



FEBRUARY 2021

A Voice of Riverview Park

MARCH 2021

Trail enjoyment will live on with Riverview Park community effort

by Ron Ridley

What started as a holiday idea to cheer up a small section of a local trail in the woods, ended up becoming an entire community effort, bringing Christmas joy to so many.

Back in November Carleen and I came up with the idea of decorating a section of the wooded path. Then on December 1st we hung 25 gold ornaments on the path in the woods between Cluny St. and the east end of Knox parallel to the hydro corridor.

A few days later, our neighbours, the Herdman family, added 25 red ornaments bringing the total to 50. The number of ornaments grew, forming quite an eclectic mix from bright glass bulbs, shiny plastic ones, antique ones, child made ones, wooden ones and some candy canes. Nanci Burns even made some dog/bone shaped ones named after some of the local pups that use the path regularly.

Sadly, on December 12th, someone (or some naughty squirrel) broke some of the ornaments. The community response to this unfortunate event was amazing. The ornament count quickly became 120 and continued to grow right up until Jan 18th when they were taken down and stored for next holiday season.

We had originally planned to take the ornaments down on January 4th, but there were so many requests to keep them up the date was extended until January 18th. On that day we took down 193 ornaments and plan to repair those that are repairable and store them until next season.



Two sisters, Piper (7) and Livia (8), enjoy spending time in the hydro corridor among the ornaments with cute pets, Myla, the Ridley's seven year old red-coated dog and their own six month old pup, Jersey. PHOTO: CARLEEN RIDLEY

The decorated path brought joy to many, from young children to seniors, with numerous people expressing how the ornament decorated path brought solitude, peace, stress relief and enjoyment, especially in this socially distanced Covid time.

If you have any extra ornaments

and would like to donate them to the path, they can be dropped off at 186 Cluny St. We plan to put all the ornaments back up on December 1st.

To brighten up the path on a longer-term basis, we are welcoming families to make, install and maintain bird feeders. There are six

CONTINUED ON PAGE 2

Read David Knockaert's view of City of Ottawa's Draft Official Plan, taking in future regeneration of Riverview Park. Page 28



“Shhhh, Trinity Community Garden is in a deep winter slumber

by Rhonda Turner

But, it won't be long until gardeners will be planning their garden plots with what to grow, where and how much. Many are already ordering their seeds. Remember the rush on all things garden last year? With the continuation of Covid-19 the interest in gardening will probably be as big as ever for 2021.

This year, be prepared and order your seeds early. And although it may be several months before gardening actually begins, gardeners are anxious to put shovels to the ground as soon as the warmer weather permits.

We can't wait until we can get back into the garden to grow produce for ourselves and for donations to Blair Court Community House Food Bank.

You will find more information about the Trinity Community Garden in the next issue of the Riverview Park Review.

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Trail

CONTINUED FROM PAGE 1
colourful eclectic bird feeders hung there now.

Kathy Rowe and her group of children recently decorated the path with very colourful hearts for Valentine’s Day. Well done!

Shortly we will be soliciting names for the forest paths (likely a unique name for each of the three sections). Watch for the request on the community Facebook pages [Riverview Park, Elmvale Acres and Alta Vista (Ottawa) Neighbourhood, Friends of the Alta Vista Greenspace, and RPCA].



Jennifer Blattman snapped some wonderful shots in the corridor.



A lone walker gets exercise while practicing ‘social distancing’ during a corridor hike. PHOTO: GREG MONEY



Ron Ridley got a head start on creating the first of a number of bird feeders contributed by community residents for the corridor. PHOTO: MANON HERDMAN



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Scarlet fever saved my life! Now COVID-19 threatens

by Bill Fairbairn

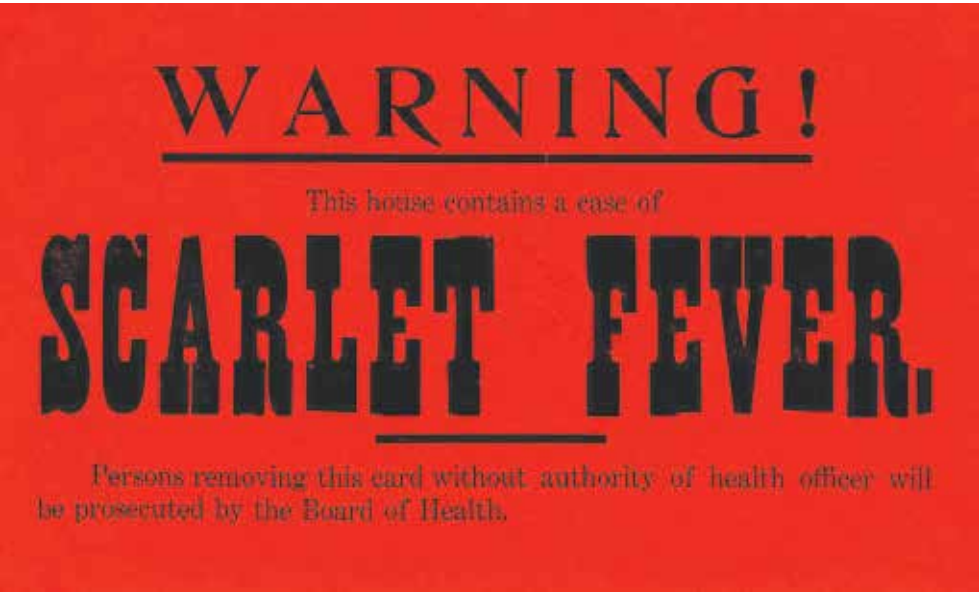
One morning, when I was a boy aged nine living in my Scottish home town of Hawick during World War II, I woke up with a sore throat. My mother had me gargle and stay in bed rather than go to school. Next day I developed a red rash that resulted in her summoning the doctor.

Dr. Haddon came to my bedside, immediately diagnosed scarlet fever and had me sent to the fever hospital located in a rural area out of town. A mild epidemic of scarlet fever had broken out. I was put to bed in a large ward with at least 12 boys suffering from scarlet fever yet flitting around flying paper airplanes. One paper plane landed on my pillow. I had no appetite for fun even though I knew a few of the other boys as school pals.

In the wee hours of the morning, Dr. Haddon, with antibiotic penicillin and a syringe in his bag, was called to the hospital. My parents were at my bedside too. I was having a nightmare struggling with my breath and likely to die, not of the scourge of COVID-19 now killing so many in Canada, but die of diphtheria. Complicating this was the scarlet fever that had sent me to hospital. A quinsy throat with infection behind the tonsil complicated things even more. I had not been fully immunized against diphtheria. Only one jab and not the necessary two. Today I believe I caught the disease delivering local newspapers in damp tenements.

Was I lucky!

I still recall barely holding on until by magic the penicillin did its work and let me breathe. How lucky I was that scarlet fever had sent me to immediate care in a good hospital. How fortunate, too, that penicillin, first developed in Scotland by Dr. Alexander Fleming, came to my rescue. How many military lives in how many countries were being saved by that antibiotic



drug during that awful war? How many legs and arms of wounded WWII soldiers were saved from amputation through treatment with penicillin? No one knows. But it can certainly be said that penicillin saved fighting heroes survive to

live again in peace.

My recovery from diphtheria kept me five weeks in hospital. I had been quickly moved out of the busy welcoming ward to another big ward as its solitary patient. In my lonely days, I spotted field mice

scampering around the floor, but nobody would believe me. I guess they thought I was delusional.

Like today's elders in many infectious COVID-19 virus-struck long term care homes in Canada, I saw visitors through only a window to guard against passing on my diphtheria. I remember my oldest sister Irene, in her Auxiliary Territorial Service (ATS) khaki uniform, visiting me and at her third attempt successfully throwing a chocolate bar to me through the big window open narrowly at the top.

Keeping our distance

My other aid to recovery was when I was transferred to a smallish room next door to that of a girl my own age recovering from diphtheria with measles. Nurses found it hard to keep the two of us meters apart exclaiming I would get measles and she scarlet fever.

What followed at home was four weeks off school and another two weeks of half-day school. It was winter and I enjoyed tobogganing on the sidewalk outside the house and was told I had nearly hit Dr. Haddon on one of his visits. I missed the introduction at school of algebra and geometry. My teacher, who was handy with the belt, laid off me when I was possibly misbehaving and deserved punishment. The funny thing is that today, at aged 85, it's not what I forget about the early years of cost-free government health care in my native land it's what I remember.

Vaccination against the COVID-19 virus is today being administered free all over Canada and in much of the world. Diseases almost driven under by similar vaccination in the past include diphtheria, polio, influenza, measles, chickenpox, mumps, smallpox, tetanus and more. We're at a crossroads with the current virus.

I honestly confidently await my COVID-19 virus jabs. What about you?

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Remembering George Stairs

by Carole Moulit

To know George Stairs was to know someone who will be deeply missed by many. He was a loving husband, a devoted family man, brother, uncle, neighbour, and friend. Born and raised in Ottawa, George was extremely dedicated to not only bettering his own local community but likewise being there for others outside of Riverview Park.

His commitment to the Ottawa Vanier Lions Club was amazing, having joined it when he was all of 25 years old. He worked at their weekly Bingo and served as President a number of times, even at the Lions Club in Thessalon where they lived in the 1990's. His wife Anne and George actually met at a Lion's Club dance 41 years ago. George was President of his current Ottawa Vanier club for the past five years and welcomed his fellow members and their wives into their Riverview Park home and around their pool during warm summer evenings.

In 2022 that club will be celebrating 100 years in the community and it was in a large part thanks to George Stairs that it kept going. There are only five clubs in Canada left with that kind of tenure. Their main interest is Sight and Guide Dogs. They collect old eye glasses and give them to people who can't afford them, and are closely linked to the Canadian National Institute for the Blind.

George was probably one of the Lion's Clubs biggest supporters in buying the products they sold to raise funds. Many of those who delivered



George enjoying dinner at the Rope Loft in Chester, N.S. where he spent many summers in his childhood visiting his grandparents.

this paper and were Area Captains benefitted from George's generosity with his gifts of Lions' Christmas cakes and Easter chocolate bunnies.

George had also taken on the role of Distribution Manager for the *Riverview Park Review*, and he and Anne spent many hours delivering this paper around the neighbourhood. They both helped out at Riverview Park community events, such as the Christmas Carol sing-along, the Park Clean-Up, and Winter Carnival.

George Stairs was an avid reader and in particular enjoyed non-fiction. He especially loved reading about history and politics. He was also

a self-trained General Contractor, never accepting anything less than his best craftsmanship, whether it was renovating a kitchen or building an entire house.

In retirement, George and Anne came to enjoy being world travelers, getting to see Oman, Germany, Thailand, and most recently visiting their daughter in China.

Early on, George and Anne discovered their love of the Arts together, including joining the National Arts Centre music series, Little Theatre, Opera Lyra, the Classic Theatre Festival in Perth, and attending classical ballet.

Weekends saw them attending auction sales where Anne and George never failed to pick up antiques, tools or dishes, with many of these treasures on display today around their beautiful home.

The Board of Directors and friends of the *Riverview Park Review* always looked forward to the hospitality offered by the Stairs during both the Christmas get-together and summer poolside gatherings. The seriousness of getting out a community paper was put aside, and while Anne put together the delicious meal, George unfailingly played the role of an exceptional host.

Yes, the role of George Stairs in our lives will be a difficult one to fill, as we look at the dedication and generosity he demonstrated in whatever he did. His infectious laugh will remain with us over the years and we can only hope that we were able to provide some of the positives to the life of George Stairs that he gave to ours.



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Shopping local in these trying times

by Geoff Radnor

With COVID-19 disrupting just about everything in our lives we have become used to many new things. Affecting most people is going out into a virus-laden world to shop and to eat. Many have turned to e-commerce, the term for shopping on line. But I have been doing that for years. I bought or sold on E-Bay for groceries, clothes, and wine.

Giant corporations like Amazon, with their world-wide reach, their huge “fulfilment centres” and efficient delivery systems are taking a larger share of business. Many small, locally owned businesses have thus suffered. It is bad enough having the provincial government force stores to close and allow only pick-up and delivery, but how does a small local business compete with the likes of Amazon?

In the previous edition of this paper we found four residents who support the local O'Brien's Roadhouse restaurant. How can this be expanded so that more local businesses benefit in these trying times? If you live in Riverview Park and shop local, your closest stores are at the Ottawa Train Yards, the Alta Vista Centre at the corner of Dorion and Alta Vista, along Industrial Avenue, and at the Elmvale Shopping Centre.

When commuting to work was usual, the stores on your route would possibly be stopping places to pick up something for supper. But working from home has put a stop to much of that.

That made me study the places where I can shop locally and so help the local economy.

What does it mean?

Exactly what does shopping locally mean? Is buying my groceries at Loblaws at Elmvale okay? Well, it is a Canadian company. But, thanks to the Ryerson University's Centre for Study of Commercial Activity at the Ted Rogers School,



To help us shop locally I sought out the few places that I think are locally owned. These are LD Shoppe, Chuck’s Deli, Wall Space, Beaudry Flowers, Milo’s Pastry, Chickpeas, Kettleman’s Bagels, terra20, Shepherd’s Fashions and Roger’s Italian Bistro.

we learn that it is the biggest food and drug company in Canada. The Weston family are the owners of Loblaws and Shoppers Drug Mart. They employ thousands of workers in their retail stores. Some of those must live in or close to Riverview Park. So, are my frequent trips to Loblaws and Shoppers *shopping locally*? Surely they must be.

Businesses most affected by provincial lock-downs are restaurants and fast food establishments. Delivery or take-out are their only options. That means some staff are let go. Many of these fast food retailers are owned by franchisees, who own the business but pay owners such as Harveys, McDonald's and Five Guys. So if I pick-up my hamburger and fries am I helping the local franchisee stay in business? And am I keeping some of the workers in their jobs? And are some of these

workers my neighbours? Such a conundrum!

To help us shop locally I sought out the few places that I think are locally owned. These are LD Shoppe, Chuck's Deli, Wall Space, Beaudry Flowers, Milo's Pastry, Chickpeas, Kettleman's Bagels, terra20, Shepherd's Fashions and Roger's Italian Bistro. I contacted the 10 local businesses in Trainyards to hear how they adapted to stay in business.

Thanks to customers

Beaudry Flowers have been in Ottawa for over 30 years. We have heard about the postponement of funeral services and even weddings. That means fewer orders for flowers. So Beaudry had to do something to survive. They increased their exposure on Instagram and Facebook. Wadia Oneid and her daughter Jennifer have done well by using

their online activity to keep the business running. A new focus is on dried and preserved flowers and they offer more indoor plants. They appreciate the community's efforts to shop locally. Valentine's Day is a big flower event day and Jennifer thinks that the lock-down will spur many more orders for flowers this year. Order early is the advice @beaudryflowersott.

Another business in Trainyards is not as old. In fact terra20 is brand new. Kas MacMillan started it in the summer of 2020. He is only 28 years old and his new place sells healthy and sustainably made essential products like refillable cleaning supplies, reusable kitchenware, cruelty free cosmetics, non-toxic personal care, baby products and more. Much of his produce is locally made too. Kas is happy to have had amazing support from many local residents. With the current lock-down the telephone is the best way to serve his customers (613-860-5656) and he will have your order ready for pick-up at his door. Good luck, Kas!

Another family-run business tucked away on the Industrial Avenue side of the Trainyards is Milo's Pastry. They sell all kinds of middle eastern, french and modern pastries and cakes. Sara Assaad, creative director at Milo's, has said that they take pride in using only the highest quality ingredients in their desserts. Milo's meets dietary restrictions like gluten free, dairy free, eggless and vegan cakes and pastries. The shop remains open but with curb-side pick-up and delivery only. You can contact Milo's on Facebook, Instagram (@Milo'sPastry) or phone 613-567-1235 or see it all at milospastry.ca.

So these are three places where Riverview Park residents can still shop locally during this latest lock down, and we certainly hope that you do.

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Mouse and crow rolled up their sleeves



The cover page banner artwork of this issue of the *Riverview Park Review* shows both the crow and the mouse having had their vaccination. At time of printing, the possibility of getting the vaccine was becoming a reality, albeit slowly.

Manufacture and distribution of the vaccine had been well discussed and planned. Even protocols for first, second, third were drafted and re-drafted. What nobody took into account was that there would be a glitch in the roll-out. Nor did anybody take into account vaccine hesitancy by some of the population. Anti-vaccination aside there are other concerns.

One of the biggest hesitations is that something this big, this major, was rushed. Many want to be sure not only that it will work, but if there are side effects. Could be like Beta or Laser Disc just before VHS tapes took over. And there are those that feel they are being experimented on!

The other hesitancy is a purely Canadian characteristic of waiting until those that really need the vaccine get it first. Or, at least, wait their turn as other more sensitive groups get vaccinated. There are, of course, exceptions such as snowbirds going south (somehow) and jumping the cue to get the vaccine in America. In either case, scientific literacy is going to be key. Federal, provincial and municipal health associations are going to have to get across that science and that is good.

Converting scientific knowledge into common language will be tough in the era of social media. It isn't based on memes and short sound bites.

For example, the science behind the coming vaccines is not new. Even the RNA ones are based on research that came from fighting MERS, SARS, H1N1 and even HIV.

In the meantime, the mouse and crow rolled up their sleeves when it was their turn. They even got a lollipop to help with their hesitancy. Perhaps, in the near future, you will too.

About the *RPReview* community newspaper

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

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The day everything changed

by Rojo Rakotoharisoa

Six months after I started my research, I gave the worst presentation of my life, one that I will never forget.

I grew up in Madagascar and after graduating from university in France I came to Canada in 2018 to become a PhD student in Chemistry at Ottawa University. I know that scientists, besides doing research, have to be able to communicate their results and it is true that I am regularly asked to present and communicate about my projects. However, English is not my first language and, it seems, I was not good at communicating my ideas in any language.

I know I was not prepared for that visual presentation in front of my group. I had spent all my time getting the maximum amount of data and only started thinking of my presentation two days before the meeting. Because I knew I was not prepared I was very tense and anxious before I began. All through my presentation, I spoke words that I would not have understood myself, I was not clear about what I was saying (even though I knew my results) and I was not able to look at anybody.

I knew it was bad because at the end, the room was silent. Normally our group would be asking questions and discussing their thoughts about the findings. Then the projector would not work - it was as

and cry of shame.

This presentation had been so important to me, because I wanted to prove my worth to the group. It was so sad that it ended up being the inverse of what I had hoped for. Days

I am now part of the Good Morning! Ottawa Toastmasters meeting in downtown Ottawa, every Thursday morning at 7:20am. Now with the COVID-19 shutdowns, we are still meeting, but online with ZOOM.

Yes, I felt intimidated when I joined the first meeting, but quickly I realized that it was a safe environment where all members have faced similar challenges and understand each other's problems. The Toastmasters environment inspires people to improve themselves as well as inspiring them to help others. The program, Pathways, is a self-motivated education platform that teaches both communication and leadership skills and is an inexpensive way to get a good education.

Today, not only have my presentations improved, but my confidence in interpersonal communication is much better and I am thriving both in work and in my personal life.

If you are interested in checking out a Toastmaster's training session, please join us at a Demonstration Meeting February 18, 2021. Please let us know at

<https://goodmorning.toastmastersclubs.org?contact> and we will send you the ZOOM link.



if the universe was telling me to STOP! The culmination was when I was asked the single question I feared: "What is the meaning of all of this?" I was speechless. I wanted to hide myself somewhere

after the presentation I still could not think of anything else but just how badly I had done. I searched through the Internet for possibilities to improve my communication skills and I found Toastmasters.



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“World Lymphedema Day – 6 March”, EVERYWHERE!

by Stephen Kelland

If a tree falls in the forest, but if nobody is around to hear it, does it make a sound?” To this lymphedema advocate, the corollary is, does anybody pay attention, or really care?

Well, the tree cares... plus anything else in its immediate ecosystem.

Using this familiar adage, I metaphorically apply the ‘tree’ to ‘something else’ within the life’s forest of daily happenings; the ‘something else’ is lymphedema (LE), a chronic, progressive disease (afflicting humans not trees), for which there is no cure.

Lymphedema (pronounced “lim-fa-DEE-ma”) is an accumulation of high-protein lymphatic fluid that causes swelling (edema) in the legs, arms, genitals, trunk/torso, head and/or neck and affects men, women, and children.

Lymphedema has severe physical, emotional, psychosocial, and financial impacts and consequences on patients and their families plus extended networks of caregivers.

Lymphedema is also a disease about which minimal societal

awareness exists, in addition to limited medical practitioner education. Studies from Canada and the United States have found that throughout the course of becoming doctors, medical school students receive an average of about 90 minutes of study devoted to human lymphatics or lymphology. Plus, no medical specialty of Lymphology, per se, is recognized within medical communities. Given that doctors ‘treat what they know’, small wonder that they have a lack of understanding for LE.

Because lymphedema can (and does) afflict an estimated 1 million Canadians, including yours truly, I engage in active, extensive advocacy pursuits, year-round. The goals are straightforward enough – they are for any/all afflicttees to achieve the beneficial “X factor” trifecta of:

- Dx – timely & competent diagnosis;
- Rx – prescriptive, LE-savvy care; plus,
- Tx – case-specific and appropriate modality of treatment on the continuum of care spectrum ranging from conservative to surgical intervention.

To achieve these purposeful goals, advocacy efforts are continual. However, since

the fortunate establishment of “World Lymphedema Day (WLD) – 6 March”, 2016, advocacy pursuits are anchored on THE day, OUR day, on the annual calendar of the “Lymphedema Community”. This day, a global day for the fight vs. LE, is for more than mere awareness; it seeks appropriate attention, recognition and support for afflicttees (estimated at 300 million, worldwide), plus their caregivers and other supporters (perhaps,

the LE ‘ecosystem’).

For WLD2021, under my social media moniker of LymphoGWG (Lymphedema – Guerrilla Warrior General), plus as chair of the LE&RN: Canada Chapter, the promotional campaign takes two forms:

- #Lit4LE (Lit for Lymphedema, whereby iconic landmarks such as the CN Tower & Niagara Falls, among others, are aglow in LE teal to demonstrate support); and
- #SOS4WLD (Statements of Support for World Lymphedema Day are sought in heartfelt pleas to leaders from across Canada, notably the provincial governments, the Senate of Canada and the Mayor of Canada’s Capital, Ottawa).

Thanking you for your attention, Riverview Park Review readership, I invite a three-fold visit invitation for much more on what is lymphedema (LE) plus why WLD2021:

Facebook: “Lymphedema – LE Nexus Canada”

Email to LymphoGWG: LymphCanada@gmail.com

Internet: Lymphatic Education and Research Network – WLD website



Stephen Kelland as “Lymphedema – Guerrilla Warrior General”

Sitting Is The New Smoking

Study after study confirms what you already knew: sitting for long periods of time is not good for your health. In one study, a group of men were required to sit for six hours. They were allowed to read or use a computer. Researchers measured their blood flow - both before and after their session of being seated.

The results show that six hours of sitting is not healthy. The vasculature function in one of the leg’s main arteries was reduced by more than 50 percent. In addition, researchers discovered that prolonged sitting also reduced blood flow to the arms. A 10-minute stroll reversed the effects of being seated on the legs, but it did not improve the decreased function in the arms.

Tips for office workers who spend long hours at their desks:

- Opt for a stand-up desk or an adjustable desk that converts from sitting to standing as needed. Be aware, however, that prolonged standing should also be avoided.
- Get some exercise during your lunch break.
- Stand up during coffee breaks, and when you’re on the phone.
- You can get an app for your phone that reminds you when it’s time to stand.

Get up and move for at least 10 minutes every hour. Too much sitting also leads to poor posture, with its own associated health issues and drawbacks such as forward head posture, lower back pain, migraines, fatigue, and neck pain.

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



Simply Chiropractic

A Tip from Dr. Stéphane Chillis



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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Getting Away (When You Can't Travel)

by Peter Thompson

I think we're all starting to feel the same way. The monotonous everyday routine of a lockdown is starting to drive us a little batty. But, don't despair, there is a cure for that and it's great, locale-changing TV!

For people who want to distract themselves, while seeing something that's actually, you know, worth the time, try these (now in stock at Movies 'n Stuff!).

1. A Place to Call Home
Okay, so this isn't the hidden gem it used to be, the word is out that this is a worthy companion to Downton Abbey. Not because it deals with the 'upstairs downstairs' of servants and nobility, but the scandals, oh the scandals! Let's imagine a soap opera that had 5 star acting and a stunning Australian setting and had you deeply immersed in the storylines (guilty!) - you would have this wonderful 6 part series!

2. Last Tango in Halifax
No, not Halifax, Canada. This Halifax is in West Yorkshire, England and the storyline in this one is fantastic. An older couple is reunited after 50 years and decides to marry, but that decision affects everyone around them and suddenly they're in both a dramatic and amusing position. Wonderful acting, especially from Derek Jacobi, Sarah Lancashire and one of my personal favourites Nicola Walker.



All Creatures Great and Small



Last Tango in Halifax

3. Ballykissangel
A young priest is transferred from Manchester to a small fictional town in Ireland and is immediately immersed in the small village and the people who have their little secrets. At one point an enormously popular show, garnering an amazing 10 million viewers per episode, this one stands the test of time.

4. All Creatures Great and Small
As they prepare to launch the reboot of James Herriot's biographical story of being a vet in Yorkshire in the 1930s, it's a good thing to see the original series, which is full of mischievous, fun characters. The landscape is wonderful, the acting is superb. Have a warm brandy in front of a fire (only if you have a fireplace!) and enjoy this!



A Place to Call Home

5. The BBC Masterpieces
The BBC launched such an awesome array of series and mini-series, it's hard to get them down to a manageable number, but you're curious about some of these costume dramas. You've no doubt seen Pride and Prejudice, so what's next? These:

- **Little Dorrit** – this featured two up and comers, who became big stars: Claire Foy and Matthew Macfadyen. A tremendous tale of love and hardship, this is the classic rendition of Dickens' work.
- **The Bleak House** – All the makings of a Dickens classic! A labyrinthine plot, great acting, particularly by Gillian Anderson and Charles Dance and some characters that will become staples of the Dickens adapted world!
- **North & South** – The only reason Richard Armitage isn't a household name, like Colin Firth was after Pride and Prejudice, is because this is one of the lesser known of the BBC productions. The story, in a nutshell, is of a middle class woman who must move to Milton, but as all these wonderful productions, it's about the acting, the subplots and the characters. And no one did it better than Armitage in this revered production (rated in the top 200 TV shows in history!).
- **Poldark** – After returning home after the American Revolutionary War, Poldark must rebuild his life and find love where he least expects it. The stunning scenery of Cornwall and simmering subplots will keep you engaged for the full duration of the 5 seasons.

So, there are your diversions from all that's happening in our world. Let your mind be taken away with great writing and acting!

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Click bait – training your dog

by Jonathan Sumner

Training your dog is easy work right? Well sometimes... To reach our training goals it is our job to communicate clearly and effectively to our dogs so they understand what they need to exhibit to get that reward! Why not look at a tool that will help us do this better than our voice?

A clicker is often looked at as intimidating, confusing, and unnecessary. As a positive reinforcement trainer I see the clicker as efficient, effective and concise.

Should you consider using a clicker? Here are a few reasons;

Common ground. The clicker replaces your praise when your dog performs the asked behavior. Instead of “Good Dog”, the clicker becomes the same thing. A click means they performed and now they get a form of reward.

Consistency. Many households have more than one person. Each person in the house will have a different voice/tone, different words and varied timing in communicating verbally. This is confusing for the family dog and instead of them having to learn one new language your dog is forced to learn 2, 3 4 different dialects within one house. A clicker is always the same tone, the same sound and does not allow for variations in communication.

The Clicker trains you. Training is a simple equation of timing and repetition. As the trainer you want to identify what you are teaching and what behavior no matter how small you are marking. The clicker makes the trainer think about and understand what they want to teach with a clear game plan.

Timing. The clicker is a precise tool that allows you to communicate exactly when your dog exhibits the desired behavior. Unlike most of us vocally, we take a second to express our marker verbally making it harder for our dog to decipher what they did right. If we were surgeons our verbal cues would be butter knives and our clickers would be scalpels. Precise and exact.

Results. Scientific studies show that clicker training fast tracks results. Is that really a surprise? Teaching your dog with a common marker, with excellent timing and stressing consistency yield superior results. This is not to say verbal markers in training are bad whatsoever, I am just looking to dispel the myths that the clicker is intimidating.

A common objection. I don’t have a clicker with me all the time. You likely don’t have a treat bag at your waist all the time either. Clickers are inexpensive and you can



have multiple clickers around the house where you anticipate training (kitchen, front door etc). You


can also have a clicker attached to your leash and treat bag.

If you are interested in fast track-

ing your training progress with your dog, you may want to consider a clicker. It’s not so scary!

The Ruff House conducts training classes from intermediate to advanced using clickers and positive reinforcement principles. Email the Ruff House at info@ruff-house.ca and ask for either Ruff House trainer; Annie Dubois or Jonathan Sumner.


Jonathan Sumner is head trainer and owner at the Ruff House where you can request a full list of grooming services for any breed of dog. Visit the website at www.ruff-house.ca to register.






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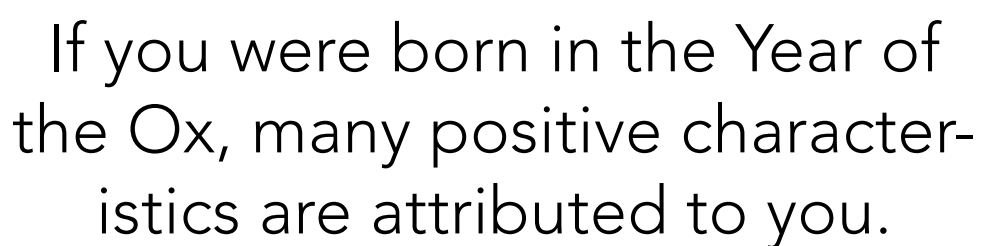
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Positive Training for Positive Results

by Carole Moulton

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Jean
CLOUTIER



When will my street be cleared?

When snow hits the ground, we all want to know: when will my street be cleared?

As a part of the **Winter Maintance Quality Standards** review the city wants your feedback on how we prioritize our 12,000 lane km of roads & 2,300 km of sidewalks & pathways. The WMQS were last updated in 2003 and much has changed since then. This WMQS review has a specific focus on

- Residential roads
- Multi-use pathways
- Cycling pathways
- Sidewalks



Community Safety and Well-Being Plan

Everyone has a role to play in safety and well-being, and we want your feedback to continue to develop Ottawa’s Community Safety and Well-Being (CSWB) Plan. When we work effectively together as a community, we can address common priorities to ensure Ottawa is a safe, healthy, and vibrant community.

On October 28, 2020, City Council approved six local priorities that will be the focus of Ottawa’s first CSWB Plan:

- discrimination
- marginalization & racism
- financial security & poverty reduction
- gender-based violence & violence against women
- housing
- integrated & simpler systems
- mental well-being

The City is offering multiple engagement opportunities until February 28 and we want your ideas! Please get engaged by visiting: engage.ottawa.ca/Community-Safety-Well-Being-Plan



Walking your dog?

It is your responsibility to follow the Animal Care and Control By-law. As a dog owner, by complying with the Animal Care and Control By-law and removing waste left by your pet, you will help eliminate a source of pollution. You will be making a difference.



- Here's why:
1. Dog waste adds up
 2. It is a health hazard
 3. It is an environmental hazard
 4. Removing dog waste is responsible

Please remember it's up to you to clean up your doggie's poo. Failing to stoop & scoop = \$125

Remember, it's okay to not be okay.

It goes without saying that these are difficult times. Being affected by all of this doesn't mean you're weak, it means you're human.

Remember: reaching out for support is a sign of courage. The **Distress Centre of Ottawa** is ready to take your call and listen 24/7 at 613-238-3311.

Counselling Connect provides free access to a same-day or next-day phone or video counselling session. This service is for children, youth, adults and families in Ottawa and the surrounding area. There is no waiting list. Visit counsellingconnect.org

The **Walk-in Counselling Clinic** at 613-755-2277 offers free in person sessions as well as video or phone counselling sessions in English, French, Arabic, Spanish, Somali, Cantonese and Mandarin at a variety of different locations.

For more support and information visit OttawaPublicHealth.ca/COVIDMentalHealth.

For even more ideas on how to stay Social Wise during the pandemic, please visit Ottawa Public Health’s website.

You are not alone. We are all in this together!



Conseiller / Councillor Jean Cloutier

FRIENDS OF RIVERVIEW PARK HYDRO CORRIDOR UPDATE

Greening the corridor

We are still waiting to see when Hydro One will begin their hand cutting of the woods in the area from the CN rail line to the west end of Knox Crescent. We were originally told work would begin early in 2021.

Friends of Riverview Park Hydro Corridor is currently organizing a winter Speaker Series to help educate residents on the issues, opportunities and challenges facing our Riverview Park Hydro Corridor. It looks like we have a very interesting and diverse range of speakers and hope you will be able to join us.

We continue to talk with Hydro One on trying to implement minor changes to the corridor maintenance in advance of the Provincial Secondary Land Use permit which can take years to issue.

Councillor Cloutier has begun filling positions on his Corridor committee but the first meeting has not been scheduled.

GREENING THE CORRIDOR – FoRPHC Speaker Series
The Friends of Riverview Park Hydro Corridor (FoRPHC) would

like to welcome you to our winter Speaker Series to help educate us on the issues, opportunities and challenges facing our Riverview Park Hydro Corridor.

Here is the schedule for our Speaker Series:

1. On **Thursday, February 4th at 7:00 pm** please join us to hear from Carolyn Callaghan from the Canadian Wildlife Federation. Carolyn is the Senior Conservation Biologist, Terrestrial Wildlife at CWF and will be speaking to us on her experience on the Lanark Project and how to transform/restore land into a diversified urban meadow.
2. On Wednesday, March 3rd at 7:00om, Bob McFetridge from the Ottawa Stewardship Council and Steve Nichols, President of the Briarbrook Brookside & Morgan’s Grant Community Association (BMGCA) will speak to us about the Morgan’s Grant project, on working with the City of Ottawa and Hydro One to make their hydro corridor a clean and safe green space. Their corridor is like ours and we can learn a lot from their experience.
3. In early April (date to be



confirmed), Sandy Garland of Fletcher Wildlife Garden/ Ottawa Field-Naturalists’ Club will speak to us on creating wildlife-friendly habitat and gardens on urban property. The Ottawa Field-Naturalists’ Club (OFNC), founded in 1863 and incorporated in 1879, is the oldest natural history club in Canada. Over 800 members participate in many aspects of the natural world, from birding to botanizing, investigation to publication, conservation to cooperation. The Fletcher Wildlife Garden is a long-term project of the OFNC showcasing how to use native species and create habitat for wildlife - even in the city.

4. In late spring, we are planning to have a speaker talk about urban biodiversity and the challenge of invasive species, particularly Buckthorn and Dog Strangling Vine. Date and speaker to be announced later.

Each presentation will be a Zoom conference call lasting about 30-45 minutes followed by a Q&A session.

To attend the presentations, please register by e-mailing to FoRPHCOttawa@gmail.com

This series is jointly sponsored by FoRPHC and RPCA.



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Virtual Pet Therapy Program brings joy, comfort to patients during COVID-19

by Caitlin Renneson, Publications Office, The Ottawa Hospital

The Virtual Pet Therapy Program at The Ottawa Hospital began in September. Instead of appearing at a bedside, Christine and six-year-old Irish Setter Caileigh appear on a tablet attached to a specially-adapted IV pole. During the visit, patients laugh, clap and interact with Caileigh in such the same way they would in person.

There was some skepticism at first about whether The Ottawa Hospital’s pet therapy program could adapt well to a virtual environment on an iPad.

“To be honest, I wasn’t terribly optimistic about how well it would work because the therapy dog experience is tactile,” said Christine. “It’s about warmth. It’s about two-way communication between client and dog. And of course none of that is relevant when you have two iPads talking to each other.”

But it didn’t take long for Caileigh to get on board.

Powerful bond

“The fact that we’ve got such a positive response from patients just speaks to how powerful that bond is between animals and humans,” she said. “It’s not as good as an in-person visit, but in the absence of that opportunity, it’s really quite amazingly effective.”

Ulyana Osorio, coordinator of volunteer resources at the Civic Campus, helped organize the pilot project. She saw the effect it has had on patients.

Osorio recalled, “Right away patients started talking to the dog. ‘Oh, you’re such a good boy,’ they’d say. They’d ask Christine questions, and Caileigh would start doing tricks. It’s a different interaction from one they would have in the hospital, but it still has so much impact. I cried. As soon as they see the dog on the screen, you can see the patient’s face light up. It was worth every moment.”

Jette Haswell, a social worker at The Ottawa Hospital, helps match patients with the volunteers. Some of the patients she works with have had a stroke or an acquired brain injury, but most have some form of dementia or other cognitive impairment.

“We found the whole thing more powerful and more meaningful than we anticipated,” she said. “It gives our patients an opportunity to reflect on their love of animals and share memories of their dogs. They are in the moment with Caileigh and



Ulyana Osorio, Coordinator, Volunteer Resources at the Civic Campus helped to organize the Virtual Pet Therapy Program at The Ottawa Hospital. PHOTO: THE OTTAWA HOSPITAL



Caileigh, the six-year-old Irish setter is The Ottawa Hospital’s first virtual therapy dog.

PHOTO: THE OTTAWA HOSPITAL

interact with her. It’s a way to bring a little piece of joy to their life.”

Out of their shell

Haswell has noticed that interacting with the therapy dog and their owner has helped more withdrawn patients come out of their shell. Seeing the dog on the tablet initiates a conversation, and gives them a break from thinking about their illness.

Still, the experience sometimes evokes sad emotions for the patients. If that happens, Haswell is ready to support them.

In March, more than 1,400 volunteers were asked to stay home as part of The Ottawa Hospital’s response to COVID-19. The Virtual Pet Therapy Program is one way that some volunteers could continue delivering compassionate care to patients. Others volunteer at The Ottawa Hospital’s one-of-a-kind Virtual Information Desk.

The pilot is catching on. Suzanne Lariviere, volunteer coordinator General Campus, launched the virtual pet therapy pilot in the dialysis unit of the General Campus.

The hope is to grow the existing program and also to continue it after the pandemic. Virtual pet therapy would be ideal for patients who are in isolation for any reason, or for patients who are allergic to dogs



Volunteer Christine Phillips and her therapy dog, Caileigh, visit patients at The Ottawa Hospital safely by interacting with them virtually on a tablet. PHOTO: THE OTTAWA HOSPITAL

but still enjoy their company. For now Christine, Caileigh and other volunteers will continue visiting patients safely from home, knowing that their efforts are making a big difference.

All of us who do therapy dog

work have beautiful, heartwarming stories about how our dogs, whom we love deeply, touched other people,” she said. “When you think that you’ve made a difference, when you’ve made an impact, there’s extraordinary value to that reality.”



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Building our neighbourhoods together

by Jean Cloutier –
City Councillor for Alta Vista

This op-ed has been shortened from the original length. You can find the full op-ed published online at JeanCloutier.com

One of the largest undertakings for this term of council is the drafting of a new Official Plan (OP). This multi-year process provides a vision for the future growth of the city and a policy framework to guide the city’s physical development over the next 25 years as our population is expected to increase to about 1.4 million people by 2045.

Major policy directions labelled the Five Big Moves were established. These were based on what matters most to Ottawa’s residents and included establishing more growth via intensification than by greenfield development (undeveloped land), increasing mobility via sustainable transportation and public transit, improving urban design and resiliency through a community and climate lens, and embedding economic development into the OP.

Professional planning staff had hundreds of conversations with thousands of residents, community groups and organizations on issues both at the city and at the neighbourhood level. This input gave staff context of how people across Ottawa

wanted their city to grow over time. On November 20, the Draft OP was released to Council and the public. It proposes considering various areas of the city into six segments known as Transects; Downtown, Inner Urban, Outer Urban, Greenbelt, Suburban and Rural. Each Transect has their own guidelines on what density will look like and establishes elements like major corridors and minor corridors – areas where the city can guide residential and economic growth to create something crucial to modern healthy urban communities – a 15-minute neighbourhood.

Many neighbourhoods built from the 50’s through the 80’s have been car-centric where people are compelled to drive to retail hubs for their essential items. If communities could be developed where people can walk or cycle within 15-minutes to transit, small retail and markets, school and work, they are less likely to hop in a car. This comes with benefits across the board; it can reduce traffic and congestion, improve the environment, increase health and safety, stimulate local business, create opportunities and greatly benefits our neighbours with accessibility needs and those not afforded the privilege of owning a car.

Staff working on the OP saw an

opportunity to establish Pleasant Park Rd. and Kilborn Ave. as minor corridors which could begin to accommodate small commercial interspersed with residential by increasing the density target to allow for up to four-storeys along minor corridors.

The concept has the potential to slowly bring back the corner store, small medical practices, small market grocers, coffee shops and prepared foods, all within a short stroll from home.

Staff working on the OP have been engaging with residents across the city. There is some concern about the broad density target of the OP and how to incorporate density alongside a legacy zoning by-law from 60 years ago that was tailored to a philosophy of restricting density. The draft OP proposes a target of 80 units per hectare, something which would take decades if not a century to achieve at Ottawa’s current rate of population increase.

Through the current draft, a single-family home in Alta Vista can absolutely be retained, enlarged and repaired by their owners, current and future. But if a single-unit home is to be demolished, the new density targets set in the OP would apply.

Staff have presented their idea of blanket coverage areas known as Transects, based on the Five

Big Moves which reflect what matter most to our City. I support the spirit of the moves and think staff have done an excellent job of continuing the conversation with the public. But as I’ve always said, the details are what will impact people the most and require the most scrutiny. This plan will guide our city and neighbourhoods for the next 25 years. It’s important that we get it right, not just for ourselves, but for our future neighbours as well.

When engaging on this important issue, it’s important to look at the big picture. The question is not ‘if’ Alta Vista will change, but ‘how’. Change is already upon us. We see it in every modern blocky home and every zoning amendment application. If we want to truly regenerate our neighbourhood, it is essential to focus the conversation on how to best achieve our objectives of guiding change.

What are your thoughts? Now is your time to be heard before the final draft makes its way to Council for debate and vote in July of this year. Visit ottawa.ca/newop to learn more and engage with staff directly. Or reach out to me via JeanCloutierOtt@Ottawa.ca. My colleagues and I are always happy to listen to your concerns and to help direct you to more information.



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ESSENTIAL HEALTH

When a Therapist Becomes a Patient – Part 2 – Healing



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

If you remember from the last issue of the Riverview Park Review, I was telling everyone about my meniscus tear.

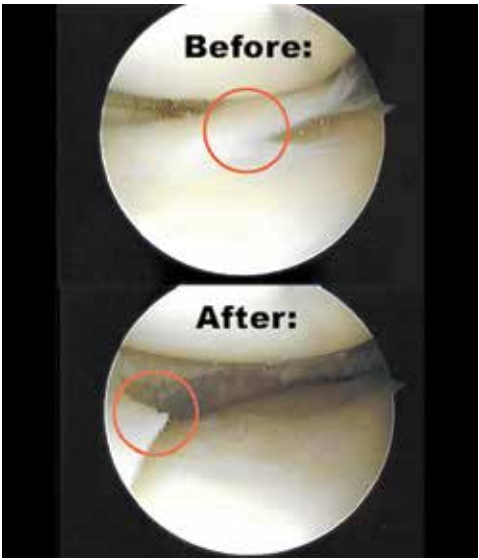
One of the most common knee injuries is a meniscus tear. These tears can result from trauma or degeneration. A traumatic meniscus injury is usually caused by a forceful twisting at the knee, or a sudden stop (often sports related). Tears can also occur with deep squatting or kneeling while lifting heavy 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.

I went to the Kemptville hospital for my surgery. I met with the surgical nurse, the anesthesiologist,

and of course, the surgeon prior to the surgery. I felt very cared for. Everyone was amazing, which was reassuring. The surgery took about an hour, and after coming out of the general anesthetic, I walked out of the hospital on my own two feet!

The surgeon explained that after a few days, I should start doing some exercises from an information sheet that he provided, and that I should follow that up with physiotherapy and massage. He explained that there would be absolutely no way for me to get back to whatever my normal was prior to the meniscus tear, without doing the homecare necessary to rebuild the strength in all the muscles effected by this injury. Turns out, that was a lot of muscles.

For starters, my gait was altered to try to avoid pain when walking. The



muscles above my injured knee were very weak, and the muscles below my knee were extremely tight. The muscles in my non-injured leg were also very tight but weakened from overuse. The muscles in my glutes and hips were also overworked.

As a Registered Massage Therapist, I understand how important it is to build and maintain strength to keep the body working at its best. I made my primary focus the treatment and exercises. My physiotherapist helped me by treating my knee to increase the range of motion in my knee and providing me with exercises for strengthening.

My massage therapist helped me by preventing scar tissue build up and to work out the discomfort in my muscles from the overcompensation, and then the repair.

The best part is that eight weeks following my surgery, I'm thrilled to report that I walk pain free, without a limp! I am continuing the exercise program in order to build more strength to maintain a healthy, working body.

I'm very grateful to everyone who helped me through this. It was a humbling reminder to practice what I preach as a therapist. It's vital to keep the body moving to be able to do the things you want to do. That doesn't mean spending hours in the gym every day, but it does require some effort. Keeping the body strong is vital for quality of life.

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

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



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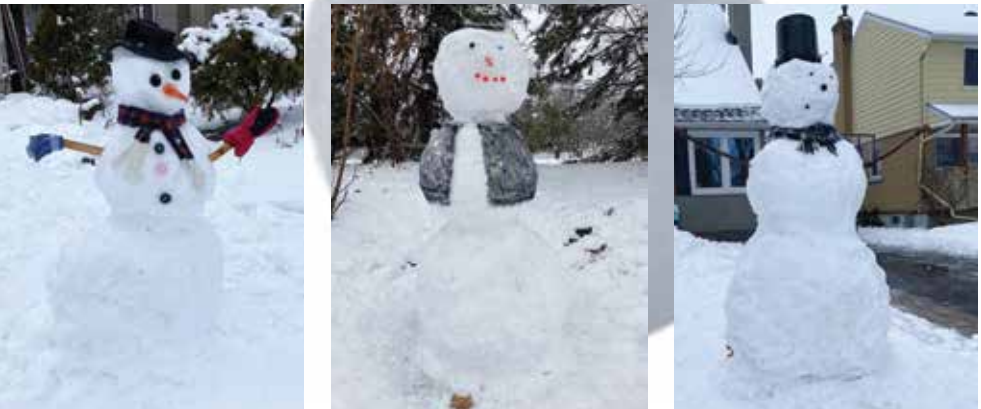
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Snow place like home



by Rhonda Turner

On January 16th Riverview Park received not only a lot of snow but many new temporary residents! Everyone would have to agree that during this winter there has been an absence of snow. And although not everybody likes having to clean up after a snowfall, we all know that kids and adults alike enjoy building forts in the snow, or, snowshoeing, x-coun-

try skiing or just plain playing in it. After the overnight snowfall on January 16 we received a fair amount of very heavy snow, the kind of snow perfect for making snowmen. On my routine walk with my dog I came across a very good assortment of snow creatures. It was like there was a competition in the neighbourhood and I thought that these creations just had to be shared (for those who are housebound).



There is plenty of good news at the Oakpark Retirement Community

by Caitlin Mackenzie

Here at Oakpark we are ready to welcome the New Year with open arms and leave 2020 behind. We will, however, bring the lessons and gratitude that the past year has taught us.

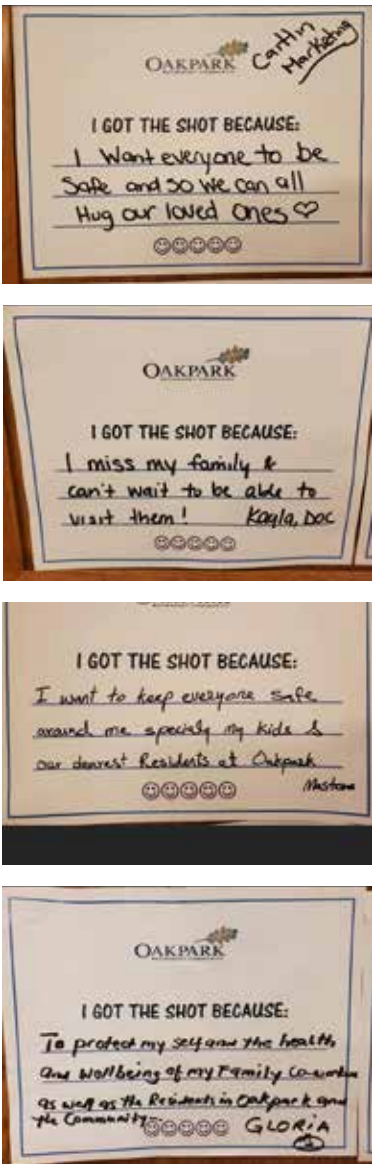
We would like to thank our neighbours, local services, businesses, and the community for the well wishes and support over the past year. We know it has been a challenge for everyone. We look forward to the day when we can invite the neighbourhood back into the home for social events and activities.

Until that time comes, we will be starting up our morning concert series for which Oakpark is known for. We are excited to announce they will be held virtually and can be enjoyed in the comfort and safety of your own home. Concerts and the schedule will begin in February. Please reach out to Caitlin MacKenzie at cmackenzie@riverstoneretirement.ca or 613-260-7144 for more information and our schedules.

We are also extremely excited and proud to announce that our staff has begun to get the COVID-19 vaccination. It is an important step forward in being able to keep our residents and the community safe. Staff and essential caregivers have been given the chance to share their reasons for getting vaccinated. Residents will be next in line!

For those living with dementia and Alzheimer's, lack of stimulation and boredom can often lead to frustration. One of our new activities that we have proudly introduced is Laughter Yoga. It has been a great success with our residents. The goal of Laughter Yoga is to promote a healthy immune system and to reduce stress. The belief is based on the psychological and physiological benefits that mirror spontaneous bouts of laughter.

We are still offering our Respite Care, for those who are in need of extra care, a stay after hospital or surgery, or even a much needed rest. For more information please contact Caitlin Mackenzie at cmackenzie@riverstoneretirement.ca



RIVERVIEW PARK COMMUNITY ASSOCIATION'S PRESIDENT'S REPORT

Now is the winter of our restlessness



BRYAN ORENDORFF
RPCA President

Well, we are in it again, aren't we? And I don't mean the snow. At this time last year, the big topic of conversation was the first winter trials of the light rail system and how undesirably it was functioning. I haven't seen anyone complain about the trains not being on time this year, but then again, I don't know anyone who uses the train anymore.

It goes without saying that the Riverview Park Community Association (RPCA) is going to have to cancel our annual Winter Carnival event. Thought was definitely given to how we could potentially run the event virtually, but it is somewhat challenging to have a celebration of outdoor winter fun while staying in one's living room. Virtually is a great way to do many things, but not all of them.

We did host our annual Car-



ol Sing virtually. It was a smaller, more subdued affair but was good family fun all the same. Thanks to Craig once again for leading us in song and thank you to everyone who participated as well as to our great organizers. If we don't see you all there next year, I hope you will help us out by providing a food donation.

Winter fun is still very much in reach, though. The new sledding hill by the Hospital Link has seen quite a bit of use lately, from people on a winter walk to tobogganers, and I even saw a group of skiers there the other day.

As I write this, the puddle rinks are still available, albeit with reduced capacity, and the ski and snowshoe trails along the hydro corridor are seeing extensive use. Local residents even decorated the

area with Christmas ornaments and bird feeders while our open spaces within the community have so much to offer. Please make good use of them.

The big community association file right now is the official plan. It is quite the document, so I don't recommend wading into the weeds unless you know what you are in for. But the City is looking for your input. The RPCA's strategy to maximizing our impact on the official plan process was to make a substantial push a year ago to affirm the direction we felt was most supportive for our community while minimizing the impact.

In general, the City is looking for greater density from our neighbourhood. We knew this and have known this for some time. We are quite affected by transit-oriented development and the 20 + storey towers associated with it. Currently, there are about 10 such towers in the planning stages around our community and historically there has been a substantial amount of infill in our green spaces with medium and high density residential units. But that's not a bad thing. One of those high density build-

ings, the Maplewood Retirement Residence, regularly hosted RPCA board meetings, events like farmers' markets, and even public meetings. And it provides an opportunity for people looking to downsize from their single family home with a way to remain in the community. Development, when done well, can bring more people together and help forge a community.

I continue to ask for patience. I seem to be doing that a lot, lately. While that line is certainly getting stale, it is nevertheless more important than ever. We showed in the spring of last year that patience can lead to a freer summer. Let's do the same again. A little more patience now by us may buy us the time we need to save 2021 from being just a repeat of 2020. We are nearing the end. But, until then, enjoy some fun in the snow.

For more information, check out our website at www.RiverviewParkca.com drop me a line at riverviewparkca@gmail.com with your questions or thoughts, and/or come to our next virtual RPCA Board meeting on February 10th.



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Riverview Park Review

SECTION TWO

FEBRUARY 2021

A Voice of Riverview Park

MARCH 2021

Winter often gets a bad rap – *but not at Riverpath!*

Shared by Rosal Yade,
Activity Manager

I often find myself thinking that I am somewhat different than many others here in Ottawa, because I love winter. Growing up in northeastern Ontario, where the first snowflake falls before Thanksgiving, and the last one doesn't melt until the end of April, we learned to appreciate winter in both all of its fury and its splendor. I am so grateful to now live in a beautiful city that also celebrates winter.

What's not to love about Ottawa in the winter? What about the skating on the canal, ice sculptures, or even the snowy days that wrap the struggling OC Transpo buses in their deep trenches of wet snow? The way the panic sets in on the 417 at the sight of the faintest few snowflakes could make you chuckle. The ability to snowshoe and cross country ski on our many trails throughout the NCC is wonderful – and so much more. We are truly blessed to be able to enjoy all seasons in the capital region to their fullest potential.

Winter may be cold and for some, very long, however, year after year, the same beauty of its chilly days still finds ways to warm the heart. The way the days are always colder when the sky is bright blue, without a cloud in it, only to find the sun beaming down to warm you. What about when the still quiet brings a hush during a storm, as sound becomes absorbed in the falling fury outside? Or, what about when I look out the window to warm covers of white blankets of snow, knowing that I can snug-

gle under my own cozy blanket for an afternoon nap and the forgiving winter sun peers in through the window warming everything it touches. Then there is how the snow covers all that is old, dark and grey and gives it a fresh clean slate; reminding in my heart that after a long day, everyone deserves a fresh start. Yes, old man winter can be harsh, but I know deep down, his rich gifts are short lived. Even in a world where so much has changed, these beautiful lessons remain.

It was Thomas Wentworth Higginson who said, "How many lessons of faith and beauty we should lose, if there were no winters in our year."

At Riverpath, we recently celebrated the beauty of winter at our "Warm up to Winter" dinner party. On other days, our residents have enjoyed walks in the snow, sitting by our cozy fire and chatting amongst friends.

We hope our thoughts of winter will warm your heart too as you bundle up for the outdoors or cozy in with your loved ones during this winter season.



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TECHNOLOGY TIPS & TRICKS

COVID-19 Scams

by Malcolm and John Harding,
of Compu-Home

It seems a shame to start the year on a down note, but we have received reports of a lot of fraud related to the epidemic and right now it is increasing significantly. The bad guys are industriously coming up with new variations every week and so we can't cover every detail in this column, but there are some broad categories of scams waiting for a chance to victimize us via email, texts and phone calls.

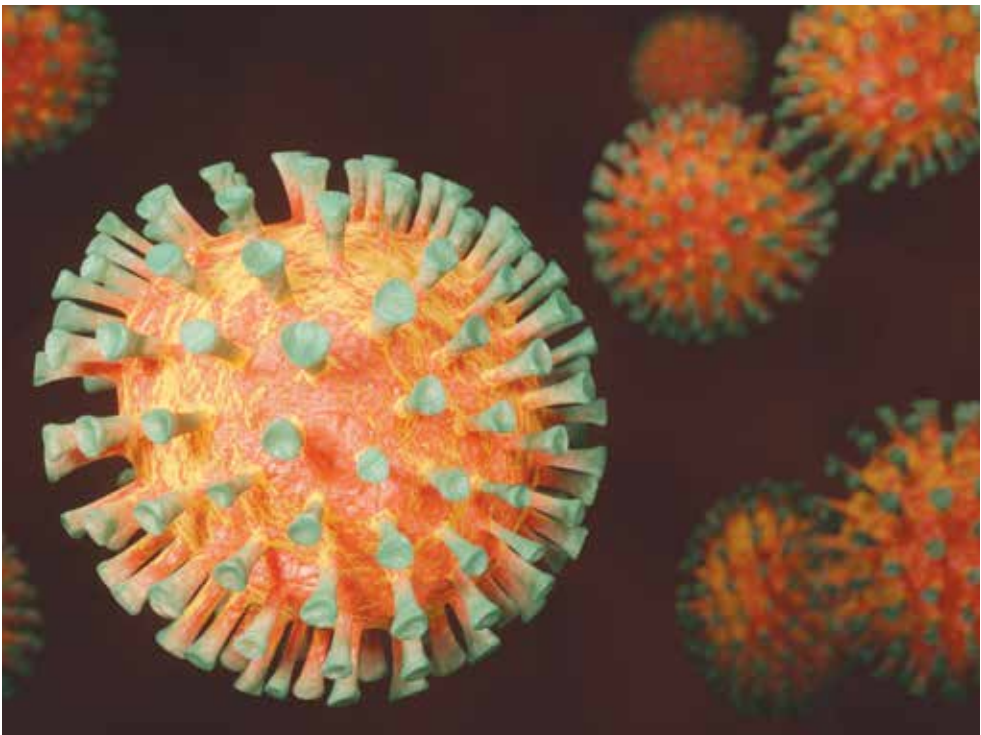
Paying for COVID-19 tests and vaccinations. Final details for vaccinations are still in planning but it is safe to say that there is NOT going to be a policy in Canada for someone to be able to jump the queue in return for a fee. In the early days of testing there were emails, websites and posts in social media advertising accelerated testing and we are predicting that there will be similar offers, creatively presented, for being vaccinated sooner.

Canada Emergency Response Benefit (CERB) or the Canada Emergency Student Benefit (CESB) applications. Under no

circumstances is there a legitimate or official programme for paying a person or organization for assistance in applying for CERB or CESB and there is also no such thing as any enhanced process in which an applicant would receive a larger sum or receive it more quickly, for having paid a fee.

Repayment of CERB or CESB benefits received by accidental or deceitful means. Under certain circumstances some Canadians must repay CERB or CESB benefits, directly to the Canada Revenue Agency or to Service Canada, depending on from which of those agencies they received the benefit. There is no alternate organization to which they should ever send a repayment and if they are contacted by a third party on this subject they should ignore their requests, demands or advice.

Using the cloak of the epidemic or emergency conditions to elicit personal and financial information. One example: There have been fraudsters claiming to be carrying out research related to our current conditions and distributing lengthy surveys that have questions



buried in them drawing out private information, such as provincial health card numbers, Social Insurance Numbers and accounts at financial institutions.

Counterfeit charities and false representatives of legitimate organizations. It is natural to want to help others in these trying times, but it is important to take extra steps to ensure that contributions are going exactly where you intend them to go.

False or misleading websites. When you Google a company or

organization there are often many websites listed that have a similar name in their title and legitimate-looking graphics but a close inspection will show that the site belongs to someone else. Always be very careful that you haven't reached an imposter site that will give you incorrect or dishonest information.

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

The health consequences of COVID-19

by Susan Reive, Physiotherapist,
Owner of Kilborn Physiotherapy Clinic

Many countries around the world are now deep into the second wave of COVID-19. The virus has infected many people, some of whom have died. Of those individuals that survived the COVID-19 illness, many may not be fully recovered. Unfortunately, some survivors still may be suffering the consequences of the virus, and are struggling with activities of daily living. These people are being referred to as "long haulers".

Physiotherapy has a huge role to play in the treatment of patients with COVID-19, from the acute phase, to the post-acute rehabilitation phase, and even long term.

COVID-19 is a disease caused by the coronavirus SARS-CoV-2, which spreads through respiratory droplets and aerosols. When an infected individual coughs, sneezes, sings, or talks, the droplets can come into contact with mucous membranes of another person (i.e. the

nose, mouth, eyes) through breathing, or if an individual touches a contaminated surface and then touches their nose, mouth or eyes. In severe illness, the virus can affect many systems such as the heart, lungs, and muscles, which can cause lasting effects.

According to Henk Stam, the president of the European Academy of Rehabilitation, individuals admitted to the intensive care unit (ICU) with COVID-19 have an increased risk of developing Post Intensive Care Syndrome (PICS). He describes PICS as a set of symptoms which results from staying in the ICU, and states that PICS affects greater than 50% of patients admitted to ICU. PICS causes cognitive problems (poor memory and attention), mental issues (anxiety and depression) and physical impairments (muscle weakness, fatigue, reduced lung capacity, neuropathies, headaches, and reduced exercise tolerance).

Normally people admitted to ICU because of trauma, post-surgery, or serious illness will spend an average of 3-4 days in the unit. Patients with severe COVID-19 are spending an average of three weeks in the ICU. This increased time spent in ICU coupled with the amount of time on a ventilator and the length of time spent under sedation increases the risk of many patients with COVID-19 to develop PICS. Plus these individuals are often older and have pre-existing health issues.

Patients with PICS will certainly require a

multidisciplinary approach to treatment. Indeed, one year after discharge, 35% of patients with PICS have psychological issues, 33% had cognitive issues, and 25% required help with activities of daily living. One third of patients of PICS cannot return to their previous job or vocation.

Physiotherapy, psychological therapy, and occupational therapy are just some of the medical treatments which will be required to rehabilitate patients with PICS.

There is also another group of people who contract COVID-19 and recover from the acute symptoms (fever, cough, shortness of breath), but three months later are still suffering other symptoms: fatigue, headaches, body aches, muscle weakness, joint pain, and poor exercise tolerance. Medical experts are referring to individuals who are still suffering the effects of COVID-19 six months after contracting the virus as "long haulers". Physiotherapy will have a huge role to play in the rehabilitation of these individuals. Exercises which work on strengthening, mobility, balance, coordination, and improving gait will be part of the treatment.

The COVID-19 virus has caused a lot of death and left some patients with PICS. Long haulers are suffering and trying to get back to pre-COVID condition. Hopefully, a multidisciplinary approach to treatment can rehabilitate these individuals to restore their quality of life.



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INTERESTING CANADIANS

Things that go BOOM

by Bruce Ricketts

December 7, 2020, if you are an aviation buff, was a sad day. Chuck Yeager died.

Chuck Yeager was, according to most American military historians, the first man to break the sound barrier, on 14 October 1947, in a Bell Aircraft X-1.

But was he?

First, let's understand what the speed of sound is. It's not a set speed. Instead, anything that moves in the range of speed close to it will experience increased aerodynamic drag. Passing through that drag creates the energy we perceive as a boom. But the speed is dependent on a number of factors, including air temperature and atmospheric conditions.

For example, at sea level with the temperature at 20°C and dry air, the speed of sound is 104 m/sec (1223 km/hr). At 3350 meters (around where a commercial jet flies), the temperature is about -56°C and, the air is thinner, so the speed of sound is about 89 m/sec (1062 km/hr).

The speed is also dependent on the orientation of the aircraft. In a dive, even a subsonic aircraft design can go transonic.

So, was Chuck Yeager the first to break the sound barrier?

In reality, the first person to break the sound barrier was whoever was the first to crack a whip. (Zorro?) The sound one hears when a whip cracks is the sonic wave created when the sound barrier is broken at the tip of the whip.

Leaving that aside, was Yeager the first pilot to go supersonic?

On 1 October 1947, WW2 Ace American pilot, and a hero at Pearl Harbour flying one of only two aircraft to get off the ground to fight the Japanese, George Welch, flying a F86D Sabre, was reported to have broken the sound barrier in a dive. He did it again on 14 October 1947, 30 minutes before Yeager. There were other claims from different parts of the world also. In 1944, Lothar Siebar flew an experimental vertical take-off (essentially a rocket), a Bechem Ba 349 Natter, 9 miles in approximately 55 sec before he crashed and died. That converts to 240 m/sec.

There were many more, but they all had one thing in common... they were oriented in a dive.

So, if aviation historians are honest, they do not say that Yeager was the first to break the sound barrier but rather that he was the first to break the sound barrier in level flight. But was he the first, even at



Chuck Yeager and Glamorous Glennis



Chalmers Goodlin

level flight?

By now, you are asking yourself, where is the Canadian connection to this story? Well, it was actually a WW2 Royal Canadian Airforce pilot who broke the sound barrier in April 1947. Lt. Chalmers Goodlin (call sign Slick) was an American teenager who joined the RCAF in 1940. After the war, he signed on as a test pilot with Bell Aircraft and flew 26 missions in the X-1 before it was passed off to Yeager. The official story of his final mission was that he achieved .96 Mach, so why was it that the ground personnel at Muroc Air Base thought he crashed when they heard a loud boom? Remember what we said about the sound barrier being dependent on conditions and temperature? It was a clear cold day when the ground crew heard that sonic boom.

Other fun facts about the sound barrier: On 15 October 1997, Andy Green set a land speed record of 1228 km/hr in what is defined, by Fédération Internationale de l'Automobile's, as a car; and on 14 October 2012, Felix Baumgartner jumped out of a perfectly fine balloon and plummeted to earth at 1342 km/hr. He survived.

Chuck Yeager was a good pilot, and he did break the sound barrier, but he wasn't the first.

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



George Welch



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DEAR FRAN



FRAN DENNETT

Clematis – a classy vine

I first encountered these large purple flowers in the 1970s in gardens in Montreal and later Ottawa and England. Do you remember the large purple mass of blooms in June usually tied to a trellis or doorpost? That was Clematis “Jackmanii”. Clematis, or Clemies to collectors of this woody vine, that have come a long way thanks to breeders such as Ray Evison of Guernsey, England.

When I worked at a Loblaw’s garden center as a horticultural consultant in a program between the Ontario Horticultural Association and National Grocers, Loblaws introduced Canadian gardeners to the large flowered clematis being developed by Ray Evison. A few cultivars were exclusive to Loblaws. This was in the 1990s. I still am growing some of those same clematis today and Ray Evison is still breeding new clematis cultivars. I have about ten in my garden, four



Another Clematis has made a hedge its home. PHOTO: FRAN DENNETT

growing against the house, two on a cedar wall, one up an old Hawthorne, several on a wooden pyramid trellis in the border, one growing through the cedar hedge and a young species clematis, *C. recta*, I am deciding where it will do best. This is my go to plant for vertical presence in the garden. I also grow

herbaceous clematis, but that is a subject for another article.

Clematis belongs to the Ranunculaceae family as do delphiniums and peonies. World wide there are over 400 species and over 4000 cultivars of clematis. There are species varieties and then the large flowered hybridized cultivars. Both

the vine and herbaceous types are represented in this genus. Their hardiness ranges from zone 2-7, but it is the spring cycle of freezing and thawing in the Canadian spring that is the hardest on clematis. This is why a mulch of compost applied in fall is beneficial, and should only be removed after the freezing-thawing cycle passes in spring.

Cultivation

The key to success with clematis is sun at the top and cool roots. Because clematis is a long-lived vine, it is recommended that an 18” (45cm) deep hole is dug, so the root ball can be spread out and slightly tilted toward the trellis/wall, then back fill with amended soil on the alkaline side and watered in well. That deep hole helps deter clematis wilt, probably the only disease that affects clematis, which can kill a plant in twenty-four hours. The wilt

CONTINUED ON PAGE 25

Provincial Stay At Home Order

COVID-19 is something that we are all facing together. Our primary concern is the health and safety of Ontarians.

As we saw earlier in January from the province’s modelling projections, COVID-19 is spreading rapidly in communities across the province and the situation is dangerous. We’re at risk of overwhelming our hospital system. We need to stay home in order to protect each other and only leave if it’s absolutely necessary; like to get groceries, for medication, a medical appointment, to care for a loved one or going outside to get some fresh air and exercise.

I will continue to push the government for supports, things like reinstating paid sick days, more support for parents of school age children and a clear plan for a roll out of the vaccine in Ontario.

In the meantime, we need to stay home and limit our contacts. I know it’s not easy. We must do our part to protect ourselves and each other. Together, we will get through this.

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 are here to help and we remain open remotely.



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CONTINUED FROM PAGE 24

enters the plant through a broken stem and is deadly. Some cultivars are more susceptible to this wilt so do some research before buying.

To keep the soil and root ball cool, place a large stone, or grow a shallow rooted perennial or lettuce over the root ball area. Clematis need about a gallon of water per week during dry spells. This non-clinging vine climbs by wrapping its leaf stem around something, another vine or a wire to pull itself up. Sometimes you may secure it to a structure for added help. Allow clematis to scramble through hedges, or fences, or an evergreen, over a pile of stones or up a trellis on a wall, the possibilities are endless.

Pruning

Clematis are divided into three pruning groups based on when they flower. Plant clematis of the same pruning group together to reduce the guess work out of wondering what group does that particular clematis belong to for pruning. When pruning clematis do not cut all the vines at the same height but vary the heights so there are blooms at all levels. The three pruning groups are:

Group 1: These are the varieties that bloom very early such



Clematis "Jackmanii"

PHOTO: CANDACE DRESSLER

as *C. alpina*, *C. macropetala*, and *C. montana*. These clematis flower on the previous season's ripened vines. Prune these clematis after flowering. Remove only weak or dead stems, or in the case of an overgrown vine, prune back more drastically leaving some ripening stems, or there will be no flowers the following year.

Group 2: These are the mid-season flowering varieties, such as 'Barbara Jackman', 'Belle of Woking', 'Elsa Spath', 'Vyvyan Pennell', and many of the large-flowering hybrids. Prune this group in the spring as soon as the buds are plump and green, removing any dead wood and shortening all vines to about 3 feet and cutting back the side shoots to the first pair of strong buds.

Group 3: These are the lat-



One Clematis has taken well to an old Hawthorne trunk.

PHOTO: FRAN DENNETT

er flowering varieties such as all Jackmanii types, *C. tangutica*, *C. orientalis*, and *C. viticella*. Some of the named cultivars would include 'Comtesse de Bouchaud', 'Ernst Markham', 'Ville de Lyon', 'Duchess of Albany' and 'Etoile Violette'. This group is pruned back hard to 3-4 feet from the soil level every spring as soon as new leaf buds plump up and show.

In the spring, I first remove all winter killed vines, and then do the appropriate pruning. At the same time I remove the dead twined leaf stem the clematis use to climb up

as a support. It is extra work but it makes the plant look neater instead of a jumbled mess of dead material.

Today plants come with a label with lots of information on it. Keep that tag for later reference either in a garden journal or where you record your purchases, successes and wishes for the future. My son-in-law staples his plant tags to the garage wall!!!

Reminder: Now is the time to buy the seeds you want for your summer garden. Some seed houses are already sold out of certain varieties. Most seeds need only be started in March. Please refer to my article *To Grow a Seed* in the archives of the *Riverview Park Review* February 2015. www.riverviewparkreview.ca

As always I hope you find this information useful. Stay healthy...

Reprinted in part with the permission of Diane Vaughan of the Elgin Master Gardeners.

Other reference: Making the Most of Clematis, by Raymond J. Evison

- Master Gardeners of Ottawa-Carleton (MGOC) check the website for gardening information <http://mgottawa.mgoi.ca>.
- To receive TROWEL TALK, our free monthly electronic gardening newsletter, contact: <troweltalkeditor@rogers.com> to be added to the list.
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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 RPCA is also tracking broader city-wide issues, including the review of the City’s Official Plan.

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

New residential complex at 700 Coronation Boulevard

An application was recently received for construction of a 4-storey, 35-unit residential building to

the west of the existing apartment building at 700 Coronation Blvd. The development would consist of studio apartments along with one and two bedroom units. It would also include an underground parking garage with 41 spaces, seven at-grade parking spaces and 34 bicycle parking spaces – all for use by new and existing residents. The proposed project is similar in size and location to one that had been advertised several years ago as a condominium complex but which was subsequently withdrawn.

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 va-

cant land condominium units. The proposal would see the condominiums contain the six apartment units that currently exist in each, 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 last June in which several RPCA members participated to share concerns and ask questions about potential implications for the neighbourhood.

Their condominium proposal was approved in the fall of 2020, but as this article went to press there was no firm timeline for the conversion to take place.

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 Depart-

ment awaiting final approval. Discussions are continuing regarding the greenspace/ mini-park details for the site.

Trainyards Developments/ Industrial Avenue Issues

In late November, the new, larger Farm Boy Store opened, at the far northeast of the Train Yard’s 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. Concerns have been raised about the lack of a direct exit onto Belfast Road and the increase in traffic congestion that has resulted near the exit by Bulk Barn. The property management has indicated that they would be making some modifications to access routes to relieve congestion. A new tenant has yet to be announced for the previous Farm Boy site adjacent to the LCBO.

Ottawa Medispa (aesthetic services, laser hair removal, etc.) is expected to open in July in the former Great Hobbies space at 140 Train Yard Drive while Leclair Décor

CONTINUED ON PAGE 27

OTTAWA CARLETON DISTRICT SCHOOL BOARD

Challenges face school board upgrade of buildings



CHRIS ELLIS
OCDSB Trustee Zone 6
Rideau-Rockcliffe
and Alta Vista
Chris.Ellis@ocdsb.ca

Both the provincial and federal governments are providing more money to school boards this year for building renewal and maintenance in response to the pandemic.

This good news will enable boards to address a backlog of deferred renewal projects, including upgrading heating, ventilation and air conditioning (HVAC) systems.

Balancing this good news are two realities: the size of the backlogs and the limits on how much work can be done annually based on the availability of contractors and the short summer window for carrying out larger projects.

The Ottawa Carleton District School Board (OCDSB) has a large portfolio of buildings and properties encompassing more than 12 million square feet. Building replacement value is in the 2.5 to 3 billion dollar range. More than 80 per cent of the spaces are over 20 years old. The backlog of deferred renewal projects is estimated to be \$876 million.

The OCDSB’s total budget for the 2020-2021 year for the Facilities Renewal Program (FRP) and School Condition Improvement (SCI) is over \$111 million, which is significantly more than usual. In collaboration with the Federal Government, the Ministry of Education has also announced a new funding source through the Investing in Canada Infrastructure Program (ICIP) to provide up to \$700 million in combined federal-provincial funding for education-related infrastructure projects. The program is

application-based and could inject up to \$45 million more into the OCDSB’s project plans.

Unfortunately, it is challenging to find the trades to carry out so much work, especially when all school boards are competing for contractors and, as a result, driving prices up. Historical metrics indicate that, realistically, the OCDSB can undertake \$40-\$50 million of construction work annually. It can therefore be expected that it will take up to three years to get all the work done that this amount of funding allows. With enough funding, it would take 10 to 15 years to address the full backlog, even as more maintenance comes due.

Governments need to take this societal infrastructure deficit seriously. In not addressing the issue there will continue to be higher operating costs due to inefficient windows and old HVAC systems. Air quality has always been a high priority, but the pandemic has highlighted the need to provide good air quality. However, in older buildings it is a challenge to do piecemeal upgrades and the OCDSB has been limited in how much can be dealt with on a short-term basis.

Chris Ellis

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

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

THE PLANNING AND DEVELOPMENT UPDATE

CONTINUED FROM PAGE 26
(LD Shoppe) is expanding its store size.

The five-storey Dymon Storage facility at 851 Industrial Avenue has now opened.

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.

Official Plan issues

The City of Ottawa is currently in the middle of the exercise for its next Official Plan, and comments are being accepted until February 17, 2021. 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). While RPCA Planning and Development comments have also indicated support for the 15 minute neighbourhood concept to promote more walkable neighbourhoods and on constructing high-density residential units in close proximity to Light Rail stations, the Board is also seeking an appropriate balance between intensification and maintenance of greenspace and existing residential zoning. Several RPCA Board members participated in a recent town hall meeting on the Official Plan, hosted by the Alta Vista Community Association.

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

The comment period has closed on the mixed-use project announced in 2020 for 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 prox-

imity 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 Ottawa Train Yards.

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

In the spring 2020, Public Services and Procurement Canada put out the call for qualified bidders to submit proposals to redevelop part of its 26-acre property on Tremblay Rd, just west of St. Laurent Blvd and directly south of the St. Laurent Shopping Centre and Highway 417. The proposed project would include a 1.6-million-square-foot office complex that would house approximately 8000 federal employees along with some residential units, parks and shops. The municipal comment period is currently in progress.

Proposed High-Rises at Bank and Riverside

The city has received a request for an Official Plan Amendment and Zoning By-Law Amendment for

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

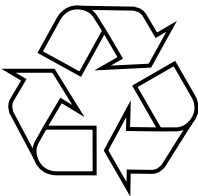
Information on some project proposals can be found at the City of Ottawa website at: <https://app01.ottawa.ca/postingplans/home.jsf?lang=en>. The RPCA welcomes your input on these proposals and any other potential developments in the area.

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



This Caverley Street visitor is well fed over winter. PHOTO: GEOFF RADNOR

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Malcolm and John Harding

The Official Plan from a Riverview Park resident’s point of view

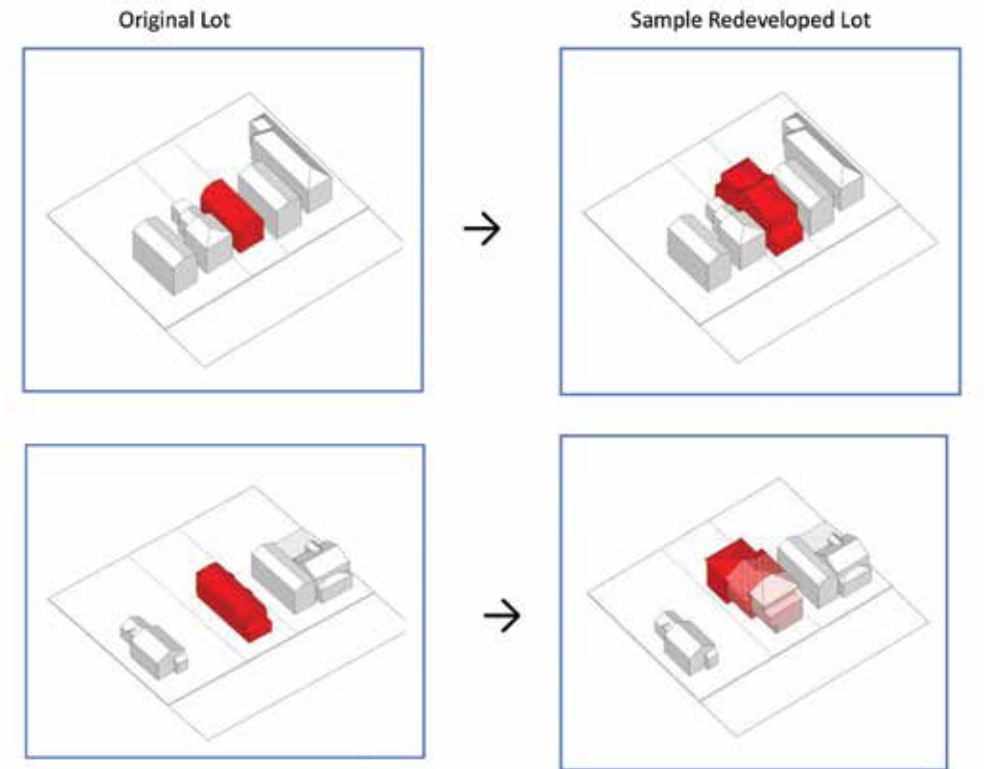
by David Knockaert

The City of Ottawa Draft Official Plan (OP) can be found on the City’s website. For those who prefer only happy thoughts reading the one-page summaries is a better option than the full plan. The Official Plan creates a roadmap for the City’s development. It is built upon a foundational belief that the pandemic notwithstanding, Ottawa’s population will continue its inexorable climb, exceeding 1.4 million by 2046. The plan seeks to answer the question “where are all these people going to live?”.

The Official Plan introduces the term “regeneration”. Though the word bears a connotation of rebirth, its meaning is far more prosaic. Regeneration is defined as “*The development of a property, site or area at a higher density than currently exists*”. While the plan addresses rental stock/affordable housing, active sustainable transportation, 15 minute neighbourhoods, health, infrastructure, employment and climate change, residential density is both the preeminent focus and the point of intersection between issues.

The City had promised that future development would respect the character of each community. What they didn’t tell us is that this is achieved by creating a tautology – a community’s character is whatever the City says it is. Within the Official Plan the City assigns a character to communities by sorting them into a “transect” and then formulates a development strategy consistent with that transect. There are 6 principal transects: Downtown Core, Inner Urban, Outer Urban, Suburban, Greenbelt, and Rural. Riverview Park is ‘Inner Urban’. This does not mean our community is inner urban or residents wish to be inner urban or that residents adhere to someone’s concept of an inner urban lifestyle. We are now inner urban simply because the Official Plan requires us to be.

Given the craving for higher residential density and having decided that “most growth will occur within the [inner] urban area of the city...”, it follows that some communities must be designated inner urban. A community, such as ours, with housing of a specific age or in relative proximity to downtown fits the bill. Having established this questionable premise the Official Plan then takes on the form of a self-fulfilling prophecy, detailing how the City will alter our community to resemble the defined character. The most obvious change will be in architectural appearance.



Images reflect Typologies 6 and 5 respectively, New Official Plan. 613 Flats

But the City’s vision is not limited to the veneer of a building. They hope to use land use regulations to transform residential lifestyles. It’s a social re-engineering experiment with us as subjects.

Each transect is sub-divided into categories, the most important of which is “Neighbourhood”, the heart of residential life where most of us reside. Within each neighbourhood sections are labelled either “transforming” or “evolving” which identifies how ready that section is to progress towards “more urban built form patterns”. Progress is always one-directional, towards more intensive urban forms. Other categories within our transect include “Corridor” (St. Laurent Boulevard & Smyth Road), “Protected Major Transit Station” (Hurdman/Tremblay), “Freight and Storage” (elements of Trainyards, Industrial, Russell Road) and, most importantly, “Hub” (area to the south and east of Hurdman).

As residential land becomes available for redevelopment in any part of the transect, the City will require they be developed to accommodate higher density - no new single family homes. Such structures will feature 1) small lots with high lot coverage, 2) zero or shallow front yard setbacks, minimal side yard setbacks, 3) small areas of landscaping which may include hard surfaces, 4) no parking or if there is parking it will be limited and concealed from the street, as well as 6) minimum height requirements.

For ‘Neighbourhood’ lots within a 15 minute walk to a Corridor or Hub, which encompasses most/all of Riverview Park, the standard is “low-rise” construction, commonly 3 stories but up to 4. On individual

lots construction will most likely be in the form of 613 Flats (example) made up of 3 or 4 self-contained apartments (presumably rental) each configured for 3 bedrooms. Larger lot sizes may be redeveloped into apartment buildings. Across Ottawa these neighbourhood redevelopments will contribute 45000 large units and 2000 1-2 bedroom apartments. Neighbourhood redevelopment may also include retail, service, culture, leisure, entertainment, rooming houses, emergency shelters, home businesses and possibly “limited large scale non-residential uses” such as for employment or institutions.

In ‘Corridors’ as on St. Laurent and Smyth, new construction is to be primarily of a 1/ 2 bedroom configuration in buildings 2 to 9 stories in height which may include commercial, service or employment functions. Redevelopment in ‘Hubs’, particularly near transit stations will also primarily be 1/ 2 bedroom apartments in buildings 3- 12 stories in height which may also incorporate employment functions. Across Ottawa, hubs are expected to contribute 37000 residential units. On ‘Collector Streets’ such as Alta Vista Drive, Coronation or Industrial - retail, service, culture, leisure, or entertainment uses will be permitted.

Effectively the City intends to phase out single family dwellings in favour of multi-unit structures, expand rental tenure in place of owner-occupiers, increase urban and user density, crowd housing together and reduce space allocated to lawns/greenery. A relevant, though not the most obvious question is whether existing infrastructure will be sufficient to meet the

demands of all this new residential development? The answer is not comforting “To implement the minimum density requirements, the City shall consider a number of alternative measures to provide water, wastewater and storm water capacity, including ‘risk management’...”. I can just imagine it is we residents who will bear that risk.

The Official Plan is preoccupied with how to restrict vehicle ownership within urban areas, for example: 1) “in the Inner Urban Transect ...motor vehicle parking may only be required for large-scale developments...”, 2) “where new development is proposed...parking may be prohibited on small lots...”, 3) “on any land with the Transforming Overlay, any regeneration shall not be permitted to increase the number of vehicular private approaches regardless of the number of ...residential dwellings being developed...”, 4) “no parking shall be required as a condition of development in hubs”, and 5) “the City will establish residential on-street parking zones...to encourage housing forms which do not have private on-site parking”.

The obvious intent is to make operating a vehicle more difficult, inconvenient and expensive. Those cars which are retained are to be parked on streets, making them less safe and less amenable to snow plowing. Such vehicle restrictions may well dissuade many people from choosing to live in inner urban communities.

This may seem good news for the environment and a climate oriented plan. But only a couple of blocks from Riverview Park, in Elmvale Acres, the City “...shall acknowledge the existing reality of automobile-dependent built form...”. In other words cars are still okay and necessary for residential life. Environmental protection is not the real issue. The issue is that in an inner urban transect where density is the ‘prime directive’, land is too valuable for driveways or garages. Those are luxuries which can no longer be permitted. Yet we are consoled by the assurance that this is a case of addition by subtraction since walking to a bus stop and waiting for public transit is good for our health.

The Official Plan boldly promises that as our population increases services, parks, recreational facilities, and public spaces will expand at pace. Since most density and development is to occur in urban areas, it should follow that these areas will be the principal recipients

CONTINUED ON PAGE 29

Official Plan

CONTINUED FROM PAGE 28

of recreational expansion. But this seems another case of over promise, under deliver since we discover that physical recreation is to be moved to outer urban and suburban areas while inner urban areas receive “passive recreation”, i.e. a bench to sit on, or if funds abound, a plaza or parkette.

Unfortunately even though urban builds will generate most of the development charges which support parks, a portion (percentage not specified) will now be transferred to City central for redistribution. But there is one positive note to report. At the entrance to Hurdman green space there is an intention to add washrooms, drinking water and mobile food trucks!

Continuing on the theme of broken promises, the Official Plan fervently supports community gardens, preserving (enhancing) access to green space and valuing the physical/mental well being benefits of nature. It also commits to “reduc-

ing automobile trips into the Inner Urban and Downtown Core...”. Yet within the Riverview Park secondary plan the City reiterates their plan to build the Alta Vista Transportation Corridor (AVTC), a large arterial road which will pave over green space, community gardens and recreational pathways for the seemingly sole objective of delivering a large volume of vehicles into those same inner urban and downtown areas. City Hall is not Elsinore but were Prince Hamlet amongst us he may well note the smell of rot.

We have been given until 17 February to express views to a generic email account newop@ottawa.ca. I encourage you to write. For myself, I am inclined to write directly to our elected officials mentioning that such a radical experiment in urban planning is not justified by the (tenuous) population growth projection, that regeneration need not be geographically restricted, and that a good many people sim-

ply will not wish to live in the City’s dream environment. I also have four broad management questions:

1) This Plan represents a developer’s delight in a City commonly accused of being under the sway of developers. What new measures will be enshrined to ensure community interests are respected?

2) With regeneration development almost exclusively devoted to urban areas, how will the Mayor restructure the Planning Committee to ensure decisions affecting urban residents are made by the officials those residents elected?

3) The thousands of new 613 Flats will predominantly serve as investment properties and are likely to result in a massive and unique transfer of home/land ownership from individual residents to corporate interests. Is there precedent? What are the anticipated consequences for community oriented decision making or property owner dispute settlement? What is to be

the regulatory regime?

4) Official Plans are important because land use/land tenure regulations shape the City. Such regulations can create segregated populations, particularly when one form of tenure (rent vs. ownership) is favoured in specific communities. Demographic data shows this may lead to exclusivity particularly as it applies to income, wealth, crime, even marital status. Such exclusivity and segregation is already prevalent across Ottawa. Rather than redressing the issue, this Plan doubles down upon it by expanding rental properties primarily where such tenure is already at elevated levels. The Official Plan further entrenches segregation by making vehicle ownership more difficult in areas with the highest concentrations of low income residents, thereby impeding their mobility and independence. How is this justified? What thought has been given to the social consequences?

Love and Hard Times: a valentine from Paul Simon

by Brian McGurrin

Throughout his entire song-writing career, beginning with *The Sound of Silence* (1964) Paul Simon has been reminding us how difficult life can be.

In *An American Tune* (1974), Simon used a melody that is an exact and intentional copy of a cantata from J. S. Bach’s sacred oratorio, the *St. Matthew Passion*, first performed at a Good Friday service in Leipzig, in 1727. Of course it was performed in German but was later translated to begin as: “O sacred head surrounded, with crown of piercing thorns....” In the lyrics of *An American Tune*, Simon says: “I don’t know a soul who’s not been battered, I don’t have a friend who feels at ease; I don’t know a dream that’s not been shattered, or driven to its knees...”

In *Graceland* (1986) Simon wrote: “And she said, “losing love / Is like a window in your heart / Everybody sees you’re blown apart...” As Simon later confessed to one of his biographers, “When that came out [of my mouth] I thought someone had punched me in the heart. I lost my breath. I just sat down.”

Hard times are always with us, or maybe just around the next corner. My wife’s grandmother and her seven-months unborn child died during the Flu pandemic of 1918, and our parents suffered greatly during the Depression of the ‘Thirties and World War II.

Simon composed *Love and Hard Times* in 2011, but it could almost



Paul Simon is a sixteen time Grammy Award winner for his solo and collaborative work; a two-time inductee into the Rock and Roll Hall of Fame; and the first recipient of the Library of Congress’s Gershwin Prize for Popular Song in 2007, among many other acknowledgements in a musical career spanning over six decades.

be a reflection on our current pandemic of 2020-2021.

The lyrics of *Love and Hard Times* are very conversational in style, there is no stanza structure, and another unusual feature of this particular song is that divine love is presented in parallel with conjugal love. In his maturity, Simon didn’t embrace any organized religion, but many of his songs express a deep spirituality.

As the song begins, we are told

“I loved her the first time I saw her, I know that’s an old songwriting cliché”

that “God and His only Son/ Paid a courtesy call on Earth/ One Sunday morning...” One might pay a courtesy call just to remind someone that you still care, or just to see how you’re doing. And one of the key messages here is that, during God’s visit, “Orange blossoms opened their fragrant lips, songbirds sang [and] old folks wept for His love in these hard times.”

Simon is saying that all of the natural world needs God’s love, particularly old folks (such as myself). We deeply feel the need for God’s love in *these hard times*, and we would weep with joy to see that He cares enough to pay us a visit.

Then Simon surprises us with a short comic interlude in which he imagines the restless Lord complaining to his Son (with a weary frustration that sounds comical-

ly human) that He has to “get going,” because “there are galaxies yet to be born/ Creation is never done.” Then the Lord rudely complains that we earthlings are “slobs.” (Simon, the environmental activist, clearly can’t resist the opportunity to inject a complaint that we are despoiling our beautiful planet Earth.)

Then, suddenly, the song switches gears again, moving from the divine to the secular perspective: “I loved her the first time I saw her, I know that’s an old songwriting cliché / Loved you the first time I saw you, can’t describe it any other way...” Who might Simon be referring to - this person that he loved *the first time* he saw her? For the past thirty years, Paul has been married to Edie Brickell, who is the mother of three of his four children.

Then the song describes the hard times, painful times when: “tears burned, windows rattled, locks turned. It’s easy to be generous when you’re on a roll,” says Simon, but, “it’s hard to be grateful when you’re out of control... and love is gone.”

But no, it just seems to be gone, because if love can be lost, it can also be regained, and the song ends with blessed relief and joy.

*But then your hand takes mine
Thank God, I found you in time
Thank God, I found you.*

Love and Hard Times was issued on Paul Simon’s 12th solo album, *So Beautiful or So What* in 2011. Listen to it on YouTube.

ALTA VISTA PUBLIC LIBRARY • ELMVALE ACRES PUBLIC LIBRARY

FEBRUARY-MARCH 2021

■ REOPENING

The staff at the Alta Vista Library and the Elmvale Acres Library hope that you are keeping well and healthy during these difficult times. At the time of this writing, the situation of the provincial lockdown is unknown for the months of February and March. Please read the guidelines below and plan accordingly for your visit.

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

- Modified hours remain in place:
- Monday and Wednesday: 10 AM to 6 PM
 - Tuesday and Thursday: 1 PM to 8 PM
 - Friday and Saturday: 10 AM to 4 PM
 - Closed - Monday, February 15th for Family Day.**

During the Provincial Lockdown:

- Curbside pickup and returns are in place during the above hours during the provincial lockdown. No other services will be available in person and no one will be allowed into the branch for any reason. No exceptions will be made.
- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940. No holds will be placed on-site. Staff are unable to go to the shelves to retrieve items that are showing as available in the catalogue.
- Physical distancing measures are in place in the line outside the branch. Please follow any signage and floor markings.
- Please wear your mask when being served by staff at the door.
- Museum passes, ski passes, and Express items are not available for lending during this time.

When the Library reopens

- 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.
- Computer use will be available when the lockdown is over. 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.

At **Alta Vista Library** the outdoor book drop is not available. Please return items in-person during the modified Library hours. All returned items will be quarantined for a minimum of 72 hours before being removed from your account. At **Elmvale Acres Library**, items can be returned in the outdoor bookdrop. Please note that the bookdrop is only open during the library's opening hours, as mentioned above.

Please visit www.biblioottawalibrary.ca for the most up-to-date information. Info Service continues to be available for many inquiries and services by calling 613-580-2940 or emailing: infoservice@biblioottawalibrary.ca

ELIMINATION OF LATE FEES

The Ottawa Public Library will be eliminating late fees as part of our new Materials Recovery Model on January 1, 2021. Other existing fees, including replacement fees for lost or damaged items, will still apply.

The aim is to remove barriers for customers and increase access to the Library. Eliminating late fees should result in more OPL cardholders, better access to Library resources, more circulation, and greater recovery of Library materials. Research shows that late fees are not the best way to encourage timely returns of Library material, and we want to make sure that late fees do not discourage people from accessing Library services. We look forward to welcoming new and returning customers to the Library as a result of this change.

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

- Items are considered lost and a replacement fee charged:
- 21 days after the due date (regular collection items)
 - 7 days after the due date (Express items)

Once an item is considered lost, a replacement fee equal to the cost of the item will be charged. If the lost item is returned, the replacement fee will be cancelled. Items that previously had no renewal limits will now have a limit of five renewals. Other renewal limits remain unchanged. Please note that an item can only be renewed if there are no holds on the item. More details on the end of late fees are available on the Ottawa Public Library website.

AWESOME AUTHORS CONTEST

Are you between the ages of 9 and 18? Do you dream of one day writing an internationally acclaimed bestseller? Do you invent a new cartoon character every time you have a blank piece of paper in front of you? Are you fascinated by the world of spoken words? If so, we have a contest for you! The Awesome Authors Youth Writing Contest will allow you to showcase your literary talent and creativity. Participants have a chance to win cash prizes and have your work published in the **Pot-pourri anthology**. You can submit an entry in 6 different categories: poetry, short story, comic, poésie, nouvelle and bande dessinée. The contest closes on Friday, February 26, 2021. To consult the complete contest rules and find out how to enter the contest, please visit the Ottawa Public Library website.

Submissions must be new, original and previously unpublished work in either English or French.

We are privileged to have 5 wonderful judges helping us for this contest. Our judges are local authors who generously offer their time to read each submission. They have the difficult task of choosing the best entries. You'll have the chance to learn from them through FREE online creative writing workshops. Spaces are limited. Here are the workshops for the month of February:

- How to become an awesome comic book writer** with Éric Péladeau – Saturday, February 6th at 1:30 PM. Ages 9 and up.
- Short Story Workshop with Amelinda Berubé** - Saturday, February 6th at 3:30 PM. For ages 13 to 18.
- Comment devenir un(e) super auteur(e)** – samedi le 13 février à 13h30. Pour les 9 à 18 ans.
- Poetry Workshop with Apollo the Child (for Teens)** - Saturday, February 13th at 3:30 PM. For ages 13 to 18.

Registration and Zoom links are available on the Ottawa Public Library website.

■ CHILDREN'S AND TEEN 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 (ages 6 and under) – Tuesdays until March 9th at 10am Thursdays until March 11th at 4pm

Heure du conte en direct – les mercredis jusqu'au 10 mars à 10h30.

Parent-Baby Connections – Thursdays until March 11th at 2:30pm.

Connexions parents-bébés – les mercredis jusqu'au 10 mars à 9h.

Dungeons and Dragons for Teens (2 sessions) –
– Tuesdays, February 2 and 9 at 4pm.
– Tuesdays, February 16 and 23 at 4 PM
– Tuesdays, March 2 and 9 at 4pm

Programmation avec les micro:bits virtuels – Utilise le micro:bit pour résoudre un problème! – mardi le 2 février à 15h30. Pour les 8 à 12 ans.

Coding with Scratch 1: Create Your Own Story (with the uOttawa Maker Mobile) – Tuesday, February 9 at 3:30pm. For ages 8 to 12.

Dungeons and Dragons (In the Dreaming Dark) – Wednesday beginning February 10 at 3:30pm. For ages 8 to 12.

Codage avec Scratch #1 – Crée ta propre histoire (avec l'Atelier Maker Mobile uOttawa) – mardi le 16 février à 15h30. Pour les 8 à 12 ans.

Coding with Scratch 2: Create an Animation (with the uOttawa Maker Mobile) – Tuesday, February 23 at 3:30pm. For ages 8 to 12.

Codage avec Scratch #2 – Crée une animation (avec l'Atelier Maker Mobile uOttawa) – mardi le 2 mars à 15h30. Pour les 8 à 12 ans.

■ 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
Tech Café: Getting around Ottawa
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LIFE AT MAPLEWOOD

Winter Wonderland – Maplewood style

This past holiday season looked a lot different than past years at Maplewood. But our residents and families were determined to make it a special one regardless of the challenges 2020 brought our way! Our wonderful families came to Maplewood to decorate and light up our backyard trees. Others came and built an adorable family of snowmen for us to enjoy. Maplewood’s backyard was turned into our very own Winter Wonderland and our residents and staff couldn’t be more grateful for the support we’ve received from our residents’ families and the community at this time.

The Love Month

All of us at Maplewood have patiently been waiting for the arrival of the month of the love! During the month of February, our community transforms into a space where we celebrate and remember love. This year at Maplewood we have a love tree for our residents’ love to grow! We are asking our residents to include all of the things that they

love in their lives on this tree. This includes quotes, pictures, and write-ups of their loved ones, pets, favourite activities, etc. If community members have any contributions they would like us to add to our love tree, you are more than welcome to send them our way!

CONTINUED ON PAGE 35



MAPLEWOOD CLASSIC CAESAR

INGREDIENTS

- 1 oz Vodka
 - 8 oz Clamato
 - 1 dash Tabasco
 - 1.5 tbs Celery Salt
 - 1 dash Worcestershire
- Garnish: cucumber coin, celery stick, and bread stick

DIRECTIONS

Step 1:
Wet the rim of a cocktail glass with the lime wedge; set aside for garnish. Place celery salt in a small dish, and press the rim of the glass into the salt to coat. Add ice to the glass.

Step: 2
Pour vodka, Worcestershire sauce, and hot pepper sauce over the ice; top with tomato-clam juice. Garnish with cucumber coin, bread sticks and celery stick.

LIFE AT MAPLEWOOD

TAKE A LOOK... *Explore life at Maplerwood*

Upcoming Maplewood Highlights For February - March.... How we are staying active and social during COVID times?

FEBRUARY 2021

Classical Music Appreciation Wednesday February 3rd from 7:15 p.m. to 8:15 p.m.
Virtual Winterlude Walk Through Saturday February 6th from 3:00 p.m. to 4:00 p.m.
Food Demo with Maplewood's Food Service Manager Wednesday February 10th from 2:30 p.m. to 3:30 p.m.
Sweetheart Social Friday February 12th from 2:00 p.m. to 4:00 p.m.
Political Lecture Wednesday February 17th from 2:30 p.m. to 3:30 p.m.
Paint Night Thursday February 18th from 7:15 p.m. to 8:30 p.m.

Resident Food Demo "Italian cuisine" Tuesday February 23rd from 2:30 p.m. to 3:30 p.m.

MARCH 2021

Latin Dancing Tuesday March 2nd from 10:45 a.m. to 11:30 a.m.
Sports Trivia Thursday March 4th from 2:00 p.m. to 3:00 p.m.
Food Demo with Maplewood's Food Service Manager Wednesday March 10th from 2:30 p.m. to 3:30 p.m.
St Patrick's Day Celebration Wednesday March 17th from 4:30 p.m. to 8:00 p.m.
Paint Night Thursday March 18th from 7:15 p.m. to 8:30 p.m.
Chair Yoga Thursday from 10:45 a.m. to 11:15 a.m.
Comedy Club Monday March 29th from 3:30 p.m. to 4:30 p.m.
Waffle Wednesday Resident Food Demo Wednesday March 31st

from 2:30 p.m. to 3:30 p.m.
Classical Music Appreciation Wednesday March 24th from 7:15 p.m. to 8:15 p.m.

Register today in order to join us through a live feed for our numerous events
Call Brian at 613-656-0556, Ext 701

What our residents love about their home?
"Safety, good food, very courteous. Respectful generous staff. Life is less stressful knowing there are people who are competent to help. Many occasions for socializing. A place I can call home. Keep up the good work and thank you for everything you are doing for us. No longer have to do my own cooking and I get to choose my meals from an à la carte menu.

New friends and lovely outlook from my room. I appreciate and use the library; it's a big plus. I am happy.

Dining Services
Our dining area offers you a charming environment and countless choices for every meal, whether a light snack or a long dinner with friends.

Our dining room is elegant with its décor, linen napkins and fine china. There you'll dine on our choice from a wide selection of dishes, made from scratch by our talented in-house chef with only the finest and freshest ingredients.

The menu is always planned to be both nutritious and delicious, including options for those with special dietary needs.

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

Maplewood's latest – food demos!

The staff at Maplewood has constantly been thinking outside of the box about how we can keep activities exciting and safe during these challenging times. Our newest addition to our activities calendar are our Food Demos. During the month we schedule various times where residents are shown how to prepare easy, nutritious, delicious meals and drinks from the comfort of their own suites. These demonstrations are being led by Maplewood's Food Service Manager, Jason. We have also opened our kitchen doors to residents that would like to lead these programs and prepare their own famous recipes. We have transitioned all of our programs to be accessible online via Zoom and our residents are getting pretty tech savvy here at Maplewood! Stay tuned on our Facebook page for the yummy creations in our Maplewood kitchen.



COMMUNITY BULLETIN BOARD

■ **Emmanuel United Church:**
FEBRUARY-MARCH 2021 ANNOUNCEMENTS
Our worship services and activities for spiritual and social connection will continue to be online only. Other 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; e-mail office@emmanuelunited.ca; or, visit our website, 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.

Children’s and Youth Christian Education Programs: These continue to be planned as online activities; watch our website at 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.

Just Gifts Christmas Market Thank you: Thank you to all who made our Market a great success! Sales from the variety of ethical, local and Fair Trade products support our global partners in Zambia and

El Salvador. Mark your calendars for late November 2021 when the Market returns.

Weekly Events

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

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

Tuesday, 7:00 p.m. - 8:15 p.m.: Faith Study. February 2nd and 9th, we will be discussing upcoming scripture readings from the lectionary. Call our office for ZOOM meeting details.

Wednesday, 7:00 .p.m. - 7:30 p.m.: Weekly Lenten Services will be live-streamed or zoomed, beginning on Ash Wednesday, February 17, and continuing to March 31.

Thursday, 9:30 a.m. – 11:00 a.m.: Thursday Morning Discussion Group (Heretics). We are currently studying “Simplicity: The Freedom of Letting Go” by Richard Rohr.

Friday, 10:00 a.m. – 11 a.m.: Coffee With Roxanne. Join Roxanne Delmage, our Pastoral Care Provider, as she has a virtual visit, and participants share thoughts with each other. Roxanne presents

a different scripture reading and topic each week.

FEBRUARY/MARCH EVENTS
Wednesday, February 24, 7:00 p.m.: TELEOS - A group for all women, meeting to discuss current issues and experiences from a theological perspective.

Wednesday, March 31, 7:00 p.m.: TELEOS - A group for all women, meeting to discuss current issues and experiences from a theological perspective.

■ **Rideau Park United Church,**
2203 Alta Vista Drive

ACTIVITIES AND EVENTS, FEBRUARY-MARCH 2021
We are using a variety of ways to communicate in this time of physical separation, and can be reached through our website, www.rideaupark.ca, FaceBook Group, Instagram, and our new YouTube channel. To speak to a staff member, please contact us at 613-733-3156 x229 or by email at info@rideaupark.ca

At Rideau Park United Church, events & activities are happening online for spiritual & social connection as well as education & reflection, as we move toward the Lenten and Easter seasons. These include:

Sunday 10am Worship Services are live streamed online at www.rideaupark.ca, with hymns, prayers, videos, and a thoughtful presentation.

Children’s and Youth Christian Education Classes will take place through Zoom . 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 Clif-

ton at scifton@rideaupark.ca for a Zoom invitation.

Recalculating: The Bible Study continues: Join us on Wednesdays by Zoom, 10am - 11am, on February 3, 10 & 17 to learn about and discuss “pivotal” Christian scripture stories - crises and turning points that shaped the people of God. Led by Rev Elizabeth Bryce, Rev Steve Clifton and Sharon Sanderson. An outline with thought provoking questions will be posted at www.rideaupark.ca . Contact Elizabeth or Steve, or check our Facebook Group for the Zoom invitation.

Make time for a Lenten Retreat on Wednesday evenings by Zoom, 7pm, beginning on Ash Wednesday, Feb. 17 and continuing until March 24. Contact Rev Elizabeth Bryce at ebryce@rideaupark.ca for more information and the Zoom invitation

Need a peaceful, focused interlude in a busy week: **Online Group Meditation** at Rideau Park is being shared together through Zoom every Thursday, 10am, for 20 minutes of quiet, peace and mindfulness. The Group will continue through Spring. Contact Rev Steve Clifton at scifton@rideaupark.ca to receive the Zoom invitation. Online meditation guides are also available on our Youtube channel and through the church website.

Healing Pathway Ministry: Practitioners are offering healing prayer over the phone. For more info, contact healingpathway@rideaupark.ca or Rev Steve Clifton at scifton@rideaupark.ca
Rideau Park United Church Facebook Group: Connect with others
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Balena Park Pet Memorial



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





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





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 with your e-mail address, postal address and phone number.

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

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

Riverview Park Review

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for videos, community news, daily prayers, and sharing opportunities. It is a public page. Consider joining the group if you wish to comment.

■ **St. Aidan's Anglican Church**
932 Hamlet Rd. (behind Elmvale Shopping Centre).
The church remains open during the pandemic however our services are constrained by pandemic restrictions. Please check our website staidansottawa.org or contact our church office at 613-733-0102 for details.

We are pleased to welcome the Reverend Rosemary Parker as our new incumbent effective March 3, 2021. We thank the Reverend Kevin Flynn for his services as interim priest in charge.

■ **Blair Court Community Food Bank**
1566 Station Boulevard in Riverview Park. The Food Bank operates every second week by appointment only. To book an appointment, you must call by Monday the week of food bank.

February Dates: 2, 3, 16, 17
March Dates: 2, 3, 16, 17, 30, 31
There is ongoing registration for new program users. Please bring identification when visiting for the first time. For further information or to book your appointment please call 613-736-5058.

OPLreaches 1.8 million ebook and audiobook checkouts in 2020

Top-40 public library system worldwide in total digital circulation

The Ottawa Public Library (OPL) recently announced that it reached a record-breaking 1.8 million digital book checkouts in 2020. This accomplishment illustrates the continued growth and importance of library digital lending of ebooks and audiobooks, especially in a year with building closures due to the global pandemic. OPL is one of 102 public library systems worldwide that surpassed one million checkouts (complete list here).

OPL has been providing readers 24/7 access to ebooks and audiobooks for several years through OverDrive and its award-winning Libby reading app. Reader interest and usage has grown every year.

"The Ottawa Public Library is pleased to be part of the Million Checkout Club as it shows how active our customers are in using digital formats for reading – and how if anything, customers have valued access to library services more during

the COVID pandemic," said Danielle McDonald, CEO of Ottawa Public Library. "It's been a challenging year, but we have been able to provide the most sought-after titles for anyone in Ottawa to download and enjoy."

The highest-circulating title OPL readers borrowed through OverDrive in 2020 was *Harry Potter and the Sorcerer's Stone* by J.K. Rowling. The top-circulating genre, romance, represents the most popular in a vast catalog that also includes thrillers, biographies and children/young adult.

The top 5 ebook titles

borrowed through Ottawa Public Library's digital collection in 2020:

1. *Crow Winter* by Karen McBride
2. *The Goldfinch* by Donna Tartt
3. *Where the Crawdads Sing* by Delia Owens
4. *The Darwin Affair* by Tim Mason
5. *The Whistler* by John Grisham

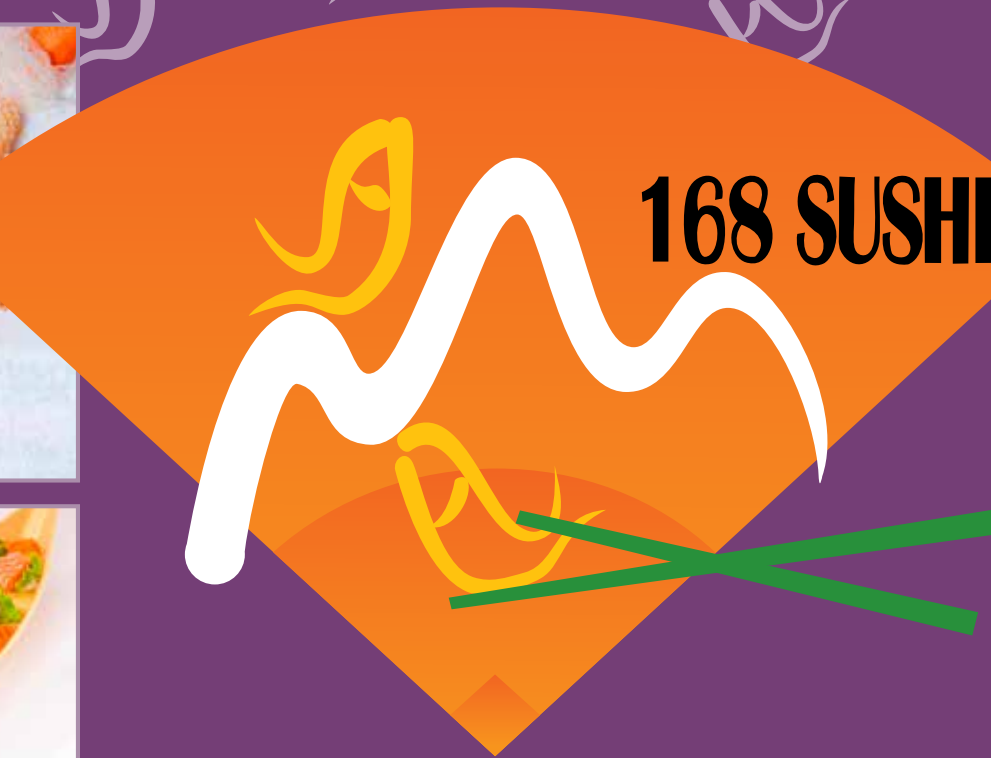
The top 5 audiobook titles borrowed through Ottawa Public Library's digital collection in 2020:

1. *Harry Potter and the Sorcerer's Stone* by J.K. Rowling
2. *Everything I Never Told You* by Celeste Ng
3. *Braiding Sweetgrass* by Robin Wall Kimmerer
4. *You Are a Badass* by Jen Sincero
5. *Astrophysics for People in a Hurry* by Neil DeGrasse Tyson

Readers in Ottawa just need a valid library card to access digital books from OPL's OverDrive-powered digital collection. Readers can use any major device, including Apple(R), Android™, Chromebook™ and Kindle(R) (US

only). Visit <https://ottawa.overdrive.com/> or download the Libby app to get started and borrow ebooks and audiobooks anytime, anywhere.

About Ottawa Public Library
The Ottawa Public Library (OPL) is the largest bilingual (English/French) public library system in North America. The OPL extends public access to information and services through the library's 34 branches, physical and virtual at www.BiblioOttawaLibrary.ca, as well as two mobile libraries and a vending machine-style lending library service. Serving close to one million Ottawa residents, OPL's mission is to inspire learning, spark curiosity, and connect people. Follow us on Twitter https://twitter.com/OPL_BPO and like us on Facebook www.Facebook.com/OPLBPO. Contact us at 613-580-2940 or InfoService@BiblioOttawaLibrary.ca. If it's out there, it's in here!



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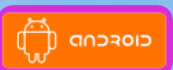
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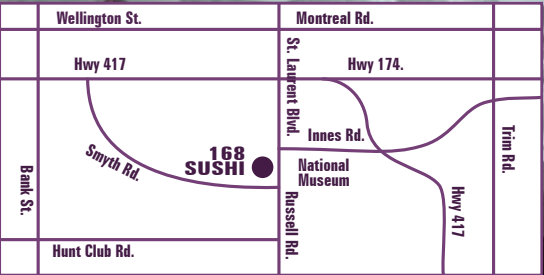
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