers from across the hospital sought him out as an instructor and collaborator.

“David pioneered the use of these methods at The Ottawa Hospital,” said Dr. Vanderhyden. “He fearlessly centered his masters and PhD around this type of data, and has been very active in sharing his expertise with the hospital and university community.”

Cook also developed a new computational method for single cell RNA sequencing, a tool used to determine which genes are being turned on and off in a single cell. He found a way to run 960 samples for the cost of ten. While others had proposed the technique before, his paper in Nature Communications was the first to apply it at this scale. The paper was also ground-breaking in understanding different subtypes of ovarian cancer cells, with implications for treatment.

During the COVID-19 pandemic, Cook gave two seven-hour webinars on analyzing single cell RNA sequencing data to well over a hundred researchers.



“I get a lot of joy in helping researchers understand how to use computational biology tools. Many

“When I was a kid, my obsession was music, and that was going to be my career. I didn’t take the academic courses needed to get into university. But when my band didn’t become famous, I needed to find an alternative.”

people shy away because they didn’t take any computer science or math in university. Hopefully I can be an inspiration since I didn’t take any of those courses!”

Cook has also shared his love of science with the public through school classroom activities with Let’s Talk Science and lab tours with The Ottawa Hospital Foundation.

As for his music career? For the past decade, Cook has been involved in an artist development program and has mentored hundreds of teen musicians.

*The Ottawa Hospital is a leading academic health, research and learning hospital proudly affiliated with the University of Ottawa. Research at The Ottawa Hospital is possible because of generous donations to The Ottawa Hospital Foundation.*

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# Riverview Park Review

## SECTION TWO

DECEMBER 2020

A Voice of Riverview Park

JANUARY 2021

### \$1 million grant will support virus treatments and vaccines

*Submitted by The Ottawa Hospital*

The Ottawa Hospital's Biotherapeutics Manufacturing Centre (BMC) has already played a crucial role in launching more than 15 world-first clinical trials. New funding will help to harness this success in the global fight against COVID-19.

Researchers from the Ottawa Hospital and the University of Ottawa have been awarded \$1,050,000 from the Canada Foundation for Innovation to support facilities for manufacturing innovative treatments and vaccines for COVID-19.

The research team comprises Duncan Stewart, John Bell, Caroline Ilkow and Bernard Thébaud.

The funding will support equipment and infrastructure at BMC, which has been successfully manufacturing therapies using cells, genes and viruses for clinical trials in Canada and abroad for more than 10 years.

The funding will enhance BMC's ability to support a number of projects related to COVID-19, including a clinical trial of a cell-based therapy for severely ill COVID-19 patients. It is hoped that this experimental therapy may be able to dampen an overactive immune response and help repair lung damage in patients with severe infections.

Other projects targeted are antibody-based treatments for high-risk individuals who have been exposed to COVID-19 and a home grown vaccine inspired by research on cancer-vaccines for COVID-19.

"Our Biotherapeutics Manufacturing Centre has already played a crucial role in launching more than 15 world-first clinical trials," said Dr. Duncan Stewart, executive vice-president of research at The Ottawa Hospital. "This new funding will allow us to harness this success to help in the global fight against COVID-19."



New funding will help Ottawa Hospital and university researchers fight the COVID-19 virus at its biotherapeutics centre.

PHOTO: SUBMITTED BY THE OTTAWA HOSPITAL

The funding was announced by the Canada Foundation for Innovation as part of a national announcement of close to \$28 million for infrastructure related to COVID-19 research.

The Ottawa Hospital is able to support core research resources such as the BMC thanks to support from generous donors to The Ottawa Hospital Foundation.



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# Behemoth machines to microscopic miracles

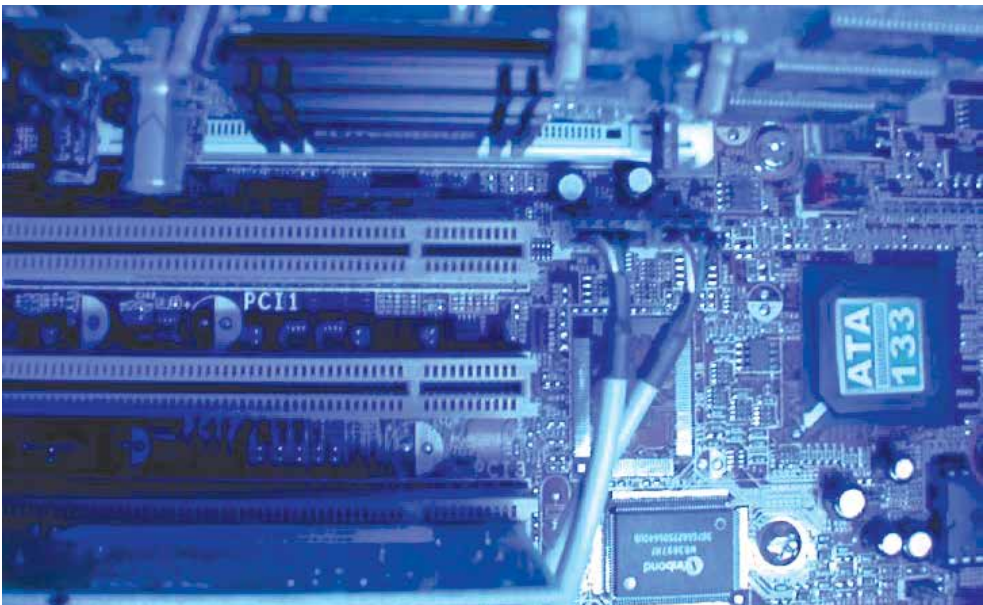
## Questions about computers

by Maria CampbellSmith

Marshall McLuhan described the computer and keyboard as “extensions of our human brains and fingers”. With COVID19 disrupting and redesigning the world’s work, trade, entertainment, interpersonal, and education routines, computers are our lifelines. My laptop is a steady companion and helped provoke and answer some interesting questions. What is the world’s most powerful computer? How big and small can computers get? Which are the most popular models? The most expensive? What’s coming next?

### The origin of computers

Some say the ancient abacus was the first simple computer. Others point to Herman Hol-lerith’s 1890s census tabulator and punch cards as the genesis instead. (His tabulator was indeed the origin of America’s International Business Machines – IBM.) Once early government census and military code-breaking gave way to the industrial processing of information, computers really took off. In less than a century, computers transformed from clumsy calculators to complex, programmable devices that execute multiple functions at incredible speeds. Machines shrank from room-sized to rice-sized!



Computer-inside

### Mainframe computers

The first mainframe computer was the *Harvard Mark I*. Developed in the 1930s and 40s; it weighed five tons, filled an entire room, and cost over US\$3 million (relative to current currency). By the end of WWII, the US government funded ENIAC - the *Electronic Numerical Integrator and Computer*. This early mainframe used plugboards to execute instructions and took days to rewire for new calculations. Powerful mainframe computers remain central components in today’s global systems and corporations. However, modern mainframes are the size of a refrigerator, weigh as much as an SUV, and cost hundreds of thousands of dollars.

Early computers used vacuum tubes, but the *hardware* evolved. Second-generation computers used

transistors. Next came integrated circuits and semiconductors. Now, we have microchip technology and micro and nanoprocessors. Computer chips go where we go and are embedded in countless machines, locations, and daily tasks. Processing power evolved as well, from mechanical to electromechanical, to digital; first requiring minutes, then seconds, and now microseconds to function. Current IBM mainframes can process trillions of web transactions a day. My humble laptop is minuscule in comparison, but it is my lifeline to the massive, rapid worldwide web.

### The fastest computers in the world?

Computers have given us new terminology and quantifications: CPUs, RAM, gigabytes, pixel resolution.

Devices come in all shapes and sizes, but the *supercomputer* is *super* fast. Supercomputers operate a thousand times faster than standard computers. At this level, performance is measured in “petaflops” (one quadrillion floating-point operations per second). These are room-sized computers, not commercially distributed. These behemoths analyze “big data” in real time.

America dominates the supercomputer industry. IBM’s *Summit* supercomputer takes up the space of two basketball courts and achieves over 148 petaflops. China has staged a meteoric rise, climbing from two dozen to 167 of the world’s Top 500 supercomputers in a decade. Their Sunway *Taihu Light* and *Tianhe-2* supercomputers perform tens of thousands of trillions of calculations per second! Such speed is mind-boggling. However, the title changed again in 2020, as Japan’s *Fugaku* system became the fastest supercomputer in the world. Based in Kobe, *Fugaku* cost a staggering US\$1 billion, and is currently being used to simulate public spread of the coronavirus. It could also aid in treatment research, so it’s a computer story worth following.

### What’s the world’s smallest computer?

Smaller than a grain of rice, the University of Michigan has re-

CONTINUED ON PAGE 27

# Why is my calf aching?

by Susan Reive, Physiotherapist, Owner of Kilborn Physiotherapy Clinic

Peripheral Artery Disease (PAD) is a condition in which the arteries become narrowed (usually due to plaques forming on the vessel walls, a condition called atherosclerosis) and therefore do not supply enough blood to the tissue.

It can occur anywhere in the body but often people with PAD

will complain of leg pain when walking. Indeed they will often report that the pain starts at a specific distance. If they stop walking and stand still the pain disappears only to start again once they start walking, and usually at the

same distance. When the narrowed arteries fail to deliver enough blood, calf pain ensues.

In addition to pain in the calf muscles, symptoms include cramping, weakness in the muscles, coldness in the foot, discolouration of the affected limb, hair loss, and erectile dysfunction in men. On examination, patients will walk and often have no symptoms unless they walk a specific distance. Repeated heel raises will sometimes reproduce the pain but only if the blood flow demand of the muscle is not met.

I usually will have the patient walk until the symptoms start and then check their pulses. The pulses are diminished or absent in PAD, sometimes even at rest.

The differential diagnosis would be calf pain due to a muscle strain or a blood clot. With a calf muscle injury there is usually a history of trauma. Furthermore, a patient with a calf muscle strain would have immediate pain on a heel raise, notable weakness, pain on palpation, and pain on stretching. People with PAD don’t usually have these symptoms. Blood clots could also cause calf pain, but there is usually pain at rest, swelling and redness.

Risk factors of developing PAD include high

cholesterol, obesity, age of over 50, and family history of PAD. PAD is a serious condition that can lead to ischemia (lack of oxygenated blood in the tissues and therefore tissue death). Indeed, with PAD, sores will take a long time to heal and amputation may be necessary when the tissue develops gangrene. In addition to taking a thorough physical exam and checking pulses, diagnosis is confirmed by Doppler ultrasound imaging to check the blood flow in the vessels and/or angiography where a dye is injected into the blood vessel to view blood flow.

Treatment depends on the extent of the PAD. Medication to dilate the blood vessels and thin the blood will often be used to help deliver more blood to the tissues and prevent blood clots. Surgery is sometimes necessary if the blood flow is seriously reduced (angioplasty or bypass surgery).

Prevention is key to avoiding PAD. Exercise, eating a healthy diet low in fat, and stopping smoking are essential.

Calf pain with walking should be evaluated by a medical professional to diagnose, rule out serious pathology, and provide effective treatment.



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# Behemoth machines

CONTINUED FROM PAGE 26

signed their *Michigan Micro Mote*. The tiny device is a precision temperature sensor with multiple applications. Powered by solar cell batteries, it can monitor sensitive spaces or be used in surveillance. It can also be used to measure temperatures in tissue and tumours for cancer research.

In March, 2020, IBM announced an even tinier computer - smaller than a grain of salt. However, their device does not retain its information once turned off, so professors and engineering students at the University of Michigan contest it as usurper for “world’s smallest computer”. Both a grain of rice and a grain of salt strike me as phenomenally tiny computing machines.

## The world’s most popular computers?

You’d have to go back in time to the 1980s and the *Commodore 64* to find the single most popular home computer ever sold. It blended a programmable sound chip and gaming graphics with an affordable price of \$595. It could be plugged into a TV or connected to modems, and over a decade, over 17 million *Commodore 64* systems were sold. The subsequent social explosion of video games meant that Sony’s *PlayStation* brand of game console systems spread like wildfire, selling over 500 million systems worldwide in the past twenty years.

When it comes to the operating systems for desktop and laptop computers, today’s most popular global choice is *Windows*. *Android* is the most popular operating system for smartphones. *Asus* is the world’s top motherboard and gaming brand. *Apple*, *HP*, *Lenovo*, *Dell*, and *Acer* dominate the commercial laptop industry, although most of their machines are actually manufactured by a handful of companies in China and Taiwan.

## The priciest personal computers?

PCs today are lightweight and portable, speedy and sleek. They are also ubiquitous, changing the look and workflow in offices, campuses, and homes around the planet. Personal use laptop computers and tablets cost hundreds or thousands of dollars on average, but there are a few exceptions. There is an *Apple MacBook Pro* with a 24-carat gold cover. Its *Apple* logo is encrusted with multi-coloured diamonds and the price tag is US\$30 000.

*Luvaglio* set out to create the world’s most expensive laptop. This hand-crafted, British laptop has a solid-state drive, MP3 player, and Blu-Ray player. It is also deco-

rated with rare diamonds and costs US\$1 million. The exorbitant price doesn’t make it work any faster though. On the other hand, if you are searching for which countries sell the least expensive laptops, try Malaysia or India.

## What is quantum computing?

Traditional computer technology is based on binary code - 1s and 0s, electron gateways closed or open. Quantum computing *superpositions* both of these states, increasing the code capacity exponentially. This can encode, compute, and entangle vast numbers of calculations simultaneously. Quantum computing stores data and performs encryption and calculations far beyond even our supercomputers!

It began with a researcher from MIT and another from UC Berkeley in 1998. They developed the first *Quantu* computer with a 2-qubit capacity. (Remember, 2 is not small, as each qubit increases binary code capacity exponentially.) Now, Intel has a 49-qubit superconducting chip named *Tangle Lake*. Honeywell has a 64-qubit quantum computer, and Google’s *Bristlecone* is a 72-qubit quantum chip. IBM, Toshiba, Alibaba Labs, and NASA are following suit. The processing speed and power are almost incomprehensible.

What can Quantum computers do? They can optimize massive, complex schedules for flights and airports. They can manage national and global delivery systems and international finance. They can even simulate chemical reactions. Quantum computing will also be vital in advancing cyber-security and Artificial Intelligence. I grin as I type this because it is still the humble human brain that models and inspires these mighty machines.

## The next computer revolution?

Computer technology has transformed science fiction into actual science and fact. The marriage of computers and human biology is next. Thanks to computers, we decoded the *Human Genome* in 2003. This will advance medicine, biology, anthropology, and even social engineering. Biometrics already uses digitized fingerprints, voice, face, iris, and retinal scans for identity authentication, security, and social monitoring. These computing revolutions raise privacy issues, to be sure. Who will collect and store digitized biological information? Who actually owns the information - the individual, the coder, or the collector? How do we limit the transfer and transformation of



Laptop

such data? With new powers come new problems.

Actual *biological computers* are also on the horizon. This refers to computers made of organic molecules (like proteins) designed to function within our bodies at the cellular level. Biological computing could detect and disrupt diseases and even deliver treatments.

Microscopic machines with incredible capabilities will cap a century that started with colossal,

mechanical calculators. We rely on computers for research, business, transportation, entertainment, and education. The computers we are now creating eclipse all our previous information processing abilities. Even McLuhan would be stunned. Future AI machines might very well outsmart us. For now, I smile appreciatively at my laptop. I will keep asking questions. The more often I go online, the more I learn.

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# Rockin' around the clock at Riverpath

Shared by Rosal Yade,  
Activity Manager

Never missing a beat, we are still tapping to the rhythm of fun days and lots of laughter living each day to the fullest and amongst friends. Despite the challenging year for many, we continue to face the music and prove to others that laughter, fun and friendship are not cancelled! Here's a little of what we have been up to these days!



Manotick Brass Ensemble treated our residents to a beautiful concert of songs from the homefront. The weather was beautiful and the residents enjoyed a wonderful concert outdoors in November!



"Drive Thru brought to you"– Our Tim Horton's cart was a huge hit with both staff and residents. Residents enjoyed choosing their favourite donut and enjoyed hot fresh coffee from Tim Hortons!



Residents kept busy preparing for Remembrance Day as they made the beautiful poppy banner. Pictured here, the Activities Team proudly displays their hard work.



"Rolling Jukebox"- Residents enjoyed requesting songs from our travelling jukebox and even had some fun singing along Karaoke style! Check out those disco lights!!



Our monthly birthday parties are a lot of fun! Residents enjoy dressing up in style, refreshments of their choice and celebrating with their friends during dinner.



"Nacho Typical Year" – It really has been a strange one hasn't it? Our residents enjoyed nachos with all of the fixings on one of our daily fun theme carts!



# Reflect and reset with the Benjamin Moore ‘Colour of the Year’ 2021, Aegean Teal 2136-40

Benjamin Moore, North America’s favourite paint, colour and coatings brand, has just revealed its Colour of the Year 2021 as **Aegean Teal 2136-40** – an intriguing blue-green that creates natural harmony and invites us to reflect and reset. Rooted in the elegant, handspun textures of the home, the Colour Trends 2021 palette comforts as it uplifts.

In an intimate look at the home, Colour Trends 2021 begins in the kitchen, exploring how this intersection of craft, nourishment and community breathes colour and design inspiration into the rest of the living space. The Colour Trends 2021 palette and the Colour of the Year reflect this grounded sensibility with warm, sun-baked hues that play to the senses.

“Amid uncertainty, people yearn for stability. The colours we surround ourselves with can have a powerful impact on our emotions and wellbeing,” said Andrea Magno, Benjamin Moore Director of Colour Marketing & Development. “Aegean Teal 2136-40 and the corresponding Colour Trends 2021 palette express a welcoming, lived-in quality that celebrates the connections and real moments that take place within the home.”

Thoughtfully chosen for their modernity as much as their time-tested appeal, the 12 hues in the Colour Trends 2021 palette provide an easy starting point for homeowners to revitalize their spaces in unique ways:

- Aegean Teal 2136-40
- Atrium White OC-145
- Muslin OC-12
- Foggy Morning 2106-70
- Rosy Peach 2089-20
- Beacon Hill Damask HC-2
- Potters Clay CC-360
- Chestertown Buff HC-9
- Amazon Soil 2115-30
- Gray Cashmere 2138-60
- Kingsport Gray HC-86
- Silhouette AF-655

To learn more about the Benjamin Moore Colour of the Year and Colour Trends 2021 palette visit Rubin’s Paint at the corner of Alta Vista Dr. and Bank St. Your local source for Benjamin Moore, PPG and Sico products since 1952.

## Happy Holidays!

My family and staff wish a very Merry Christmas, Happy Chanukah and Happy Kwanzaa to you and your families who are celebrating.

Everyone is doing their part and we must all continue to ensure individuals, families and seniors have what they need to stay safe and healthy. It is not easy but we will get through it together.

Ottawa Public Health recommends limiting gatherings as much as possible. In other words, limit gatherings to those who live in your household or those providing support services, such as a caregiver. If you live alone (single parent, student, etc.), one or two contacts outside your home can be important social supports to draw on.

These are important measures to protect ourselves and the ones we love. This is a time for all of us to work together, individuals, families, government, business, and if we do this, we will meet this challenge.

I hope you and your families remain safe and healthy.

### 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**

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**  
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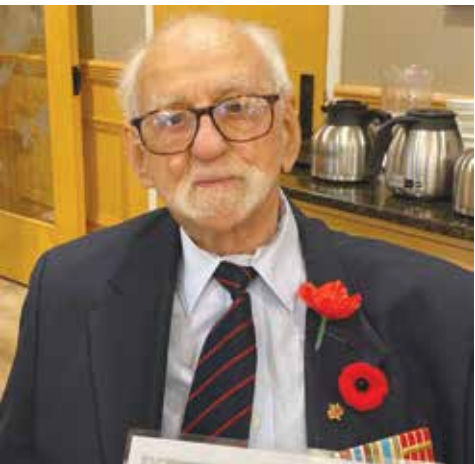
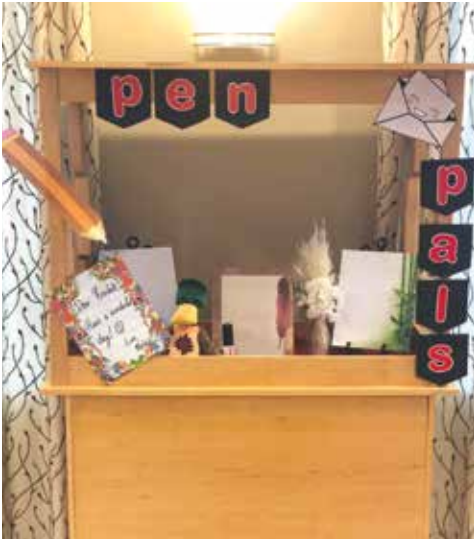
LIFE AT MAPLEWOOD

Spreading joy at Maplewood and in the community

This winter we want to spread extra joy not only to our residents but with the community as well. We have begun decorating our trees to light up the neighborhood throughout December. We are inviting community members to drop off any extra lights they wish to contribute to our winter display! We hope Maplewood will bring extra light throughout the community this year. We have also reached out to a local school to begin a new pilot project called Happiness Hunt. We will be sharing letters, videos, and ideas that make us happy. It is truly important to remember what brings us joy. We are inviting community members to write us too. We would love to hear from you!

**Innovative new ideas**  
We have been busy coming up with new ideas to keep the residents engaged and active throughout these strange new times. Our driver Dennis built a one-of-a-kind Activity Cart which we are constantly changing! It allows us to bring vendors in and feature afternoon delights or games. We have also transitioned our beloved paint nights to a virtual experience! Residents join in over zoom and our talented instructor Carolyn leads them through the painting step-by-step. Call our Activity Manager to join the next paint night from home!

**Honouring our veterans**  
This November we were able to honour our veterans with a ceremony during our different meal times. Although it was not our traditional ceremony it was still wonderful to be able to thank our Veterans for their service and take a moment of silence. Another new tradition for us at Maplewood is our resident room cooking demos! Our food service manager Jason prepares the ingredients ahead of time and we deliver to resident rooms. Then they join over zoom for a live demonstration of how to prepare the meal! Check out our Facebook page to see past recipes!



APPLE CIDER & MAPLE VINAIGRETTE

INSTRUCTIONS

300 ml Apple Cider Vinegar  
600 ml Vegetable Oil  
150 ml Maple Syrup  
1.5 tsp Salt  
1.5 tsp Pepper

1. Blend everything together.

2. Transfer to squeeze bottle

3. Label (Maple Dressing) and date with 30 day expiry date



# Bridges to nowhere and faulty towers

## Unremarked mysteries in our neighbourhoods

by Murray Dineen

I moved to Riverview Park in the late '90s, and travelled Innes Road happily for a decade. I made cheery mental note of Via-Rail trains crossing the bridge on Innes just west of Star Top Road (for I love a good train). But I waited, and waited... and waited to see a train or any kind of vehicle taking the bridge that crosses over Innes just east of St. Laurent Boulevard. Hmmm, midnight trains?

In fact, that bridge is empty of traffic, rail or otherwise. Filling up with trash and small trees, it sits unused. The right of way proceeds to either side but ends almost immediately in bush or industrial park. Is this the remnant of an orphaned plan for urban transit? Or, is it perhaps a bridge to a business park that never got built?

Like all cities, Ottawa has its secrets – among them mysterious bridges, and train tracks or roads to nowhere. Many are linked to the city's history as a train terminal for Western Quebec and Eastern Ontario. Some have to do with the expanding Ottawa metropolis, which moved outside the downtown core in the middle of the latter century at a rapid rate, leaving its traces half buried or simply neglected. And some were produced by institutions like the Catholic Church, and then repurposed, and ultimately forgotten. Let's have a look at another two such mysteries.

Travel on Anderson Road south of Innes Road, and just beyond the newly installed traffic circle you will find a lovely foot and bicycle path built on former railroad tracks to either side of Anderson. (The path is part of a system that stretches east to Prescott-Russell and to Shawville and West Quebec to the north and west.) Take the bicycle path east toward Prescott, and your route will be unimpeded for miles. Take the bicycle path west toward Ottawa, however, and you will be stopped by a thicket of bushes in short course. But don't be dissuaded. Push through the prickly hawthorn bushes and you will discover... abandoned railroad tracks. Follow the tracks far enough and you will wind up behind the former Cosco store; the bridge linking highway 417 to Innes will soar over your head. The tracks will join other tracks shortly at a small exchange. Presumably this exchange linked trains on the busy freight and passenger routes east and south of Ottawa in earlier times. Toowhoo! Toowhoo!



Tracks west of Anderson Road

The real mystery of this discovery lies, however, underneath the steel rails, between the railroad ties: smooth, glass-like rocks with bubbles in them. People my generation and older called these rocks “clinker.” The steam engines that ran on these tracks burned coal. The waste products of coal combustion included these artificial rocks, created when the burning carbon in coal reaches sufficient temperature to fuse the other elements into a glass-like substance marked by pockets where gas formed. Coal as a fuel, of course, has all but disappeared in Eastern Canada. But it was a commonplace in the city no more than fifty years ago. And “clinker” is all that remains.

I have travelled regularly on Heron Road just east of Alta Vista Drive, I must confess, and for two decades made only brief mental notes of a tower stretching up out of a low-slung complex of one- and two-storey buildings. From time to time the complex seemed busy, with cars coming and going. But

over the years, the traffic has diminished, the site has become largely abandoned, and I have gradually come to ignore it. In fact, most of my neighbours have done likewise, for when asked if they knew what the site was about, without fail they all said: “What? Where?” I became conscious of the tower again only this spring, when a Covid clinic was located in one of the adjacent buildings.

The site is referred to as the Campanile Complex: campanile being the Italian term for “bells,” and hence the bell tower in the middle. The buildings were designed and built at quite an expense by the renowned Ottawa architect Tim Murray as a church, convent, and school for the Catholic Church. The architecture is, in fact, stunning, but you have to leave Heron Road and stand in the middle of the grounds, by the tower, to appreciate it. In the 1970's, the Federal Government took over the complex as a study centre. About eight years ago, the complex was



Campanile Complex



Abandoned bridge over Innes Road

declared surplus. Now it sits empty and rather derelict, right in the middle of a busy neighbourhood. To most of us, it's another Ottawa mystery.

As a historian, I was trained to read the past in everyday things. Thus, when travelling through Ottawa, I note remnants of earlier times, and enjoy speculating about what those eras were like. But it doesn't take an historian's training to find mysteries in Ottawa, and indeed in Riverview Park.

Like most of Canada, the city grew rapidly in the last century. As it grew, Ottawa left remnants of its past in its wake. Over the years, these have been covered up by undergrowth or obscured by new developments. Our neighbourhood is in fact rich in historical legacy. To appreciate this treasure, all it takes is a little curiosity, alongside the ability to notice and enjoy things normally not seen.

# Poppies mark Remembrance Day at Oakpark

Shared by Caitlin Mackenzie,  
Marketing Manager,  
Oakpark Retirement Community

The beautiful autumn leaves have fallen off the trees that surround Oakpark. With snowflakes falling outside the windows we are getting ready for Christmas. The holiday season is around the corner and at Oakpark we intend to do everything we can to ensure that our residents will not miss the magic of the season.

We observed Remembrance Day this year with a virtual presentation, honouring the servicemen and women who live at Oakpark, their families and the community as a whole. The activity and entire management team spared no detail to ensure residents were still able to mark such an important day



for veterans and indeed everyone. We understand that even during these challenging times there are important days that must be acknowledged. Oakpark is continuously coming up with safe and creative ways to ensure these aspects of our lifestyle are still being met. Oakpark intends to celebrate with a 1920s holiday-themed social

distancing dinner to mark the occasion.

Riverstone Retirement is excited to announce the start of our monthly educational seminar program that will be held virtually over the next several months. This will be an opportunity for the community to join us as we offer hour-long sessions on a variety of different topics from experts within our home and with those in the community. We have partnered with physicians, organizations and community partners to deliver topics that include dementia and memory care, healthy living, fall prevention and cooking classes.

Contact Caitlin at 613-260-7144 or [cmackenzie@riverstoneretirement.ca](mailto:cmackenzie@riverstoneretirement.ca) to register or for more information.

## \$4m investment launches virus infection study among elderly

A \$4-million investment from Canada’s COVID-19 Immunity Task Force will launch a national study to investigate the burden of SARS-CoV-2 infection among aging Canadians, a population that has been shown to be at greatest risk for severe outcomes from COVID-19 disease.

The study will be carried out by the Canadian Longitudinal Study on Aging (CLSA), a national platform for research on aging led by McMaster University and involving more than 10 academic and hospital research sites across the country.

The CLSA’s COVID-19 Seroprevalence Study will collect and analyze blood samples from more than 19,000 CLSA participants in 10 provinces. In addition to providing blood samples, study participants will complete a questionnaire that collects information on symptoms, risks factors, health-care use, and the psychosocial and economic impacts of COVID-19.

Linking the results about the presence of antibodies and other immune markers obtained from the blood sample analyses to the CLSA’s questionnaire findings will paint a more comprehensive picture of the prevalence of SARS-CoV-2 and the impact of COVID-19 among older adults in Canada.

“By building on the CLSA’s extensive data collection and infrastructure, the study’s two-pronged approach will allow us to estimate the levels of immunity among older Canadians and give us a deeper understanding of some of the factors that affect their experience of the disease,” said Parminder Raina, a professor in the Department of Health Research Methods, Evidence, and Impact at McMaster University and the scientific director of the McMaster Institute for Research on Aging.

“In basic terms, the blood sample analysis will show how widespread SARS-CoV-2 infection is among men and women over age 50,

while the questionnaire will tell us about the lives of those individuals since the onset of the pandemic. Together, this information will give us a more complete understanding of the transmission dynamics and the risk factors that are associated with SARS-CoV-2 infection in aging adults.”

**National team**

“As we begin a second wave of the pandemic, finding novel ways to further understand immunity in aging Canadians is increasingly important,” said David Naylor, co-chair of the COVID-19 Immunity Task Force.

“The CLSA project will illuminate the many interrelated factors that influence the spread and impact of COVID-19 among older adults, be it their living conditions, access to health care, or underlying conditions, to name just a few.”

The study, which will launch this fall, is led by Raina, the CLSA’s lead principal investigator, co-principal investigators Susan Kirkland (Dalhousie University, Halifax) and Christina Wolfson (McGill University, Montreal), and a national team of researchers.

“Protecting individuals at high risk of severe outcomes, including aging Canadians, is a top priority in our ongoing management of COVID-19 in Canada,” said Theresa Tam, Chief Public Health Officer of Canada. “Older individuals are at risk of more severe illness due to their age and other underlying medical conditions. Improving our understanding of immunity among high-risk populations will allow us to plan and target our public health approaches.”

**20 year collection of data**

The CLSA is the most comprehensive platform for research on aging in Canada, collecting longitudinal data from more than 50,000 participants at recruitment, for 20 years. Linking the findings from the CLSA COVID-19 anti-


body study to pre-pandemic and post-pandemic CLSA data and biomarkers will allow for a comprehensive picture of the experiences of older adults in Canada during the coronavirus pandemic.

Funding for the CLSA research platform has been provided by the Government of Canada through the Canadian Institutes of Health Research and the Canadian Longitudinal Study on Aging.

  
www.shoppersdrugmart.ca

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# This path needs repair

Photos submitted by Orrin Clayton.

From the Coronation Avenue bus stop to the end of Bloor Avenue and Crestwood this popular but deteriorating path needs serious help before someone gets hurt. There have been three requests to the city for something to be done about this walkway that continues to worsen almost every day.






Happy Holidays  Joyeuses Fêtes

The Honourable | L'honorable

David McGuinty

Member of Parliament | Député

Ottawa South | Ottawa–Sud



HARD WORK, DEDICATION, PUBLIC SERVICE | TRAVAIL ACHARNÉ, DÉVOUEMENT, SERVICE À LA POPULATION

My office provides information on the services offered by the Government of Canada, including:

» The Canada Pension Plan / Old Age Security

» 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 prêt aux étudiants / les questions sur l'impôt

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

The Honourable | L'honorable David McGuinty, MP | Député

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AIKIDO JISEIKAN



by *Whispering Pine*

These are truly difficult and testing times for most people, including me. The students at our dojo as well as I are hoping to get back onto the mats, to start practicing again, and to see and reconnect with one another soon.

Physically, we need to move, and to work on strength, mobility, and flexibility. The body has accumulated a lot of pent-up excess energy over this long period of lockdown. When this is over, well, who knows?

Unfortunately, our waistline has a tendency to expand with the excess of delicious food we consume, and also maybe due to the lack of exercise, which is not enough to burn off the entire surplus. Our behind is having too good a workout, and has become victim to a slow process of settling down, following the law of gravity.

However, it is not all doom and gloom. We just have to get ourselves up and out, to change things. This requires some effort on our part.

A change of scenario is needed, and a good mental disposition and

strong will power will be handy of course, which most us have been training for and developing over the years at the dojo. Discipline, courage, patience, perseverance, adaptability, mental flexibility and ... fill out (other attributes) in the blanks.

Legally, we are allowed to carry on with our practice only outside the dojo and with less than twenty-five students, so that is what we have been doing. We practice physical distancing as necessary. Of course, we are already quite familiar with the concept of a safe combative distancing known as ‘maai’. In the practice of the martial arts, it helps protect us from our training partners, from being too close, and from a possible surprise attack. Today, we wear a mask and practice physical distancing to protect ourselves from an invisible opponent.

As the weather gets cooler and colder, as rain adds itself to the mix, and as the number of daylight hours dwindles, it has become much harder to get ourselves out to practice. It is just not comfortable or convenient to have to dress in layers, wearing tuques and mittens to keep warm—so much

preparation is required beforehand, instead of just putting on a gi and belt.

Training in the semi-darkness, outside the dojo, makes one really long to be inside, where it is warm and brightly lighted. However, training in unfamiliar conditions and different situations can add another element or aspect to our training. It can improve our awareness and make us pay more attention to the environment, leading to more caution during practice.

At every class, we start with a proper warm-up. We start by warming up the core of the body and slowly work toward the extremities. We stretch, we rotate, we twist, and we bend the different parts of the body to slowly wake it up. As the air gets cooler, it is more critical to prepare the body properly to avoid injury. A properly warmed up body moves better, more fluidly.

Since we are training with the bokken, it is easier to practice physical distancing. A bokken is a carved, wooden imitation of the famous samurai sword. A bokken is usually about a meter long. A good quality one is usually made of oak

and has a good balance to it when held in the hands.

Practicing in the cool semi-darkness with less visible distractions helps me concentrate better. Often, during training, I will suddenly feel calmness come over me. All the stresses, concerns, and worries of the day suddenly lift and drift away. I feel a load has been lifted from my shoulders. I feel peace, tranquility, and happiness swell up in my body. Oh what a feeling it is! It is very much like the sensation I feel in the spring when the snow begins to melt. The weight of the snow is lifted from mother earth. All nature comes alive. The green shoots start to sprout again. The birds start to sing and the honking of the geese in the distant sky can be heard.

Breathe in... deeply, and exhale... soon all difficulties and any inconvenience will pass and become just a memory.

Hopefully...

Do not shy away from initial difficulty.

After this has passed we can look back and give ourselves a pat on the back and be glad that we endured.



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Aikido

心

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COMPUTER TIPS & TRICKS

# The COVID-Alert App

## 100% easy, 100% safe, 100% vital

by Malcolm and John Harding, of Compu-Home

Early last summer, Ontario adopted the COVID-Alert App, which had recently been developed and introduced by the Government of Canada. Currently there are reports that our adoption of the App, including in Ontario, has been disappointing with just over three million Canadians having deployed it and some provinces and territories not yet on board at the time of writing. There has been some criticism that advertising of the App has been inadequate and has not clarified its safety and capabilities, or even that it exists in the first place. Recent improvements have not seemed to do much to boost its acceptance.

**What is it?**  
Covid-Alert is a free App that is

compatible with Apple and Android smartphones and not computers or tablets. It is found and downloaded onto your smartphone from the App Store (Apple) and the Google Play Store (Android). Phones with older Operating Systems may not be able to run the App, although its publishers have been making it compatible with progressively older machines and so it may be worth a look even if you have been told that yours is too old.

The App is small and simple; it contains only very few screens and is extremely easy to understand and to use.

**What will it do?**  
When your phone accompanies you in your daily activities it senses the presence of other phones

with the App, and they yours. If at some later time an owner of one of those phones tests positive for the CORONA-19 virus and enters that fact into their App, the system anonymously alerts all of the users who have been in proximity with the positive person and they are advised to arrange to be tested.

**What will it not do?**  
The App is not recording or transmitting where your phone has been, and there is never a record of anything about you personally - not your name, the day or time of your proximity to the positive person, or the location where the exposure occurred. The App does not make use of GPS technology and is incapable of tracing your whereabouts, now or in the past. You and all other users of the App

remain absolutely anonymous and there is no possibility of any compromise to anyone's data, security, or privacy. The App does not offer any medical advice.

The success of the COVID-Alert App so far has been modest which is perhaps not surprising considering the short-sighted neglect of more Canadians to adopt it. A more enthusiastic acceptance would obviously make a significant contribution in our efforts to stay healthy and save lives.

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

# Follow the specific protocol at Trinity Church

by Pastor Franklin Chouinard

Since the beginning of September, when the provincial government loosened restrictions, some members of the Trinity congregation have met at the building at 480 Avalon Place Sunday morning for worship. Others continue to join the church services on-line.

A specific COVID-19 protocol has been developed for members and friends of the church who would physically attend: face coverings are required, disinfecting is done prior to and after each service, and there is limited participation in the sanctuary (there is an overflow area available). Contact information is taken so that tracing is available if necessary. Un-

fortunately, 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 from the church Facebook page and from the Ottawa Trinity YouTube channel. 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 con-



PHOTO: GEOFF RADNOR

tinuing now that the services originate from the church).

Sadly, all personal extracurricular church activities have been cancelled, but on-line gatherings have taken their place. The young adults of the church meet monthly through ZOOM for a Q&A discussion of topics of interest that challenge them to think on how the Bible is meaningful in today's culture. The church teens also meet (on an irregular basis) for on-line activities.

Unfortunately the current lockdown means that Christmas activities (outside of morning church services) have been cancelled. It will be a more intimate Advent celebration as the church counts down to Christmas but spiritual reflection will not be forgotten. Pastor Frank's Advent series is "The Gospel According to Isaiah", based on Isaiah 9:6. A Candlelight Christmas Eve service will be recorded for broadcast on the church YouTube and Facebook channels

December 24 at 7:00 pm.  
The days of isolation are difficult, and many people are feeling the effects of the enforced solitude they find themselves in. Self-care that stems from self-awareness is of utmost importance. Exercise and healthy eating cannot be ignored, as they are an often forgotten key to emotional stability. A strong spiritual life is also a help through times such as these. The church (in general), although seen by some as a relic of times past, is a solid foundation for life as a whole and should not be totally ignored.  
More information about Trinity Church (in particular) can be found at the church web site ([www.ottawatrinity.ca](http://www.ottawatrinity.ca)) or Facebook page, by following Pastor Frank on Twitter @TheFrankPastor; by e-mailing the church at [ottawatrinity@rogers.ca](mailto: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.

Chris Ellis

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

613-818-7350 - [Chris.Ellis@ocdsb.ca](mailto:Chris.Ellis@ocdsb.ca)

INTERESTING CANADIANS

Fortuitous meeting

by Bruce Ricketts

One of the best things about being a writer and an historian is that there is no chance of boredom. There is always something new to discover and learn. Another bonus is that, occasionally, you come across a person who was part of the history you're studying... part of the actual story.

I would like to tell you about some of the stories I have researched and the people I met along the way.

In December of 1919, off the west coast of Newfoundland, a coastal steamer named SS Ethie was struggling to make headway in the face of gale-strength winds and a driving blizzard. Caked thick in ice, the Captain decided to beach his vessel in an attempt to save the lives of the 92 passengers and crew. He succeeded. The ship was wrecked; her stern frame was shattered. She would sail no more. With the assistance of a local fisherman onshore, a rope line was established between the ship and the shore. All 92 persons were cold and wet, but they were safe. One of the 92 was an 18-month-old baby named Hilda Batten, who was taken off the ship in a mail bag.

I researched the story of the events including the involvement of a dog in the rescue. I wrote The SS Ethie and the Hero Dog in 2005 and launched it in Newfoundland in 2006.

One of the persons I met during my research was Hilda (Batten) Menchions... the baby in the bag. In 1945, as the war in Europe was drawing to a close, a message was sent on 8 May by the German Naval HQ to all their submarines to surface, remove their flags and surrender to the Allies. U-190 was responsible



David Curran

for the sinking, just three weeks earlier, of HMCS Esquimalt near the Halifax harbour, with the loss of 52 Canadian sailors. On 11 May, U-190 surrendered to the Royal Canadian Navy and was escorted to Bay Bulls, Newfoundland. On 14 May, U-190 was commissioned into the RCN as HMCS U-190 and sailed to the St John's harbour for repairs. In command was an experienced submariner, Lieutenant Mewburn Wood, who became the first Canadian to command a German U-boat.

I did a lot of research into U-190 for my former website, [Mysteriosofcanada.com](http://Mysteriosofcanada.com); from the time her keel was laid until she was used for target practice by the RCN and sunk, near the site of HMCS Esquimalt on 21 October, 1947.

In 1996, I attended the Halifax wedding of my nephew, Brian Moss to Allyson Wood. Guess who was the father-of-the-bride? Canadian submariner, Lieutenant Mewburn Wood, former commander of HMCS U-190.

Back in the late 1990s, I was working on two stories for Mysterios of Canada. The first concerned the Cold War in Europe and



Hilda Menchions



HMCS U-190



SS Ethie

some of the more bizarre events that took place during that time. One story concerned Operation Go-Stop, an exercise in which hundreds of NATO planes took off and went full speed towards the East German border, trailing behind a severe east-moving ice storm, only to stop and return to base just before they reached the border. The Soviet Bloc had responded to this threat by launching their own planes. When the NATO planes returned to base, so too did the Bloc planes. The only difference was the weather surrounding the Bloc planes... it was not conducive to a happy time. A number of Bloc planes were lost due to running out

of fuel or skidding off their runways.

This story was being told to me by one of the participants; Retired RCAF F-86 Pilot, Capt. David Curran, a neighbour of mine.

I was, at the same time, researching the Diefenbunker; the cold war bunker located at Carp, Ontario. The bunker was occupied at various times by Canadian Forces personnel and civilians with Emergency Preparedness Canada.


I was intrigued by one individual who had the most gruesome job in the place. He did not clean toilets or anything like that. His job was, during a nuclear holocaust, to go on the PA system and tell the folks locked in the bunker what was happening outside the bunker; knowing full-well that the families of those within the bunker, including his own, were outside. This person was called the Voice of Doom.

My good friend at the bunker, Dave Peters, was telling me this story. I asked him if he remembered the name of the Voice of Doom. His response? Retired RCAF F-86 pilot, Capt. His response? Retired RCAF F-86 pilot, Capt. David Curran.

You don't have to be a writer or historian to meet interesting Canadians, but it sure helps.

Bruce Ricketts is a historian, researcher, and author His response? Retired RCAF F-86 pilot, Capt. David Curran. You don't have to be a writer or historian to meet interesting Canadians, but it sure helps.

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



**Lost and Found  
Pet Recovery  
Network**

We all miss our pets when they become lost. A missing pet is a stressful 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](mailto:letterit@rogers.com) with your e-mail address, postal address and phone number.

When [letterit@rogers.com](mailto: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.



## Balena Park Pet Memorial

Commemorate the life of your best friend – your pet!  
For details visit the [RPCA Website](http://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

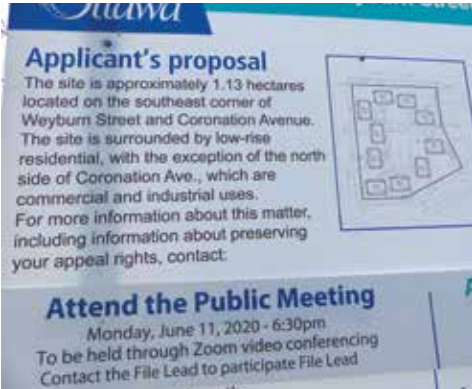
The Riverview Park Community Association (RPCA) tracks and advocates for the community on planning and development matters in and around the local community, and issues such as the since-retracted Hydro One proposal to bulldoze trees in the Hydro Corridor directly behind Riverview Park homes near Alta Vista Drive (The story is covered elsewhere in this issue of the Riverview Park Review). The RPCA is also tracking broader city-wide issues, including the review of the City’s Official Plan. In addition, the RPCA Board recently passed a motion that called on City Council to hold public consultations on the future of Ottawa Sports Entertainment Group (OSEG) operations at Lansdowne Park prior to any decision being made on the City’s financial support for OSEG.

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



**Townhouses facing location of 355 and 374 Everest Private (across from Perley Rideau)**  
PHOTO: GEOFF RADNOR

**Proposed Apartments for 355 and 374 Everest Private (across from Perley Rideau)**  
In 2019, 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 RCPA 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 a proposed construction timeframe for the project.



**Outline of the condominium conversion for 1489 Weyburn (Between Coronation and Chadburn)**  
PHOTO: GEOFF RADNOR

**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 each condominium 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. Their condominium proposal was approved earlier this fall, but as this article went to press there was no firm timeline for the conversion to take place.



**Location of the Trainyards High-rise Residential Development (Steamline Street)** PHOTO: GEOFF RADNOR

**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. However, the developer Controlex recently advised that the project is still with the City Planning Department awaiting final approval. Discussions are continuing regarding the greenspace/ mini-park details for the site.



**The new larger Farm Boy store in the Ottawa Train Yards.**  
PHOTO: GEOFF RADNOR

**Trainyards Developments/ Industrial Avenue Issues**  
In late November, the new, larger Farm Boy Store opened, at the far northeast of the Trainyards Parcel backing onto Belfast Road. RPCA Board representatives had emphasized the need for better pedestrian and cyclist connectivity through the Train Yards so customers could safely walk or cycle instead of driving. There will be bike parking, however unfortunately bike racks have succumbed to supply chain issues and are in back order. The store hopes to get them in December. A new tenant has yet to be announced for the previous Farm Boy site adjacent to the LCBO. The five-storey Dymon Storage facility at 851 Industrial Avenue is expected to be completed by the end of 2020.



**Five-storey Dymon Storage facility at 851 Industrial Avenue expected to be completed by the end of 2020.** PHOTO: GEOFF RADNOR

**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).



**25 Pickering Place (also known as 1330 Avenue K) to be developed into a “mixed-use, high-density community hub”. This building is to be demolished.**  
PHOTO: GEOFF RADNOR

**Proposed ‘mixed-use community hub’ near Via Rail and Tremblay LRT Stations**  
Earlier in 2020, Colonnade Bridge-Port 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, RPCA Board representatives provided comments on the proposal. They noted that the 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.



**Proposed federal complex and residential development location at 530/599 Tremblay Road and St. Laurent.** PHOTO: GEOFF RADNOR

**Federal Complex and Proposed Residential Development at 530/599 Tremblay Road**  
In spring 2020, Public Services and Procurement Canada put out the  
**CONTINUED ON PAGE 39**

THE PLANNING AND DEVELOPMENT UPDATE

**CONTINUED FROM PAGE 38**

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 have been occupied by auto sales and 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://appor.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](mailto:krpp1415@gmail.com).*

*For more information on this and other activities in Riverview Park, please see the RPCA website at [www.riverviewparkca.com](http://www.riverviewparkca.com) or email the RPCA at [riverviewparkca@gmail.com](mailto:riverviewparkca@gmail.com)*



**Proposed residential high-rises at Bank and Riverside.** PHOTO: LOFTY DEVELOPMENTS GP INC. PART OF PARK RIVER PROPERTIES IN GATINEAU.

RIVERVIEW PARK PRESIDENT'S REPORT

The year that was and the season of giving



**BRYAN ORENDORFF**  
RPCA President



Despite a rather long fall that tried with all its might to cling on, winter is finally upon us. The cold is seeping in and it is going to stay for some time. The kids have settled into their school schedule and as much as the world is able, we are settling into the post-summer routine. I hope that all of you, like me, wish 2020 a very forceful farewell when the time comes.

The Riverview Park Community Association (RPCA) recently convened our annual general meeting in a virtual format for the first time and welcomed a new board member, Chris Farley Ratcliffe. There was also a shuffle of the officers of the association as Sam Kazak stepped into the role of Treasurer and Raylene Lang-Dion became the Vice President. Lorella Piirik did a great job as Treasurer last year and is staying on with the board while Raylene fills a position that had been sitting vacant for the last couple years.

For those who missed our annual general meeting, I listed a few of our highlights from the last year. In February we held what was probably our most successful Winter Carnival yet. We were the only community association in Alta Vista to continue to meet virtually after March and not cancel a single board meeting, showing our com-



mitment and flexibility. We participated in the City's first virtual public consultation for the Weyburn condo land separation, as well as HydroOne's first virtual consultation on corridor management for the proposed vegetation removals between Abbey and Knox. We organized our first virtual AGM. We made the socially responsible choice not to conduct our annual spring and fall park clean ups.

It was a year of firsts, both good and bad. Our priorities for the next year remain very similar to last year, largely because so much had to be left undone. The priorities are perhaps not as ambitious as we would like to see, but they are realistic considering the current community environment and public health guidance. The future is still highly uncertain with respect to what events we will be able to hold, but we are optimistic. Should the worst happen, we will do as we did this year and cancel, but it is better in our mind to prepare and then cancel rather than not prepare at

all. We will be continuing to add to our social media presence to keep everyone informed and, at times, entertained.

Last year I asked for two hours of everyone's time. Many people volunteered their time, and thank you all very much for that. Many who volunteered, say for park cleanups, were not able to complete what they had hoped to do. But that was for the best. This year, I'm asking for patience. We are going to be doing less because, right now, that's what we need to do. Hopefully that changes by the summer, but the prudent thing to do right now is to sit tight.

Normally at this time of year, there would be an ad in this fine paper for the Carol Sing. I'm not going to say that the Carol Sing isn't going to happen. Plans are still in the works to keep it going. But, as it is currently planned the event will be very different. As always, the focus of the Carol Sing is not just to raise spirits with happy songs but to collect food and mon-

etary donations for the local food bank. So even if the event turns out not to be to your style or has to be cancelled, please consider making a donation to the food bank.

This is a time of year to help people in need. And this year in particular the need is great. The food bank provides direct and much-needed assistance to the members of our community who need it the most. There are many people who have been significantly disadvantaged in 2020. I have had the very good fortune of not having my employment interrupted despite having my office moved to my home. I don't spend money on gas, I don't spend money on eating out, and I don't spend money on after work socials. Many others in the community are in a similar situation. And many are not. Please, for those who can, share your good fortune in this season of giving.

*For more information, check out our website at [www.RiverviewParkca.com](http://www.RiverviewParkca.com) drop me a line at [riverviewparkca@gmail.com](mailto:riverviewparkca@gmail.com) with your questions or thoughts, and/or come to our next RPCA Board meeting on December 9th. The meetings are virtual, but send me an email and I'll send you a link or a phone number if you prefer.*

## ALTA VISTA PUBLIC LIBRARY

### ALTA VISTA LIBRARY DECEMBER 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:**  
**Friday, December 25th for Christmas**  
**Saturday, December 26th for Boxing Day**  
**Friday, January 1st for New Years Eve**  
**We will be open from 10 AM to 3 PM on Thursdays, December 24th and December 31st for Christmas Eve and New Years Eve**

- 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 amount 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 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](http://www.biblioottawalibrary.ca) for the most up-to-date information.

**Info Service continues to be available for many inquiries and services by calling 613-580-2940 or emailing: [infoservice@biblioottawalibrary.ca](mailto: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/>.

- Online Storytime** – Stay tuned for more information in January.
- Parent-Baby Connections** – Stay tuned for more information in January.
- Let’s Talk Science** – Math and Science Activities for Children ages 6 to 12, Saturdays at 10 AM until December 12th.
- 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>

- Virtual Genealogy Drop-In** – Tuesdays at 2 PM until December 15th
- Tax and Bookkeeping Help for Small Business in Ontario** – Thursday, October 3rd at 1 PM.
- Lights! Camera! Let’s Get Animated (with Ottawa Film Commissioner Bruce Harvey)** – Wednesday, December 2nd at 7 PM
- Aide fiscale gratuite pour les petites entreprises: les déclarations de revenus et la tenue des livres (présentée par des agents de liaison d l’Agence du revenu du Canada)** – jeudi le 10 décembre à 13h.
- Croisée des mots avec Monia Mazigh** – mercredi le 13 janvier à 18h.

- TECH CAFE (with the Ottawa PC Users Group)**
- Keeping Passwords Safe** - Monday December 7th at 10:00 AM.
  - Basic Photography Tips and Techniques** Monday December 14th at 10:00 AM.
  - How to Buy a Digital Camera** - Monday December 21st at 10:00 AM.

- SENIORS FITNESS CLASS ONLINE (with Zarina Grundy, Older Adult Group Fitness Instructor)**
- Increasing Mobility** – Friday, December 4th, 11th and 18th at 10 AM
  - Matins Actifs pour les 55 et plus** – les vendredis à 11h
- \*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](http://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](mailto:infoservice@biblioottawalibrary.ca).

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

*The Alta Vista Library is located at 2516 Alta Vista Dr  
La bibliothèque Alta Vista est située au 2516, promenade Alta Vista.*

## EMVALE ACRES PUBLIC LIBRARY

#### ■ What’s new at the library?

The Elmvale Acres Branch of the Ottawa Public Library continues to be open for browsing and computer usage. We are very happy that so many members of our community use our services, and we want to thank you for continuing to follow our rules regarding masks. We want to keep our community and ourselves safe so that we can stay open!

#### HOURS & RETURNS

Our opening hours remain as follows:

Mon & Weds: 10 - 6  
Tues & 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.  
**Closed:**  
Friday, December 25th for Christmas  
Saturday, December 26th for Boxing Day  
Friday, January 1st for New Years Eve

**DONATIONS**  
The Friends of the Ottawa Public Library Association (FOPLA) will be accepting donations by appointment only at the FOPLA Distribution Centre (100 Tallwood). To make an appointment, please call 613-580-2424 extension 27875. For more information, please visit the FOPLA website: <https://www.fopla-aabpo.ca/>

CONTINUED ON OPPOSITE PAGE

# Our first online AGM – an excellent process

by Carole Moul

The year 2020 has brought with it many firsts. Count the Riverview Park Community Association (RPCA) virtual Annual General Meeting on October 28 as one of these. Usually held at the Riverview Alternative School and most recently OMS Montessori, this year approximately 42 participants attended the on-line version of the AGM.

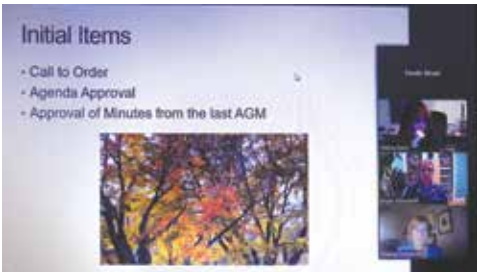
Invitations to register for the ZOOM meeting were on and in a variety of media and Debra Davis did an excellent job registering participants and facilitating the online process.

RPCA President Bryan Orendorff, chairing the meeting, spoke about what the association had been able to accomplish this past year before the COVID-19 virus resulted in changes to all planned activities. Bryan also shared about the many plans over the past year now put on the proverbial back burner for safety reasons. Park clean-up, he said, being one of the casualties.

A serious concern was raised on how to have a safe membership drive. Plans are being formalized by the recently elected RPCA board of directors with regard to procedure.

The Riverview Park Community Association’s support for the Riverview Park Hydro Corridor Action Group was mentioned, with fortunately a number of RPCA board members participating on both committees. Several directors live near where Hydro One was working towards its tree and vegetation maintenance.

Online guests at the AGM included Councillor Jean Cloutier for Alta Vista Ward, Provincial Parliament Member for Ottawa South John Fraser and Federal Member of Parliament for Ottawa South David McGuinty. Each spoke about how their level of government or offices was handling the COVID-19 pandemic plus other items relevant to

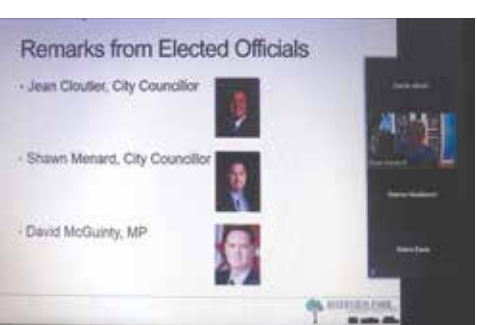


Unique display boards such as this one were shared by Riverview Park Community Association President, Bryan Orendorff, during their first ever virtual RPCA AGM.

PHOTO: CAROLE MOULT



Bryan Orendorff incorporated this display board into his speech of what the RPCA was able to accomplish this past year.



Introductions were made, and the ZOOM audience heard from Councillor Cloutier for Ward 18 and MP for Ottawa South, David McGuinty here in Ottawa. John Fraser, MPP for Ottawa South, not pictured, attended and spoke from Toronto, while Councillor Shawn Menard, pictured, had another meeting to attend. What a difference in the way we do things today.

PHOTO: CAROLE MOULT

their audience. All three thanked the residents and the community for their patience during these challenging times.



This display board shared the announcement with the ZOOM audience that there was going to be a 2020 winner of the Volunteer Extraordinaire Award.

PHOTO: CAROLE MOULT



The Board of Directors has been listed here, plus the RPCA welcomed a new member Board member Chris Farley Ratcliffe.

PHOTO: CAROLE MOULT



Well-deserved accolades were provided for Craig Cormier’s volunteering in the Riverview Park community by Kris Nanda, Past President of the RPCA. Congratulations Craig Cormier, pictured here, for being the winner of the Volunteer Extraordinaire Award 2020.

PHOTO: SUSAN OWEN

Craig Cormier was the recipient of the Volunteer Extraordinaire

Award. A long list of Craig’s community involvements was thoughtfully noted by Kris Nanda, past president of the RPCA. Kris told about the many positions that Craig has held on the RPCA and finally concluded by sharing about the CD Craig produced during the pandemic. The CD has been interestingly named, *Bodega Cats*.

Kris included that Cormier has been a longtime resident of Riverview Park and lives here with his wife Susan and sons Samuel and Thomas. He has been a member of the RPCA board since 2015, serving as membership coordinator, secretary at various times and secretary for the last several years. Craig has been a long-time volunteer at events like the corn roast, winter carnival, and park cleanups, he helped staff the RPCA table and provided music at the Cancer Survivors Park Flea Market/Yard Sale and the Alta Vista Shopping Plaza Fun Days. He plays with the band, *Waterbomber*, which has performed at RPCA events, he was one of the core members who helped implement the Riverview Park soccer program, helping coach and organizing. Craig is an active member of the Trinity Church Community Garden. And, as Kris Nanda humorously wrapped up, his accolades about this unsung hero, neighbour and friend, no pun was intended.

The evening concluded with the election of officers. Bryan Orendorff will again be president and for the upcoming 2020-2021 year Raylene-Lang Dion will be vice-president. Craig Cormier, Dianne Hoddinott, Sam Kazak, Glen McPherson, Kris Nanda (*ex-officio*), Lorella Piirik, Wanda Raymond, Ron Ridley and Chris Ratcliffe will all be directors.

Many people will be reflecting well done to the Riverview Park Community Association for watching over our neighbourhood so diligently.

## EMVALE ACRES PUBLIC LIBRARY

### Library Services

#### COMPUTERS

Currently, we have three computers available at Elmvale Acres. Computers are available by appointment, and on a drop-in basis (if computers are not booked in advance, we cannot guarantee availability). Appointments can be booked 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. 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 are also happy to help adults find you’re their next favourite book!

### Library Programs

A number of fun and interesting programs will be available in the upcoming weeks and months, for kids, teens and adults. Since winter is upon us and getting outside is less enjoyable for many, senior citizens might enjoy an online fitness class designed to maintain and increase mobility (Dec 4, 11, 18 at 10am in English and

11am in French. Registration required.). Given the circumstances surrounding the pandemic, teens may benefit from an online introduction to yoga and mindfulness (Dec 2, 9, 16 at 4pm, in English. No registration required.). Finally, if you have kids interested in science, check out Science Saturdays (Dec 5 and 12 at 10am. Registration required.) For information on all our other programs, visit our website, or stop in! Looking forward to seeing you!

**Elmvale Acres Branch,  
Ottawa Public Library,  
1910 St-Laurent Blvd  
(Elmvale Acres Shopping Plaza)**

COMMUNITY BULLETIN BOARD

■ **Rideau Park United Church**  
**2203 Alta Vista Drive,**  
**Activities and Events, December-January**  
**2020-2021**

For more information on any of the events, please see [www.rideaupark.ca](http://www.rideaupark.ca) or call 613-733-3156 ext.228

**At Rideau Park United Church,** events & activities are happening online for spiritual & social connection, and Christmas celebration, as we move into Christmas season. These include:

**Sunday 10am Worship Services are live streamed online** at [www.rideaupark.ca](http://www.rideaupark.ca), with hymns, prayers, videos, and a thoughtful reflection. (Note: The Dec 13 service is replaced by the Christmas Pageant)

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 [scifton@rideaupark.ca](mailto:scifton@rideaupark.ca) to receive the Zoom invitation. Meditation sessions will continue through January, and likely longer.

**Children’s and Youth Christian Education Classes will take place through Zoom on Nov 29 & Dec 6, and then start again on Jan 10.** Four separate groups to join: JK/SK: 10am, Grades 1-3: 10am, Grades 4-6: 10:30am, and our youth class: 11:30am. Contact Rev Steve Clifton at [scifton@rideaupark.ca](mailto:scifton@rideaupark.ca) for a Zoom invitation.

**Healing Pathway Ministry:** Practitioners are offering healing prayer over the phone. For more info, contact [healingpathway@rideaupark.ca](mailto:healingpathway@rideaupark.ca) or Rev Steve Clifton at [scifton@rideaupark.ca](mailto:scifton@rideaupark.ca)

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

**SPECIAL CHRISTMAS CELEBRATION EVENTS ONLINE FROM RIDEAU PARK:**

**Start your Christmas season with the “Ringing in Christmas” Concert webcast on Sunday Nov. 29, 7pm,** at [www.rideaupark.ca](http://www.rideaupark.ca) It is a reprise of the 2019 concert, with the five handbell and chimes choirs from Rideau Park playing the popular and sacred music of Christmas.

To prepare ourselves for Christmas, a **series of online Advent retreats will be held at [www.rideaupark.ca](http://www.rideaupark.ca) on Wednesday evenings: December 2, 9, 16 and 23 at 7pm,** leading up to Christmas. The Dec. 16 retreat will be a Blue Christmas service: loss, healing and hope.

**Twenty-first Annual Christmas Pageant at Rideau Park: Join us online on Sunday Dec. 13, 10am, for the Pageant at [www.rideaupark.ca](http://www.rideaupark.ca)** , which will be presented by more than 50 children, youth and their families, of the story of Christmas through theatre, music and some humour, with a focus on what

Christmas is really all about. Each participating family has performed and videoed their part of the Pageant at home, with the director, Andrea Lalibert , then producing the finished webcast. Not to be missed!

**Listen to Rideau Park’s online Christmas Celebration Concert on Sunday Dec. 20, 7pm,** at [www.rideaupark.ca](http://www.rideaupark.ca). First presented for Christmas 2019, the concert features the Chancel Choir, Touch of Brass Bells, and organist Andrew Ager.

**On Thursday Dec. 24, 8:30pm, join us online for a live streamed Christmas Eve Service at [www.rideaupark.ca](http://www.rideaupark.ca). The service will reflect on and celebrate Jesus’ birth, in readings, a message, and music. Happy Christmas to all.**

■ **Emmanuel United Church**  
Our worship services and activities for spiritual & social connection will continue to be online only. Other fall/winter events are being planned, but will take place in a different way. Stay tuned. For information or meeting details, please contact our office (Monday-Thursday 8:30 a.m.-4:00 p.m.) at 613-733-0437 or e-mail [office@emmanuelunited.ca](mailto:office@emmanuelunited.ca); or, visit our website, [www.emmanuelunited.ca](http://www.emmanuelunited.ca).

Emmanuel continues to function as a family. Our building at 691 Smyth Road may still be basically closed and our services online, but we continue to offer programs and reach out to our church family and all in the community.

**Prayer Requests:** In this time of social distancing and closed churches, prayer requests may be sent by e-mail to Rev. Brian Copeland at [bcopeland@emmanuelunited.ca](mailto:bcopeland@emmanuelunited.ca).

**Children’s and Youth Christian Education Programs:** These continue to be planned as online activities; watch our website at [www.emmanuelunited.ca](http://www.emmanuelunited.ca), for updates.

**Our Facebook Group:** Connect with others for videos, community news and sharing opportunities. Consider joining the group if you wish to comment: [www.facebook.com/groups/emmanuelunited](https://www.facebook.com/groups/emmanuelunited).

**DECEMBER EVENTS AND ACTIVITIES:**

**Worship Services Online:** Sundays, 10:00 a.m., with a welcoming message, hymns, prayers, videos, scripture, and a thoughtful reflection, live streamed at [www.emmanuelunited.ca/worship/webcast.php](http://www.emmanuelunited.ca/worship/webcast.php). Please join us! Afterwards, join us online for a virtual period of Coffee and Conversation.

**Advent Services:** Wednesday, 7:00 p.m. December 2nd, 9th, 16th and 23rd, join us for an online service on Zoom. Contact our office for details.

**Christmas Eve Service:** Thursday, December 24, 5:00 p.m., join us for an outdoor family service, weather permitting; call our office to pre-register. At 7:30 p.m., watch our live-streamed Christmas Eve Worship Service including virtual Communion at [www.emmanuelunited.ca/worship/webcast.php](http://www.emmanuelunited.ca/worship/webcast.php).

**Meditation:** Mondays, 7:00 p.m. - 8:00 p.m. Jesus says, “When two or three pray together in my name, I am there among them.” We live in a noisy world filled with ceaseless activity. We seek space to be quiet and be with God within ourselves.

**Thursday Morning Discussion Group (Heretics):** Thursdays, 9:30 a.m. – 11:00 a.m. Upcoming books include - Simplicity - the Freedom of Letting Go by Richard Rohr.

**Coffee With Roxanne:** Fridays, 10:00 a.m. – 11 a.m. Join Roxanne Delmage, our Pastoral Care Provider, as she has a virtual visit, and participants share thoughts with each other. Roxanne presents a different scripture reading and topic each week.

**On-Line Christmas Market:** Until December 4, 2020, shop online at [www.emmanuelunited.ca/market](http://www.emmanuelunited.ca/market) for Christmas baking and crafts, as well as local products like honey, maple syrup and fair trade products. Pre-arrange contact-less pick-up at Emmanuel’s parking lot at 691 Smyth Road, Saturday, December 12. Proceeds will support Emmanuel’s global partners in Zambia and El Salvador.

**TELEOS:** Wednesday, December 30, 7:00 p.m. Teleos is a group for all women, meeting to discuss current issues and experiences from a theological perspective.

■ **St. Aidan’s Anglican Church**  
**932 Hamlet Rd (behind Elmvale Shopping Centre).** St. Aidan’s is pleased to announce that it will host a Virtual Community Christmas Concert which will be available from the St. Aidan’s website [www.staidansottawa.org](http://www.staidansottawa.org) from Thursday December 17th at 7:00 pm. Donations to the Heron Emergency Food Centre are requested. Donate at [www.hefc.ca](http://www.hefc.ca) and indicate Christmas concert in the message box.

**CHRISTMAS LITURGIES:**  
**Sunday, December 20**  
9:30 a.m. – **Advent 4** Holy Eucharist  
**Thursday, December 24**  
7:30 p.m. – **Christmas Eve** Holy Eucharist  
**Friday, December 25**  
**Christmas Day** Holy Eucharist  
We are having a virtual service. It will be a combined service between St. Aidan’s and St. Bartholomew and can be found at [www.Stbartsottawa.ca](http://www.Stbartsottawa.ca)  
**Sunday, December 27**  
9:30 a.m. – **1st Sunday after Christmas** Holy Eucharist

■ **Blair Court Community Food Bank**  
**(formally 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.  
December dates: 8, 9. Christmas extras pick up dates: 16, 17,18.  
January dates: 5, 6,19, 20  
There is ongoing registration for new program users. Please bring identification for first time users. For further information, please call 613-736-5058.

Riverview Park  
Review

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# A grand place to discover our shared past

by Bill Fairbairn

Whenever my wife Janina and I visit the Fairbairn House Heritage Centre in Wakefield, Que., which was often after it opened in 2005, we pretend we are visiting our home away from home in the country. We usually spend an hour in the regional history museum and grounds then decide to lunch at the Wakefield Mill Hotel, a short walk up Mill Street, or, at the nearby Café Pot-au-Feu, which on its menu has an excellent tourtière.

The Heritage Centre and the Wakefield hotel are intrinsically linked through one time Scottish settler William Fairbairn. The two hallmarks fundamentally are renovated results of his work as a carpenter and stone mason in the 1840s.

William Fairbairn was born in 1790 in Scotland. His father, a respected teacher, sent him to Manchester to learn the millwright trade. A cousin of his, Sir William Fairbairn, who later became mayor of Manchester, was building bridges and ship engines there. After our William Fairbairn completed his apprenticeship he married Jean Wanless, a nurse, on Christmas Day 1813. They lived in the family home in Yetholm, six miles from my adopted Scottish home town of Jedburgh, where more than 200 years after, I started my first full time job on the town newspaper.

When I was a very young boy my father took me to the Fairbairn home in Yetholm. From this visit, I learned that William Fairbairn, in 1817, had emigrated to Canada with



Fairbairn House Heritage Centre in Wakefield, Que.

Jean and their young son Archibald and first settled in St. Andrews East, near Lachute, Quebec.

The Fairbairn family soon moved to Bytown, into a house not far from where the Supreme Court stands today. William found work constructing the locks on the Rideau Canal. Four more children were born in what would later become Ottawa. Then came their many years in Wakefield where he built a grist mill and a house for his growing family. His sons brought back to Wakefield gold from the west. The mill led to the rapid growth of Wakefield. The Fairbairn house, now the Heritage Centre, was the first in the village to be built of sawn lumber. It is thus considered an appropriate setting for a history museum.

An amusing incident occurred about 12 years ago when Janina and I attended a Fairbairn family reunion at Wakefield. Some joker



William Fairbairn broke boundaries with the first house of sawn wood constructed in Wakefield and now a museum on Wakefield Heights.  
PHOTOGRAPHER UNKNOWN

pinned our coats with notes identifying us as Sir William and Lady Janina Fairbairn. The town historian, Mr. Geggie, colored us saying we were nothing of the sort. He was not amused but we had a good laugh!

Anita Rutledge, a longtime Wakefield resident, wrote some years ago that the search for a history museum began in 2005, when the municipality of La Peche agreed with the Gatineau Valley Historical Society to save the abandoned 1861 Fairbairn farmhouse as a bilingual heritage centre for the lower Gatineau region. Supporters of the idea came together and by 2010 had raised funds to repair and embellish the house exterior to enable the renovated house to open its doors as a

museum in 2013 after being moved to Wakefield Heights. An outdoor stage, a heritage log cabin and a stone-walled garden were added to the amenities. The Fairbairn House is also surrounded by a green picnic area, festival spaces and a one-room school near a waterfall and trails. Visitors, especially children, learn about the lives of generations of loggers and lumber workers, builders, trades people, community leaders and farmers who cleared and populated the rugged hills.

Guided tours in summer and fall are arranged for groups from schools who learn of such as the major contributions of Gatineau Valley women working on the home front during World War I. Many couples rent space for weddings, either on the nearby celebrated covered bridge over the Gatineau River or under tents in the park, using grounds, house kitchen and washrooms for receptions.

Of course the corona virus interfered with events this past year but events were held and people shown around by a well-informed bilingual staff.

With COVID-19 protocols safely in place, Fairbairn House consultants, staff and volunteers produced 10 outdoor Musical Monday concerts, 13 hands-on living history group workshops, two woodworking activities and a 12-family community mural art project. Staff opened the new Transportation in the Gatineau Valley exhibit in the heritage barn while Apiverte hive bees produced 75 kilograms of both light and dark honey in two harvests.





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