



APRIL 2021

A Voice of Riverview Park

MAY 2021

Where have all the wetlands gone?

by Maria CampbellSmith

Ottawa is fortunate but planet Earth is not. Our national capital region is rich in rivers, creeks, ponds, and lakes, but according to a recent United Nations report, “Making Peace with Nature”, February 2021, 85% of the world's wetlands have been destroyed.

This statistic is alarming and it's easy to get frightened. Sir Robert Watson, lead author of the UN report, insists that “our children and their children will inherit a world of extreme weather events, sea levels rising, food and water insecurity, a drastic loss of plants and ani-

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“Wonders of the wetlands” PHOTO: MARIA CAMPBELLSMITH

We must thank the English for this one

by Geoff Radnor

As spring approaches and the snow slowly melts we will soon see the white lines on our roads that are supposed to separate cars from bicycles. On my rare visits to downtown I have used O'Connor Street to return to the neighbourhood of Riverview Park. Is that street like no other in Ottawa? It has a 2-lane bike section on the east side all the way from Laurier Ave. to the Queensway overpass. It even has its own bicycle traffic lights.

Predictably the bike lanes are not as busy during the winter as they are when cyclists can enjoy fair weather come springtime.

Commuters on bicycles have become more common every year especially with the new bike lanes designated by the city.

McArthur Avenue from River Road to St Laurent Blvd. was completely changed over to two lane traffic plus a bike lane in each direction. There must be many other examples in the city of the segregation of cars from bicycles on streets that I have yet to discover.

Any summer weekend the pathways along the Rideau River are full of bike riders seeking fresh air and exercise. So why are so many in love with their bikes? Maybe we should look back on where it all started.

That is not easy. There are many stories on where and when the first bicycle, as we know it, appeared?

All Scots are sure that Kirkpatrick MacMillan invented the bicycle it even says this on his gravestone. However there is considerable doubt as to this being true. Maybe Carnegie financed libraries around the world, James Watt helped to power the industrial revolution and John Logie Baird invented TV, but

CONTINUED ON PAGE 3



After 140 years of development the bicycle is still very much in fashion today with Erin, Nellie and Zara. PHOTO: TANYA FRASER

Read responses to the City of Ottawa's Draft Official Plan from several local residents. Pages 33-35.

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Wetlands

CONTINUED FROM PAGE 1

mals, and the increasing likelihood of future pandemics.” It is not a mild-mannered diplomat's report. “For far too long we have been waging a senseless and suicidal war on nature”, explained UN Secretary-General Antonio Guterres. This has “resulted in the triple environmental crises of pollution, climate change, and biodiversity loss.”

World water crises

Co-author of the UN report, Rachel Warren, specifically warns that as global temperatures rise, habitats and species suffer. Additionally, 400 million tons of heavy metals, toxic sludge, and industrial waste get dumped into the world's waters each year! Over half of the world's fish stocks are now fished at maximum levels, and marine plastics pollution has increased tenfold. One million of Earth's eight million plant and animal species are now threatened with extinction, and only 15% of Earth's wetlands remain intact!

As our planet struggles with the Covid pandemic, we must not forget about the environmental predicaments that we have created and continue to advance. Urbanization and construction projects, public dumping and pollution, carelessness and climate change will continue to threaten our wetlands unless we do things differently. These are not worrisome trends; they are urgent dilemmas. Because the peoples and problems of the globe are interconnected, solutions will require change and awareness at all levels – governments, industries, and individuals.

What exactly are wetlands?

Forestry Officer for the UN Food and Agriculture Organization, Bruno Portier, explains wetlands as “nutrient-rich ecosystems that exist where land meets water”. Wetlands filter pollutants and sediments, mitigate floods and droughts, reduce erosion, and store carbon. They are vital breeding and hibernating sites for amphibians, and wetlands provide food and water for an eclectic variety of fish, birds, bugs, and mammals. These are unique and valuable habitats.

Alarmingly, over 85% of the world's wetlands have been destroyed by human abuse and misuse. Agricultural expansion, societal water supply projects, urban construction, invasive species, and toxic polluting have been their demise. 2021-2030 marks the UN Decade of Ecosystem Restoration. This is a final, public opportunity for us to act and protect what remains.



Mother and son at Petrie Island. PHOTOS: MARIA CAMPBELL SMITH

In our province

Ontario is particularly water-rich. 34 million hectares (that's one third of the province) can be designated as wetlands. Globally, this puts us in an enviable spot, but most of these wetlands lie in remote areas of northern Ontario. Less than 30% of the wetlands in southern and central Ontario remain.

Ontario's wetlands are home to at least 47 “at-risk” plant and animal species. Government agencies and NGOs are now dedicated to promoting and protecting what is left. The Ministry of Natural Resources is responsible for identification and evaluation of wetlands. Groups like the Canadian Parks and Wilderness Society educate the public and encourage nature enthusiasts. Go online and learn more. Take up the preservation cause yourself. There is an Ottawa Valley CPAWS Chapter.

Wetlands in Ottawa:

Our national capital region is criss-crossed with rivers and has over 14 000 hectares of designated wetlands. This includes bogs, marshes, and swamps – and they differ greatly. Why not get out and explore them!

Bogs and fens are peaty areas with acidic soil, mosses, and stunted trees. According to the National Capital Commission (NCC), Ottawa's local Mer Bleue Bog is one of the most studied bogs in the world. It offers excellent public trails and a sturdy boardwalk through a “northern boreal landscape”.

Marshes are more soggy wetlands with reeds and rushes, weeds and waterlilies. The shorelines at Shirley's Bay, Mud Lake, and Petrie Island offer such scenic wetland environments and welcome picnickers, photographers, and explorers of all ages.

Swamps are yet another type of wetland where coniferous and deciduous forests are often flooded. Swamps are both common and diverse here. Local hikers could explore Gatineau Park or the Leitrim wetlands (aka Albion Road wetlands). These areas offer old-growth trees (well over 200 years old) and rare, regional plant life. Southwest of Ottawa, also protected by the NCC, Stony Swamp is another ecologically diverse area with bedrock that dates back to Precambrian times and hundreds of rare plant and bird species.

Positive changes

Grassroots projects generate new activists and individuals make a difference. There are Conservation Land Tax Incentive and Managed Forest Tax Incentive programs here in Ontario. We have community stewardship programs to monitor and protect waterways, woods, and wetlands. There is even funding (up to \$2000 match-funding) with a Land Stewardship and Habitat Restoration Program.

I recently learned of a development project in Senegal that encourages the cultivation of waterlilies as a commercial crop in place of converting their dwindling wetlands to traditional farming. Locally and



Woods and reeds at the Mer Bleue Bog.



The reflected shorelines were along the St. Lawrence by Iroquois, ON.



A heron takes flight along the Rideau River behind St. Paul University.



These ducks on a log were enjoying the amenities of a local marsh.

globally, we can encourage change. We must – or the remaining wetlands of the world will be lost. The Indigenous Peoples of Canada and the Algonquin Peoples of our local area have always prized respect, appreciation, and management of Mother Earth. They value and protect the water, land, and wildlife. Isn't it high time that governments, industries, and communities strive to do this too? The world only has 15% of its wetlands left.

Bicycles

CONTINUED FROM PAGE 1

it was an Englishman who finally brought the bicycle to the world.

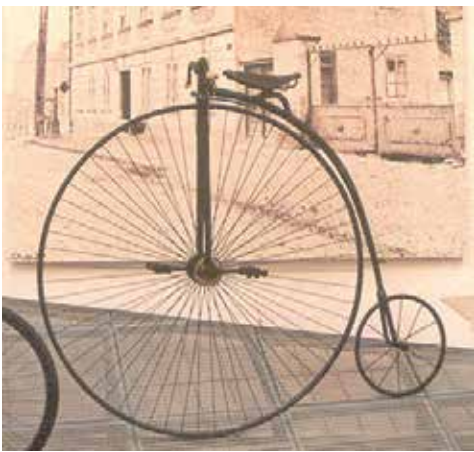
There are many stories about all those engineers, toy makers and others who tried to make a success of a two wheeled bicycle with pedals and a chain-driven rear wheel. There were many bicycles with a large front wheel and a small rear wheel, the *Penny-Farthing**, but they all had pedals on the large front wheel.

It wasn't until Harry J. Lawson and his *Bicyclette* of 1879 that had a chain drive to the rear wheel that bikes began to look more like the bicycles of today. The chain was a difficult and expensive part to make and sales of the *Bicyclette* did not materialize and production ceased.

It was six years later at the Stanley Show in London in 1885 that the British Rover bicycle was introduced, it differed from all the *Penny-Farthing* type 'Ordinary' style bicycles, by having a chain driven rear wheel and a smaller front wheel. These new model bicycles were called the Rover Safety and were the work of the John K Starley Co. at the Meteor Cycle Works in Coventry, England. The saddle was closer to the ground than on the 'Ordinary' so when you fell off your injuries were comparatively minimal. It was the forerunner of all present day bicycles.

One Rover Safety bike from 1889 recently sold at auction for £14,100 (\$25,000). The company went on from making bicycles to eventually making Rover cars. That company still exists and makes the Range Rover and the Evoque model today, some of which are now made in China. The company is now part of the Tata Group, an Indian Conglomerate.

These original bicycle makers had other businesses as well. Many were coach builders and a host of other trades. In 1892 in Dayton, Ohio two brothers opened a small shop where they sold and repaired bicycles. Lat-



Penny- Farthing



1886 Starley Rover Safety Cycle



The very latest in an electric bicycle



The Flying Pigeon from China



Bicycle parking in Copenhagen



A Dutch solution to separating cars and bicycles



A nice bike but not cheap

er they started to build their own bicycles. They also pursued another objective, the airplane. Their names were Orville and William Wright and their first airplane flight was at Kitty Hawk in 1903.

"The brothers gained the mechanical skills essential to their success by working for years in their Dayton, Ohio-based shop with printing presses, bicycles, motors, and other machinery. Their work with bicycles, in particular, influenced their belief that an unstable vehicle such as a flying machine could be controlled and balanced with practice. From 1900 until their first powered flights in late 1903, they conducted extensive glider test that also developed their skills as pilots." ©Wikipedia

And so began the mass manufacture of the bicycle. Names such as the Humber, BSA and Raleigh were prominent in those early days and Raleigh is still a notable name in bicycles today. If you couldn't afford even a small car the bicycle became the poor man's transport. During WWII in the UK, when use of a car became very restrictive, there were three options of getting to work, to school or to go shopping, walk, bus or bike.

For many years now in some European countries such as Holland and Denmark the bicycle has

become the predominant mode to commute in the city. Half of Copenhagen residents commute to school or work by bike and the city has long shown commitment to improving its bike infrastructure, making cycling an attractive, efficient option for nearly all residents. It helps that there are no hills in Copenhagen. In Holland there is a bridge Roundabout for bicycles only, a remarkable example of engineering. Our bike lanes on O'Connor look pretty primitive when compared to that.

As the use of the bicycle became almost universal around the world, production followed in many countries although China is now the largest manufacturer of bicycles. The 'Flying Pigeon' brand has sold over 500 million bicycles. The original Chinese design was based on the British Raleigh model in 1950. In Japan and other S.E. Asia countries the Honda Cub motor bike has taken over from the bicycle as a common method of getting around and total sales around the world is in excess of 100 million.

Now that spring is nigh and if you live in Riverview Park, want a new bike and are looking for a low price, there is a large store in the Train Yards that sells a bike for \$108 plus tax, and for that price I think that you also get 18 speeds.

If you need a more sophisticated mode of transportation the electric bike is becoming more popular but they do cost over \$1,000. For that you get fresh air but no exercise. E-bikes may be more expensive than bicycles, but are cheaper than cars or motorcycles. And improved motor and battery technology is bringing prices down. Is the e-bike the answer to the 15 minute community?

**The English penny coin was about 31mm in diameter, the farthing was only 20mm, hence the name of the original "Ordinary" bicycle with one large wheel at the front and a smaller one at the back.*

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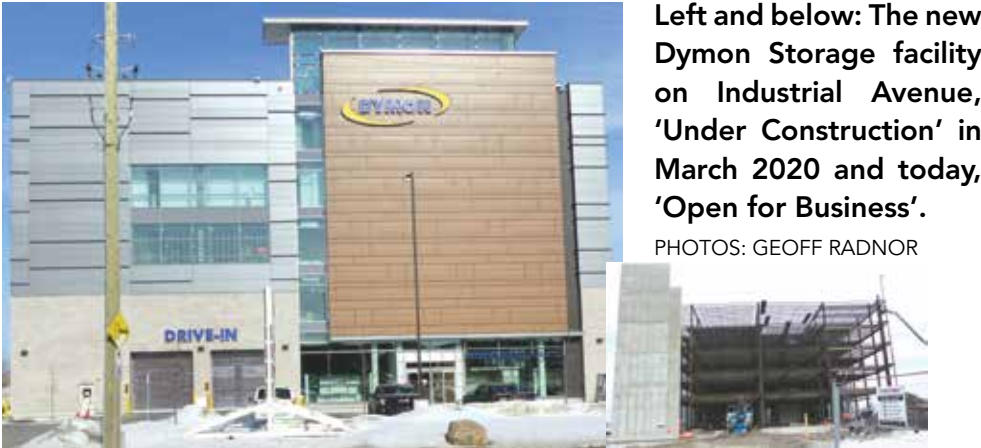
What a difference a year has made in our neighbourhood



Above and left: The Elmvale apartments under construction one year ago and today.



Above and left: Farm Boy's new store in the Ottawa Train Yards, under construction last year and serving customers today.



Left and below: The new Dymon Storage facility on Industrial Avenue, 'Under Construction' in March 2020 and today, 'Open for Business'.

PHOTOS: GEOFF RADNOR



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Hope is returning this Easter church season!

by Pastor Franklin Chouinard

Undoubtedly this has been a strange (very strange) year, filled with uncertainty. Although some stability is returning, public safety health measures continue to shift. COVID-19 is affecting almost everyone. Some have been infected with the virus; however, physical illness is not the only

issue. People are dealing with separation and loneliness, mental health issues, financial issues and job losses. There is anxiety and depression. Missed trips, missed graduations, missed weddings, missed birthdays and missed special events. People are weary from standing six feet apart. People are tired of wearing face coverings. People

have had enough of avoiding physical contact with others. One year later, people are in near-mourning of losing freedom. Hope has faded, although with the promise that vaccines will soon be available to everyone, hope is returning! Hope is the theme of the Christian church, most remembered and celebrated during the Easter season. Unfortunately, this is yet another year that people will not have the opportunity to meet “together” for an Easter service. Because of government regulations and concerns for safety, in-building church gatherings allow only limited attendance. Those who feel comfortable are invited to meet at the Trinity Church building Sunday mornings at 11:00. A specific COVID-19 protocol has been developed for members and friends of the church who attend: face coverings are required, disinfecting is done before and after each service, and there is limited participation in the sanctuary (an overflow area is available). Contact information is taken so that tracing is available. Unfortunately, one of the important aspects of community gatherings – touch – is still restricted as the congregation complies with social and physical distancing orders. Sunday services are streamed from the church Facebook page and from the Ottawa Trinity YouTube channel. While in-building congregational singing is still restricted, a worship team does lead appropriately and song lyrics are provided for those who join the services from home. Those unable to attend the in-church services can also participate in a post-sermon discussion through the Facebook comment section or by e-mailing the church. A more full discussion of the Sunday morning message takes place on ZOOM each Tuesday evening. The message can be downloaded or rewatched from the church web site, and the ZOOM log-on information is available on request. In-person church activities have not yet been reinstated, but plans are underway “just in case” restrictions for social gatherings are lifted. The annual spring music service is planned for May 16. This time of musical celebration will go ahead and be streamed on church channels unless provincial restrictions forbid. The third annual (second, actually) motorcycle rally day and bike blessing is on May 30. Registration for the Trinity Community Garden will take place mid-April.

More information about Trinity Church (in particular) can be found at the church web site (www.ottawatrinity.ca) or Facebook page, by following Pastor Frank on Twitter @TheFrankPastor; by e-mailing the church at ottawatrinity@rogers.ca, or by calling the church office at 613-731-8926. Pastor Frank's Thursday Thoughts and a number of past services can now be found on the “Ottawa Trinity” YouTube channel.



“Cleaning the Capital” can’t come soon enough

by Rhonda Turner

The Litter Bug responsible for this collection of coffee cups seems to always finish their beverage at about the same distance from Tim's, then they toss their cup into the ditch. These are just off the sidewalk on the east side of Alta Vista Drive under the Hydro Lines. The culprit probably doesn't even live in the area and may not see this article. Too bad. As usual, others will clean up after them in the spring clean up.



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Quadranscentennial

Riverview Park has had its own independent community newspaper for 25 years. The *Riverview Park Review* will celebrate in a silver jubilee edition in June, vowing to continue to be provocative and humorous with most content provided by readers and advertisers as well as columnists and staff.

In this age of technology, when newspapers are competing but often losing out to television and the Internet, the non-profit *Review* needs the help of local businesses as they must need its help. Community support for both will surely be generous.

It hardly seems 25 years ago since the paper's founders gathered in Karin Endemann's basement to cut and paste type-set paper columns of news and headlines on boards using beeswax. Then came correcting typos with sharp knives and completing the first pasteboard edition of the paper entitled *Riverviews*. Busy as bees they put together a combination of amateur work that on established papers 25 years ago was being done by skilled copy editors, typographers and compositors. The completed cut-and-paste boards were sent out for offset printing. Modern computers will be used for our quadranscentennial special edition in June.

The *Review* has covered fires, neighbourhood watch, farmer's markets, the library, schools, hospital, sport and has reviewed books, poetry and almost all Riverview Park issues. It intends to objectively continue covering local news because it believes its readers want local news not mere fluff. The editor will reserve political comment for mainly signed columns and editorials.

Let the *Review's* information help keep Riverview Park people free from the virus forever and a day. Let its news inform all who value an independent paper.

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.

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

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

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

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

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Greening the Corridor – Winter Speaker Series

by Anna Nitoslawska

Mark your calendars! Time is running out but you can still register and attend the last two evenings of the Speaker Series “Greening the Corridor” in early April and May, hosted by the Friends of the Riverview Park Hydro One Corridor (FoR-PHC), and jointly sponsored with the RPCA. You won’t want to miss these last two sessions!

On April, 7th, our speaker will be Holly Bickerton on how to create wildlife-friendly habitat and gardens on urban property. Holly is a botanist and ecologist based in Ottawa. She worked as a Restoration Ecologist at the Canadian Wildlife Federation (CWF) and is now with Parks Canada.

In May, we are planning to have a speaker talk about urban biodiversity and the challenge of controlling invasive plant species, particularly Buckthorn and Dog Strangling Vine. Both these plants are not only present along the hydro corridor, but are fast encroaching in areas where maintenance is poor. Stay tuned to learn the name of our speaker in May as well confirmation of a date.

The Speaker Series is a virtual presentation on the Zoom platform



Morgan’s Grant Urban Meadow.

PHOTO: BMGCA 2019 ALGONQUIN COLLEGE CO-OP STUDENT ADAM BENNITZ

lasting about 30-45 minutes followed by a Q & A session. To attend, please register by sending an email to FoR-PHCottawa@gmail.com

The Speaker series was conceived as a way to help inform and educate our community on the issues, opportunities/possibilities and challenges of revitalizing the 2.5 kilometer Hydro One corridor in our neighbourhood. The corridor runs from the train track parallel to Abbey Rd., crosses Alta Vista Dr., then goes on to Balena Ave and Coronation Ave. next to the Perley & Rideau Veterans’ Health Centre.

On February 4th, we were pleased to welcome Carolyn Callaghan from the Canadian Wildlife Federation. Carolyn is the Senior Conservation Biologist, Terrestrial Wildlife at CWF. Her presentation

focused on the importance of creating pollinator habitat to counter the rapidly declining numbers in some pollinator insects (bees, wasps, flies, moths, etc.), and monarch butterflies. She described the work being done by the CWF to restore utility corridors and roadways so as to improve pollinator habitat. She showed how native plants and flowers can improve soil stabilization in greenspaces, among many other benefits. She also discussed various techniques and management practices for pollinator habitat restoration, and stressed that time, patience, expertise and partnerships are all needed for long-lasting results. The CWF is spearheading a 3-year restoration project in 7 Eastern Ontario counties, including Lanark County.

<https://cwf-fcf.org/en/news/releases/2020/great-canadian-pollinator.html>

On March 3rd, Steve Nichols, President of the Briarbrook Brookside & Morgan’s Grant Community Association (BMG-CA) and Bob McFetridge from the Ottawa Stewardship Council (OSC) described how this community in Kanata North worked with the City of Ottawa and Hydro One to transform their hydro corridor into a vibrant and ecologically sustainable multi-use green space. The project began in 2017. Steve and Bob described how the community developed a vision and a collaborative approach to greening their corridor resting on a stewardship-based approach to restoration and conservation. This is an approach they hope may serve as a model for other communities such as ours to develop their own approach to address what can be done in the hydro corridor. Steve and Bob have both visited the corridor in Riverview Park.

<https://bmgcakanata.ca/projects/hydro-corridor/>

Be sure to sign up and join us for the upcoming sessions of the Speaker Series “Greening the Corridor”!



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Friends of Riverview Park Hydro Corridor (FoRPHC) update

by Ron Ridley

As you may have seen, Hydro One has been on site to trim trees along the north-south corridor through Balena. While trimming was relatively light, there were a few questionable trees cut down to our dismay. Hydro One has not committed to when they will begin on the main east-west hydro corridor trimming (at the Alta Vista end of the corridor) because of the ground thawing. Hydro One is conscious of the rutting their equipment could cause and will wait for ideal conditions to come on site.

The Councillor's Hydro Corridor Working Group (HCWG) has met twice so far and is primarily working on getting the Provincial Secondary Land Use (PSLU) agreement sorted out between the City of Ottawa, Hydro One and ultimately Infrastructure Ontario. We received some good news after the first meeting in that the City of Ottawa has already executed two of these agreements with Hydro One/Infrastructure Ontario so hopefully drafting and exe-

cuting another one for our corridor will not be too onerous.

What do we need from you? In parallel with the work going on to obtain the PSLU agreement we need to determine what we as a community would like the Hydro Corridor to become. A survey was done in November 2020 with a lot of good feedback from respondents but there are a lot more people in Riverview Park we would like to hear from. The earlier survey is available by e-mailing FoRPHC@gmail.com or looking it up on the Friends of Alta Vista Green-space Facebook page (posted Dec. 6, 2020).

The FoRPHC is looking at re-branding itself to be more Riverview Park Green Space oriented and not just focus on the hydro corridor. We will have more to report on this in the next issue of *Riverview Park Review* along with our draft multi-year work plan.

For the Spring we will be looking for volunteers to help with:

- Cleaning up the Hydro Corri-



Over the past few months others have left seasonal favourites along the trail. PHOTO: GREG MONEY



J. Frost called his creation, 'Patience...2021'. PHOTO: GREG MONEY



Trees marked with a blue band are identified for trimming while those with an orange band are identified for removal. PHOTO CREDIT: RON RIDLEY



dor, the Rail Line, Dale Park, Coronation Park, Balena Park and Alda Burt Park (If you are interested in being the local park champion or if you know of someone who might be, please e-mail us at FoRPHC@

- gmail.com)
- Trial Invasive plant culling in the field by the toboggan hill
 - Spreading of bark chips along the forest paths (if we are successful in getting them from Hydro One)

Reactive treatment vs. wellness maintenance: what's best?

We're probably all guilty of using the phrase, "If it isn't broke, don't fix it," at some point in our lives. The concept of using something until it breaks may work for your vehicle or a tech gadget, but the human body is completely different. Putting a constant mental and physical demand on your body creates challenges you can't see and may not feel until there's a severe problem.

Chiropractors often see patients who are dealing with recurring pain because of a car crash, sports injury, or constant physical labour. Once chiropractic care is implemented as a reactive treatment to relieve the pain, wellness maintenance is an essential part of your care regiment. Even as your original symptoms begin to diminish, regular spinal check-ups will help you maintain optimum health and body function.

Wellness maintenance with your chiropractor also reveals "hidden" misalignments that could cause challenges you were unaware are connected to spinal health, like allergies, acne, and sleep apnea. When left untreated, these spinal misalignments can put stress on the body's nervous system, interrupting its ability to relay messages to the rest of the body.

Chiropractic wellness maintenance is the best way to ensure your body is functioning at an optimal level. Regular chiropractic checkups are a preventative treatment to pain and other health challenges caused by an unwell spine.

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.



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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Second best?

by Peter Thompson

With the Oscar Nominations being announced, perhaps a fun exercise would be looking through the annals of history to see what the best losers are; the movies that could have won Best Picture – and perhaps even should have. There’s a plethora to choose from, probably too many to go back to the inception of the Oscar in 1929. So looking at the past few decades, what were 8 movies that easily could have replaced the actual winner? Let’s take a quick look.

1977

From someone who actually likes Woody Allen movies, *Annie Hall* winning over *Star Wars* just won’t do! I demand a re-do!

1980

The winner was *Ordinary People*, but *The Elephant Man* could easily have won. David Lynch would make a lot of strange (and good) pictures, but *The Elephant Man* was not strange in any way. It was an emotional triumph of people making a quick judgment based on the appearance of a badly deformed man in a Victorian freak show and the doctor, played by Anthony Hopkins, who restores his dignity.

1981

Just one year later and there’s another example. The winner was *Chariots of Fire*, but both *Reds* and especially *Raiders of the Lost Ark* could and should have won. Who can argue the merits of Spielberg’s adventure epic?

1990

The winner was *Dances with Wolves* – a fine picture in its own right, but the runner up was Martin Scorsese’s landmark film *Goodfellas*. Imitated so often since the 1990 release and never reproduced with the raw intensity or the ultra real feel of the film, this one should have been Best Picture.

1994

1994...oh, the year of all years. In 1939 there was *Gone with the Wind* and *The Wizard of Oz* - both making their marks felt on the world of film still to this day, but if 1939 was one of the best years ever, 1994 was the best year ever. The winner was the excellent *Forrest Gump*, but it’s the two other Best Picture nominees that could easily have replaced it. Neither film need any kind of a synopsis as most people have seen them: the first was *The Shawshank Redemption*, which has gone on to be the top ranked film of all time alongside *The Godfather Part II* on IMDB. But the film that slammed into pop culture and created a wave that couldn’t be stopped was *Pulp Fiction*. Was it too violent to win? Maybe. Too avant garde? Maybe. Should it have won? Absolutely (sorry Forrest).

1998

The most controversial win of all time goes to: *Shakespeare in Love*. Why? Because it lost to the revered *Saving Private Ryan* – who not only boasted one of the greatest first 30 minutes in film history, but also had Hollywood golden boy Tom Hanks starring (he had won back to back



Pulp Fiction



The Elephant Man



Goodfellas

Oscars in 93/94) and was directed by some Spielberg guy. The gasps at

the Oscars when it won were audible – probably none louder than the *Shakespeare in Love* producers themselves.

1999

Probably more of a preference thing in 1999. The winner was *American Beauty*, directed by a Spielberg protégé and primed with some of the best acting in years, but there’s this sneaky little film that became a worldwide phenomenon called *The Sixth Sense* that could have won just as easily.

2010

The King’s Speech is very popular to this day and was a rightful winner for Best Picture in 2010, but David Fincher’s *The Social Network* - written by the legendary Aaron Sorkin – was the kind of seamlessly directed, perfectly acted, true story that the Academy also loves. They just didn’t love it quite as much in 2010.

As always, all of these titles are available now at Movies ’n Stuff!

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Housing your future self

by Eric Cosgrove

Home. There's no place like it. About 85% of us would like to continue living in the family home or 'age in place', according to the National Research Council.

So, what's your vision for your retirement years?

And what are the options for your retirement "home"?

Census Canada predicts that 1 in 5 people in the population will be seniors by 2031. Timely planning about where and how you're going to live will give you the happiest outcome.

Quick Facts

- Seniors represent the fastest-growing age segment.
- In 2031, more than one in five residents will be over 65.
- Between 2011 and 2031, the 74 to 84 age segments will experience the most significant overall growth rate.

Why it's hard

Many older homeowners may be considering leaving their family home- a home where they raised their children and continue to enjoy a family unit's safety and security, where their oldest and dearest memories live. Your home can represent the best years of your life. It's hard to give this up.

Let's look at the home options for seniors.

Remaining Independent by Renovating

As we age, remaining independent becomes a cherished goal. Adding age-friendly upgrades like handrails, a walk-in tub or shower, widened doorways, even a chair lift to another level can help you stay in your home longer. A dependable family support system or access to paid caregivers when needed can let everyone sleep better at night.

An expanding range of intelligent monitoring and communication technologies make it easier for an increasing number of seniors to comfortably age in place.

The Choice to Move

There may come a time when parents, with their trusted circle, consider moving on. Home maintenance becomes a burden. A significant life event turns your life upside-down. An aging parent wants to live closer to adult children or other caregivers. A financial situation makes it challenging to keep the home. Needed support or other services are not available nearby. These circumstances work against our dream scenario of aging in place

The Family Plan

The "family plan" is the choice to move in with one of our children and her or his family when (or before) we can no longer function independently. It is a significant decision to rely on our children to shelter and care for us when the need arises. The pros and cons of this option are many, potentially life-altering for all, and demand serious examination to discern the best path.

Downsizing

The kids have flown the coop, the house seems empty or just too big, and downsizing to a smaller space may appeal. You may want fewer property responsibilities, less maintenance, less cleaning, and less effort. With a small space, your to-do list will get shorter - more time to call your own. Downsizing also gives you an excuse to toss stuff. You may have to part with some things you like, but you also get to walk away from all the things you don't. You can keep what you adore and pitch with abandon because you "just won't have room in the new place".



Upsizing

What?! Yes, it's true. A small percentage of empty-nesters choose to actually "upsize" to a larger space - a larger home near the golf course, the cottage, an age-friendly resort community, etc. Their motto: "When the kids move away, the parents will play". It's an option.

Rent vs Own

Transitioning from homeownership to renting brings with it a whole set of other lifestyle considerations. The dramatic growth in equity in homes created by the current hot real estate market may prompt some to explore ways to use it to advance investment or lifestyle plans - and become tenants. To meet the growing demand, builders have added many new buildings to the rental inventory- some with attractive, condo-like amenities.

The large and growing retirement home industry offers an array of luxury amenities, comfort, and a range of care. *This option has largely been put on a back burner for most over the last year due to Covid-19 health issues.*

Get a Roommate

For the adventuresome and communal-minded, there are other avenues to explore. Getting a roommate is an old idea with a contemporary twist. Some seniors are opting into buying or sharing a house with a friend or two. Think Golden Girls. Prospective roommates figure out all the details before they purchase or move in together. Everyone involved has their own exit strategy or escape clause in the contract if they no longer like or want the arrangement. Experiments in Co-op housing and Cohousing are on-going across North America.

So, what does the next chapter of your life look like?

As the population continues to age, those with a well-thought-out plan will be ahead of the game. To get started, carefully form a team of trusted professionals, committed to helping with those plans: Financial Advisors, Realtors®, Transition Specialists, etc., - they can all help you take charge. Take care of your future self and choose your own path.

Check out: *The Council On Aging In Ottawa*. It has just updated its popular *Guide to Housing Options In Ottawa*. Download a FREE copy online at <https://coaottawa.ca/housing-options-in-ottawa.ca> or call them at 613-789-3577 for a printed copy.

Check out: *National Research Council Aging-In-Place-Challenge*. <https://nrc.canada.ca/en/research-development/research-collaboration/programs/aging-place-challenge-program>

Eric Cosgrove BA is a Seniors Real Estate Specialist® and Broker with Royal LePage Performance Realty in Ottawa www.CallTheCosgroves.com 613-238-2801



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We've been celebrating here at Oakpark Retirement Community

by Caitlin Mackenzie

With the arrival of this lovely spring weather it is nice to see all of community going out for walks past my window in Alta Vista. Hopefully we will see some flowers popping up soon. It won't be long now until the leaves start to surround us again at Oakpark.

Vaccine clinics are also in full swing out in the community, and although we are still very much in the pandemic, we can certainly see a little light at the end of the tunnel. Many people are already booking to move into our community in late spring and early summer. All of our residents here have been fully vaccinated, as well as the majority of the staff and essential caregivers.

I look forward to a time when we can once again host the community at our events here at Oakpark. This past month we celebrated Chinese New Year with a virtual performance highlighting transitional dance.

We had a very special high tea for International Women's Day in our beautiful library which was decorated with pictures of our female residents who inspire us and other female world leaders. Residents were treated with delicate finger sandwiches, and a selection of tea and scones to mark the occasion.

We could never forget dear Ireland, which we celebrated with traditional foods, shamrock shakes, whiskey, green beer, a virtual walking tour of Ireland and a virtual performance with traditional tunes. We just love a good socially distanced party here at Oakpark!

We will be having our Spring virtual open house on Saturday, May 1st from 9-3 pm. If you would like more information or to RSVP a time slot, please contact Caitlin the Marketing Manager of Oakpark. cmackenzie@riverstoneretirement.ca or 613-260-7144 ext 7702.



*Chinese New Year
and St. Patrick's Day
make for fun events
at Oakpark!*



A day in the life with dogs

by Jonathan Sumner

We wanted to keep things fresh and fun so I decided to interview the hard working staff at the Ruff House about what it's like to work with dogs every day.

Best thing about working with dogs?
They are always happy to see me! That is a great way to be greeted at work.
– Maddie Wilkinson
Dog Daycare Attendant

Most challenging thing working with dogs?
It is challenging to keep so many different personalities safe including; attention needs, different obedience cues, and different levels of energy. One day the party is house wrecker and the next day it is a cheese and wine party.
– Jackie Simard
Senior Dog Daycare Attendant

What's the most interesting thing you have recovered from a dog's stool?
A few come to mind, a full athletic sock, full pair of underwear and a condom. I will clarify this is not all from the same dog.
– Jonathan Sumner Owner

Biggest thing I've learned about working with dogs?
Pay attention. Dogs are constantly communicating even without making a sound. You can catch this communication if you pay attention to your dog.
– Annie Dubois, Lead Trainer

What breed did you expect to not like as much as you do?
I never thought I would say this, but I really like Labs. I always thought they were somewhat the same. I was wrong, they each have distinct personalities. One thing they all have in common, they are giant goofs!
– Sophie Cairns General Manager

What's the grossest thing you have seen working with dogs?
Coprophagia – dog's eating their own poop.
– Every staff member ever

What's the craziest thing you have seen a dog or dogs do?
It was actually my dog when he was a puppy. When I opened the car door at the grocery store, he bolted and ran into the store. I think he was so proud of himself he did zoomies around the store three times before I could catch him!
– Liam Scobie
Trainer



Do you like the small breeds, or the big crazy breeds?
At the Ruff House we split the dogs up by size. I like to start the day with the crazy big ones then transition to the smalls when they are tired and want to snuggle.
– Stephanie Brazeau
Senior Dog Daycare Attendant

What movie would best describe dog daycare?
Alvin and the Chipmunks
– Rebecca Smith
Dog Daycare Attendant

What is the most memorable groom you have ever done?
I have had many unique requests but the one that comes to mind is

I had a dog with pretty bad matting and the customer wanted me to cut the mats out and try to blend them in with the longer coat. I instructed this might end up looking odd but she insisted. The end result was a great Halloween costume. A hyena!
– Jackee Senior Pet Stylist

What song title best encapsulates dog daycare?
“9 to 5 (What a way to make a living)” by Dolly Parton
– Maddie Wilkinson
Dog Daycare Attendant

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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Young love: Elvis and Dixie

Recollections from Dixie Locke based on Guralnick *Last Train to Memphis*



by Brian McGurrian

In the spring of 1953, Elvis Presley graduated from Humes High School in Memphis TN. He loved to sing and secretly dreamed of becoming famous, but he had no idea how to go about it.

On July 18th, Elvis shyly entered the office of the Sun Records Company, cradling the battered child-sized guitar that his mother had given him for his eleventh birthday, and politely asked if he could please record a couple of songs, at his own expense. He was clearly counting on the possibility that he might somehow get “discovered” by Sam Phillips, the owner of Sun Records. Phillips was well-known in Memphis for producing the first recordings of local artists such as Howlin’ Wolf and B.B. King.

But the weeks and months rolled by and nothing happened.

Then, in January 1954, Elvis met Dixie Locke. Elvis had just turned eighteen and Dixie was a fifteen year-old high school sophomore. They met for the first time at the Sunday morning Bible Study class at the Assembly of God (Pentecostal) Church in South Memphis.

When Elvis entered the class Dixie noticed him immediately. He was hard to miss – *oddly dressed in pink and black, with long greasy hair and a fidgety manner*, and all the kids were amused by his appearance. He seemed very shy, and the girls thought he was *peculiar*; but Dixie was intrigued, and when the girls started talking about going skating at the Rainbow Rollerdrome on the weekend, Dixie made sure to speak loudly enough so the new boy would overhear.

When Dixie arrived at the rink on the following Saturday, Elvis was standing by the rail, trying to look nonchalant, wearing a kind of bolero outfit, with a ruffled shirt, and black pegged pants with a pink stripe down the side. After a while Dixie realized that he didn’t even know how to skate, so she took pity on him and went over and introduced herself. Eventually, they went somewhere for a Coke and they, “*talked and talked and talked. It was almost as if he had been waiting to unburden himself all his life....I knew the first time that I met him that he was not like other people.*” When Dixie got home that evening, she confided to her diary that she had, “*at last found her one true love.*”

Elvis called her again the next day to take her to a movie, and within a week he had given her his ring and they were going steady.

Not surprisingly, Dixie was initially reluctant for Elvis to meet her parents because of his peculiar dress and insecure manner, but he was always very polite and respectful, and before long he was *like one of the family*. Within a couple of weeks Dixie had also met Elvis’s parents, and Gladys Presley was so charmed that she soon became *like a second mother to Dixie*, and they would have long chats and even go shopping together.

Elvis and Dixie went out almost every night. Sometimes they would sit on the porch swing and Elvis would quietly sing tender little ballads like *My Happiness*. They were committed to remaining “pure” until marriage, and even talked about eloping, but Dixie had the good sense to hold back.

On Saturday, July 3, Dixie and her family departed Memphis for a two-week vacation in Florida. The young lovers bid each other a tearful goodbye, promised to be true, and comforted each other with the conviction that they still had their whole lives to look forward to.

Just a few hours after Dixie’s departure, Elvis got a phone call from guitarist Scotty Moore, leader of a country music group called the Starlite Wranglers. Sam Phillips of Sun Records had asked Scotty to get together with Elvis and assess whether he might be the sort of vocalist that Sam had long been searching for.

The extraordinary outcome of this initiative on the part of Sam Phillips is that by the time Dixie returned from her two-week vacation, Elvis had already recorded the hoped for “breakthrough” performance, *That’s All Right (Mama)*, and it was already creating a sensation in Memphis and beyond. Dixie was shocked to learn Elvis was about to make his live debut on July 30 at the 3500-seat Memphis shell, where his trio would open for *Louisiana Hayride* star Slim Whitman.

During that concert Elvis was thrilled to be called back for an encore. “*My manager told me that they was hollering because I was wiggling my legs,*” recalled Elvis, “*so I went back out and I did a little more.*” Dixie wanted to tell the screaming girls to, “*Shut up, and leave him alone!... [but] he loved it.*”

Elvis was already set on his new path to fame.



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TRINITY COMMUNITY GARDEN

No community garden plot available? No problem!

by Rhonda Turner

Trinity Community Garden (TCG) is located on the grounds of Trinity Church of the Nazarene at the corner of Avalon and Braydon. In 2011 the Church congregation decided they wanted to make better use of some of the vacant land and the idea of a community garden was born. Soon after, with the assistance of the Riverview Park Community Association and A. Rocha, a committee was formed. The following year, with the support of the Community Garden Network, the garden was opened and plots were made available to members of the community. The garden started with a small number of plots, and has grown to a total of 44 plots. Gardeners can rent a 20' by 4' plot of ground to plant, care for and harvest their own vegetables.

Last year, due to Covid-19, policies were changed to adhere to Public Health directives, where unlike before, gardeners were not able to share the TCG's communal supply of tools. Gardeners were responsible for bringing and using their own tools. Sanitation procedures were put into effect regarding the water supply and gardeners were asked to use garden gloves and to sanitize the spigot of the water containers after use. Also, attendance at the garden was to be restricted to members only allowed to attend their gardens on odd or even days, depending on the number of their plot. Many of these policies will remain for this upcoming 2021 gardening season.

Last year started out with a shortage of many things, firstly, toilet paper, then flour and baking supplies. Since then the list has gone on and on. One thing that became a pandemic "must have" was a garden plot. Community gardens all over the city and region were inundated with anxious people wanting to take up the garden experience. Most available plots have been scooped up, creating many waiting lists for plots, including TCG.

In this time of full capacity community gardens, it is not "how can you join a garden", but, "how can you create your own small space garden at home".

There are many ways to create

your own little garden in what ever little space of a yard you have. Larger sized pots along with planters, barrels or buckets can grow a great amount of vegetables on a limited space such as a patio, balcony, up against your house or alongside a sidewalk.

Short rooted vegetables such as radishes, herbs and abundant varieties of lettuce and spinach can easily grow in a regular window box type planter. Carrots, beets, kale, chard and pepper plants can be grown in deeper pots or oversized buckets. Various beans can be trained to grow up an existing trellis. Tomatoes commonly come in their own pot and continue to grow throughout the summer without having to be re-potted. When there is limited sun, there are shade tolerant vegetable plants and seeds available.

Some find the experience of being in the open space, close to the earth, and nurturing living plants to be very therapeutic. We have found there is something very satisfying in going to the garden or your small space patio garden on a warm summer afternoon, picking some vegetables and bringing them into your home and serving them to your family for dinner.

If you go online you will be able to find many, many examples of "small space vegetable gardens ideas". Many of the photos show gardens where you can use existing pots and planters. There are examples of simple projects where you can lean a planter project up against the wall of your home. Some have also used regular pallets, closed off the rungs and filled them with soil, creating a vertical garden space. A fence is a great support for hanging all kinds of plant holders.

In the meantime, while you keep your fingers crossed for a community garden plot, create your own little veggie plot at home. Who knows, you may be very satisfied with your little homegrown garden creation.

If you have any questions about Trinity Community Garden please contact us at trinity.garden@roggers.com, visit our website, trinity-communitygarden.ca or join our FaceBook group, Trinity Community Garden.





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Ottawa Hospital manufactures COVID-19 vaccines

A glimpse inside the Biotherapeutics Manufacturing Centre

Submitted by The Ottawa Hospital

The Ottawa Hospital's Biotherapeutics-Manufacturing Centre (BMC) is manufacturing three COVID-19 vaccines for human clinical trials, filling a critical gap in Canada's vaccine manufacturing capacity.

"It has been amazing to see the rapid development of safe and effective COVID-19 vaccines, but we can't stop now," said Dr. Stewart, Executive Vice-President of Research at The Ottawa Hospital and professor of medicine at the University of Ottawa. "Strengthening our capacity now is crucial not only for the fight against COVID-19, but also for many other diseases."

The first COVID-19 vaccine that BMC is helping to manufacture is a DNA-based vaccine called Covigenix VAX-001, developed by Entos Pharmaceuticals in Alberta. It has shown promise in laboratory studies and is stable at room temperature, meaning it could easily be transported, stored, and administered to all Canadians, as well as to people in developing countries or remote

regions worldwide without specialized equipment. This vaccine will be jointly manufactured by BMC and Alberta Cell Therapy Manufacturing (ACTM) for clinical trials at the



"If we're going to vaccinate every person in Canada and around the world, we need more vaccines, more research and more manufacturing capacity," said Dr. Duncan Stewart.

Canadian Centre for Vaccinology. BMC is also manufacturing two other COVID-19 vaccines for clinical trials, with details to be released at a later date.

Vaccine manufacturing is a complex process requiring specialized "clean room" facilities and highly trained staff. With more than 40 experienced staff and various kinds of advanced

equipment, BMC can manufacture many different types of vaccines, including those based on live viruses, DNA, mRNA and other technologies. BMC staff are also trained to



The Ottawa Hospital's Biotherapeutics Manufacturing Centre is the most experienced facility of its kind in Canada.

place vaccines and drugs in vials for small-scale clinical use. This process, called fill finish, is currently a large unmet need in Canada and abroad.

At this time, BMC is only producing experimental COVID-19 vaccines for clinical trials, but if capacity were expanded, BMC could theoretically help in manufacturing approved vaccines for use in the general population as well.

"Our Biotherapeutics Manufacturing Centre is the most experienced facility of its kind in Canada, having successfully manufactured more than a dozen different biotherapeutics for human clinical trials in Canada and around the world over the last ten years," said Dr. Stewart.

"In addition to vaccines, we have manufactured cancer-fighting viruses, stem cell therapies, CAR-T therapies and more."

BMC is also currently manufacturing a cell-based therapy for a clinical trial in patients with severe COVID-19. This trial will soon be expanding from The Ottawa Hospital to other centres in Canada.

BMC has been supported by the Canada Foundation for Innovation, the Ontario Research Fund, BioCanRx (a Canadian Network of Centres of Excellence) and generous donors to The Ottawa Hospital Foundation. BMC also has a partnership with Algonquin College, the University of Ottawa and Mitacs to lead the only hands-on training program in Canada in biotherapeutics manufacturing,



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Insulin is a hormone produced by the pancreas that allows the body to use glucose (blood sugar) for energy. Diabetes refers to an inability of the body to produce or properly use insulin. There are 2 types of diabetes. Type 1 is an autoimmune disease that prevents the pancreas from making enough insulin. Type 2 diabetes, the more common type, occurs when the body becomes unable to use insulin properly, resulting in increased blood sugar. Type 1 diabetes can develop at any age, though it most often appears during childhood or adolescence. Type 2 diabetes, the more common type, can develop at any age, though it's more common in people older than 40. Approximately 2.3million Canadians have been diagnosed with diabetes and up to one third of the population may not even know they have it.



There are many symptoms associated with diabetes including increased thirst and hunger, unexplained weight loss, fatigue and irritability, slow healing sores, and frequent skin infections. Diabetes can lead to health complications that include increased risk of cardiovascular disease, damage to organs including kidneys and eyes, bacterial or fungal skin conditions, and nerve damage, especially in the feet. Massage can be very beneficial for those suffering from diabetes

by promoting relaxation, improving circulation and increasing flexibility.

Relaxation: When a person experiences stress, the body prepares for a “fight or flight” response, which raises blood glucose levels. Massage therapy sets the body up for “rest and digest” which lowers blood glucose levels. Maintaining relaxation and keeping blood glucose levels down allows diabetic patients to have a more active lifestyle, which can help avoid depression, which is often associated with diabetes.

Circulation: Diabetics can suffer from peripheral arterial disease (PAD), which occurs when circulation is decreased. Symptoms of PAD can include brittle, slow growing toenails, numbness or weakness, and sometimes ulcers in the legs and feet. When examining the feet, in particular, PAD results in a condition referred to as “diabetic foot” which leads to dulled sensation, increased pain, skin ulceration, and sometimes amputation. Massage therapy increases circulation, which in turn, can improve sensation, and de-

crease pain. Improved circulation also improves the body's ability to use insulin.

Tissue Flexibility: High blood pressure caused by uncontrolled glucose levels thickens connective tissue over time, resulting in muscle stiffness and decreased range of motion. Regular injection sites for insulin can also result in scar tissue, which limits range of motion. Regular massage therapy can decrease scar tissue, increase mobility and elasticity of tissue, and reduce muscle stiffness.

If you have diabetes, it's important for you to communicate this with your therapist; neuropathy is common diabetics, and this causes cycles of dulled sensation and increased pain, especially in hands and feet. Your RMT will adjust your treatment to take this into account.

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

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



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Golf in the time of COVID

by Bruce Ricketts

I was rooting through the basement the other day looking for my golf clubs. After all, spring is approaching, COVID is settling down... not out, just down... and I need some exercise.

As I looked around, moving boxes from one place to another, I began to think about the last time I went out onto the links. It was October of 2019. 2019... remember back then? It was pre-COVID. Those were the days that one could go to the gym, eat at a restaurant and shop at Metro... all without a mask, visor, and hand sanitizer.

Oh, those were the days.

I remember, very well, my last golf game in 2019. I was playing at Manderley, just south of Barrhaven, or as my kids call it – “Farhaven”. Our tee-off time was 9AM on that cool autumn day. The sun was out, the dew was off the grass, the greens were running fast and trees were beginning their yearly colour change. What could be more idyllic?

My three partners on this wondrous day were all close friends and, incidentally, all lawyers.

We stepped up to the first tee-box and using the age-old technique of flipping tees, determined the order of play. I was to go last. Bob asked if we wanted to place a



bet on each hole... winner take all, five dollars per hole each? Agreed.

Bob’s first shot was straight down the fairway, 220 meters. Peter matched his feat. Thomas boomed his drive almost 290 meters and dead straight. I stepped up to the tee, confident in my driving ability, placed my ball, took a practice swing, set up my stance and swung. The ball had a mind of its own. It rose with the crack of the driver, sailed into the brilliant sky, and fell to earth: 45 meters out and in a ditch. I shuffled my way to my ball, ignoring the jibes of my partners.

I pulled out my trusty 8 iron and gave a mighty slug to the ball. This second shot travelled more than 12 meters but dead straight. One out of two isn’t bad.

Long story short, it took me six to reach the green and a three putt. I handed over my five dollars to Thomas who scored a four. And that is the way the day went for me. The only thing I broke that day, aside from my bank account, was my favourite four iron, which in a peak of frustration I struck on the ground and snapped its head.

As I walked the course, I could

not help but remember the adage – “Golf is a good walk spoiled”.


That final golfing day in 2019 cost me \$90 in bets, \$150 for a new four iron and I spilled my beer while seated at the 19th tee.

All this came back to me just as I located my clubs in the basement. They were partially hidden by a cardboard wardrobe box. I moved the box aside, stared at the clubs and slowly moved the box back in place to completely cover the clubs. I then went to my computer to write this story.

Unlike golfing, this was time well spent.

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






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Keep items out of the landfill

Does it go in your black, blue or green bin? or does it belong in the garbage?



Our Waste Explorer tool can help with that! Search the item in question and find your answer.

Please check out the new and improved waste explorer app: ottawa.ca/en/garbage-and-recycling/waste-explorer

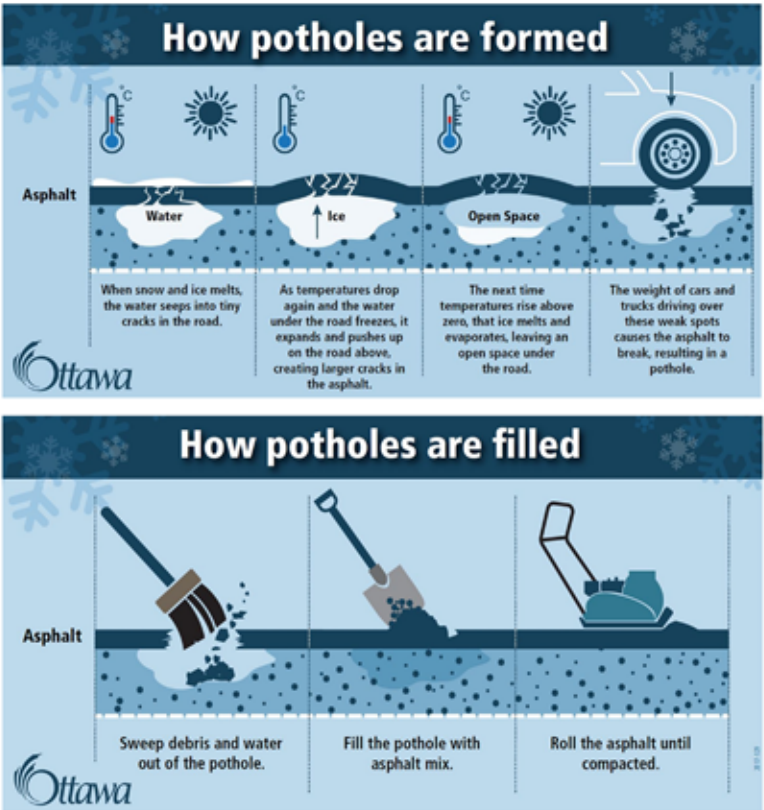
A lot of materials don't have to end up in the garbage. They can be reused, recycled or donated to charitable organizations. Check out some common items you may need to dispose of, such as used clothing, bedding or other textiles, furniture and bicycles

There are also a number of websites dedicated to selling, buying and giving away used and/or unwanted items.

**usedottawa.com | Full Circles Ottawa
Ottawa Freecycle | Craigslist | Kijiji**

Reporting a Pothole

Potholes are formed when water or melted snow gets into small cracks or holes in the road. The water freezes as temperatures drop, pushing the pavement up and creating a hole which can be pushed down when cars travel over it. Over time, the hole can grow causing potholes.



Residents can expect to see our asphaltting teams deployed across the City in the coming weeks filling potholes. For residents wishing to report a pothole, please create a Service Request online by visiting: ottawa.ca/en/3-1-1/report-or-request

Registration for Cleaning the Capital is now open!

Register your litter pickup and/or graffiti removal project by May 15.

Please keep in mind that all participants must follow public health guidelines to reduce the risk of spreading COVID-19. This means your cleanup plan must be COVIDWISE and include the following:

- Keep a physical distance of at least two metres (six feet) from anyone who is not from your household
- Wear a mask whenever physical distancing is not possible
- Wash and/or sanitize your hands as early and as often as possible
- If you are feeling unwell in any way, please stay home

Plan it
Pick your project site, your cleanup date (rain date too!), and time.

Promote your project and gather your project team.
Be sure to plan ahead for the proper disposal of compost, garbage, recycling, leaf-and-yard waste and any other hazardous items you may collect. Need assistance? Call 3-1-1.
Cleaning the Capital is an ideal way for neighbours, family and friends to work together and clean up their neighbourhood.

Register
Fill out the online registration form or call 3-1-1 to register your project. If you need supplies, remember to request your project starter kit and to select your desired pickup location while registering.

The importance of registering: If you're cleaning up your neighbourhood or favourite green space, please register with us. People are encouraged to register in order to allow Cleaning the Capital organizers to distribute cleaning supplies, track the areas that have been cleaned and recognize volunteer work.

Complete your project!
If you requested a starter kit, remember to pick it up. If you have questions about your starter kit pickup date, please call 3-1-1.



Conseiller / Councillor Jean Cloutier

Where civilization and barbarism met

by Bill Fairbairn

When my daughter Judith walked Hadrian's Wall in northern England in 2019 with her husband Ian, it reminded me of my youth. Even though I grew up a stone's throw from this historically important world heritage site, Hadrian's Wall didn't really register when I was young. Even though I was a keen sports person interested in history and politics, I never walked the length of the wall. Maybe it wasn't possible at the time, but I still wonder why.

However, my daughter tells me that it is now an enjoyable and achievable 73 km challenge for reasonably fit walkers with a week to spare.

Hadrian's Wall was the farthest north the Romans conquered and controlled in Europe. Emperor Hadrian built the wall to secure the Roman Empire from the wild untamed people further north (those were my ancestors by the way). The wall separated what is now known as England from Scotland.

This barrier between the two nations is still important. Today there is no fighting between the two nations, except on the rugby field of course, but a new dispute has emerged regarding membership of the European Union. When the United Kingdom voted to leave the EU, the majority in Scotland voted to stay in the EU and in England the majority voted to leave, leading to greater pressure for a second referendum on whether Scotland remains within the United Kingdom.

Books and movies

There are numerous books and movies about Hadrian's Wall. I re-



Hadrian's Wall in northern England

cently watched a film called *The Eagle*. It emphasized the barbaric mess of the north and that Hadrian had the wall built to keep the barbarians out of his conquered Britannia. He didn't want to risk his soldiers by conquering further north.

In contrast, *Hadrian's Wall*, a book by William Dietrich, painted the northern part of Britain as more enlightened than the south and concludes with an epic battle between Rome's brutal overlords and proud Celtic warriors. Allied clans aimed to topple Hadrian's Wall and finally shake a tired and at that time tottering Roman Empire to its core.

I recently discovered notes on my journalism career in my basement, including when, fresh from high school at age 15 in 1950, I started work for the *Jedburgh Gazette* in the first Scottish town across the England-Scotland border. Jedburgh actually lies 45 miles north of what remains of the Roman wall. Most historians agree the defensive wall was built on a Roman empire frontier dividing civilization from barbarism. AD 22 was all too hazy and

long ago for me in 1950, when I was an apprentice printer and part time junior rugby writer for the *Gazette*. Fortunately, I realized I was neither clever nor ambitious enough to write about the ancient wall.

With seven decades of journalism experience on three continents I today tackle this formidable subject that still enthralls me.

My account, around the 73-mile Roman wall, over which Emperor Hadrian no doubt saw civilization on his side and a wild warring melee on the other, dates back many centuries. Roman-held Britannia and wild Caledonia are at intermittent warfare on this bleak frontier.

The fight today

England and Scotland today fight diplomatically for reasons far beyond today's Brexit (British exit from Europe). Enmity is aroused over Scotland's demand for independence from Britain and reunification for the Scots with Europe. The ill feelings came to the fore for the Scots after a referendum, some years ago, narrowly won by those Britons seeking to leave the

European Union. Scottish governing nationalists in Edinburgh call Westminster England's recent Brexit-deal a folly that tars Scotland who, as part of the English dominated United Kingdom, oppose the break from Europe.

The Scottish adjunct to England maintains it is being dragged into a bleak future. The Scots (and also the Northern Irish) fear losing their historical good relations with not only Europe but, for the Scots especially, with France dating back to Mary Queen of Scots who enjoyed a French upbringing and education. Scotland's Auld Alliance with France throughout many years has not brokered well in England. Queen Elizabeth I of England had Mary, while seeking the English queen's protection from her Scottish enemies who to some extent were enemies because she was Catholic, had the Scottish queen executed for plotting against her from an English prison. You see on Elizabeth's death Mary's son James became King of England as well as Scotland in the Union of the Crowns in 1603.

So the English, not for the first time, see the Scots as good weather friends as a shattered economy threatens the U.K.

This theory was also well represented back on the Plains of Abraham in Quebec City when Scottish soldiers were prominent on the winning British side against the French and in their further empire building.

So accounts of the history of Hadrian's Wall are still to me muddled deep in time. So deep, I might dig my journalism grave by traveling the wall and writing more.

There is more intensification coming to Tremblay Road

"TCU Development Corporation is proposing a redevelopment of the lands municipally known as 294 and 300 Tremblay Road in the City of Ottawa. The proposal calls for the demolition of the existing onsite buildings and redevelopment of the property with a six-storey, mid-rise, mixed-used building consisting of ground floor commercial space and 73 dwelling units. Of the 73 dwelling units, 53 will be one-bedroom units, and the remaining 20 units will be two-bedroom units. The proposed development will be 19.75 metres in height.

The main residential entrance is proposed to face Avenue L, to the west. The ground floor will include six dwelling units, while an addi-



tional seven dwelling units located in the basement, which will have large lightwells to provide sunlight. The building's upper floors will each provide 12 dwelling units. Communal amenity space is proposed to be provided in the form of a rooftop terrace, with an area of 439.75 square metres. The rooftop terrace will satisfy the Zoning By-law's total and communal amenity



area requirements for the proposed development.

The proposed ground floor commercial space will be located at the northeast corner of the building, near the intersection of Tremblay and Belfast Roads, with an entrance facing Tremblay Road. The commercial space will occupy a ground floor area of about 70.7 square metres. An additional 70

square metres of floor area for the commercial use will be located in the basement, for a total area of approximately 140.9 square metres.

Seven partially covered visitor parking spaces will be provided as part of the proposed development. Vehicular access to, and egress from, the parking spaces will be provided via Avenue L. The parking spaces will be largely located under the proposed development's upper storeys. In addition to the sheltered parking, the ground floor area will also include a bicycle storage room with 38 bicycle parking spaces directly accessible via a ramp connecting to the Multi-Use Pathway along Belfast Road, and a garbage/recycle area." **Courtesy rocketphish**



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Toastmasters – more than public speaking!

by Amy Campbell

Forbes magazine recommends Toastmasters as the opportunity to gain public speaking experience in a relaxed, supportive environment. However, it's more than public speaking! Joining Toastmasters allows people to build the skills need to become stronger leaders in every area of their lives. Through the proven Toastmasters methodology, each meeting role is designed to improve YOUR skills to build your best self:

Ah-Counter

- Taking on this role improves observational and listening skills
- The purpose of the Ah-Counter is to note any overused words or filler sounds used as a crutch by anyone who speaks during the meeting. Words may be inappropriate interjections, such as and, well, but, so and you know. Sounds may be ah, um or er.

Toastmaster

- Taking on this role improves organization, time management and public speaking skills.
- The Toastmaster is the meeting's director and host. A member typically will not be



assigned this role until they are thoroughly familiar with the club and its procedures.

Table Topics Speaker

- Taking on this role improves confidence and impromptu speaking skills.
- Table Topics® is a long-standing Toastmasters tradition intended to help members develop their ability to organize their thoughts quickly and respond to an impromptu question or topic.

Grammarian

- Taking on this role improves vocabulary, grammar, critical listening skills and evaluation skills
- The grammarian plays an important role in helping all club members improve their gram-

mar and vocabulary.

Topicsmaster

- Taking on this role improves organization skills, time management and facilitation skills.
- The Topicsmaster delivers the Table Topics® portion of the meeting, which helps train members to quickly organize and express their thoughts in an impromptu setting.

Evaluator

- Taking on this role improves active listening, critical thinking and positive feedback skills.
- Evaluation is the heart of the Toastmasters educational program. You observe the speeches and leadership roles of your fellow club members and offer evaluations of their efforts, and they do the same for you.

Timer

- Taking on this role improves time management skills.
- One of the skills Toastmasters practice is expressing a thought within a specific time. The timer is responsible for monitoring time for each meeting segment and each speaker.

Meeting Speaker

- Taking on this role improves critical thinking, confidence and public speaking skills
- Every speaker is a role model, and club members learn from one another's speeches.

General Evaluator

- Taking on this role improves critical thinking, organization, time management, motivational and team-building skills.
- The General Evaluator evaluates everything that takes place during the club meeting. In addition, the General Evaluator conducts the evaluation portion of the meeting and is responsible for the evaluation team: the speech evaluators, Ah Counter, grammarian and timer.

Join us to begin your journey! Good Morning! Ottawa Toastmasters, we meet on-zoom every Thursday morning at 7:20 – 8:20 AM sharp. To get the meeting link contact us at: goodmorningtoast61@gmail.com.

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

Speaking up for 20 years!

by James Mihaychuk

If you are alone with your boss, do you freeze or do you take this moment to connect with this person of influence? This scenario that once took place in the elevator might still apply during the pandemic as you both wait for a Zoom meeting to start. Will you speak up?

What happens if you are asked to speak at a wedding, funeral, or a community event? Would you seize the opportunity to pay tribute to someone you admire or to speak up for a good cause?

Where can you go if you are a student or a new Canadian looking to sharpen your speaking skills? How can you get a regular workout for your communication skills?

If you hesitate to speak up in public or if you have doubts about your speaking abilities, you are definitely not alone. Most people feel anxious about speaking up. This hesitation applies to both traditional in-person public speaking and online interactions such as Zoom meetings and webinars. The good news is that anyone can overcome nervousness and refine their presentation skills with some pa-

tience and practice in a supportive environment.

For people all around the world, overcoming the fear of public speaking started at a Toastmasters club. Each club works to provide a safe, friendly, and fun environment where people can come together to develop public speaking, active listening, and leadership skills. As the founder of Toastmasters International, Ralph C. Smedley said, “We learn best in moments of enjoyment”.

In a Toastmasters meeting, members and guests take turns speaking for shorter and longer periods. Meetings use a structured agenda to share the time in a way that allows everyone the opportunity to speak at least for a short while. Some of the fun ways to do this include the word/joke of the day and a Toast that celebrates the theme of the day. The Table Topics portion of the meeting challenges several participants to take turns speaking spontaneously on a topic for one to two minutes.

Formal speeches are also presented by members working on projects from the online educational program called “Pathways”.



In the pre-pandemic days of summer 2019 this happy group of the ‘Speakers’ Corner Toastmasters’ was able to meet in person.

Participants take a couple of minutes to provide written feedback on these prepared speeches, including strengths, weaknesses, and ways to enhance the presentation.

For the past two decades, Speakers’ Corner Toastmasters has been providing a daytime Toastmasters meeting in the vicinity of Alta Vista Drive and Smyth Road. We recently celebrated our 20th Anniversary with an online Open House when dignitaries from all levels of government joined us: Councillor Jean Cloutier, MPP John Fraser, and the Hon. David

McGuinty, P.C., M.P.

We encourage you to check out this fun and dynamic experience, which continues online during the pandemic. We meet online using Zoom every Tuesday at 12 noon. A trademark of our club is that we provide a fun hour-long meeting that concludes by 1 p.m. to allow you to get on with your day.

RSVP through our website <http://speakerscorner61.toastmastersclubs.org> using the Eventbrite service, the Contact Us form, or by email to speakerscorner3619@gmail.com.

AIKIDO JISEIKAN • WHY.



that little voice is going to serve as my adversary. I give him a rude name that I only use in my head.

The irony that it's harder to get up from a soft bed than a hard mat is not lost on me. I adapt what I do in training to the fact that my wife and son are still asleep, and I don't want to wake them.

It's Thursday morning. I was up late last night watching the news. I've been good about doing my training all week, but today, as I woke up, I blinked one of those early-morning blinks that steals half an hour. That little voice in the back of my head tells me that I failed, and that I don't have to do this.

The fact that I don't have to do this is the reason why I'm doing this. Those thirty minutes were my adversary throwing me. I only fail if I don't get up afterwards.

It's Saturday. Most years we share a meal after practice. It's something I really look forward to. I make pancakes with chocolate chips, cinnamon, and nutmeg for the family. The tradition of the end-of-week meal might seem empty when it's done alone, but like every other tradition, it's only as full as we make it. Even when we have to observe it differently, it's that observation that counts.

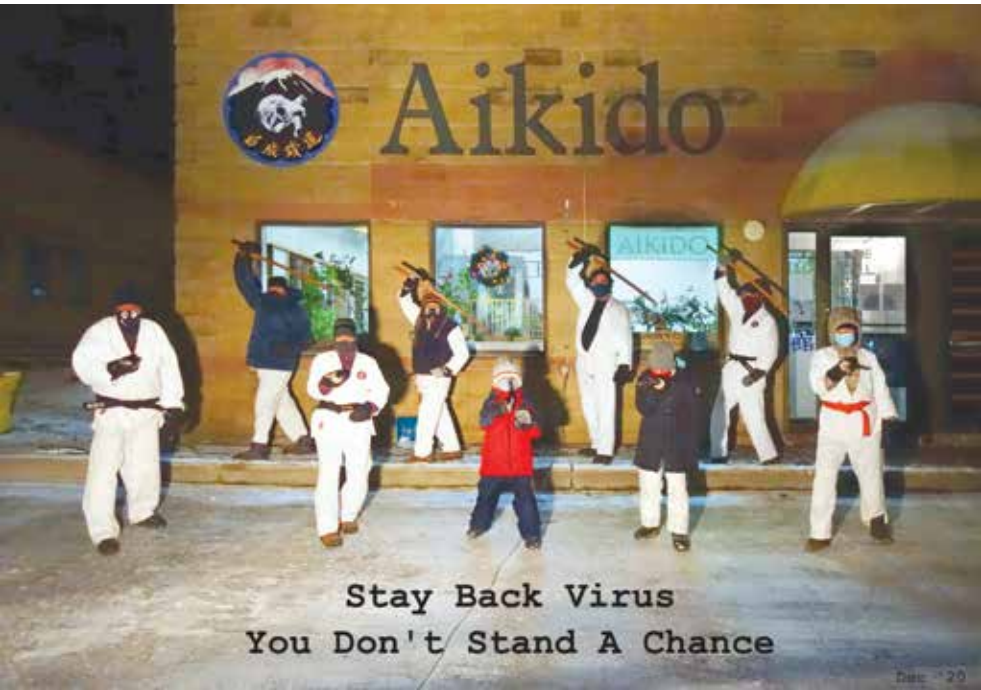
This year is different. My bed at home is warm and comfortable. My house is quiet. Nobody is coming through the front door this morning, or anytime this month, for that matter. There's a little voice in the back of my head that says I should go back to sleep... that nobody will know if I slept in.

I'd know.

I've decided that since I don't have partners to train with this year,

This year is different, but it's also an opportunity to learn something special. Next year, I'll remember to appreciate our Saturday morning breakfast: the food is good, but sharing it with my training partners is better.

Wishing All, Happy New Year



by River Stone

It's early Monday morning, and it's cold in my room. Like every January. It's the week I allocate every year to kangeiko -- the cold-weather training we do as part of our Aikido practice. This year is different, though. I live in an area that's locked-down,

so travel to the dojo for training is not permitted. I'm at home.

Most years, I sleep fitfully during kangeiko, with just a thin bedroll and a hard pillow. I like to keep warm at night by wrapping a sweater around my head and neck, leaving just my nose and mouth



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Visit RiverstoneRetirement.ca or call 613-627-2090 to register.

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COVID-19 vaccine clinics

Were you born in or before 1951?

You are now eligible for a COVID-19 vaccine.



The fastest way to book is at **OttawaPublicHealth.ca/COVID19vaccine**.
If you do not have Internet access, call the provincial vaccine information line at **1-888-999-6488** (TTY 1-866-797-0007).
All clinics are fully accessible.

Patient-facing health care workers can visit **OttawaPublicHealth.ca/HCWvaccine** to pre-register.
If you are an adult member of the Indigenous community, please visit **OttawaPublicHealth.ca/IndigenousVaccine** to see if you are currently eligible and for booking information.

When will I get my vaccine?

The City of Ottawa is following the provincial roll out for vaccine delivery. We will provide vaccines to more age groups as the vaccine becomes available.



Stay informed

There are many ways to make sure you are informed when it's your turn for vaccination.

- Sign up for the COVID-19 Vaccine Update e-subscription at **ottawa.ca/esubscriptions**.
- Follow your favourite local news source.
- Follow the City of Ottawa and Ottawa Public Health on Facebook and Twitter.



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Clinic locations



Public Health
Santé publique

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, including the review of the City's Official Plan. In addition, the RPCA Board recently submitted comments to City Officials that echoed concerns raised by many other community associations and the Federation of Citizen's Association, about the timeline for approving the Official Plan and other issues. A copy of the Board's submission is available on the RPCA website - www.riverviewparkca.com

Official Plan (OP) Issues

The City of Ottawa is currently in the middle of the exercise for its next Official Plan (OP), due to be sent to Council for approval in fall 2021. The City has rejected requests by the Federation of Citizen's Association (FCA) and others including the RPCA to delay the Official Plan finalization by two years to take into account COVID19 implications and the timeline for approval of the Transportation Master Plan (TMP). Board members participated in a recent town hall meeting on the OP hosted by Councillor Jean Cloutier and another session held by Councillor Shawn Menard.

RPCA Board members and others have provided formal input on several aspects of the draft OP, including a call to remove the remaining links of the Alta Vista

Transportation Corridor (AVTC) (from Conroy to the Hospital Link and from the Link across the Rideau River to Nicholas Street) from the Plan. The RPCA Board stated that the Official Plan should implement principles that are consistent with the City Council's 2019 decision to recognize a Climate Emergency. While offering its 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, the tree canopy and existing residential zoning and neighbourhood character.

Although the period for formal consultations ended on March 12, additional input can still be sent to the Official Plan team at newop@ottawa.ca. A revised draft may be shared later this year with another opportunity for input over the summer.

Alta Vista Transportation Corridor (AVTC) Expansion

The RPCA and several other community organizations based their opposition to retaining the remaining links of the AVTC in the Official Plan on several reasons including concerns they would only encourage additional vehicle traffic and increased Greenhouse Gas (GHG) emissions. Riverview Park's two councillors have tak-

en opposing positions on whether the AVTC should remain in the Official Plan. While Councillor Menard has been actively pushing to remove the AVTC from the OP, Councillor Cloutier wishes to keep it in the Official Plan and the Transportation Master Plan (TMP). Councillor Cloutier's position is that any comments on the Corridor should be provided in the context of reviewing the TMP (due to be finalized in 2023). Mayor Watson recently tweeted that he opposed running the AVTC downtown link to Nicholas through the Springhurst Park greenspace in Old Ottawa East.

New residential complex at 700 Coronation Boulevard

An information session was held by Councillor Cloutier on February 24 for local residents regarding a recent application 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, 7 at-grade parking spaces and 34 bicycle parking spaces – all for use for use by new and existing residents.

Residents at the information session raised concerns about proximity of the new building to the rear lot line and privacy. There was discussion about retaining more trees along the western boundary of the property near Botsford and building a higher fence. The development is slated to go to Planning Committee in April or May.

Condominium Conversion for 1489 Weyburn (Between Coronation and Chadburn)

Byron Rental Properties received approval from the City in fall 2020

to convert the existing 10 building apartment complex at 1489 Weyburn into 10 separate vacant 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. 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 Department 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 Trainyards Parcel backing onto Belfast Road. An RPCA Board representative 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 continue to be 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, as well

CONTINUED ON NEXT PAGE

Winter wrist injuries common

by Susan Reive, Physiotherapist,
Owner of Kilborn Physiotherapy Clinic

Every year we see wrist injuries as a result of falling. A Colles Fracture is essentially a broken wrist. The bone(s) affected include the radi-

us with or without the ulna. It is a very common fracture which usually affects women more than men in the older population due to the greater prevalence of osteoporosis in this age group.

A Colles Fracture can occur with a fall in an outstretched hand. The excessive compression force will break the radius and sometimes the ulna as well. The most common site of fracture is 2 cm. above the wrist joint. In addition, patients can sustain a sprain of the ulnar collateral ligament from the fall.

After resetting the bones, patients will usually be casted for 4 – 6 weeks to allow sufficient bone healing. X-rays will confirm an adequate healing prior to removal of the cast.

When the cast is removed, patients will often have a marked reduction in wrist and fore-

arm mobility, reduced strength, and swelling. Physical therapy is often recommended to help improve function. This includes stretching and strengthening, exercises, and manual mobilization of the wrist.

Sometimes a patient will avoid a fracture but sprain their wrist as a result of a fall. There are many ligaments in the wrist and hand which provide support and stability of the joint(s). Careful examination will confirm a ligament sprain. The treatment includes a brace for a few weeks to allow the ligament to heal, gentle range of motion without overstretching, and modalities to enhance healing. A ligament is a soft tissue which will usually require 4-6 weeks to fully heal depending on the extent of the injury. Physiotherapy can help guide the healing process.



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CONTINUED FROM PREVIOUS PAGE
as the need for better signed crosswalks. The property management has indicated that they would be making some modifications to access routes to relieve congestion.

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 and Leclair Décor (LD Shoppe) is expanding its store size. A new tenant has yet to be announced for the previous Farm Boy site adjacent to the LCBO.

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.), adding 293 units and 354 parking spaces to the existing complex. Concerns were raised by the RPCA and others about greater congestion on Russell Road and insufficient pedestrian crossings. The review of the proponent's resubmission was completed in spring 2020. No further information is available on a proposed construction timeframe for the project.

Cycling – Smyth Road Cycling Safety Improvements Project

The City is undertaking the design work for cycling improvements at various locations on and around Smyth Road. The design is slated to be completed in summer 2021 and construction is tentatively scheduled to start this summer as well. The proposed work includes cycling facilities along Smyth Road from Riverside Drive to the Ottawa Hospital Riverside Campus, including modifications to the Riverside Drive on/off ramps at Smyth Road, improvements at the Smyth Road and Ottawa Hospital Riverside Campus intersection and improvements at the southern end of Frobisher Lane to Smyth Road.

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

In spring 2020, Public Services and Procurement Canada put out the call for qualified bidders to submit proposals to redevelop part of its 26-acre property on Tremblay Rd, just west of St. Laurent Blvd and directly south of the St. Laurent Shopping Centre and Highway 417. The proposed project would include a 1.6-million-square-foot office complex that would house approximate-

ly 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

In fall 2020, the City 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.

An application for another Official Plan Amendment and Zoning By-Law Amendment was also recently received for a separate high-rise development immediately across the street, at 1330-1346 Bank Street/2211 Riverside Drive. The

applicant is seeking permission for the future development of a 31-storey mixed use building as well as a 34-storey high-rise apartment dwelling. Parking is to be located primarily below grade and a parkette is proposed near the Bank Street and Riverside Drive North intersection. A Site Plan Control application has not yet been submitted and the design details remain conceptual in nature. The target date is May 13, 2021 for the City's Planning Committee to consider the Official Plan and Zoning By-law Amendment applications for this site.

Information on some project proposals can be found at the City of Ottawa website at: <https://appoi.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



Here we see Penny Turnbull, being celebrated for achieving her Distinguished Toast Master Award (DTM) with a very noisy car parade (and lots of cheering from her neighbours). PHOTO: PETER SIMISTER.

The new way of celebrating an important achievement

Every year Toastmasters from all over the District come together at their Spring Conference and amongst many fun events they make a point to celebrate those who have reached the attained their highest educational level, achieving their Distinguished Toast Master (DTM) Award.

While in our pandemic shutdown this spring the Conference will be virtual. In true Toastmaster form this is not stopping them from finding a way to celebrate the newest DTMs. This year they made videos of drive-by parades with lots of honking and cheering which will be shown at the Spring Conference.

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So...what are your sushi favourites?

by Carole Moul

It has been said that the history of sushi is still being written. The rationale for this is no doubt because clever chefs worldwide continue to craft new varieties of sushi rolls.

Often thought to have originated in Japan, sushi actually began its longevity in Southeast Asia some 2500 years ago. Records note that sushi evolved as a simple dish and in reality began as a way of preserving fish, not in any way fitting the description that could be attributed to it today.

What research tells us is that the rice growing in the paddy fields along the side of the Mekong River was discovered to be an almost perfect preservative for slowing down or controlling the decay of the fish being caught nearby. And while the whole process would take a number of steps and up to a year, the barrels containing the fish were opened when needed, the rice scraped off and the remaining fish eaten.

Eventually this basic form of sushi known as *nare-sushi* began to spread, although it remained a ‘poor’ food for many years. Over time, as it became widely consumed it gained acceptance in more prominent sec-



tions of society and was even mentioned in the earliest surviving Chinese encyclopedia, the *Erya*.

Ultimately *nare-sushi* reached Japan. Its earliest reference was in a legal code compiled in 718. Reception at the time was somewhat mixed because while people liked how early sushi tasted, unfortunately many Japanese found its smell to be disgusting.

For hundreds of years numerous forms of sushi evolved and in due course technology helped create the sushi we know today. With the development of refrigeration, it became possible to use slices of raw fish for the first time. Other types of fish also came into fashion, and as peoples’ tastes changed many around the world came to appreciate the amazing variety of combinations of fish, fruits and vegetables known to sushi lovers.

In the Western world the reason for sushi’s popularity is no doubt

CONTINUED ON NEXT PAGE

One Year and Vaccines

COVID-19 has changed the way we look at everything. Tragically, many Ontarians have died.

As vaccines roll out, continue to keep your contacts limited to only those within your household and continue to do only the essential things you need to.

We owe a debt of gratitude to all workers in all health care settings for your efforts over the past year, as well as everyone who works in a sector that helps meet families’ daily needs.

When we get through this, and we will, we also know that things will have to change and change for the better. I will continue to push the government for supports like reinstating paid sick days, a living wage, to take better care of our elderly and, more.

The province has launched its provincial vaccine booking system. Visit <http://www.ontario.ca/bookvaccine> or call 1-833-943-3900 from 8am-8pm. For questions, the Provincial Vaccine Information Line is 1-888-999-6488. As more vaccines become available, more residents will be able to book.

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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FROM PREVIOUS PAGE

because chefs have invented many sushi variations incorporating both Western ingredients and sauces, together with some of the traditional ones of Japan. And while in the West, sushi, which means ‘seasoned rice’ made its earliest appearance in the early 1900s during a wave of Japanese immigration, it only began as a food favourite here after the 1960’s. Today the extensive range of menu choices has helped sushi lovers develop their extensive assortment of sushi preferences.

“So...what are your sushi favourites?” one might ask.

Cathy, Elga, Elizabeth and Jeff were the first to respond to this simple question. In addition, answers from other friends helped confirm that there is indeed a kind of sushi for the taste buds of almost everyone, plus the needs for individual dietary requirements.

The crispiness of the Shrimp Tempura appealed to Elga. Another good friend, Merri, agreed that she too chose that dish as one of her favourites.

And while Jean selected the eel with mango, Catherine liked the eel, but with cucumber instead, adding that the reason for this choice was because of the particular combination of tastes. Elaine



decided that plain veggie sushi dishes were what she liked best.

Dynamite roll, a Canadian invention, with its tempura shrimp, avocado, cucumber, flying fish egg and spicy mayonnaise won high praise as a sushi pick. California Roll, another reported Canadian creation was said to be the first choice of both Lan and Rosemarie because of the wonderful blend of the various ingredients.

John Ke, owner of our local 168

Sushi named the Dragon Roll and its multiple ingredients as his number one selection. Not so for Tai who enjoys the single flavour of salmon or tuna sushi because he likes the individual ‘fresh and tasty’ flavours.

Jeff, meanwhile, enjoys savouring the light and clean-tasting butterfish sushi, adding that ‘it soaks up the wasabi very nicely’. Did daughter Lizzie share her dad’s great sushi rolls? The quick reply would be, “Yes she did”!

The term ‘emoticon’ comes from “emotion and icon” and refers to the facial expressions that often appear when someone shows a feeling in an email. A very happy emoticon came beside Michael’s name when asked what his ideal sushi dish would be. Because he thinks almost all sushi items are really quite special and ‘tasty’ Michael had the smiling face added on to his email reply.

It would appear that Michael is not alone. With sushi, the world has found a meal that assembles all the winning elements. It is complete and nourishing, suitable for take out and ideal to have delivered right to your door.

Just think about one of your very favourite ingredients and you will no doubt discover it among the mouth watering dishes of a great sushi menu. Isn’t it about time that you and your taste buds were in for a treat? Our local 168 Sushi has plenty of these.

168 Sushi is located at 1760 St.Laurent Blvd., between Smyth Road and Industrial Avenue. Open 7 days a week + holidays with over 168 items on the menu. Order the On-Line Sushi for Take- Out or have it delivered with Uber Eats, SkipTheDishes, Door Dash or Fantuan Delivery. Telephone 168 Sushi at: 613-523-1680. Or check out: 168SushiBuffet.com



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RIVERVIEW PARK REVIEW DOES ITS BEST TO INFORM

Ottawa Public Health using that map certainly caused confusion over here

by Bill Fairbairn

In the middle of the COVID-19 pandemic many Riverview Park residents were bewildered to learn that their neighbourhood was divided on a map for the Ontario opening on March 15 of the vaccination appointments campaign for elders. They learned that an Ottawa Neighbourhood Study (ONS) map used for vaccination purposes divided people living in Riverview Park into two areas.

The use of this map illustrates the quandary many residents felt when booking vaccination appointments in the province-wide telephone and internet campaign. Telephone responses kept me waiting by the phone for six hours and there was no quick fix for a glitch on the computer. A number of the 2,000 telephone operators, whom Premier Doug Ford said processed an estimated 375 calls a minute, were reported to have had limited training for the hot line and were not well prepared to handle seniors aged over 80.

Nevertheless, this province-wide rollout was declared a great success by Lt.-General Rick Hillier, Ontario task-force leader overseeing operations.

Premier Ford, on being questioned by reporters earlier, had acknowledged that there could be “bumps on the road.” One bump came when I was repeatedly told on my computer that an online form I had several times filled in had been tampered with. Others on computer or phone faced similar problems. Yet thousands *did* book appointments as did I.

The Ottawa Neighbourhood Study (ONS) map (see *Riverview Park under the microscope*, David Knockaert's cover story, June-July 2020), to my surprise,

had divided Riverview Park for medical reasons roughly between higher risk neighbourhoods and those which were not. It placed many as being residents of Riverview and the rest residents of a Riverview Park aligned with Elmvale-Canterbury. It meant vaccinations were quick for the former but slower for the latter.



Ottawa Neighbourhood Study map outlining Riverview.

PHOTO: PERMISSION GRANTED TO USE THIS MAP FROM THE OTTAWA NEIGHBOURHOOD STUDY

Riverview residents, living only a few streets from Riverview Park residents, were first in line for jabs. Those in Riverview Park awaited vaccine eligibility behind the residents of worse-hit virus city neighbourhoods as clinics popped up.

Largely missing

May I, as a journalist, say that one reason for our situation, perhaps even nationally, is linked with the more than 300 mainly community newspapers that have closed down in Canada leaving other sources to fill the void. Newspaper reporters, skilled at breaking down lengthy

reports such as that of the ONS, are to some extent missing.

Real journalism costs money. With the exception of state-owned broadcasters others in the media field, particularly community newspapers with limited publication dates, can't report in a timely way or afford to send reporters to cover local news from council

to get vaccinations going in the right direction for the now-we-know higher risk neighbourhoods, many living in highrises and high densities, compared with the people of Riverview Park, more of whom live in detached homes.

Some without computers

The councillor's public relations did mention that older people might not have computers. For me the bureaucratic language of city information campaigns sometimes lack focus. Had Riverview Park people been told timely in plain French and English that our community would be divided in two by a map for vaccinations, then I am sure a majority in Riverview Park would have accepted it in the interest of good health for those high risk neighbourhoods.

Anyway my telephone-computer marathon for life ended mid-afternoon March 15 when suddenly the music stopped and Maria came on the phone and asked me a series of administrative questions. I rejoiced when she finally booked my jab at Ottawa City Hall on March 25 at 10:21 a.m.

I must say this rollout was efficient. My wife and I were greeted by a security guard at the entrance and, on telling him my appointment time, we were ushered in. We passed through staging areas. First an attendant with a clipboard checked appointments, then a woman on a computer behind glass asked formal health questions. We were directed to a line-up of elders like myself each separated two-metres apart by footprints marked on the floor. In a bright airy hall with something like 12 injection tables elders like myself sat down to await our turn.

Directed to table No. 8, a cheerful nurse checked me out to eliminate possible health challenges then inoculated my right arm with 0.3ml of Pfizer-Biontech. I hardly felt the jab. My wife and I sat down for 15 minutes of observation and then were told that an email would await us at home from the Ontario Ministry of Health. As we filed out an attendant informed us she would be happy to see us again in July for my second shot. I have had no after affects whatsoever.

Footnote: See City of Ottawa website on COVID-19 distribution.

Also refer to page 25, front cover of Section #2 this paper for additional information.

or court. Print news media have two sources of revenue. These are subscriptions and advertising to fund the cost of a staff of reporters and editors. The Riverview Park Review, which depends solely on advertising, is a non-profit newspaper. Yet with its back to the revenue wall it has far too few staff and scrappy funding.

Councillor Jean Cloutier answered my question at a Zoom meeting of the Riverview Park Community Association saying that council and he understand newspaper problems. He said Ottawa City Council public relations staff work all out to make up for the problems the media might have in covering city council news. He emphasized council newsletters, social media, and Ottawa Public Health announcements show that Riverview Park was not in an information void. Riverview Park and Alta Vista were together “very lucky to have two community newspapers.” He outlined details of public health policy behind the now known medical map division of Riverview from Riverview Park. I silently wished as a reporter that I had known the reason and that we could afford to publish more often.

To summarize it, the policy was

Chris Ellis

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How Riverpath uniquely adjusted to this year's changes



by André Charlebois and Rosal Yade

This past Winterlude season, things looked a lot different for our nation's capital region. The annual Winterlude festival went virtual and here at Riverpath we also ensured not to let the winter season go without celebrating one of our capital region's favorite traditions.

This was made possible by our talented culinary team and Head Chef, André Charlebois. His talent and incredible experience in the industry allowed us to both feature his delicious homemade Beaver-tails with many toppings plus be amazed by his talented ability to carve ice sculptures. To be able to carve beautiful ice sculptures with such precision is not something that can come about overnight. André has been perfecting his craft over the years.

He was born on March 21, 1960 in Eastview Ontario. Andre did his post secondary studies at Algonquin College in the Culinary Art program. After graduating he started working in hotels, restaurants, and the casino in the region. At the age of 30 Andre owned and

operated a 60 place French cuisine restaurant. This challenging and passionate career has given André the opportunity to meet several celebrities and play a part in TV and radio appearances, newspapers, cookbooks, magazine articles and several food and international ice carving competitions.

In his spare time, André has a passion for music. On occasion you might get to see him tickling the ivories on the dining room piano. André also enjoys traveling, home renovations, gardening, entertaining friends, dining out and occasionally doing a wine tasting.

For the past 12 years, André has learned many aspects of the retirement home industry and he is thankful and appreciates the support he has had from his fellow workers. Without the efforts and hard work of each team member we would not be able to achieve our objectives of offering our residents the highest quality of food, service and care that they have come to expect. Moreover we constantly make efforts to attain all our residents' expectations.



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APRIL/MAY 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. We are happy to announce that the branch has reopened for limited browsing and public computer use. You may pick up your holds, pay any fees or ask staff any questions that you may have.

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 Good Friday (April 2nd), Easter Sunday (April 4th) and Easter Monday (April 5th)
 - Closed Victoria Day (May 24th)
- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Masks are required inside the branch or for curbside service as per the Temporary City of Ottawa by-law.
- 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.
- If available, 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 limit your time in the Library and enjoy your Library materials at home. No studying or tutoring is permitted at this time.
- Meeting rooms and program rooms are not available. All in-person programming is suspended until further notice. Please feel free to check out our selection of virtual programming for all ages online.
- Express books and DVDs are not available for lending during this time.

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 the **Elmvale Acres Library** items can be returned in the outdoor book drop. Please return items in-person during the modified Library hours noted above. All returned items will be quarantined for a minimum of 72 hours before being removed from your account.

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 has eliminated late fees as part of our new Materials Recovery Model effective January 1, 2021.

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.

CHILDREN'S PROGRAMMING

APRIL BREAK/ CONGÉ D'AVRIL

For detailed information for each program and Zoom or Facebook Live links, please check out the listings on our website at <http://www.biblioottawalibrary.ca/program>.

MONDAY, APRIL 12th / LUNDI LE 12 AVRIL

Oodles of Doodles – 10 AM. Ages 4 to 6.

Moves and Grooves (Hosted by Luv2Groove) – 10:30 AM. Ages 4 to 12

Coding in Python: Create a Silly Story Generator –

11 AM. Ages 8 to 12.

Le gribouillage et les super-pouvoirs du cerveau! (Avec Brenda de Art in Jest) – 13h. Pour les 9 à 12 ans.

Will's Jams Just Imagine / Imagine avec Will Stroet – 3:30 PM. Ages 4 and up / Pour les 4 ans et plus.

TUESDAY, APRIL 13th / MARDI LE 13 AVRIL

Be-bop, biographies! – 10h. Pour les 4 à 8 ans.

Kids Yoga (Hosted by Little Lotus Kids Yoga) – 10:30 AM. Ages 4 and up.

You Choose: Fairytale Survival – 11 AM. Ages 10 to 12.

The Inside of Elephants and All Kinds of Things: Tour and Drawing Workshop (Hosted by the Ottawa Art Gallery) – 1 PM. Ages 9 to 12.

Create Your Own Comics – 2 PM. Ages 7 to 12.

Rag and Bone Puppet Theatre: Snippets – 3:30 PM. Ages 4 and up.

WEDNESDAY, APRIL 14th / MERCREDI LE 14 AVRIL

Saperlipopette de devinettes! – 10h. Pour les 4 à 6 ans.

Moves and Grooves (Hosted by Luv2Groove) – 10:30 AM. Ages 4 to 12.

All Tied Up – 11 AM. Ages 7 to 12.

Sketching for Self-Care – 1 PM. Ages 9 to 12.

THURSDAY, APRIL 15th / JEUDI LE 15 AVRIL

Shadow Stories – 10 AM. Ages 6 to 10.

Desserts Gone Wrong! / Des desserts à l'envers! – 11 AM. Ages 8 to 12. Pour les 8 à 12 ans.

Yoga pour les enfants (Avec Little Lotus Kids Yoga) – 10h30. Pour les 4 ans et plus.

Virtual Start-a-Story Workshop (Hosted by author Timm Holmes) – 1 PM. For ages 8 to 12.

Blabla Livres – 14h. Pour les 9 à 12 ans.

Rabbit and Bear Paws – The Way – 3:30 PM. Ages 4 and up.

FRIDAY, APRIL 16th / VENDREDI LE 16 AVRIL

Yoga pour les enfants (Avec Little Lotus Kids Yoga) – 10h30. Pour les 4 ans et plus.

Puppetry is for Everyone (Hosted by puppeteer Mike Harding from Applefun Puppetry) – 1 PM. Ages 7 to 12.

Books Talk – 2 PM. Ages 10 to 12.

Visions of Turtle Island: Tribal Vision Dance – 3:30 PM. Ages 4 and up.

SATURDAY, APRIL 17th / SAMEDI LE 17 AVRIL

Kids Yoga (Hosted by Little Lotus Kids Yoga) – 10:30 AM. Ages 4 and up.

Art + Entomology = Artomology? – 1 PM. Ages 9 to 12.

TEEN PROGRAMMING (Ages 13 to 18)

Songwriting Basics: How to Write A Song – Monday, April 12th at 4 PM

Poetry Writing – Tuesday, April 13th at 3 PM

Cosplay Makeup 101: The basic tools, materials, and techniques – Wednesday, April 14th at 2 PM

Dessin pour gérer ta santé: Le gribouillage et les super-pouvoirs du cerveau! – jeudi le 15 avril à 16h.

Sketching for Self-Care: Doodling and the superpowers of your brain! – Friday, April 16th at 4 PM.

Dungeons and Dragons for Teens – Tuesdays, April 20th until May 11th at 4 PM. Tuesdays, May 25th until June 15th at 4 PM.

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>

Croisée des mots: Sonia-Sophie Courdeau – mercredi le 14 avril à 18h.

Charles-Etienne Ferland – mercredi le 12 mai à 18h.

Atelier d'écriture --Création littéraire – Samedi le 27 mars à 13h30 (Partie 1)

Samedi le 3 avril à 13h30 (Partie 2)

Virtual Death Cafe – Friday, May 28th at 12:30 PM.

TECH CAFÉ SERIES / SÉRIE TECH CAFE

How the Internet Works.... And doesn't... – Monday, April 12th at 4 PM.

Watching Videos Online – Monday, April 19th at 4 PM.

Comment reconnaître les fausses nouvelles – jeudi le 22 avril à 16h.

Safe Digital Communications – Monday, April 26th at 4 PM.

Comment se déplacer facilement à Ottawa grâce à la technologie – jeudi le 29 avril à 16h.

Musique et technologie – mardi le 6 mai à 16h.

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GARDENING SERIES /
SÉRIE SUR LE JARDINAGE

Gardening Basics –
Wednesday, April 14th at 12 PM
Les Bases de Jardinage –
mercredi le 21 avril à 12h

Organic Gardening 101 –
Wednesday, May 5th at 12 PM
Jardinage Biologique 101 –
mercredi le 12 mai à 12h.

Vegetable Gardening –
Wednesday, May 19th at 12 PM
Gardening with Children –
Wednesday, May 26th at 12 PM

Going Grassless:
Meadowscaping Your Yard –

Wednesday, June 2nd at 12 PM

Both Children’s and Adult Pro-grams are added regularly. Please continue to check our website for updated information regarding online programming.

■ ISOLATION RECREATION

Please check out some of the activities and resources that we have for adults, teens and kids alike. We have digital eBooks and Audio-books, movies, language learning

courses, as well as magazines and newspapers.

These resources include:

- **Digital eBooks and Audiobooks** via Overdrive and CloudLibrary for English titles and Cantook Station for French titles.
- **Language learning courses** via Mango Languages.
- **Streaming movies** via Hoopla, the Kanopy Collection, Kanopy Kids and Access Video on Demand.
- **Free magazines and news-papers** via Flipster, RB Digital or PressReader.

- **Children’s resources for educational videos and online books** such as Just for Kids and the Tumblebook Library.

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

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

Open letter to Ottawa Mayor Jim Watson from SOS Alta Vista

Dear Mayor Watson,

Unlike the voluminous and obtuse Official Plan and its ancillary documents, this will be relatively brief and to the point.

Either you have made a colossal political misjudgement with the current Draft Official Plan or it is a plan you genuinely support but have done your best to keep under the radar (your personal web-site's lead photo slideshow makes no mention of the OP as just one small example).

Either way, residents are demonstrating in increasing numbers each day that they will not stand for this assault on their communities.

Here is what you need to do.

1) The review of this new Official Plan must be halted immediately and delayed until (at least) 2023 as the Federation of Citizens' Associations has called for overwhelmingly. To do otherwise would be to flout the will of the people and constitute an abusive exercise of power.

2) The current Draft Official Plan needs to be fundamentally scrapped. The approach of Transacts, minimum densities, the compulsory severing of lots after demolition, mandatory construction of multi-unit structures up to four stories to replace single-fami-

ly homes, banning bungalows, etc. will destroy the character of existing neighbourhoods across Ottawa and a large portion of the tree canopy in the city.

3) The City must create a new plan that takes into account the impact the pandemic will have on Ottawa such as the paradigm shift in work, the transformation of downtown office space into housing, the reduction in rush hour and all traffic, the growing shift to electric vehicles etc. Then a graduated approach to needed change will prevent needless change from being made.

4) A new plan must be built from the grassroots so that neighbourhoods are truly heard. The draconian top-down approach of the current Draft Official Plan is an insult to Ottawa's residents.

5) A new plan must be written in a clear and relatively concise manner to ensure residents “know what it is recommending. It must then be clearly and widely communicated to every household in the city to ensure people have the opportunity to be familiar with one of the most critical pieces of legislation council will produce for years to come.

6) A new plan must use a scalpel, not a hammer, to achieve the worthy goals of more affordable

housing and protecting the environment by making better use of available lands.

7) For years, the City has allowed the development of giant parcels of land for commercial development such as Big Box malls that often consist primarily of parking lots that sit empty most of the time. As a result, huge areas that could have been used for housing have been wasted with the onus now being placed on existing neighbourhoods to absorb the housing that could have easily gone elsewhere. The City gives commercial developers free rein to waste space then has turned around and told neighbourhood residents it’s they who must squeeze together.

8) A new plan cannot simply encourage more housing whose prices

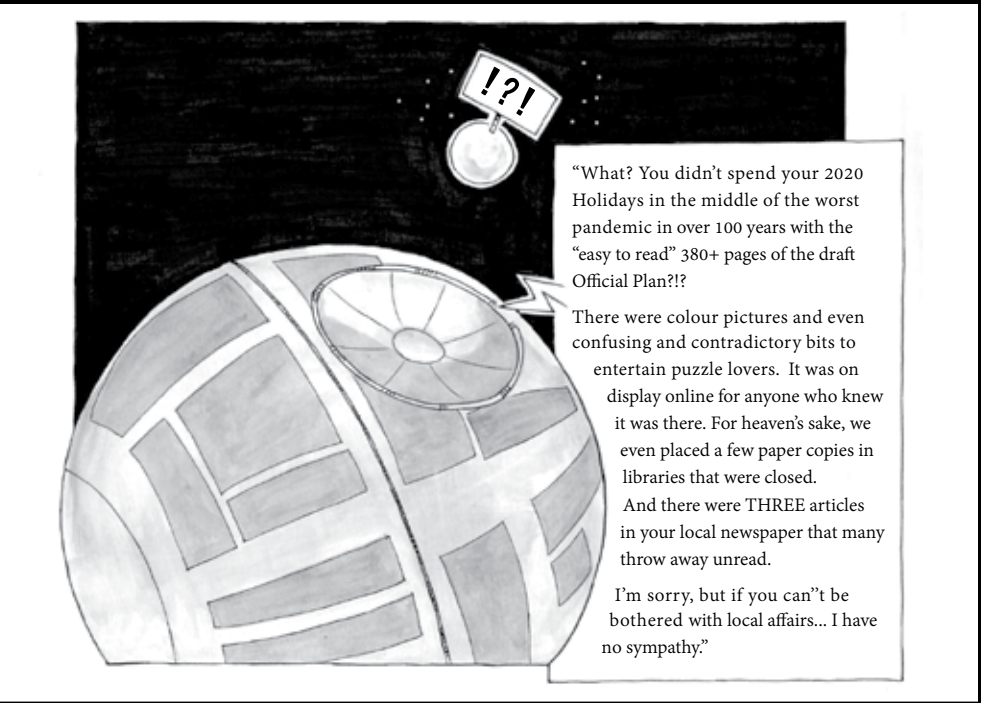
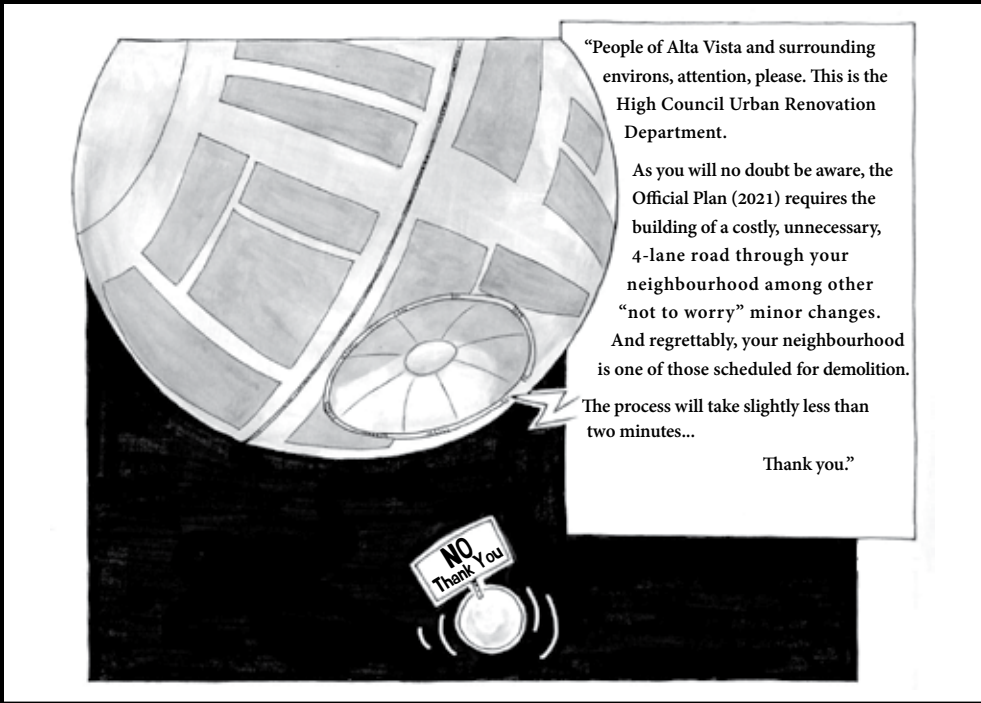
will be determined by the market. The City must use incentives, penalties and regulation, as well as innovative partnerships with coops, non-profit groups and developers to ensure the creation of housing that fits the technical definition of affordable and then is protected from market forces.

Residents across the city are angrily awakening to the destructive nature of this plan; a plan that hides behind a veil of noble intentions that it will never actually achieve. The only people who will benefit for certain are developers.

People are determined to stop this plan. You can save everyone a lot of trouble and stop it NOW.

Danny Globerman,
SOS Alta Vista

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There are still many questions

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Listening and learning – lost political virtues

by David Knockaert

On Tuesday 02 March, I joined 500 other households across the Ward for a Zoom meeting organized by our Councillor and City Hall. The meeting was part of the City's public consultation process in response to the release of a Draft Official Plan.

When we, the 500, logged in we were entering a public consultation to seek and receive clarifications about the Draft Plan. I sympathize with the organizers. Structuring such a meeting to allow for effective flow of communication is difficult. Unfortunately the choices they made did not really serve the process of consultation.

Although over 500 residential households attended, none, apart from the Councillor were permitted to speak. Questions from residents were allowed but they had to be written and not shared among other residents. Some questions were translated into spoken word but only if and after they had been selected and then paraphrased by a planning officer. While a second planning officer delivered responses, follow-ups were forbidden. It was all rather like a scene from a Dickensian poor house where we are assigned our bowl of gruel and expected to accept it without complaint despite the lack of choice or the inadequacy of its preparation or quality.

While such meetings need to be staged managed for effectiveness,

they should never be designed to silence. Conversations are necessary, especially when the topic is difficult.

At one point a resident asked how the City's plan for increased density would accommodate lessons learned from the current COVID 19 pandemic. The answer was that two officials from Ottawa Public Health (OPH) who form part of the Official Planning team confirmed that “density itself has no relationship to transmission” and that transmission is a factor of 'interaction' and 'shared space' rather than density. I so believed there must be a clear relationship between density and transmission I wrote to OPH to ask if they wished to retract, clarify or nuance the message. Only later did I look at Ottawa data. This showed I was wrong, sadly not for the first time in my life. Neighbourhood infection rates show no clear relationship with neighbourhood density.

To learn from my mistake, I looked into what social determinants have been identified as a causal factor of infection. Both for Toronto and across Ontario the claim is that infection rates are related to populations notable for low income, recent immigration to Canada and high concentrations of visible minorities. Here in Ottawa overcrowded housing has also been identified as an additional determinant. So, I looked up those data sets for Ottawa. And, yes such re-

lationships with infection are present. But they were not so direct as to categorically rule out other relationships nor to identify whether any one metric was particularly impactful.

But there is of course another story. That story, as we have all heard from all levels of government and health officials is that infection rates are linked to care homes, private gatherings, restaurants, bars, gyms and sports teams.

For both stories to be valid, there must be a linkage. But what is it? Is it because low income, racialized new immigrants living in overcrowded accommodation are more likely to work in care homes, bars, restaurants and gyms? Yet data shows that neighbourhoods highly represented in those casual determinants also typically have low rates of full-time employment.

So, what's the true story, or what's the linkage between the two true stories? Additionally, I wonder if these stories are repeated in other locations. I lived in Japan for 11 years and know that overcrowded housing (by Canadian standards) is common. So why is Japan's per capital infection rate one-seventh of Canada's? Why a problem here and not there?

There are thousands of professionals who parse, sort and analyze data. The past year of COVID has delivered a trove of information for these analysts to sift through. It would be good to learn what social

and community factors suppress infection rates. Actually, it would be more than good. It is something we as a society owe to those who died, their families as well as those who suffered health or economic hardship. Analysts of all kinds will have something to say. We need to give them time to speak and then we need to take the time to listen and learn.

Which brings me to another question raised by a resident during the meeting - why the Official Plan was not being delayed until implications of the pandemic were better understood? In response we were told that planners are bound to a timeline imposed by Council. Subsequently the Federation of Citizens' Associations wrote officially to the City proposing the Official Plan be delayed. On the 12th of March the Mayor replied to the Association rejecting their request and stating “The matter has been decided...”

I don't dispute our Mayor and Councillors are important busy people. Taking time to express sympathy and condolences to those who suffered is good and appreciated. But that is not truly meaningful if those same officials cannot take the time to learn the lessons. The 400,000 new residents the Mayor is expecting are not part of a migrant caravan currently marching towards Parliament Hill. We do have time to listen and learn. We all need to make the time.

Making density a community contract

by David Knockaert

We may disagree with the 25 year population forecast for Ottawa or with the exact percentage of population to be accommodated in built areas of the city. But our population will grow, and unabated suburban sprawl is undesirable. We will have higher densities and more multi-unit dwellings. But is there not room for conversation as to why the City has proposed to concentrate intensification within the Inner Urban Transect? The City is very clearly planning for a very unequal distribution of density.

The draft goes to great lengths to impress upon readers the benefits to be derived from higher density, as encapsulated in the “15 minute community” concept. But the human costs of higher density are left to the reader's imagination.

Nonetheless some may see accepting higher density in exchange for the 15 minute community as a good deal. What's in question is whether there really is a deal. The high density part comes with an institutional implementation mechanism - zoning by-laws. That part will be implemented. But what about the 15 minute side? While the Draft Plan enumerates and articulates the components of a 15 minute community, delivery of many of those components resides outside municipal authority. Components for which the City bears responsibility have been presented but are unaccompanied by commitment. At the 02 March Alta Vista Official Plan questions were asked about implementation plans and were met with fragmented conditionals - “it's up to the parks people”, “it is a forestry issue”, “we

would need Council to allocate money”. So, in the end we will be given higher density and maybe, sometime, in some places, some components which might sort of look a bit like a 15 minute community may appear.

That's the deal, but it's not nearly good enough. If the City expects us to accept far greater intensification than residents in other areas of the city, we should demand a firm commitment from Council to fund the infrastructure and conduct the cross-jurisdictional negotiations necessary to deliver a 15 minute neighbourhood. Now, that would probably require the lower density Transects to forego infrastructure funding. Realistically that's unlikely to happen because their Councillors are in a majority and almost certainly will not accept either equal distribution of

density or reduced infrastructure spending. Still we should demand, not concede.

- Such demands could consist of:
- 1) sidewalk widening especially in our Hub and Corridors where density will be highest,
 - 2) purchase of land for conversion to parks, green corridors and parkettes
 - 3) commitment to hold developers responsible for retaining our tree canopy. On average Ottawa has almost 50% more tree canopy than Riverview Park and our neighbourhood already lags communities such as the Glebe, Alta Vista, Old Ottawa South and Old Ottawa East.
 - 4) a full review of the City's subsidized housing program to ensure the program is being effectively used to reduce over-

CONTINUED ON PAGE 36

Density

CONTINUED FROM PAGE 35

crowded living conditions. Out of more than 100 Ottawa communities, Riverview has the 3rd highest rate of COVID infection and three times the city average. Riverview also has the 5th highest rate of overcrowded housing in Ottawa, a social metric OPH has identified as a causal factor in infections. Yet Riverview only ranks 51st in the percentage of residents who are in receipt of subsidized housing.

5) more frequent bus arrivals/departures (improved transit) to

manage increased density

6) commitment to work with health providers to bring more clinics into the neighbourhood

7) commitment to work with OCDSB and the Provincial government to keep Riverview Alternative and Hillcrest open

8) installation of City sponsored digital infrastructure in the western part of Riverview Park, an area that hosts the largest percentage of low income youth in Ottawa and the fourth largest percentage of low income earners across all age groups.

Digital connections are essential for community health. Several cities have introduced such infrastructure in lower income areas, including installing Wi-Fi access points on traffic lights

In closing I wish to add that when I say the City intends to distribute density unequally I am not implying there is any personal bias against Riverview Park or Alta Vista and its residents. This is an emotionless bureaucratic paper exercise. There is an “age of housing” map available on-line and the

colour codes showing housing built pre-1960 matches up very neatly with the Inner Urban Transect. This is simply the case of old homes being targeted. In many US cities this type of policy makes sense because when house prices drop below the cost of re-development, houses remain in-situ and become derelict. In that situation, re-development must be encouraged. Such is certainly not the case in Ottawa.

But if our municipal government persists, as they most certainly will, we deserve and should demand fair compensation.

RIVERVIEW PARK PRESIDENT’S REPORT

The gift of spring



BRYAN ORENDORFF
RPCA President

Happy spring everyone! I’ve been seeing many of you outside and who can blame you? As I write this, the weather has been absolutely lovely, particularly after a cold, hard winter in so many ways. We’ve had to say goodbye to our lovely winter pathway through the woods and to our cross-country ski trails. And we are saying goodbye to our sliding hill and to our puddle rinks. But we are saying hello to new blooms, warm weather, and a fair bit of mud at the moment.

Spring also brings with it a particularly timely miracle – vaccines. While we can quibble and complain about who gets the shots first, I highly encourage everyone who is able to get vaccinated to do so once you have the opportunity. Because it truly is a miracle,



have no doubt of that. There are many shots in the world, but few are this effective and will be this world-changing. It was never guaranteed that this would be the case. Folks hoped and prayed all around the world and leaders promised to deliver but there was always significant doubt about whether or not they could do it. And yet, they have. We owe it now to one another to make the most of this gift for it is a rare thing indeed.

If you aren’t convinced, I understand. It is something new with an awesome power to turn the world upside down or perhaps right-side up.

I was looking through my column from this time last year and we had just completed our most successful Riverview Park community Association (RPCA) Winter Carnival. This year, we didn’t have one. We couldn’t. The rink was open, but if you were skating you were wearing a mask. While I appreciated a slightly warmer face, playing hockey with a mask is normally something for goalies. I also wrote this time last year about a new kid’s soccer group that was coming to replace Riverview Soccer. It didn’t happen. It couldn’t. And they aren’t planning anything for this year.

February 2020 was also the grand opening of O’Brien’s Roadhouse at the corner of Russell and Industrial. It was a great time with great food and with a great atmosphere. But I didn’t hear that they threw a one-year anniversary party. They couldn’t. This time last year we were preparing our park cleanup initiatives. But we couldn’t clean them. We couldn’t even clean them in the fall. We probably won’t be able to

clean them this spring, either. I’m sure you’ve noticed the increased messiness during those times over the last year you were even allowed to go to the park. Don’t forget there was a long time you weren’t allowed to even do that.

The RPCA takes seriously the duty to help protect those in the community. I wrote last year that there is a time for action and there is a time to wait. Last year, the time was to wait. This year, it is a time for action. As soon as you are able to, please, get vaccinated. If not for yourselves then for all those people who are not currently able to do so and for those who may never be able to. This is a great gift that should be cherished for the miracle that it is. All you have to do is reach out your arm and take it.

--- For more information, check out our website at www.Riverview-Parkca.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 April 14th.



Wanted

The Riverview Park Review needs a Volunteer Distribution Manager

Publication/Deliveries are the first week of February, April, June, October and December.

For further information and/or to apply:
distribution.riverviewrpr@gmail.com
* cool van not included

COMPUTER TIPS & TRICKS

Wrestling with Wi-Fi

by Malcolm and John Harding,
of Compu-Home

There has been a huge increase in home Internet use in the past year. The pandemic has resulted in people working, studying, communicating and spending recreational time at their home computers to an extent we have never seen before. Many would say that our home connectivity has been a lifesaver (sometimes literally) but it has not been without its challenges. Here are some of the basic facts and principles that it is helpful to understand, based on the frequent calls for help that we receive.

Most homes get their Internet signal through phone or cable wires. The device in your home to accept that signal and convert it for your use is called a modem. A modem is specific to your Internet provider and is usually supplied by that company. If you have only one computer it can connect with a wire, called an Ethernet cable, directly to the modem and that is all you need.

An additional device called a router is found in most homes now. It is wired to the modem and sends the signals via either Ethernet cables or wirelessly throughout the home, acting as a traffic cop to allow multiple computers, portable devices, printers and sometimes televisions to communicate with each other and the world. Internet providers often offer a combination modem/router in one little box for a small monthly fee and many people choose that option, rather than to have to buy and maintain their own router.

Modems and routers, whether separate or in combination, do fail from time to time. If there is suddenly no Internet connection, Step 1 is always to re-boot the modem and router, which is a simple job: disconnect their electricity, wait for approximately five minutes, re-connect, wait a few minutes more and then see if the Internet is re-established. This often solves the problem but if not, it is time for a call to your Internet provider's Technical Support.

If there is a wireless network in the home it is assigned a unique name and there is always a password; this information is stored in the router and, we hope, in your desk drawer. Ethernet-connected computers do not require that password, but any devices like laptops, tablets, smartphones, televisions and wireless printers must choose

the correct network and enter the password (usually only the first time) to gain access. This specific connection is necessary because there may be several wireless networks in your neighbourhood and it is important that everyone is accessing their own.

Many homes in recent months have found that the Internet speed and power that was satisfactory in the past is insufficient to service the increased demand of several devices accessing the web simultaneously and they have bought a higher level of service from their provider. If this upgrade involved a new router (or modem/router) it may be necessary for all of the wireless devices to re-enter their connections.

Computers often have the choice of accessing the router either wirelessly or with an Ethernet cable. Desktop computers traditionally use Ethernet and laptops are wireless although adapters are available to allow each of them to use the alternative – desktops can be wireless and laptops can connect with Ethernet. If home and office arrangements and equipment permit, Ethernet between the router and computer, or between a computer and printer is generally faster and more reliable than the wireless signal. Mobile devices rarely have an Ethernet option. Related to this principle is the fact that a printer connected to the computer with a USB cable will be less prone to problems than one using Wi-Fi. A spinoff benefit to these hard-wired connections is that you can get away without having to look up that pesky Wi-Fi password.

If the access must be wireless, it may be helpful to rearrange the location of the router to a more central location. Modems and routers are often originally installed in a basement because that is where the wiring usually enters the building but getting a wireless signal from the basement to the top floor can be challenging. The walls and floors of a building – concrete, plaster, brick or steel – can interfere with a wireless signal and an electrical appliance such as a refrigerator or microwave might also be the culprit if it is located in just the wrong place.

Laptop computers and sometimes nowadays desktop models will have a built-in Wi-Fi adapter. This adapter may not be powerful enough to bring in a strong, reliable signal and furthermore they sometimes fail outright. The solution is



a plug-in USB replacement. This device is very inexpensive, starting at approximately \$50.00 but there are some features that are worth an extra few dollars. First is for it to be a fairly large-sized model, with one or even two external antennas that extend from it and can be pointed in various directions to optimize their reception. The other handy feature is for the adapter to connect to the computer with a length of USB cable instead of plugging in directly because this will allow some flexibility in its placement and orientation.

Another possibility is a range extender installed somewhere between the router and the computer. It receives the signal from the router and re-transmits it, broadening the Wi-Fi range. If you are shopping for a range extender you will find a wide array of prices, from \$50.00 to a few hundred and this relates to the speed and power of the device. In most cases a mid-range model will be sufficient.

If your Internet connection is stable but too slow, there are several variables that must be examined. These would include: programs running in the background of your computer that are demanding its resources, an elaborate anti-virus utility (or its add-ons) that has become so aggressive that it is degrading your connection, an out-of-date modem or router and last but increasingly possible these days, multiple users in your home or office making overwhelming demands on your bandwidth; all at the same time. Your first thought might be to buy an enhanced package from your Internet provider, but we recommend that only as a last resort after all these other issues are eliminated.

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



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LIFE AT MAPLEWOOD



Mr. M and Mrs. S are "Knocking out COVID"



Mrs. A is making her amazing Pizelles in our resident kitchen



It was 'Paint Night' at Maplewood with some beautiful results.



'Monday Mornings Men with Mugs' is another welcome program addition.



Check us out! Resident Referrals. PHOTOS PROVIDED BY MAPLEWOOD



Maplewood Retirement Community was being well looked after



'Heroes Recognizing Heroes'- celebrating our amazing staff.



Another new program: Drumming at Maplewood



Maplewood made a difference this Valentine's Day with its fundraising event. There was a Heart and Stroke Donation of \$1,050.00.



One popular new program is 'Companion Paws with Finley'.

MAPLEWOOD CLASSIC MAPLE COOKIE



- Ingredients**
- 1 cup butter, softened
 - 1 cup packed brown sugar
 - 1 egg
 - 1 cup real maple syrup
 - 1 teaspoon vanilla extract
 - 2 teaspoons baking soda
 - ½ teaspoon salt
 - 4 cups all-purpose flour
 - 1/3 cup granulated sugar for decoration

- DIRECTIONS**
- **Step 1**
Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
 - **Step 2**
In a large bowl, cream the butter and brown sugar. Add the egg, syrup and vanilla. Mix until well blended. Sift together the flour, salt and baking soda. Stir into mixture until well blended. Shape into 1 inch balls and roll in sugar. Place on cookie sheets about 2 inches apart and flatten slightly.
 - **Step 3**
Bake 8 to 10 minutes in the preheated oven. Let cool on wire rack.

LIFE AT MAPLEWOOD

TAKE A LOOK...Explore life at Maplewood

On February 25 2021, Maplewood Retirement Community hosted a **Heroes Recognizing Heroes event**.

This event was a year long in the making. We wanted to show our staff how much we appreciated them for being front line heroes and working through two COVID outbreaks over the past year. At the luncheon we hosted we reminisced about staff moving in to care for residents last spring when we first experienced an outbreak. We learned quickly how to “Zoom” to keep families connected with their loved ones at Maplewood.

We decided that now, after all of our residents received their COVID vaccine, we thought we would celebrate that here we are ‘Knocking out COVID’ and we did so with the help of some amazing local Heroes!

Margery, who is a resident of Maplewood, and a retired Public Health Nurse along with fellow resident, George who is a retired WW2 War Veteran helped us to present our staff with Hero Medals that we purchased from the Canadian Mint.

We also had some help from a few community heroes too – Elizabeth is a paramedic, Scott is a firefighter, and Peter is a police officer.

We were happy to be able to present this special medal that pays tribute to the tremendous contributions of our Maplewood essential workers who kept our residents safe, healthy and connected as we faced the unprecedented challenges of the COVID 19 pandemic.

We all know someone who has earned a medal!

Not only did we want to recognize them, we had some special messages to share with them too:

Mike Traub, our Vice President of Riverstone, sent his message of support. We also received video messages from John Fraser, our Member of Parliament and from Ottawa Mayor Jim Watson

We even received a signed letter from Prime Minister Justin Trudeau!

We are so proud of the Maplewood team, and we wanted to show them how much we care and appreciate them.

What our residents love about their home?

“I have a lot more Friends. It has given me a wonderful place to call Home. It has proven to be the perfect Safety net for post-op recovery; the staff were aware of my circumstance; the Caring nursing staff asked pertinent questions and addressed my concerns Promptly. Maplewood brings more Stimula-

tion in my life: exercises, companionship, nutritional Choices”.

Outdoor amenities

Step outside the building and you will find a range of delights and activities. A lovely pond, elegant gazebo and sprouting fountains are among the charming fresh air amenities available at Maplewood. All residents are welcome to make use of the property gardens, conveniently raised so you can comfortably tend to them. In addition to gardening, you can stroll along the walking paths, take the time to play shuffleboard, horseshoes or settle in one of the many shaded benches and enjoy our relaxation areas. This outdoor haven is peaceful and quiet.

*Call us today to book a virtual Tour
613-656-0556*

There was great reason to celebrate

by Carole Moul

We are truly sorry we missed the date but these things happen. Canada Post had it right and celebrated with a pair of colourful stamps. The Ottawa Vintage Radio Club (OVRC) shared the story with excellent background information in its Spring Newsletter of 2020.

And what did we miss? Last year was the 100th anniversary of an early broadcast by one of the world’s first radio stations; Experimental Wireless Apparatus or XWA.

The radio program, broadcast by the Marconi Wireless Telegraph Company on May 20, 1920 through its station from the top-floor offices at William Street in Montreal was received here in Ottawa at a special gathering of the Royal Society of Canada in the Château Laurier. The distance between the two locations is about 175 kilometres.

As the ballroom guests in Ottawa tuned in to listen on radio that Thursday evening they heard a live performance by soprano Dorothy Lutton, as she sang two ballads through the airwaves.

The *Montreal Gazette* reported the day after the May 20th event, ‘Wireless Concert Given for Ottawa. Royal Society of Canada Heard Songs From Montreal Last Night’.

The *Ottawa Journal*, in its Friday, May 21, 1920 newspaper included the story, “Ottawa Hears Montreal Concert Over The Wireless Telephone; Experiment Complete Success”. And, The Canadian Associated Press in its Montreal, May 20 edition noted, ‘Heard Better Here Than In Montreal’, with the reason suggested that the receiving station and large amplifier set up in the ballroom for the occasion were of great help.

Later that same year XWA changed its call letters to CFCF which stood for “Canada’s First, Canada’s Finest” and two years later, the station made the move to commercial broadcasting. The



Designed by Soapbox Design, illustrated by Oliver Burston and printed by Lowe-Martin, the issue’s pair of se-tenant stamps – two joined stamp designs – showcases a selection of early 20th century radio broadcasting equipment and receiving devices.

PUBLISHED WITH PERMISSION OF CANADA POST

call letters changed to CKAC when it became the first licensed radio station in North America offering French-language programming.

Ironically, it was only a few years later in 1924 that the radio division of the CBC began occupying the sixth floor of the Château Laurier hotel for broadcasting. That arrangement lasted for 80 years until 2004, when the oldest operating radio in Canada closed and moved to the new CBC Ottawa Broadcast Centre on Sparks Street, as part of a consolidation of various Ottawa CBC facilities.

Early radio enthusiasts were mostly amateurs who built their own equipment. Radio caught on quickly enough with regular listeners, and within two years of that historic first broadcast, 34 radio stations were operating across Canada. By the end of the decade, Canadians were tuning in on more than 300,000 radio sets.

Today the Ottawa Vintage Radio Club (OVRC) has about 130 members interested in all aspects of vintage radio, television, phonographs and other technology. A former president, Paul Guibord, helped advise Canada Post with the 100th Anniversary stamp.

Current OVRC President, Gord Rabjohn recently shared how “People marvel at how quick-

ly the computer and internet were embraced by the masses, but broadcast radio was adopted just as fast, maybe faster.”

He then went on to say, “Broadcast radio started in various places in 1920. Throughout the 1920's early adopters brought radio into the home, and it became a “craze” by the end of the 1920's.

“These radios started out complicated, you needed perseverance and patience to get all the knobs lined up, and people who could make them work were regarded as wizards.

“In the 1930's, it (radio) matured to the point that the vast majority of homes owned easy-to-use (2-knob: volume and tuning), practical radios. Radios from the 1930's and later are still serviceable and many of our members collect, restore, and use them. The depression did little to slow the radio craze.

“Radio has been overshadowed by television, and now the internet, but radio was the first medium that could offer “live” “breaking” news. Radio even brought us “Fake news”, though it was called propaganda at the time.”

As of 2019, and according to the Statista Research Department, there were 963 radio stations reported to be in Canada with 11,400 people employed by the industry.

Today, and over the past year, radio has played an important role in providing yet another link to the outside world as this pandemic continues. Moreover, it has been interesting to learn after noticing a beautiful two part anniversary stamp, the importance of Ottawa in radio’s beginnings here in Canada.

For even more information about the vintage radios used so many years ago do check in with the Ottawa Vintage Radio Club (OVRC). Their website can be found at: www.ovrc.org The story of radio still has a lot to offer today.

Please support our local businesses...

Photos by Geoff Radnor



Rock Lalonde has been expertly styling hair in the local Alta Vista mall since 1978



Ben and his team will happily assist you in making the perfect colour choice for your home or business.



Kas MacMillan is at Terra 20 to assist you in making healthy living that much easier.



Cindie Helmer, our local Registered Massage Therapist, truly helps you live well.

When the Riverview Park Review Staff Photographer, Geoff Radnor, dropped by unexpectedly on some of the newspaper's advertisers he found them to be a great group of local business owners. We hope to introduce you to others in our June edition.



Peter Thompson shares his exceptional knowledge of movies at his Kilborn Avenue store.



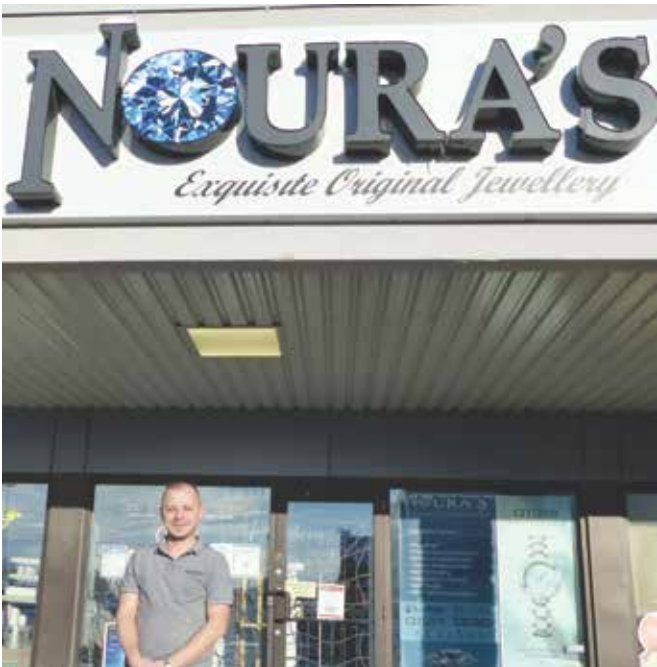
Jonathan Sumner is there to provide you with almost all of your dog's every day needs.



At Danny Dear's it's not only your vehicle that can be repaired but small engines as well.



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Elias Zidan creates unique jewellery, sells jewellery, and even repairs jewellery- all on-site.



Vilbert Enviye has been providing expert vehicle repairs since October 2004.

DEAR FRAN

Herbaceous Clematis—another winner for the garden



FRAN DENNETT

This column is a continuation of the last article on clematis the vine, except that this is about herbaceous clematis. Yes, this group of clematis are perennial, not a vine, and die to the ground each fall. Grammatically speaking, Clematis denotes both the single or plural form of clematis. However, clematises is also correct it just sounds incorrect.

When Garden North was operating, Krystl Walek sold seed for over 20 different species of herbaceous clematis. They came from China, Russia, Siberia, Korea, Europe, the USA and Canada. These clematis are mostly small flowered, maybe scented, have fibrous roots, rarely suffer from clematis wilt, and some are very hardy, others not. There is even an evergreen group that blooms in winter, which obviously is not hardy to our zone.

In General

Where the clematis vines needed a deep planting hole, the herbaceous group has a fibrous root system and are planted as you would a perennial. They like a rich fertile, well drained soil. They are sun lovers but still like cool roots and enjoy a bit of protection from the hot mid day summer sun. Depending on the species, some bloom in spring, and others summer through to fall. Though they die to the ground in the fall, a woody base will form as the plant ages. Some will spread via under ground roots, other are well behaved clump formers.

The flower's size is on the small to medium side but numerous compared to the large clematis vines. The fragrance can be a nice trade off and the colour range is all shades of blue, pink, white and yellow.

The height of these non-vining clematis vary by species from 1-9 metres or more, and the spread can be almost the same, so allow space for them to spread. Allow them to ramble through a shrub or over an evergreen or other perennials or tie them up if you want them to go up a structure for a vertical aspect. Use your imagination.

If you are lucky you might find them at your local garden center, but you can always grow them



Clematis joulana x Mrs Robert Brydon PHOTO: CANDACE DRESSLER

from seed. Growing the herbaceous clematis from seed can be challenging, from finding seed to actually germinating them. Some are easy germinators, while others may need stratification over winter, or even over several growing seasons. If you know someone growing herbaceous clematis ask them to save you some seed. Just remember, if it is a hybrid the resulting seed may be sterile or one of the parents. Some seed houses carry seed of the more common species, such as, the *C. integrifolia*, and *C. tangutica*, but not a named cultivar.

These clematis are grouped depending on their characteristics. I will be discussing the more commonly available types in garden centres.

The **Atragene** group are early small-flowered clematis followed by fluffy seed heads, very hardy, strong growers ideal for a north or east location, e.g. *C. 'Frankie'*.

The **Montana** group has very vigorous vines reaching 20-40', lots of small flowers, as many as 1000 blooms, on the previous year's wood (Group 1). This clematis can become very dense if not pruned and cleaned up yearly after blooming. I have seen *C. montana* vines two feet thick on a fence and the birds were nesting in it. *C. montana* species has white flowers, but oth-



Clematis alionushka (pink) & C. mandshurica PHOTO: MARY ANN VAN BERLO

er colors exist as named cultivars.

The **Integifolia** group (solitary clematis) forms a woody clump with many weak stems and each with a white or blue flower at the tip. It looks great poking through an obelisk or allowing the stems to lie on adjacent perennials. Fluffy seed heads appear in the fall. There are many named cultivars in blue and white.

The **Orientalis** group is characterized by 20' vines with yellow nodding flowers blooming from mid to late summer followed by a pompom seed head. The flower is on the current year's growth (Group 3). Others in this group are *C. serratifolia*, *C. orientalis*, *C. tangutica* and *C. tibetana*. *C. tangutica* species or a named cultivar is usually available in garden centres. It may reseed in garden.

The **Viticella** is a very hardy, strong grower and blooms summer to fall with masses of smaller blooms. Examples are *C. viticella* 'Polish Spirit' (purple) and *C. 'Etoile Violette'* which have been grown in gardens since 1885 (violet-purple).

Clematis heracleifolia, (tube clematis) grows about. 2-3' high on erect stems with fragrant purple-blue flowers clustered around the leaf axils. They are easy germinators from seed. There is the species form and many named cultivars and hybrid crosses are available.

Clematis recta (virgin bower) has small white flowers on erect stems. I found it blooming in my gardens and cannot remember where I got it. I replanted it last

fall where it can clamber through Lilac 'Boomerang'. I am not sure this will be its final resting place if it grows too big.

My first herbaceous clematis were grown from seed from Gardens North about twenty years ago. One was *Clematis heracleifolia* and the other I have lost the name. They are both still growing strong in my garden. I planted them at the back of the border and they now cover about 10 x 3' area. Both have tubular blue flowers, one has fragrant flowers in clusters just at the top of the foliage, and on the other, the flowers cluster around the leaf axils. Both bloom August into October. The plants grow from slightly branching stems that multiply at the plant base. They are both about 3' high and hardy to Zone 4. The bees are always in the blossoms.

These are a few of the over 200 species of herbaceous Clematis in the world. A few others that come to mind are *C. ternifolia* and *C. microphylla*, but space does not allow for their discussion. So if I have piqued your interest google herbaceous clematis for more information.

Again, I hope you found this information interesting and will try herbaceous clematis in your garden. You will enjoy it and the bees will thank you.

NEW! Trowel Talk Live, zoom gardening presentations on Tuesdays April 6-November 2 at 12:30pm. Announced in Trowel Talk and on MGOC Facebook. Learn over lunch.

- 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.
- Email Help Line: mgoc_helpline@yahoo.ca

COMMUNITY BULLETIN BOARD



■ **St. Aidan’s Anglican Church**
932 Hamlet Rd. (behind Elmvale Shopping Centre).
Although our church doors have been closed during the current lockdown our parishioners have participated in our Lenten Project, “Doves for Seare”. Seare is the young refugee that we are sponsoring to come to Canada. Over 120 doves have been purchased and are now hanging in our church hallways showing our support. Seare is awaiting his travel documents and we hope to have him in our midst in the near future. For information on our on-line services and other church activities please check our website at www.staidansottawa.org or call the church at 613-733-0102.

■ **Emmanuel United Church**
691 Smyth Road,
Ottawa, Ontario K1G 1N7, Bus #55
Office (613) 733-0437
(Monday-Thursday 8:30 am-4:00 pm)
E-mail office@emmanuelunited.ca
Website www.emmanuelunited.ca
Welcome to our re-opened building! Currently we’ll have some small group activities with a maximum of 10 participants, as permitted by provincial regulations. It is important that we continue to maintain the health and wellness of all. Your cooperation is appreciated.
Many of our worship services and activities

for spiritual and social connection will continue to be online only. Other events are being planned, but will take place in a different way. Stay tuned. For information or meeting details (including how to join us by Zoom), please contact our office. Emmanuel continues to function as a family, offering programs and reaching out to our church members and all in the community.

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 Page: Join us online at www.facebook.com/EUC.Ottawa to find out all about Emmanuel United Church. You’ll find videos, community news and sharing opportunities.







APRIL EVENTS AND ACTIVITIES:

Weekly:
Sundays, 10 - 11 am: 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 (by Zoom).
Mondays, 7 - 8 pm: Meditation. Jesus says, “When two or three pray together in my name, I am there among them.” We live in a noisy world filled with ceaseless activity. We seek space to be quiet and be with God within ourselves.
Tuesdays, 7 - 8:15 pm: Faith Study. We will be discussing upcoming scripture readings from the lectionary. (by Zoom)
Thursdays, 10 - 11:30 am: Thursday Morning Discussion Group (Heretics). We are currently studying “A Song of Faith,” A Statement of Faith of the United Church of Canada. Our next topic will be Basic Income in Canada. (by Zoom)
Fridays, 10 - 11 am: Coffee With Roxanne. Join Roxanne Delmage, our Pastoral Care Provider, as she has a virtual visit, and participants share thoughts with each other. Roxanne presents a different scripture reading and topic each week. (by Zoom)

Monthly:
April 1, 7 pm: Maundy Thursday Service (streamed live).
April 2, 10 am: Good Friday. We will join with Rideau Park (www.rideaupark.ca – click on the watch live button).
Sunday, April 4, 8:30-9 am: Join us this year for our Easter Sunday Early Service, live and in person in the parking lot. Bring a lawn chair and we will be socially distanced and safe. Reserve your spot today (max. 50 people) by calling or e-mailing Pat at the Church Office. (The Accuweather forecast for that day is sunny and plus 9!)
Sunday, April 4, 10 am: Join us for our Easter Sunday Service with communion (streamed live).
Wednesday, April 28, 7 pm: Teleos - A group for all women, meeting to discuss current issues and experiences from a theological perspective. Recent topics have included Exploring Indigenous Issues through Literature with the help of books by three Indigenous authors.
Wednesday, May 26, 7 pm: Teleos


■ **Rideau Park United Church**
2203 Alta Vista Drive,
Activities and Events, April-May 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 YouTube channel. To speak to a staff member, please contact us at 613-733-3156 x228 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 through the Spring season. These include:

Sunday 10am Worship Services are live streamed online at www.rideaupark.ca, with hymns, prayers, scripture, videos, and a thought provoking message.
Children’s and Youth Christian Education Classes will take place through Zoom
CONTINUED ON NEXT PAGE




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.



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CONTINUED FROM PREVIOUS PAGE until mid May. Four separate groups to join: JK/SK: 10am, Grades 1-3: 10am, Grades 4-6: 10:30am, and our youth class: 11:30am. Contact Rev Steve Clifton at scifton@rideaupark.ca for a 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 until the end of June. 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.

Thursdays 7:30pm, from Rideau Park, Iain Macpherson is starting **Zoom choir practices for singers with rusty pipes!** (We all mute ourselves when actually singing.) If you are interested in exercising your vocal chords with some beautiful music, contact choirdirector@rideaupark.ca for more information.

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

The Rideau Park Healing Pathway Ministry is offering a **Healing Circle** each Sunday morning after the live-streamed worship service on our website www.rideaupark.ca, starting at 11:15 am and running

for about ten minutes. Coming into the circle, we move outside our normal sense of space and time, into a sacred space.

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

Camp Awesome at Rideau Park, summer 2021: An expanded Camp Awesome for children ages 4-12 is being planned as a summer online experience in 2021. We will share more on what Camp Awesome 2021 will look like as the program develops. For more info, contact Rev. Steve Clifton at scifton@rideaupark.ca or, at a later date, check www.rideaupark.ca

We need to stay connected to our community and to one another, while being physically apart. Our community is all of us.

■ **Blair Court Community Food Bank**
1566 Station Boulevard in Riverview Park
The Blair Court Community Food Bank continues to operate biweekly on Tuesday and Wednesday by appointment only. Please call us at 613-736-5058 on the Monday of Food Bank week to book your appointment. Dates for April and May are as follows: APRIL 13, 14, 27, and 28 and MAY 11, 12, 25, and 26
We would like to send out a big Thank You to all who have donated to the Food Bank over the last

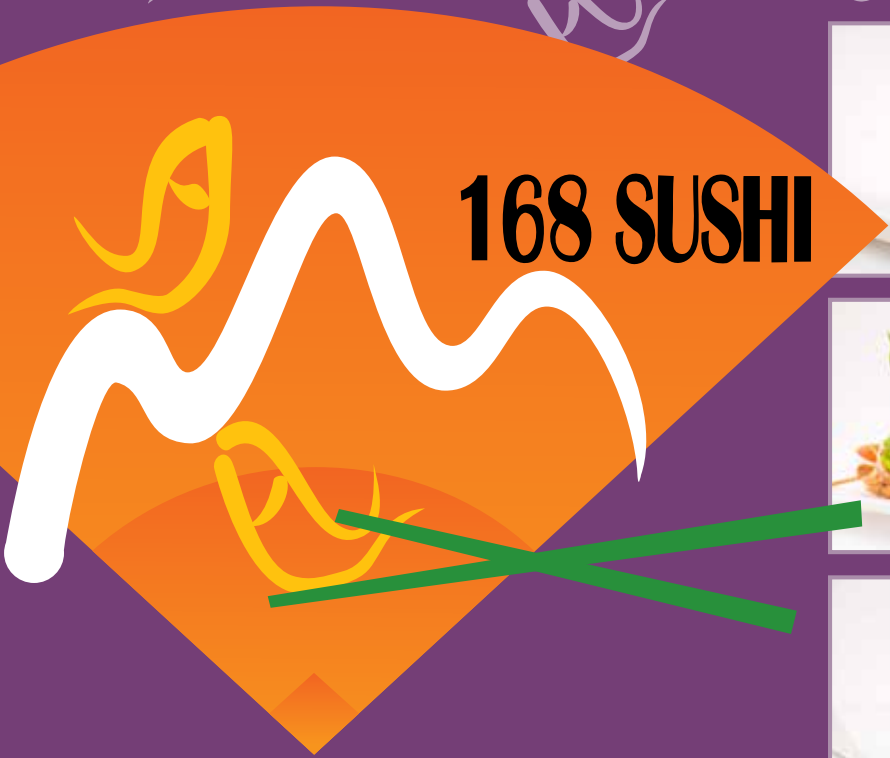
year. Should you wish to make a donation, please note the following items would be most useful at this time: dry pasta, rice, canned fruit and vegetables, nut free granola bars, crackers and peanut butter. Please note that we can only accept non-perishable food items with best before dates that have not passed.
Bottles for Bellies – Wine and Liquor bottle collection. Blair Court has been collecting returnable wine and liquor bottle to help support our Covid efforts. Please

give us a call before dropping off at 1566 Station Boulevard. For 40 or more bottles, we can collect them from your home within the Riverview and Alta Vista communities.
Online Silent Auction Fund-raiser. In May we will be hosting an Online Silent Auction Fundraiser via our Facebook page @BlairCourtCommunityHouse. We would like to encourage you to check it out. We will have some great items to bid on. The auction will run from 9:00am on May 6 to 11:59pm on May 16, 2021.



■ **Message to all dog owners**
I regularly walk through the pathway between Dorion and Drake. All winter long it has appeared quite clean. However, after a quick two day melt last week an atrocity became apparent. Although there are signs at either end of the pathway asking dog owners to “pick up after their pet”, a monstrous collection of dog waste showed up through the melted snow.
This amount of waste appeared in more than one location along the path and must have occurred over many, many days. It is obvious that the dog

was a very large breed of dog judging by the size of the poops. Very disgusting, and an awful sight to see. Sad to see some irresponsible dog owners. This owner should be ashamed of them-self.
To all the responsible dog owners, thank you for observing “pick up after your dog”. Perhaps a waste collection barrel could be located at this location as the one at the path at Knox and Cluny.
Thank you,
**Rhonda Turner,
A Responsible Dog Owner**



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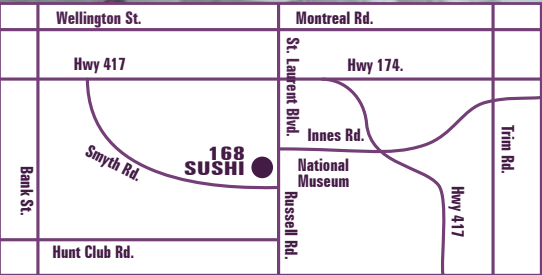
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