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CELEBRATING 25 YEARS WITH A COMMUNITY NEWSPAPER

SILVER JUBILEE MESSAGE

# ‘Let’s keep the newspaper going’

The people who worked on the first paper were:

- **Karin Keyes Endemann, first editor**
- **Colleen O’Grady**
- **Lawrence Dumville**
- **Orrin and Pam Clayton**
- **Bill Fairbairn and Janina Nickus**
- **Colleen Calvert**

**Karin Keyes Endemann responds to Bill Fairbairn’s questions**  
*What prompted you to found a newspaper for Riverview Park? What journalism or other experience did you have to do so? Did you talk to others before calling on community support for a paper? Who wrote for it? Was the typography and paste-up by amateurs tricky that night? Who was the printer? Who delivered it?*

When I joined the Riverview Park Community Association (RPCA) Board in 1995, I soon discovered that there was no mechanism to share or distribute information throughout our community and I believed that having such a vehicle would be critical to the success of the Board and would also help augment our sense of community. No matter what, the neighborhood would not be able to work or pull together unless they knew of and understood the issues facing our area. I had recently moved to Riverview Park from Old Ottawa South where I had contributed to their thriving community newspaper, OSCAR. I presented the idea of developing a local newspaper, to the RPCA Board and they were enthusiastic and appointed me as the first Editor of the Riverviews (albeit with cost caveats).

Given that we were just beginning, I kept the initial founding team pretty small and a couple of Board members volunteered to help as well (Colleen Calvert, Orrin Clayton and Colleen O’Grady). Our first brainstorming session, in my living room, soon showed that we had a lot of great ideas and boundless enthusiasm to create a successful local communications tool.

Colleen O’Grady offered to take on a major role of advertising manager and used her contacts in the community to obtain ads to pay for the cost of the paper. Over time, she was able to develop a large stable of consistent advertisers which enabled us to cover the cost of production and printing and even, eventually, to make a small profit.

You might laugh, but I had no official journalism experience. However, as previously mentioned, I had worked on the OSCAR and had contacts there who kindly gave me “community newspaper production 101” lessons, including where to find a printer etc. I also spent quite a bit of time, talking to other community newspaper editors, including Vistas, who generously shared some tips and tricks and I interviewed and negotiated with a plethora of printers in order to get us the best value for money.

Initially, the only Board members wrote articles for the paper but as the popularity of the paper increased, we were heartened by the willingness of a wide variety of local residents in being regular contributors and, as a result, we discovered all sorts of amazing hidden talents in our community.



High praise goes to Karin Keyes Endemann for initiating a Riverview Park community newspaper.



The mastheads may have changed but the intent remains the same for having a community newspaper.

Once we had gathered enough information to produce our first paper, we set up production in my basement. In those days, we did not have any software which could produce a document of the size we needed, so I had to come up with an alternative method to lay out the paper for printing. It soon became obvious that the only way we could produce something in the size we needed and with any accuracy, would be to do it the old fashioned (and difficult) way – we would have to cut and paste the articles onto print ready paper sheets. So that is what we did. I printed the articles on my home printer and the production crew in the basement cut them out and dry fit them onto the printer’s format, which I had obtained. Needless to say, there was a lot of editing and fiddling with pagination. When we were happy with the layout, we glued the articles to the printer’s pages. Initially, it was a long, confusing and tedious process and we made many mistakes. But we did our

best to keep laughing and eventually we were able to put our first paper to bed. Halleluiah!

Lawrence Dumville took on the role of distribution manager and he identified a few local folks who were willing to deliver the paper to the residents on their streets.

*Did the early Riverviews meet your expectations? What did you think of succeeding editors and their newspaper in terms of success?*

I believe that our community and everyone who worked on the paper were thrilled with what we were able to accomplish with our grassroots effort. Just getting the first paper out was cause for great celebration, even though we were all exhausted, both mentally and physically. But the rewards were wonderful and we received lots of positive comments from the community and the Board. Kudos should go to all who worked on the early editions as it was tough and challenging work. Years later, I was personally very touched to receive a City of Ottawa award from Mayor Jim Watson for initiating the paper.

With respect to subsequent editors I am very pleased to see that they have not only expanded the breadth of the content in the paper but have also maintained the same high quality standards which we had originally set for ourselves. I was also thrilled to hear that they were able to find a software program to make the process that much easier.

*Do you recall any story, campaign or picture that fired you up in those 25 years?*

One of the biggest and most challenging campaigns our neighbourhood faced came during my tenure as President of the RPCA and was the planned Alta Vista corridor. Our community paper was instrumental in helping us share pertinent and timely information with our residents and which helped us garner significant community support for our efforts to have the corridor struck off the City’s development plan.

*What does the future hold for our community newspaper?*

I am proud to say that from its fledgling and humble beginnings our community paper has become a major source of information for our residents. It has survived for 25 years because we all value the information it offers us and because a few dedicated souls have devoted their time and effort to ensure its ongoing success. They saw (and see) the importance of this communication vehicle and have worked diligently to ensure its viability. Given the longevity of this paper, the increasing worldwide desire for community along with the demise of many other papers (big and small) in our city, I sincerely hope that Riverview Park will continue to support this wonderful institution which connects our community and brings neighbours together. My dearest wish is that our community paper, founded by a grassroots effort in challenging circumstances and now an award winning communications tool, will continue to provide our area with interesting and pertinent news for years to come. I know that I, for one, look forward, every month, to receiving the paper. Give us more please!



CELEBRATING 25 YEARS WITH A COMMUNITY NEWSPAPER

Orrin and Pam Clayton:  
Exceptional supporters of their community

Orrin and Pam Clayton were very actively involved not only in the community but Riverview Park's paper, *Riverviews*. Orrin worked on Karin Endemann's initial creation of the newspaper and was the Editor of *Riverviews* from December 2000 to July 2002, responsible for the electronic page layout and publication of the paper. At the time it was a 24-page community newspaper. Orrin was also an active member of the *Riverviews* editorial board, article contributor and photographer since its inception in 1995. The circulation was 4500, six times per year.



Pam and Orrin Clayton (C) receive the Mayor's Community Service Award 2000 – RPCA Volunteer Extraordinaire Award from Mayor Jim Watson (L) and Councillor Allan Higdon (R). The special occasion was held in the Council Chamber of the former City Hall.

HISTORY OF RIVERVIEW PARK BY ORRIN CLAYTON , P. 149

Heather Swail and Paul McGuire:  
Recipients of a special community award

Well-deserving of the honour, Heather and Paul received the special award in 2000. Paul was President of the Riverview Park Community Association for a number of years including when the *Riverviews* community newspaper was initiated. He also took on the role of Distribution Manager of the paper. As RPCA President, Paul was a regular columnist. Over the years, Heather also wrote for our community newspapers on behalf of our local schools, plus she was among the dedicated team who helped with the editing plus all the cutting and pasting that was required for early newspapers. Heather chaired the Riverview Alternative School Council and led a campaign to save the school from closure in 1999. They were and continue to be involved with a number of voluntary organizations, including the Christie Lake Kids Foundation and the Climb for Kids initiative.



Heather Swail and husband Paul McGuire (C) receive the Mayor's Community Service Award 2000 - RPCA Volunteer Extraordinaire Award from Mayor Jim Watson (L) and Councillor Allan Higdon (R) at the former Ottawa City Hall.

HISTORY OF RIVERVIEW PARK, BY ORRIN CLAYTON, P. 148

Happy Silver Anniversary  
from MP David McGuinty

As Member of Parliament for Ottawa South I am delighted to wish the *Riverview Park Review* Community Newspaper and its predecessor a Happy 25th Anniversary.

Thank you to the tireless volunteers who gave so freely of their time and expertise to keep us together, especially at a time when we need to stay physically apart.

Now, more than ever, community newspapers truly provide an essential service by ensuring readers have the information they need about what is happening in our neighbourhood.

Community newspapers are such important

sources of reliable information that local residents can rely on. I always look forward to receiving my copy of the Riverview Park Review and I read every edition cover-to-cover.

The *Riverview Park Review* team has done an exceptional job keeping us connected for 25 years, and I want to thank each and every volunteer and advertiser, past and present, for contributing to its great success.

Happy Silver Jubilee to the Riverview Park community newspaper!

**Honourable David McGuinty,  
P.C., M.P., Ottawa South**

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CELEBRATING 25 YEARS WITH A COMMUNITY NEWSPAPER

Greg of all crafts took over production at one time

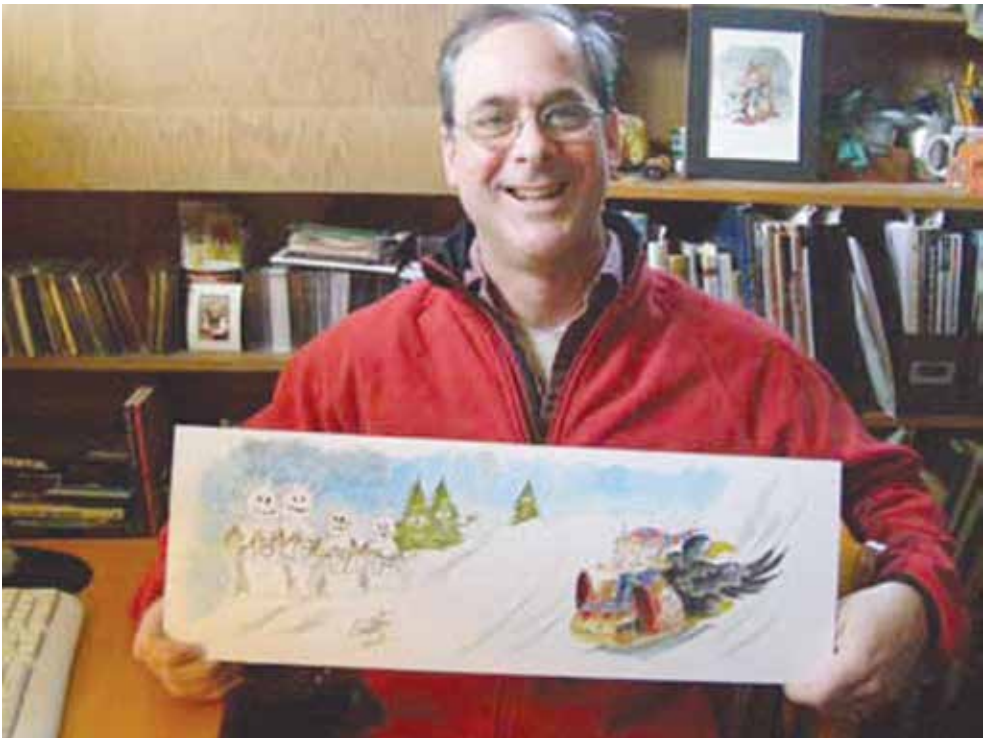
by Greg Money

Around 2003-2004 I talked to Orrin Clayton about helping out with *Riverviews*. I was a stay-at-home dad then and wanted to get back into political cartooning. I had been working for a couple of printers in town, and knew some of the processes involved in printing a newspaper. So I quickly got handed the job of producing the newspaper for the Riverview Park Community Association.

Between 2004 and 2009 I was graphic designer for advertising, cartoonist and production manager. Brant Scott was the editor and Susan Scott managing editor with today's editor Carole Moulton, the long suffering advertising manager.

Back then the paper was two-colour, red and black. I had to do colour separations at home before it went to Performance Printers in Smiths Falls. There was red on the cover and the back page of the paper. The inside pages were black only except for a couple of special issues using some red. Little did we know that the paper would eventually be full colour throughout with a full colour painted masthead.

Proofing was done at the kitchen table using a pen on hard copy "blues" while Clarence, the Performance Printers driver, waited outside by the truck to take our art-



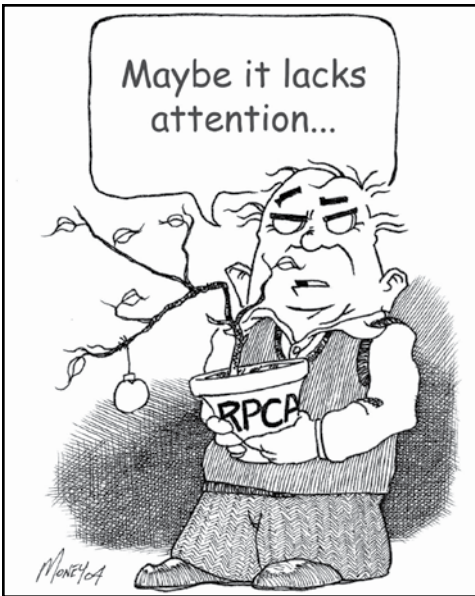
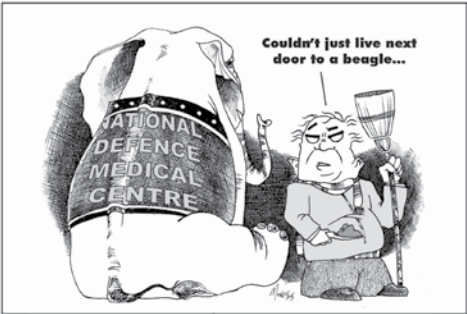
work onward. Now proofing is done electronically by Carole Moulton, Bill Fairbairn and Janina Nickus, with corrections done almost immediately.

I have included three cartoons from those days. Before the Crow and the Mouse became mascots for the *Riverview Park Review*, I had a grumpy old guy in a cardigan sweater commenting on local topics. The RPCA, then as now, was in need of volunteers and one cartoon appeals to that need for attention. The other is of the National Defence Medical Building as a neighbour that was coming up for sale through Canada Lands.

Thirdly is a cartoon of Clive

Doucet, the councillor for the ward north across the river. He was a regular contributor to the paper and a "Green" before "Green" thing. He also strongly promoted the train coming to Ottawa. Shortly after printing the cartoon, Mr. Doucet called me up and asked for the signed original, framed for his office. I took my girls downtown to meet Councillor Doucet and tour City Hall. Clive was kind enough to shake our hands and take time to chat with us.

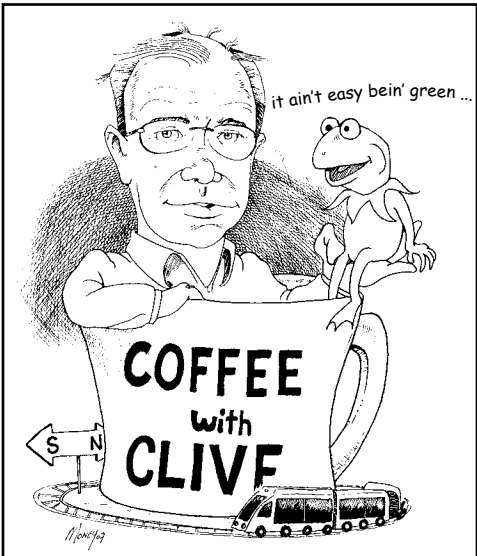
Shortly after that the issue of the Alta Vista Transportation Corridor was really getting serious. And for the first time I had cartoons that didn't pass the approval of the then



Editorial Board. I have copies of those cartoons that, in their original forms, were not printed. Back then the Board was part of the RPCA and later there was an independent Board, and some members didn't want to cause trouble for then-councilor Peter Hume! Wanting to work with City Hall to manage the project, the cartoons were seen as "less-than-helpful", so they were pulled. I can't tell you what the cartoons were replaced with, but something less impactful!

Doucet silver tribute clear as crystal

I remember my first election and first canvas of Riverview Park. It was new to me and I was new to the people I met. On that first evening, a fellow came to the door, looked at me for moment and said, "you're Clive Doucet". I owned up and then he said, "you've got more hair than I thought and you look younger." To be greeted by such clear and wise discernment during a political canvas is unusual and from that precise moment on, I was sure that the residents of Riverview Park were a very clever group of people, deserving of the close attention of City Hall.



Cartoon by Greg Money

During that same election, I was handing out pamphlets at the

gates of an apartment building and a very young man, driving a very expensive car, took my pamphlet, looked at it and then handed it back, saying, "sorry, I can't vote. I'm Swedish." It was Daniel Alfredsson, looking about 16, who had just arrived in Ottawa and, of course, went on to an amazing career with the Senators.

Riverview Park was not a well known part of Capital Ward then, but I learned to depend on the community to support me in the struggle to stop the Alta Vista Expressway and in the attempt to stop the city from giving away Lansdowne Park to developers for

a dollar. This support was always very much appreciated. During my tenure, I also learned that the Riverview Park Review was an invaluable community resource. Like the Glebe Report it and the OSCAR in Old Ottawa South reports on community activities in a generous and sensitive way. I read it faithfully and am very pleased to wish the Review long life and congratulations on its first 25 very successful years!

Note: Clive Doucet represented Capital Ward taking in part of Riverview Park and twice stood for Mayor of Ottawa, the latter time coming second to Jim Watson.





CELEBRATING 25 YEARS WITH A COMMUNITY NEWSPAPER

The soul of the paper is easy for our editor to detect

by Bill Fairbairn

Who or what is the heart and soul of the *Riverview Park Review*? Editor Carole Moulton had no doubt in replying that the heart and soul of the paper is its community of writers plus the advertisers who pay for the paper.

She says: “When I think of the tremendous amount of time put in by individuals to share material that they think and hope might interest the readers, then those are the people who should receive the accolades for having a community newspaper. I know they spend hours and days working on content because I am frequently able to speak with them about what they are planning. Yes, it is a great deal of work for everyone involved however the individual contributors continue to successfully add to the value of the paper.”

Carole, a former teacher, also says the editor's job is the same, yet different. “You look at the various strengths of the newspaper contributors and hope to capitalize on these.”

I am one of Carole's contributors who has written for newspapers on three continents and once broadcast on CBC international radio. Male dominance in journalism changed during my pervue over the past 70 years. Carole started her journalism after retiring as a teacher and rose to be editor in a short time, not only because she saw the need, but believed she understood the community from living here for 40 years. She appreciates the wide variety of writing styles and content that local writers bring to the community paper.

Carole knows that newspapers have to be financially sound to be bold and successful. There's always the odd chance of a bankrupt-



Bill Fairbairn (left) and wife Janina Nickus were at the founding Riverviews workshop 25 years ago and still going strong with the *Riverview Park Review*.

ing libel case for one thing. She tackles the paper's financial base personally by working to see that advertisers value an independent newspaper that draws readers to their businesses. She knows that the first thing the advertisers see when the newspapers are delivered is the front page. She is advertising manager as well as editor. And always busy when editions are due and contributions coming in.

This writer's heart-and-soul contribution to the paper this past 25 years simply was to continue, as I saw it, my career as a good journalist. I had, in ancient days, written and set up articles and headlines in metal type and relentlessly survived several revolutions in printing and journalism along the way on many newspapers. I was not the



Mastheads went through a variety of changes over the years

first journalist to run afoul of Rupert Murdoch and had left posts in London and Edinburgh to relocate and hopefully rise in Canadian journalism.

After a number of journalism posts in Canada, the *Riverview Park Review* was my final throw and how I enjoyed again falling back in love with an independent community newspaper looking for headlines from retirement homes, jury duty, book reviews including my own, city hall, local restaurants and

shopping centres. I loved the work as all of us who have typed for a living can well understand. My life was near picaresque. When Janina came along, it was truly romantic!

What I loved is that in journalism Carole Moulton never used her university lecturer status, as some in England had, to gain ground over this high school leaving colleague. She and I worked well together on the *Riverview Park Review*. Even internet journalism and the subjunctive clause failed to divide us!

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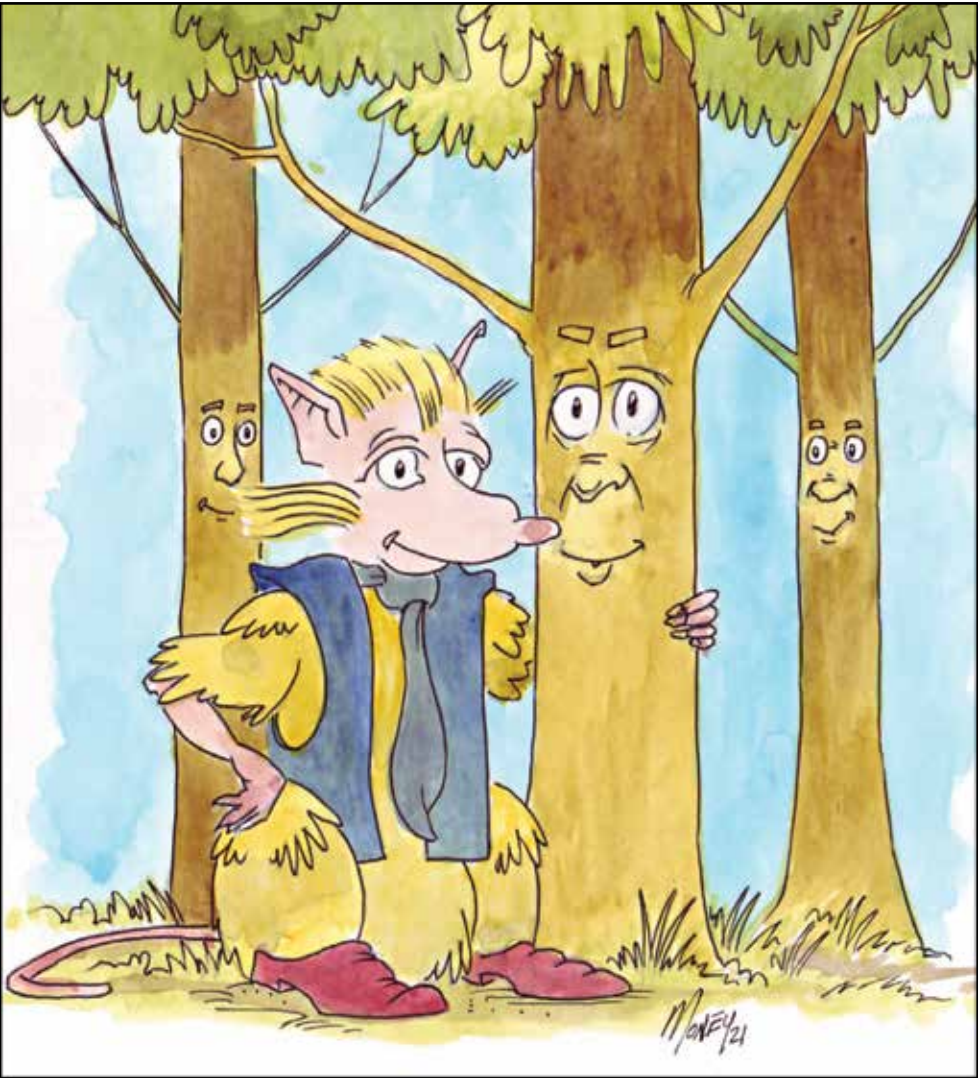
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## RPR celebrating 25 years

Welcome to the 25<sup>th</sup> year of our community newspaper. Over the years it has taken on different looks, changed hands and gone from black and white to full colour. What hasn't changed is the focus on reflecting the interests of the Riverview Park community.

One of those interests that has remained a common theme over the years has been that of maintaining the green spaces and parks in our neighbourhood. If the recent pandemic has shown anything, it is that densification is a problem if there is too much of it, and that there are not enough green spaces to break it up. And just as importantly, that there are out door places for people to go and air themselves out.

In 1997, Balena Park was under threat. In the early 2000's, both the Riverview and Dale Parks were badly needed of repair. Luckily the neighbourhood rallied to see them re-treed and new play structures installed, making them local oases for children of all ages.

Meanwhile the Hydro Corridor and Hospital Lands developments have been chronic issues. A local toboggan hill has been at least reinvented, and a walking path has been upgraded: both at the expense of a controversial access road. Having an engaged community has meant all the difference in keeping projects like these well scrutinized. And having a community newspaper as a place for that scrutiny to play out makes Riverview Park a unique place in Ottawa.

Over 25 years having a community newspaper track the development of our local interests has meant countless hours of effort by many people over the years. Luckily Riverview Park has many interesting and interested, motivated people to keep it going. Here's looking to the next 25 years of collective, recorded stories.

## About the *RPR*Review community newspaper

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

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


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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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# Pandemic-resilient project in Ottawa South approved for funding under the Canada Healthy Communities Initiative

Honourable David McGuinty, P.C.,  
M.P., Ottawa South

Through the Canada Healthy Communities Initiative, the Government of Canada is making funding available for projects that help communities adapt to the unique challenges of COVID-19 under three main themes: creating safe and vibrant public spaces, improving mobility options, and digital solutions.

I am very pleased to support the application of the Riverview Park Community Association’s “Riverview Park Green Spaces Improvement Project.”

Here is an excerpt from their successful grant application:

“Our goal in this phase of our project is to significantly improve the greenspaces in and around Riverview Park to increase the opportunities for the residents and neighbors to interact with and enjoy. We have seen a huge increase in people needing to nature bath/get out/de-stress during COVID-19, and in this phase we plan to provide considerable more opportuni-



ties for residents to embrace outdoor movement/interaction and the physical/mental health benefits that brings. Our work plan is intended to open up access to all ages and abilities through open, accessible, age appropriate engagement that would include green-space and forest paths (natural, and stone dust), viewing areas, rest areas, and exercise areas. Interpretive material would also be added to improve the experience. We also plan to improve the quality of the green space areas by addressing some of the invasive species (dog strangling vine, buckthorn) and planting pollinator gardens

to bring back bees and birds. Not that long ago it was easy to find milkweed and monarch butterflies in Riverview park fields, and if we are successful, they will be back home in Riverview. We also plan to plant native fruit bearing trees and shrubs to promote nature interaction for children and locals.”

Our project grew organically out of the huge public outcry and opposition to a planned Hydro One destruction of the forest greenspace in the Riverview Park hydro corridor. This greenspace had been used by residents and neighbours for over 30 years to get outside, relax, and enjoy nature. For ease of

maintenance Hydro One proposed razing the hydro corridor forest with bulldozers, taking all of the trees down, which was met with very strong public opposition from over 2,500 people. In conjunction with our councillor, MPP, MP, and mayor, along with all of the residents and neighbors, we were able to convince Hydro one to change their plans and only selectively trim the woods. Through the work of mobilizing to address the Hydro One issue, we looked further to see what the community would like in the hydro corridor greenspace and completed online survey garnering ~100 responses. This led to our goal to improve the hydro corridor along with other Riverview Park greenspaces, recognizing the very important part they contribute in a healthy neighborhood.”

I am delighted to announce that they will receive \$13,000 for this very worthwhile initiative. Congratulations and thank you to the team of dedicated volunteers who work so hard to improve our community.



Member of Parliament | Député  
The Honourable | L’honorable

David McGuinty

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**Improved digestion:** The spine is part of your central nervous system, so any misalignments can disrupt signals from your nervous system to your digestive system, causing uneasiness and discomfort. When your spine is properly aligned, you'll likely discover digestive issues are obsolete.

**Minimize fatigue:** When your body is in pain, the stress and strain on your body is tiring. Chiropractic treatments can minimize constant fatigue.

**Boosted immune system:** When the nervous system isn't working properly, many other bodily functions are affected, including the immune system. Chiropractic treatments keep the nervous system aligned, helping your body naturally ward off illness and recovery more quickly when you do become sick.

The next time someone suggests a visit to the chiropractor, think past the neck and back pain solution and consider it a wellness treatment for the entire body.



## Simply Chiropractic

A Tip from Dr. Stéphane Chillis



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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Then vs. now

by Peter Thompson

The two last Oscars have had some surprise winners (Bong Joon Ho's *Parasite* winning Best Picture) and some industry changing winners (Chloé Zhao becoming the first Asian woman to ever win Best Director). And while *Another Round* by director Thomas Vinterberg winning for Best International Picture wasn't industry changing, it was about time one of his films won in the eyes of many. So, these three directors are in the limelight right now, but how did they get there?

Bong Joon Ho has been around for a lot longer than most people think and has done a few excellent films, but none better than his 2003 film *Memories of Murder*, which has just been released on DVD courtesy of Criterion. Based on true events about South Korea's first documented serial killer, Bong handles it with a lot of the attributes that made *Parasite* so successful; elevating every scene from what could have been normal or mundane into a mesmerizing film that's largely unforgettable. There's even some humour that offsets the more tense scenes – and yes, social commentary galore. But what Bong does best is make characters that we want to know more about. Like *Parasite*, *Memories of Murder* has characters that don't do everything right – in fact, there are large amounts of confusion and ineptitude surrounding the two lead detectives who slowly realize they're on the case of the first serial killer in their country's history. Even when they're trying to work together to solve the case, their warts are shown and that makes them even more interesting and makes *Memories of Murder* a must-see.

Meanwhile, Chloé Zhao became the first Asian woman to win Best Director at the 2021 Oscars for *Nomadland*, but before *Nomadland* came the wonderful film *The Rider*. Dealing with a young cowboy who falls off his horse and suffers a near fatal injury, *The Rider* sensitively looks at his plight as he wonders what his place in the world has now become. And Zhao uses her deft touch and already emerging instincts as director to not make *The Rider* a story of pure inspiration, but rather a character study which flows more like a poem than a narrative. While



Memories of Murder



The Rider

Bong uses different, yet effective methods to engage the audience, Zhao uses her camera to show what you would expect a documentary about her characters to look like - and she also quite often uses non actors to further that point.

Thomas Vinterberg has become one of the big names of the directing world. While he has several great films in his canon, it's easy to agree that the 2012 film *The Hunt* is his great-

est achievement and propelled him to the heights he's at today. A Danish film featuring the great Mads Mikkelsen, *The Hunt* showed the world that Vinterberg was coming (and is in the IMDb-Internet Movie Database- top 100 rated films of all time!). Subtle and deft direction makes a snowy, idealistic community a very pretty backdrop for a modern day witch hunt that shakes the characters to the core and leaves the viewer both reeling and thinking about it well after the credits are rolling - something Vinterberg is now renowned for.

Sit and watch!

So there's your pandemic homework. After you've puttered around in the garden for a while or taken a nice walk, sit back and get to know these three Oscar winners...before they were Oscar winners.



The Hunt

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# New shifts in town and country real estate

## Can you safely buy or sell a home in the age of the coronavirus?

by Eric Cosgrove

Many homeowners are eager to buy or sell a home after sitting on the sidelines during the pandemic but worry about exposing themselves to COVID-19. What should you know about the current state of real estate transactions if you fall into this camp?

First, the rules are constantly evolving and vary by market. Many new procedures have been instituted, and real estate professionals have been highly committed to keeping everyone safe.

### Safe Showings

While traditional open houses aren't allowed in Ontario markets, real estate professionals are employing in-person showings that adhere to local health guidelines, promote social distancing, and respect their clients' personal preferences.

For example, potential buyers may be asked to wear a face mask or covering and gloves during scheduled showings, remove shoes or add protective booties, and use hand sanitizer. Owners may ask that no children attend and that no surfaces are touched—a request that works better if they leave all lights on and keep closet doors open.

### Leaning on Technology

Agents are using technology to facilitate nearly every aspect of real estate transactions, including client communications and property showings.

For example, if you prefer no in-person showings, talk to your agent about virtual options like 3D virtual tours or virtual open houses. These technologies come much closer to replicating an in-person experience (versus only offering property photos).

As a buyer, you may want to request a virtual property tour, where

### 2021 RECREATIONAL HOUSE FORECAST

	2020 (Actual)	2021 (Forecast)	% Change
National	\$437,156	\$502,730	15%
Atlantic Canada	\$193,984	\$226,961	17%
Quebec	\$253,907	\$291,993	15%
Ontario	\$467,698	\$547,207	17%
Prairies	\$239,323	\$260,862	9%
Alberta	\$889,510	\$942,881	6%
British Columbia	\$691,963	\$791,918	13%

For greater detail on each region's recreational housing prices, see <https://bit.ly/3deRFFG>.

## Recreational property prices spiking

by Eric Cosgrove

If you're in the market to buy or sell a recreational property, Royal LePage gives you an idea of what to expect.

The market segment is marked by low inventory and high demand. In short, it's shaping up to be a seller's market this year.

Royal LePage anticipates the aggregate price of a house in Canada's recreational regions to rise by 15 percent to \$502,730

during 2021.

Low interest rates, people accumulating more savings after staying home all year, a desire for life-work balance and more space, and the realization that working anywhere is possible are among the reasons buyers are eyeing such properties.

Real estate practitioners are seeing multiple bids for recreational properties and properties selling above the asking price.

Eighty-seven percent of agents who sell recreational property in Ontario, 65 percent in Quebec, and 52 percent in British Columbia say that more than half of such homes sell over asking prices.

Younger buyers are among those driving the market, with 47 percent of Canadians aged 25 to 35 say that they'd pick small town or country living when given a choice. Forty-five percent still prefer urban life.

your agent uses a live video service like FaceTime or WhatsApp to walk through a home on your behalf, providing a closer look at various features, like the views from windows or the property's landscaping.

While phone calls, email, and text messages have long been popular communication tools, ask your agent about video conferencing options. They're often a better way to discuss essential topics when in-person meetings are difficult or undesirable.

### Contactless Closings

Technology is also playing a pivotal role in managing transaction paperwork, transaction deposits, mortgage applications, closing documents, and more, reducing or eliminating the need for in-person contact. For example, you might be able to attend the closing while in your car in a parking lot. Your contact will be minimal, similar to using curbside pickup services.

### On a Positive Note

In the Greater Ottawa market, inventories are pretty low, and home prices have increased. Additionally, mortgage interest rates are at historically low levels. These factors contribute to a solid real estate market and make it a desirable time to buy or sell a home.

*Eric Cosgrove BA is a Seniors Real Estate Specialist® and Broker with Royal LePage Performance Realty in Ottawa [www.CallTheCosgroves.com](http://www.CallTheCosgroves.com) 613-238-2801*



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# Friends of Riverview Park Green Spaces update

by Ron Ridley,

Friends of Riverview Park Green Spaces update (FORPGS) has been very active over the last few months and the community was well rewarded with a Federal Healthy Communities Initiatives grant of \$13,000. FoRPGS applied for a grant for a three year work plan to improve Riverview Park Green Spaces with Year 1 work on the Forest Trail & Meadow, Year 2 on the Hydro Corridor, and Year 3 in the other Riverview Park parks (Rail Line, Dale, Coronation, Riverview, Balena, Hutton and Alda Burt) if we are successful and the program stays funded.

Our proposed scope of work for the each of the areas starting with the Forest Trail / Toboggan Hill Meadow this year is as follows:

1. To improve paths and trails to provide more opportunity for natural experiences, making portion of these accessible to young or old, able, or assisted
2. Construct viewing/rest/interpretive areas
3. Add some basic outdoor exercise stations, and outdoor fixtures (benches, waste/recycle receptacles, etc.)
4. Address invasive species threat-



Visitors walking in Riverview Park’s green spaces just might find some pleasant surprises. PHOTO: GREG MONEY

ening the greenspaces (dog strangling vine, buckthorn)  
5. Planting native wild pollinator flowers and fruit bearing trees to bring back bees, monarchs, and birds

We will need lots of volunteer help to complete the workplan – please join our group by contacting us at: FoRPGSOttawa@gmail.com More information on our work plan, scope of work and schedule will be posted on our Facebook site (Friends of Riverview Park Green Spaces) as it develops.

*In the April RPCA meeting a motion was passed as follows to formally establish FoRPGS: The Riverview Park Community Association (RPCA) Board hereby supports the formation of the Friends of Riverview Park Green Spaces (FoRPGS) to act as a self-governed subcommittee of the RPCA dealing with the enhancement and promotion of the green spaces of the Riv-*

*erview Park community. FoRPGS will report periodically to the RPCA Board on its workplan, budget, spending, and any other items of interest to the RPCA.*

FoRPGS recently applied to the City Adopt-a-Road program to adopt the Hospital Link Road so we could manage and improve the meadow and forest area between the Hospital Link Road, Alta Vista Drive, the Hydro Corridor and Balena Park. In addition to the required periodic clean ups, we are using this program to work with the various city departments to get our plans for the Healthy Communities grant scope approved.

### Hydro Corridor update

No schedule to come on to the East-West corridor hand trimming. The Hydro One Forestry crew is currently on another corridor and will not be on ours for a few weeks.

They realize that birds are nesting now, and they look for this, and leave a buffer around any nests they find, and come back in a few weeks to finish.

The Councillor’s office is working with the City of Ottawa Corporate Real Estate Office (CREO) to learn more about the existing city Provincial Secondary Land Use Permits (PSLUPs) in place in Ottawa.

Hydro One will be giving our community \$5k for trees in lieu of the ones they need to trim/cut on the Hydro Corridor. FoRPGS is working on a plan for locations in Riverview Park.

Closing thought – why don’t you try ‘Plogging’ - the Swedish activity of picking up trash while walking or jogging. It’s a great way to get out of the house with a purpose and help make Riverview Park more beautiful!

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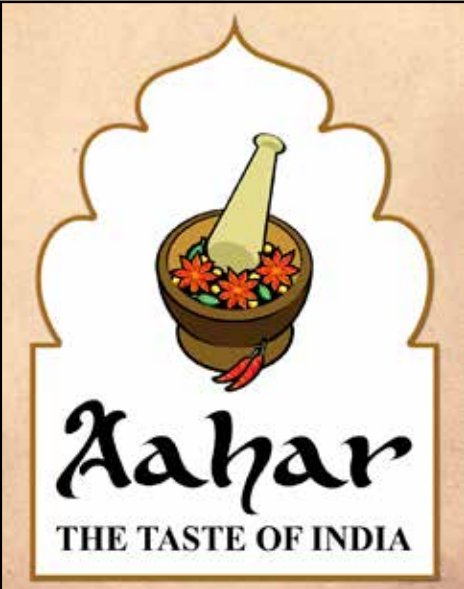


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# Using ‘PAUSE’ in public speaking

by Craig Senior

In Toastmasters, we often hear well-intentioned encouragement “use more pauses,” “pause longer,” or “I liked your pauses!” Sometimes, pausing more and longer is not enough:

“I always... enjoy the... aroma of... a spring... day.”

People will wonder what’s wrong with you. They fidget, look at each other, smile, check their watch. They will feel something like, “It didn’t flow. You paused at the



wrong time. It wasn’t natural.”

If we race through a speech, it doesn’t work. The audience can’t keep up. If we plod through a

speech, it doesn’t work. The audience drifts off. If we pause after the “wrong” word, it confuses the audience. Too long or too short, still not right. How can we get it right?

There is no “right” in terms of “correct and incorrect.” There is congruent and incongruent. Congruence is when all of the words, voice, facial expressions, hand gestures, body language, and use of space come together so that the audience understands the intended ideas, unaware of the speaker’s

delivery. With a bad actor, you are painfully aware they are acting. With a great actor, you are unaware of the acting, as if the actor and the character are one.

How to pause in our speeches is partly answered by what you do, as a speaker, during the silence:

- observe the audience
- give the audience time to absorb and respond
- breathe
- think
- move

What the audience is doing during pauses:

- think
- feel
- laugh
- observe you

While silence is just the absence of sound, moments we are without sound, random silence confuses. Like in music, in speeches, silence has meaning. Silence needs to occur just after the words or syllables that carry the meaning so that the audience has time to realize the significance.

Pausing is facilitated by word sequence, placing the power words so that you can pause after them. Consider this sentence:

*The dead mouse suddenly moved in the box I opened.*

Alternatively:

*I opened the box. Inside I found a dead mouse... until it moved!*

In the second line, the sequence of words and the punctuation facilitate pausing. Imagine acting it out with hunched shoulders, wide eyes, suspense and finally, surprise.

Business coach Helene Patry from Phoenix, Arizona said, “When a speaker voices a short phrase that is quite saturated with meaning, they will repeat the phrase and then pause. Pausing alone in this case may not be sufficient.”

I agree! Mindful repetition gives another moment for the audience to really absorb what you are saying. Overdo it and you will irritate them.

To identify and place the power words, you might first need to script your speeches. In time, you can condition your mind to think and speak that way. Intend to speak congruently with silence sounding out the meaning and emotion in your speeches. By doing this, you will *Permit the Audience to Use Silence Effectively... ‘PAUSE’.*

*Craig Senior is the VP of Public Relations for Good Morning! Ottawa Toastmasters who meet on ZOOM, weekly, every Thursday mornings at 7:15am. If you are interested in taking part in a toastmaster’s training session and would like the ZOOM link, please contact us at: <https://goodmorning.toastmastersclubs.org?contact>*

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# Five things your dog wishes you wouldn't do!

by Jonathan Sumner

We all want what is best for our furry friends but sometimes we can mistake what is good for us, with what is good for them. If your dog could speak, here are five things they would ask you to stop doing.

### Not listening

Your dog communicates with you all the time. They watch your body language and facial gestures for signs about how you are feeling, or something you might be trying to say. As humans we are not as dialled in with non verbal communication and we often miss the subtle cues of our dogs trying to communicate with their body language and facial expressions. We might think it's cute when they bring us a toy, or come nudge us for attention. Often times they are trying to communicate with you! Let's not ignore our best friend's invitations and pay some extra attention to your dog's non verbal communication!

### Forced Affection

Ever get that feeling your dog is so cute you just want to hug them? Big hugs are something your dog may tolerate from people they know but can be a smothering and unpleasant human gesture forced upon our dog. Our dogs often don't love enthusiastic head pats either. Imagine the reverse? Scratch your dog's chest or under the chin and watch their body language, if they lean in for more then you can scratch them behind the ears. If they close their eyes and enjoy the process you can continue and know they are enjoying this.

### Delayed Grooming

All of our dogs need general upkeep. Nail trims and ear cleaning are regular things we need to do for all dogs. Avoiding nail trims can cause discomfort when they walk or not cleaning ears can lead to painful ear infections. Dogs that require hair cuts are prone to matting and need constant brushing and even routine grooming. Matting can result in deep bruising and severe discomfort among other potential health issues. Take care of your pup's grooming needs; they will thank you for it!

### Same Walk

Your dog is a social animal and they like to explore. Changing up your walking route keeps things exciting. Let them sniff throughout your walk. For them it's like reading notes left by the other dogs in the neighborhood. They will likely leave their own calling card by peeing or even

kicking up dirt. Let them enjoy this process and change it up!


### Loud noises

Your dog has sensitive ears. As a matter of fact your dog's hearing is twice as sensitive as yours. Loud noises like lightening can really scare your dog. Minimize their exposure shouting or loud arguments in the household. Screeching and other loud sounds in the house will also hurt their ears. Keep in mind your dog's hearing when you are out for a ride and your favourite song comes on the radio. When you go to crank the volume remember your dog likes it a little quieter!




PHOTO BY TANIA TACK

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





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CELEBRATING 25 YEARS WITH A COMMUNITY NEWSPAPER

# Staff Photographer Geoff Radnor shares his story

The *Riverview Park Review* has been an important part in my life over the past eight years. Before that I just read a few pages and didn't really think that much about the paper. The first piece with my name on it was about the three trips across the continent of North America in Alfa Romeo cars, a famous Italian maker of sports cars. The February 2013 edition had the details.

The editor has told me that from these modest beginnings there have been almost 50 other contributions by me. These started with things familiar to me, and then some where I had a bit of interest and wanted to share my views with the readers. The more I examined what influenced our neighbourhood the more I explored these issues.

I have been retired for many years so I thought that some people who are about to retire might like some of my advice. The articles have tried to show how much more development there has been in our surroundings. There is new retail like Trainyards and its continuing expansion. Then our local shopping centre, Elmvale, is going to be completely transformed in the years to come. The new Museum of Science and Technology on St Laurent was a very popular addition to the list of attractions in Ottawa and it is very close to us.



Only once in a while did we see photos of the Staff Photographer.  
RIVERVIEW PARK REVIEW, JUNE 2014, P. 40



Our nearby Museum of Science and Technology provided many opportunities for Geoff Radnor to snap photos for the paper.  
RIVERVIEW PARK REVIEW, APRIL 2018, P. 1

History of the area made an article on a building that housed devout nuns and covert spies interesting. The impact of the LRT on commuting and the attached public art surprised me. The origins of the Perley Rideau Veterans' Health Centre were a revelation to me and hopefully to the readers too. The



Geoff Radnor took some amazing photos for his articles on Art Price.  
"THE UNIVERSE IS YOU", RIVERVIEW PARK REVIEW, OCTOBER 2018, P. 39

*Riverview Park Review* must be of interest to as broad an audience as possible and that is what has guided the content of the variety of articles that have my name on them.

There is one thing that has helped get some of the facts correct and to further research: the wonders of the internet. What would we do without it? I found out how Scotsmen like Carnegie, Baird and Watt made a great impression on our modern lives.

There were pictures needed to illustrate some of these articles and soon I became the official "Staff Photographer" of the RPR, but always as a volunteer.

One remarkable photo was that

which accompanied the lead article on Ottawa sculptor Art Price in the October 2018 edition. It was of his "The Universe is You", is usually referred to as The Sphere, at the National Research Council on Montreal Road. The story also showed how many works Art Price created and that their location stretches from coast to coast and to Palm Springs too.

So now when ever the editor calls me and says that she has some space to fill on the paper I can usually supply a photo to fill that hole. If not, I take my camera and go out and take a few. (go to <https://riverviewparkreview.ca/> to read more from the archives)

# Neighbourhood Watch salutes the *Review*

by Tim Mark

Congratulations to the *Riverview Park Review* on your 25<sup>th</sup> Anniversary! The paper has gone by different titles over the years, but it has always enjoyed wide readership and great success.

In 2008 I took over as Neighbourhood Watch Coordinator for Riverview Park East. Pam Clayton had held the position since the mid-1980s. With the help of her husband Orrin, Pam provided periodic summaries of crime in the area based on police reports. Nowadays the information is accessible through the Ottawa Police Crime Mapping tool. Check the website or go to <https://www.ottawapolice.ca/en/crime/crime-mapping-tool.aspx>

This was a good time to promote Neighbourhood Watch (NW) and crime prevention as the Riverview Park Community Association had



agreed that community safety and wellbeing would form one of the 'pillars' of the RPCA.

I continued Pam's initiatives,

with Neighbourhood Watch reports in almost every issue of the paper. These ran the gamut from reports of stolen bikes, sheds broken into and thefts from (mostly unlocked) cars. These occurrences were not very frequent so we turned to crime prevention. This often meant adapting Ottawa Police media releases for Riverview Park readers. The messages were predictable but helpful and as relevant today as they were then. For instance: now that spring is here it is time to pay more attention to keeping car and house doors locked; and do watch for traffic, as more bikes, motorcycles and pedestrians will be active.

And there are still a number of scams going around. If you do not recognize a phone number don't answer it or hang up promptly. Delete that suspicious looking email

without opening it – better safe than sorry.

It is also worth repeating this message today: report all incidents to the police even if they are minor. Why? The police respond to statistics: community policing is 'driven' by the number and types of reports and requests submitted by a local community.

One of my fondest memories is the founding of the Riverview Park West Neighbourhood Watch and the opportunity to work with such fine colleagues as John Neale and Frank Hare.

I have since handed over my Coordinator responsibilities. It was fun and rewarding to work with and on behalf of our local community and I would recommend it to anyone. So congratulations to the RPR and here's to the success of Neighbourhood Watch as well.







# Local restaurant makes changes

by Geoff Radnor,  
The pandemic has curtailed the operations of most places offering food and drink. For weeks there has only been take out and delivery. So, in anticipation of some relaxation of the rules, Chef Luc Dorion and his cook Brandon at O'Brien's Roadhouse on Industrial Avenue have temporarily given up working in the kitchen and are now hard at work building a fine new patio, to be ready for the expected increase in outdoor dining.

As the project grew bigger Luc decided to engage some professionals to help with the roof over the patio. It sure looks great. We all are hoping for a fine warm summer with lots of sunshine and another chance to enjoy lunch on the Roadhouse's new outdoor dining area. Can't wait!



The collected works of  
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# A butterfly garden is closer than you think

by Geoff Radnor

We are all familiar with the parks in our neighbourhood, especially now that the weather has warmed up and the government allows us to use our parks for recreation and exercise.

Just a few days ago I looked up on the net the list of parks in Ottawa. I needed to see the name of the park that we had used for a little birthday picnic.

Among the parks listed was The Butterfly Park, this was a new name to me. It is quite close to Riverview Park. To get there one can walk along the path next to the Trinity Community Gardens and then across the infamous Hydro Corridor to CHEO.

The Butterfly Garden is very close to the ambulance entrance to the hospital and adjacent to the helipad. It is maintained by a group of volunteers of the Ottawa Chapter of Compassionate Friends of Canada. There are benches and tables to sit and rest. It is up a little hill with nice sheltering trees. The flowers there are especially attractive to butterflies. Yes, it is a very special place.



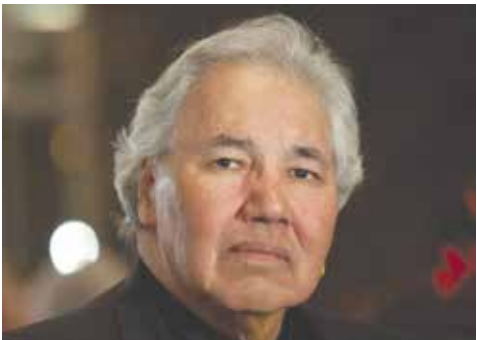
# Murray Sinclair book to tell us: ‘Who we are’

For decades, Senator Murray Sinclair has fearlessly educated Canadians about the painful truths of our history. He was the first Indigenous judge in Manitoba and only the second Indigenous judge in Canadian history. He chaired the Truth and Reconciliation Commission, and remains one of the foremost voices on reconciliation. And now, for the first time, he will share his full story—and his full vision for our nation—with readers across Canada, says prospective publisher McClelland and Stewart of Toronto.

Drawing on Senator Sinclair’s unique experiences, and his perspectives regarding Indigenous identity, human rights, and justice in Canada, his book will examine the roles of history, resistance, and resilience in the pursuit of finding that path forward, and healing the damaged relationship between Indigenous peoples and non-Indigenous peoples in Canada. And in doing so, it will reveal Senator Sinclair’s life in a new and direct way, exploring how all of these experiences shaped him as an Anishinaabe man, father, and grandfather.

McClelland and Stewart plans to publish his book in the fall of next year under the title *Who we are*.

Structured around the four questions that have long shaped Senator Sinclair’s thinking and world view—Where do I come from? Where am



Senator Murray Sinclair

I going? Why am I here? Who am I?—Who We Are will take readers into the story of his remarkable life as never before, while challenging them to embrace an inclusive vision for our shared future.

The book will be published in hardcover, electronic, and audio formats by October 2022. The deal was arranged by Stephanie Sinclair at CookeMcDermid Literary Management.

### ‘A path forward’

Senator Murray Sinclair said, “Our history has been about stealing our identity as Indigenous people. It’s time we changed that. This country has tried to change us into something we are not. So here is a story about who we are, about how my experiences have shaped who I am, and what I see is a path forward for us all.”

News of the book was first announced in a feature interview with Shelagh Rogers on CBC’s *The Next Chapter*, on Saturday, November 21.

McClelland & Stewart Publisher Jared Bland said, “Senator Murray Sinclair is a visionary leader, a transformative figure, and one of the great moral forces in Canadian life. For all of us at McClelland & Stewart it is an extraordinary honour to join with him to share the history, ideas, and values embodied in his profound story. We look forward to continuing, through this once-in-a-lifetime publication, the crucial work of reconciliation.”

In recognition of Senator Sinclair’s longstanding commitment to the idea of change made through education, McClelland & Stewart and Penguin Random House Canada are dedicated to a major charitable and educational component as part of this publication. Through the donation of thousands of books, the development of curricula and discussion guides, and other forms of educational outreach, McClelland & Stewart will, in partnership with several Indigenous-led and focused organizations close to Senator Sinclair, ensure that the ideas, values, and stories of this singular book reach as wide an audience as possible.

### More about Murray Sinclair

Senator Sinclair was a judge for 28 years. He was the first Indigenous judge appointed in Manitoba and Canada’s second. He served as

Co-Chair of the Aboriginal Justice Inquiry in Manitoba and as Chief Commissioner of the Truth and Reconciliation Commission (TRC). As head of the TRC, he participated in hundreds of hearings across Canada, culminating in the issuance of the TRC’s report in 2015. He also oversaw an active multi-million-dollar fundraising program to support various TRC events and activities, and to allow survivors to travel to attend TRC events.

Senator Sinclair has been invited to speak throughout Canada, the United States and internationally, including the Cambridge Lectures for members of the Judiciary of various Commonwealth Courts in England.

He served as an adjunct professor of law at the University of Manitoba. He was very active within his profession and his community and has won numerous awards, including the National Aboriginal Achievement Award, the Manitoba Bar Association’s Equality Award (2001) and its Distinguished Service Award (2016), and has received Honorary Doctorates from 14 Canadian universities. Senator Sinclair was appointed to the Senate on April 2, 2016.

For more information, contact Erin Kelly, at [ekelly@penguinrandomhouse.com](mailto:ekelly@penguinrandomhouse.com).



# Emmanuel's celebration of Red Dress Day

by Roxanne Delmage, Jill MacLean, and Lynn Solvason

On May 5, 2021, red dresses and shirts were seen hanging across Canada from the west coast to the east coast and in between. You could see them on trees, along highways, in people's yards, windows, or balconies, on clotheslines, government buildings and statues, in front of schools, and in the trees at Emmanuel United Church in Ottawa. The red shirts and dresses hanging there are a memorial to all the Missing and Murdered Indigenous Women, Girls, Men, Transgendered and Two Spirit People (MMIWGM2+).

Emmanuel United Church invited congregants, through the Right Relations Group, to take the free University of Alberta Indigenous course starting March 2021. This is an online course with twelve Modules and about twenty people signed up. To coincide with the course, we organized two discussion groups. These groups allowed members to match learnings to their thoughts and own experiences, which resulted in a much richer learning process.

One member had seen and shared a plywood image of a red dress on a bridge in Moncton, New Brunswick. This resonated deeply with the group. Nine members felt called to work on a Red Dress project. We worked together with our different gifts. Some shared a dress, some a shirt, some made the signs, others helped with publicity, some hung the dresses or held the ladder, one spoke to an elder, and one obtained the sacred tobacco for her. As often, when people work together, we became bigger than the sum of our parts; open-hearted and willing to bring our love and hope to this Memorial.

On May 5th, a reverent group (limited to ten by Covid restrictions) gathered outside Emmanuel United Church for a sacred ceremony. We were blessed by and grateful for Anishinaabe Elder Barbara Dumont-Hill who agreed to join us. Barbara was an elder advisor to the judicial team hearing the stories of the families regarding their missing/murdered loved ones during the gathering of testimony for the National Inquiry into Missing and Murdered Indigenous Women and Girls, (MMIWG). The final report was issued in 2019.

The ceremony began with a land acknowledgement stating that we are located on unceded and unsundered Algonquin territory. We expressed our gratitude for Indigenous stewardship through many generations and said how much we have to learn from Indigenous



Emmanuel United Church's sign for Red Dress Day, Wednesday 5 May

PHOTO: PHYLLIS MACRAE

people in caring for this planet. It ended by stating "We acknowledge that the church, our ancestors, and yes even we, have contributed to the historical injustices and the ongoing suffering. We commit, collectively and individually, to look for ways to help heal the brokenness and to strengthen our relationship—one based in honour and deep respect."

Following this, a red packet containing sacred tobacco (semaa) was offered to Elder Barbara, and she was asked if she would honour us by blessing the Red Dress Installation that was our tribute to the MMIWGM2+. They are lost but not forgotten. Elder Barbara gracefully accepted the invitation and then led us in a moving spiritual smudging ceremony which started by smudging her own hands and the rest of her body with burning sage herb, explaining what each step meant. She continued to smudge the perimeter of the display, the dresses and shirts, the trees on which they were hung, and the grass and earth beneath them. She further smudged each of us. The ceremony ended with the group joining Barbara in a lullaby she sings every night to remember and comfort the lost souls of the Missing and Murdered.

Barbara was so gracious in sharing her knowledge, her story, her time, her humour, and her love. We are very grateful for her leadership that made the hanging of our red shirts and dresses such a meaningful spiritual experience. Due to Covid, Barbara allowed the entire ceremony to be videotaped, so others could be part of and learn from it as well. It is now posted on the Emmanuel website: [www.emmanuelunited.ca](http://www.emmanuelunited.ca)

The red dresses and shirts are hanging to commemorate the more than 1200 Missing or Murdered Indigenous Women, Girls, Men,



Anishinaabe Elder Barbara Dumont-Hill preparing to bless the shirts and dresses

Transgendered and Two Spirit Peoples. This number is just the tip of the iceberg and only includes cases that have been confirmed. Many Indigenous groups are convinced that the number is over 4000, but even one person is one too many. Hearing the story of an individual missing or murdered person and the anguish of each family is important. You can see and hear many of these by googling the CBC Data Case Explorer and then clicking on "Missing and Murdered Aboriginal



Red Dresses and Shirts hanging in the trees at Emmanuel

Women." Two books (available in many public libraries) that include stories of the Missing and Murdered and the relentless search for justice by their families and friends, are Highway of Tears (Jessica McDiarmid) and Keetsahnak (Anderson, Campbell, Belcourt eds). These show a stark contrast to the overall inactions or counteractions of the federal government in Canada as well as of the police forces. One of the Calls to Action of the National Inquiry is for ALL Canadians to learn about the injustices that are STILL being perpetrated and for each to do what we can to END this Canadian genocide. The dresses and shirts of our Memorial will remain in the trees until the end of May, but those they represent, will be remembered EVERY day.

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# Incredible Canadian edibles...

by Carole Moulton,

It's not just about the Poutine, Beavertails or Kraft Dinner. Canadians have invented countless other wonderful foods that most of us have never even thought about as being, 'Made in Canada'.

Add peanut butter, tortière, butter tarts, Coffee Crisp chocolate bars or Crispy Crunch, Hawaiian Pizza, Ketchup Chips, maple syrup taffy and Nanaimo Bars to the list and you aren't even close to the total number of foods that began their story in our country. And, what about split pea soup, bannock bread or donairs? Search the internet for Canadian food beginnings and their fascinating histories are there for all to see. Just don't make yourself too hungry.

Food bloggers or foodies totally enjoy creating, making, photographing, reviewing, or writing about a myriad of foods. Screen upon screen is filled with these on the web. A good number of newspapers have a restaurant review in them and frequently our favourite glossy magazines have regular columns to do with some form of appetizer, main course, dessert or delectable snack. Food history is included in thousands upon thousands of websites.

Such was the case when Food Bloggers of Canada (FBC), Est.



2011 included on its site, 'It's Canadian: The History of the California Roll'. The story was told by Gabby Peyton, of St. John's Newfoundland and gave a superb account about the creation of California sushi by Chef Hidekazu Tojo of Tojo's Restaurant in Vancouver, British Columbia. Excellent background information about the California sushi invention made this reader want to find out more, thus a call to Tojo's Restaurant seemed like the wisest move. Fortunately everyone at Tojo's seemed to welcome the questions. The responses from Chef Tojo were kindly forwarded to our paper by Momoko Tojo.

Chef Hidekazu Tojo is 'classically trained in sushi arts'. And what does this mean? The message came back to us from Chef Tojo.

"Aspiring sushi chefs must first learn how to select the freshest seafood for sushi preparation. Then, they must become proficient at preparing it (including scaling, gutting, cleaning, deboning, slicing, storing) to bring out

the best flavours. Other required skills including cooking, flavouring and preparing sushi rice, preparing garnishes, preparing dashi (clear soup)." The training takes up to 10 years for chefs wishing to work in a high-end restaurant in Japan."

Chef Tojo invented the inside out California sushi roll around 1974. At his restaurant it is called, Tojo Maki. When asked why he created the Tojo Maki, Chef Tojo replied that he "created the Tojo Maki or the 'Inside Out' roll specifically for his customers who were hesitant to eat seaweed and raw fish. He hid the seaweed inside the roll, and used fresh Dungeness Crab, avocado and spinach. The fresh crab meat is cooked and does not have a 'fishy' taste or smell, and pairs well with the creamy texture and subtle flavour of avocado. The spinach adds colour and a tender-crisp texture. Turning the roll 'inside out' also allows for more space for ingredients inside the roll, making the dish even tastier."

Why the name California sushi one might ask? "It was the Japanese media that named the roll. In those days, the Japanese media referred to the West Coast regions of North America as 'California'. They saw this roll as a foreign invention stemming from 'California' (the West Coast) and called it, 'the California Roll'."

Chef Tojo's lawyer encouraged him to patent his creation in the late 1970s, however to patent a food is very difficult. The Canadian Intellectual Property Office (CIPO) is in Gatineau, Quebec. To be able to patent something, the invention must be new, useful and innovative. The roll and other inside out styles were already copied by other restaurants. Instead, Chef Tojo decided to embrace the quote, "Imitation is the sincerest form of flattery," and thus did not continue in his pursuit of the patent.

The distance from Ottawa, Ontario and Tojo's Restaurant at 1130 W Broadway in Vancouver, British Columbia is about 3550 km. Much closer to home, here at our local 168 Sushi, California sushi roll is #76 on the menu. It is one of the most popular item selections. Perhaps the next time you enjoy this delectable dish you too will think of Chef Hidekazu Tojo and how this incredible edible began.

*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*

## The decade that was... a few inventions from the 1990s

by Carole Moulton

The Riverview Park Review is part of this community's history of having its own newspaper for 25 years. The story of our community paper actually began with Riverviews in 1996 and was without a doubt part of a decade where to paraphrase Marshall McLuhan 'the media was the message'. Indeed, over the past 25 years print newspapers have been an important part of our environment although most of today's community newspapers can also be found with an online edition.

Yes, the 1990's was a decade of many new and exciting beginnings, much of it in technology.

And, how do I know about many of these new developments one might ask? I checked with Google.

1. Originally named 'Backrub', today's Google is the world's most used web-based search engine. Officially launched by Larry

Page and Sergey Brin, of Menlo Park, California, Google was incorporated on September 4th, 1998. And according to their official website, the revised name of Google was a misspelling of the originally planned name Goo-gol, a play on the mathematical expression for the number 1 followed by 100 zeros, appropriately reflecting Larry and Sergey's mission "to organize the world's information and make it universally accessible and useful." Today its parent company is Alphabet.

What else did Google share with us about 1990's technology inventions?

2. The World Wide Web: www was perhaps one of the world's most remarkable and influential technological discoveries of all time. It came about because of the success of Tim Berners-Lee in 1989 and on 6 August 1991, the World Wide Web went live to

the world.

3. Adobe Photoshop revolutionized advertising and photography. It was released in 1990 and grew into quite possibly the most important photo editing tool of all time.

4. Text Messaging helped shape modern communication. The first text was sent in 1992 from a computer to a cell phone. It said, "Merry Christmas".

5. Digital video discs, more commonly known as DVDs, came out in 1995 and are able to store software, data, software, and video files. The same size as CDs but with a much higher storage capacity. The clearer picture of movies on DVDs made them far superior to their predecessor, the VHS tape.

6. The Sony PlayStation was unveiled in 1994, and with the PlayStation a whole new market opened up for upscale gaming

that adults would quickly grow to want.

7. Nintendo 64 was launched in Japan on June 23, 1996. It became the first home console to feature an analog stick as its primary control. The console allowed users to aim with precision and control as never before.

8. The first portable DVD player was made by Panasonic in 1998.

9. In 1991 the Digital Answering Machine was created.

10. In 1996 Tickle Me Elmo became one of the most popular children's toys and was named the most desired toy of the holiday shopping season. It now lives on TIME's "All-Time 100 Greatest Toys" list. Elmo could shake, vibrate, and recite his trademark giggle when squeezed. Before the year was out he had caused a shopping frenzy, similar to many others technology inventions.



ESSENTIAL HEALTH

# Massage and Scoliosis

working with the kinks



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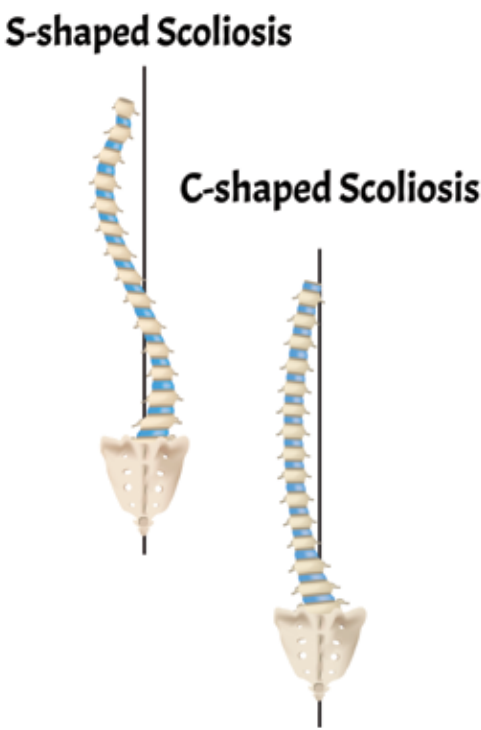
Remember when we were kids, and your mom would tell you to “stand up straight”? For most people, that would only take a bit of conscious effort. For some, however, that task was a near impossibility due to a sideways bend in the spine, referred to as scoliosis.

Scoliosis patients can have a single sideways curve, referred to as a “C” curve, or a double sideways curve, referred to as an “S” curve. Most cases are mild, but these curves can range from small to large, and they can push everything in the torso out of alignment from the hips, ribcage, shoulder blades, and collar bones. If the curve is more severe, the misalignment is visible.

This condition often starts in

teenagers, and affects men and women equally. In as many as 80% of cases, the cause is unknown, and is generally referred to as functional scoliosis. Other causes include congenital (from birth), spinal degeneration (affect only adults), and other underlying conditions such as spina bifida or cerebral palsy.

Sufferers of scoliosis can experience shortness of breath, numb-ing or weakness in the legs (due to nerve compression in the lumbar spine), general fatigue, and back pain due to muscle imbalance. On the concave, or inside of the curva-ture, muscles will be too tight, and can be very painful. On the convex, or outside of the curva-ture, muscles will be stretched and



weakened, which causes pain and muscle fatigue.

In severe cases, bracing and spinal fusion surgery helps to reform the spine into a more proper alignment. Since most cases are mild, how can the average scoliosis patient manage their pain?

Exercises that focus on strengthening the stretched muscles and stretching the tight muscles helps reduce pain, and can temporarily decrease the degree of spinal curva-ture in mild cases. Practicing bet-ter sleep postures is also beneficial. Sleeping on the stomach should

be avoided. While sleeping on the back, use a low profile pillow for the head to keep the neck and up-per back in good alignment. While sleeping on the side, try lying on the tight side to allow gravity, and relaxation to help stretch out the back muscles a bit.

Regular massage therapy can be a huge benefit to scoliosis sufferers. During a massage therapy appoint-ment, the therapist will focus on re-laxing the tight muscles, and stim-ulating the weakened muscles. This allows for better circulation, which helps to increase flexibility and mo-bility. When the muscles have more general mobility, daily activities can be performed much more easily, and sleep quality is improved. This physical improvement can relieve potential anxiety and depression related to this condition.

If you suffer from scoliosis, mas-sage therapy is a great option to help manage your symptoms.

If you would like to learn more about your body and conditions you have, please subscribe to our newsletter through our website at [www.essential-health.ca](http://www.essential-health.ca).

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



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TRINITY COMMUNITY GARDEN

# Sharing the hopes and dreams of a gardener

*By Rhonda Turner*

I have been a member of Trinity Community Garden (TCG) for the past nine years. The garden has seen many changes, from the expansion of adding additional plots to the most recent improvement of adding wooden boards surrounding every plot.

It has seen improvements to such things as changing from regular rain barrels to the big metal framed plastic water cubes. All of these most welcome changes are done with the help of the many volunteers within the garden membership.

We continue to improve the garden by adding “pollinator gardens” and extensive efforts to control the invasive buckthorn plants that seem to overtake everything, all without using any chemicals or pesticides, only manual labour. It is with all the gardeners help and involvement the garden site looks better than it has ever done.

As the garden season hasn’t really started, except for the few over the winter plants growing, such as garlic and maybe the odd herb and rhubarb there is not much to report about the garden. Again this year we will have to adhere to many Covid-19 protocols, limiting the amount of gardeners allowed to be at the garden at any time. We won’t be able to congregate and share our usual “pot luck” lunch as in previous years. Everyone is responsible to bring and use their own tools at their plot.

Since Covid-19 most community gardens have seen an influx of people seeking garden plots. This year TCG saw a significant turnover in gardeners. We were able to offer a plot to four lucky gardeners from our waiting list.

For inspiration I decided to reach out to our gardeners and ask a few questions about their “hopes and dreams” for their garden this year. Although not a new gardener, my personal inspiration came from a flower box garden filled with Swiss chard and other plants at the Sandcastle Cafe in St. Simon’s Island, Georgia. It brought back memories of helping my mother garden when I was young. Following that vacation I decided that I would contact TCG. That was in the garden’s second year and I was happy to acquire a plot.

Here are some of the questions and our gardener’s responses.

**For the brand new gardeners this year, what inspired you to seek out a plot?**

One new member stated that al-



Showing the progression of a garden during growing season

though they did not seek out this plot for themselves, they had planned to start gardening this year as they just purchased their first home last year (with a yard for the first time!). Gardening at the community plot is much more desirable as they could socialize with others, learn from other experienced gardeners, AND have a sense of community.

**What were your thoughts when advised that you were successful in obtaining a garden plot?**

So excited about the garden. This is their first year at the garden AND their first year gardening at all, haha. So grateful to my friend who invited me to join them at their plot. They have been talking about this plot for years. I was so happy for them when they told me they got a spot this year (after being on the waitlist for three years) and I was even happier when they invited me to join in their plot.

**Planning to plant:**

*Cour di Bue* cabbage – a tender 3-4 lb. pointed, ox heart type heads.  
“Kyoto Red” carrots – A Japanese kintoki (sweet red) type carrot  
*Ragged Jack Kale* - A purple-red, tender and mild kale  
*Beni Houshi Mizuna* - Salad greens with flavour between arugula and mustard greens. Their purple stems are rich in anti oxidants.

**Do you have plans to change up your habits from last year, or maybe plant something strange and new?**

We sketch out the plot and do rotate the seeds in the garden. I am too much of a rule follower. I get a chance to reflect on last year's bounty and make a change. This year, we will definitely manage our zucchini

plant differently. I learned from fellow gardeners to spray the underside of the leaves with soapy water to ward off the pests. Another new approach is to soak the seeds before I sow them this year. I do not normally seed early at home, but I am very interested in learning how.

**Do you switch your garden around or plant everything in the same place as last year (not recommended, but I am guilty of it).**

Many gardeners state that they plant things in the same place as the previous year. Some others do rotate and some have also adopted the square foot style of gardening. Others follow the “companion” style of planting.

**What do you intend to grow in your plot this year?**

Just about everything! i.e. a few varieties of tomatoes, herbs, carrots, radishes, beets, greens, peppers, zucchini, butternut squash, onions, cucumber, cabbage, and corn.

For the past two years I’ve had good crops of Japanese eggplant, the long deep-purple kind, which make delicious stir fry but I’m not sure I’ll be able to find them this year. I love having lots of different lettuce, and will be trying some new varieties. I particularly like combining dark red lettuce and oakleaf. Not only are both super tasty but they make wonderful designs in the garden because of their contrasting colours. Food for the soul is important too!

Planning to use the plot for things like root vegetables. We’re planning to try parsnips for the first time.

As returning gardeners we’re going to change a few things this year.

One, we’ll plant fewer plants. I’m a very novice grower so I seem to be learning by making mistakes. We planted waaaaay too many tomato plants last year.

I’ve started pole beans of various kinds, seeds harvested from last year’s crop plus parsley and rhubarb.

**Do you start seedlings at home, what are they and did you start too early or too late?**

Everybody seems to be starting plants from seeds this year. I guess it is because last year it was difficult to acquire plants from “sold out” nurseries. Most state that they use warming pads to germinate the seeds, then grow lights to help keep the seedlings from getting too leggy. Also people try using fans to help strengthen the stalks of plants in order to prepare them for the natural winds. Others rely on a sunny window or covered sheltered setting out in their yard. Most of us admit that we over planted and will probably be offering seedlings to other gardeners.

I would like to thank all the Trinity Community gardeners for helping me compile some of their “hopes and dreams” for another gardening season. Everyone had excellent advice and thoughts, but, unfortunately I was unable to write about them all. I wish you well with your garden this year. By the next issue of the Riverview Park Review hopefully we will have some good news of everything growing fast and furious.

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





# Jean CLOUTIER



Let’s do this Alta Vista! Get Vaccinated.

## Community Immunity:

it starts with YOU



To every person that has gotten their COVID-19 vaccine, or are patiently waiting for their appointment, we want to say a heartfelt THANK YOU! The decision you’ve made directly contributes to our goal of achieving community immunity.

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- Follow public health guidelines



Practising these measures will help the whole community to drop the level of COVID-19 in the community as quickly as possible



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## Rack & Roll has returned, and this year it's expanded!

For the first time, all buses on our network have been equipped with bike racks to help customers make connections to transit using their bikes.

All bike racks have been installed and will stay on buses from spring until the fall.



AIKIDO JISEIKAN • WANDERING & WONDERING



by Whispering Pine

The past year has been difficult for most of us, bringing with it a lot of losses: sleepless nights, worries, stress, financial shortfalls, and so on... We are left with the question: what does the future hold for us?

Let's stay positive. The mind is the root from which all things grow, so monitor your state of mind. A mind at ease and quiet is a mind at peace. An unattached mind is the gateway to tranquility and happiness. It is not always easy to attain this state. I wish I were able to heed this advice, and that my restless mind could let go and give me peace, but it just keeps churning up the mud.

This may all sound like some mumbo-jumbo, right? It all requires a lot of time to digest, otherwise one can end up with constipation—just throwing some humor into the mix.

Over many years, I have heard much advice and listened to many teachings. Now (especially during this time of crisis), I am starting to grasp the importance of those lessons, as I gradually harvest their benefits. Slowly, things are becoming clearer.

謀事在人  
武事在天  
不可運也

*We may plan and devise,  
but eventually heaven decides;  
things cannot be rushed.*

The lessons need to be learned, just as the 'way' has to be followed, and then we will be fine.

How have I been dealing with stress and managing my time? Instead of sitting around and getting

all cramped up, I stay busy and get to work.

Every year at the dojo, the students and I make a banner representing the figure featured in the Chinese zodiac for that year. One of our senior students usually runs around getting all the materials required to make the banner. We then gather to cut, assemble, and glue the pieces of the banner together. The banners are quite imposing and decorative, and we hang them from the ceiling, in sequence, all around the dojo. The first banner we made was the Dragon. This year is the year of the Ox, and since we could not gather safely in the dojo, we have not created our banner. However, one of the projects that has kept me busy has been to paint a scene with oxen, for the dojo.

I also made myself a schedule, and try my best to stick to it. It is not cast in stone, so it is quite flexible. I get up early, around six-thirty. Getting up is going to get easier and happen earlier and earlier, as I tend to wake up with the sun. I then have my breakfast and go to the dojo.

Once there, it is first things first. I start with about an hour of exercises, that is, our regular warm-ups, Tai Chi, and various katas. I have also begun incorporating kicks and punches. I have got to keep myself in shape for when we will all start practicing together again. The hardest exercise for me is the chin-ups. I am slowly building up to ten repetitions, but if I miss a couple of days, the count goes back down. It is so tempting to go easy on myself sometimes.

Then I sit down at the table for some personal development and continuous learning. I polish my Chinese, Spanish, and Japanese. I have been doing that for quite a few years now, but my memory is not keeping up. Progress is going

sloowly. I am not that great a student, not studious enough. I have set up my work place on the tatami in the dojo.

I am also doing some art, learning more techniques and practicing my water colour and acrylic painting skills. I often refer to the experts teaching on Youtube. They are very helpful.

After my exercises and my continuing development, I go on to less demanding, more fun things. I tend to my plants and toil/loiter away in the backyard doing some gardening or just staring into space, my so-called meditation. I might just sit around and watch my rocks grow.

Here are some things to keep in mind during this pandemic:

First, 'No-one is an island'. If I need help or advice, or if I am stuck with a problem, I turn to my friends and family for help. Sometimes just talking about my stress, my concerns, my worries, etc., will help them all to dissipate. I try to avoid holding things in. It's always possible to talk with someone and find a solution. It is also good to move on and not dwell on the problem.

Second, I make it a point to eat nutritious foods to not compromise my health. It is better to eat food as medicine now than to eat medicine as food later. A proper diet is fundamental. There are lots of guidelines to help us navigate along this path... 'the truth is out there.'

"Junk food" is great: it tastes good and is easily available. But have you ever wondered why? The companies that manufacture and market those products know that they are not beneficial to their customers' health and can even be harmful.

Wouldn't it be wonderful if they could just change or tweak the recipes a little so that people could eat healthful foods? Both sides would benefit in the long run.

Am I expecting too much? Remember, not too long ago people were hoarding toilet paper and hand sanitizer. Never, ever, could I have imagined that people would end up fighting for toilet paper. I understand the necessity, of course, but it was panic-buying, triggered by misinformation, or ignorance, or fear. There was actual fighting for products in the aisles of the stores—out the window went our humanity and consideration for others. We witnessed a lack of critical thinking and a failure to see the whole picture. Hind sight is always perfect, isn't it? But did we learn from those incidents, or have we already forgotten?

This virus, together with the new variances/mutants, represents a reality that we cannot escape or ignore. We all have to sit down, learn how to work together, and face these invisible opponents together. We have to help one another and cooperate. This is a global issue facing humanity, and we are not safe until everyone is safe.

Our political leaders often stress the importance of economic development and of not holding back businesses. Yes, the economy is important, but to what extent? Could the tendency to place a higher value on material things be misdirected? Is it an elusive pursuit? Does a big figure in a bank account represent or guarantee wealth or security? Or is that an illusion? Haha! Don't get me wrong, I wouldn't mind having a big account, but in the long run, I think that greed contributes to the problems of sickness and poverty in society. As we saw with the hoarding of toilet paper, fear and panic can cause shortages and deprive others. However, such behavior is supposed to be great for the economy: increased production and consumption equals more jobs.

We need to share more, so all will be happier and enjoy a degree of well-being. The biggest and most valuable lesson we could and should all learn from this invisible virus is that we have to corporate and work together to win the war against it.

This is not only the third wave, but could also be our Third World War!!

Life matters!!  
Be Cheerfull!

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LIFE AT MAPLEWOOD

# Come what may, and love it...

by Barbara Phillipps, General Manager

At Maplewood and everywhere else, we are all creatures of habit, and we are also social creatures. With the most recent “Stay at Home order”; we need each other more than ever! Months and months of this pandemic and of separation from families and friends have caused us stress, *but* it has also helped us to realize how important we are to each other.

Belonging means acceptance as a member or part. It really is such a simple word for huge concept. A sense of belonging is a human need, just like the need for food and shelter. According to the *Psychology Today* magazine, feeling that you

belong brings comfort and peace, is most important in seeing value in life and in coping with intensely painful emotions.

Isolation is dangerous. According to Andre Picard in his article, “All the Lonely People”, *UC Observer* in June 2016, isolation is twice as dangerous as obesity, equally as problematic as diabetes and can increase risk of dementia by a whopping 65%. Wow!

Seek connection. Look for your ‘tribe’. We have a natural tendency to gravitate to like-minded people. It represents laughs over a cup of coffee, a glass of wine, deep and meaningful conversations, lively debate as well as warm and fuzzy feelings.

During a pandemic, it’s definitely harder to maintain our sense of belonging. It might take extra effort, but now’s the time to think outside the box and connect.

For seniors, Maplewood Retirement Community is a wonderful and safe solution for fostering beautiful opportunities of socialization as this sort of engagement continues on each day. If you’re a senior and you’ve had enough of being alone, reach out to us and explore options for a short term or long term stay. It might just be exactly what you need right now.

Here are three quick tips on how to initiate bonding that leads to a sense of belonging:

1. Self-reflect and set your inten-

- tion. Get ready to become a part of something larger than yourself. Be committed and don’t cheat yourself out of a new adventure.
2. Choose courage over comfort and start a conversation. It may be awkward to start, but practice of this sort of outreach can bring great rewards.
3. Get involved and try new things. You can’t connect until you put yourself in the way of connecting! It may spark a new interest or rekindle an old one.

Repeat these steps until you find the people and relationships you seek. They are here at Maplewood, you just haven’t met them yet!

*“Your vibe attracts your tribe.”*

## Sweet memories with us at Maplewood’s Maplefest

by Rosal Yade, Activity Manager

Maplewood has long standing traditions with our yearly Maplefest. Maple trees surround our beautiful neighborhood so it is no wonder Maplefest at Maplewood has a special connection and now longstanding tradition with our residents.

Neil Jotham, who has called Maplewood home for two years, particularly looks forward to this wonderful event. For the past two years, Neil has connected with a friend near Pakenham, who has a maple syrup cabin. In the spirit of supporting local businesses, Neil along with a fellow resident, who wishes to remain anonymous, generously purchases the maple syrup to share with their friends at Maplewood.



The pandemic has certainly made the world go “crackers” but our weekly cheese and fruit tray service is the perfect way to end any week. Conveniently brought to your door, the only thing you need to is smile and “say cheese!”



The cooking is on us! Our talented culinary team are always cooking up delicious and fun dishes for our residents to enjoy. Our traditional Maplefest celebrations included a full menu of tasteful maple dishes throughout the day.



Our flower cart brought smiles and some happy tears to our residents over Mother’s Day weekend. Ensuring we can always celebrate those that matter to us, means that we look forward to celebrating YOU.

Neil first came to Maplewood to connect with his community further, as he lived in the Alta Vista/ Riverview area since 1993. As he watched Maplewood being built, he knew in his heart he wanted to stay in the neighborhood he came to love for so many years. Neil is quick to make friends and share his generous spirit with staff, and residents alike.

It’s residents like Neil, who help make traditions at Maplewood continue in the spirit of community kindness. Maplewood’s strong roots continue to thrive in our local community and we’re happy its sweet traditions continue with meaningful purpose.



Neil Jotham strikes a smile as he recounts the joy he feels in supporting local and his love for the Maplewood community. Neil looks forward to Maplefest each year and sharing locally sourced maple syrup with his friends at Maplewood.



Making new friends is easy at Maplewood. Our theme dinner socials are not only fun and delicious, but a great opportunity to make new friends and perhaps additionally, discover a new wine! Can you name anything better?

*So many reasons to smile this spring*



LIFE AT MAPLEWOOD

# Take a look... Explore life at Maplewood

## Upcoming Maplewood highlights for: June-July-August

How we are staying safe, active and social during COVID

**JUNE**  
**Strawberry Fields Forever** (Beatles musical Tribute) Thursday June 10th from 3:00 p.m. to 4:00 p.m.  
**Summer Solstice and Gin Tasting** Monday June 21st from 7:00 p.m. to 8:00 p.m.  
**Flippin Fridays on the Grill** Bi-weekly Summer Barbeques from 11:30 to 2:00 p.m.

**JULY**  
**Canada Day Barbeque** Thursday July 1st from 11:30 to 2:00 p.m.  
**Life is a Beach** (Outdoor summer social with live entertainment) Thursday July 8th from 7:00 p.m. to 8:00 p.m.

**Tropical Tuesdays Tiki Bar** Weekly for the summer from 3:00 p.m. to 4:00 p.m.

**AUGUST**  
**High Tea Garden Party** Thursday August 12th from 2:30 p.m. to 3:30 p.m.  
**“Give Me S’more of Summer”** (Enjoying outdoor S’mores and singing) Monday August 16th from 7:00 p.m. to 8:00 p.m.  
**A taste of Canada** (Themed Canadian meals from different provinces all week long beginning Monday August 23rd

What our residents love about their home?

“The gardens are spectacular; we are so lucky to have the convenience of being close to everything and still having walking paths in our own backyard. We are always amazed at the creativity of so many vibrant activities that have something to offer for everyone! Let’s not forget the delicious food which offers countless choices for every meal. The best feature Maplewood has to offer is the Staff! They are lovely, so compassionate and dedicated to our needs. Maplewood made leaving my home worthwhile. I am so happy here and this is truly my home.”

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.  
What are you waiting for? Call us to learn more about retirement living and book a virtual tour! **613-656-0556**



They say laughter is the best medicine, but what about all you can eat brunch with mimosas? These smiles say it all! Sunday brunch with friends cures all!



Some would say we like to spoil, but truth be told, going above and beyond is just what we do! Mother’s Day was an especially great opportunity to do just that! Our Brunch Buffet was overflowing with options including our sweet dessert cart.

MAPLEWOOD CLASSIC MAPLE TARTS

INGREDIENTS

- For the Pastry**
- 2-1/4 cups flour, pastry flour is best to use but all-purpose will do
  - 1 tbsp brown sugar
  - 1/2 tsp salt
  - 1/2 cup shortening, Very cold and cut in cubes
  - 1/2 cup butter, Very cold and cut in cubes
  - 6 tbsp ice water, approximately, enough to bring the dough together

- For the Filling**
- 1/2 cup lightly packed brown sugar
  - 2/3 cup pure maple syrup (simmered down to a half cup; see instructions)
  - 1/4 cup butter, melted
  - 1 egg
  - 1 tsp vanilla extract
  - 1/4 tsp salt

INSTRUCTIONS

- To prepare the maple syrup**
1. Start by simmering the maple syrup in a small saucepan over medium low heat.
  2. Simmer for about 10-15 minutes until the maple syrup has reduced to a half cup. Cool the maple syrup to room temperature before using it in the recipe.
- To prepare the pastry** (You can substitute premade tart shells)
1. Pulse the cold butter and shortening into the flour sugar and salt using a food processor until the shortening or butter is reduced to pea sized pieces.



2. Sprinkle the water over the surface and toss with a fork until the water is just incorporated into the dough. Do not overwork the dough; handle it only enough so that the dough stays together.
  3. Form the dough into two rounds about an inch thick.
  4. Wrap in plastic wrap and let rest in the fridge for about a half hour.
  5. Roll out on lightly floured surface. Cut into rounds with 4-5 inch cutter. (I use a 5 inch cutter)
  6. Fit the pastry circles into muffin cups.
  7. Chill in the fridge or freezer while you prepare the filling. Cold pastry heading into a hot oven will always be flakier.
- To make the filling**
1. Combine all filling ingredients & whisk together well.
  2. Fill pastry 2/3 to 3/4 full with syrup mixture.
  3. Bake on bottom shelf of oven at 425 degrees F for 12 to 15 minutes.
  4. Cool completely on a wire rack and remove tarts from pans.
- Notes
5. To add a different taste you can add some chopped pecans, chocolate chips, or chopped walnuts to the bottom of the pastry cases before adding the filling.



# RIVERSTONE

RETIREMENT COMMUNITIES

## Discover the community you've been looking for



CONTINUUM OF CARE: INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

## RIVERSTONE

RETIREMENT COMMUNITIES

### SUITES AVAILABLE IN ALL CARE LEVELS

Discover the community you've been looking for in Riverview Park, Alta Vista, and Beechwood. With nine locally owned and operated retirement communities in Ottawa, there's a Riverstone community in your neighbourhood!

- Private suites in a vibrant community — available in studio, one and two-bedroom floor-plans.
- Full continuum of care: Independent Living, Assisted Living, and Memory Care, with access to 24-hour nursing care.
- A variety of activities and programming to keep our residents safe, happy, and connected.

Contact Brian at Maplewood, Caitlin at Oakpark, or Sabine at Riverpath to book a personal tour today!





# Riverview Park Review

## SECTION TWO

JUNE 2021

A Voice of Riverview Park

JULY 2021

# Springtime at Riverpath!

*shared by Jenelle Delorme, Activity Manager,*



May marked the second anniversary of Riverpath and we celebrated Italian style! The dining room was transformed into our own Italian getaway and Chef Andre made the most spectacular dinner for residents to enjoy, followed by a scrumptious cake for dessert. What a fun night!



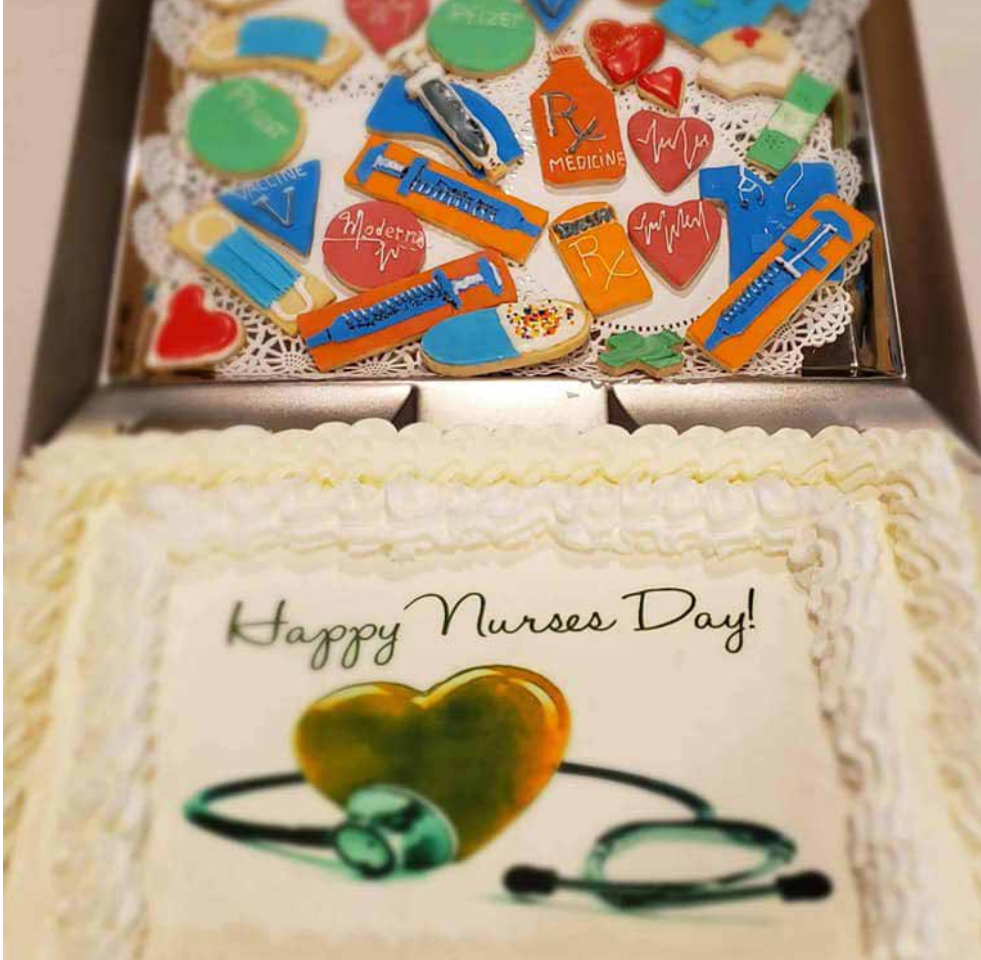
Many of our residents are mothers, grandmothers, great-grandmothers so Mother's Day is a big deal at Riverpath. It was the perfect excuse to dress up, have some tea and take some fun pictures. Thanks to all our moms and motherly figures. We love you!



Cinco de Mayo is always a fiesta! Residents enjoyed margaritas and churros and had fun taking some festive photos.



Our staff is incredible. This past year they've gone above and beyond. To thank everyone for their unwavering efforts, staff appreciation week featured daily surprises and we finished the week with a big barbecue for everyone to enjoy!



Thank you André for a beautiful cake and cookies fit for our wonderful nurses!



It's not staff appreciation without a big shout out to our nursing team! We're fortunate at Riverpath to have a terrific team of nurses, posing alongside resident nurses.

## TRENDSETTERS • Colouring your spaces

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INTERESTING CANADIANS

Tourism in the time of COVID

by Bruce Ricketts,

In this time of COVID, travel is understandably restricted. But this gives you an opportunity to find the hidden oddities and historical locations close to home. Sometimes those oddities are hidden in plain sight.

Most of us know about the Rideau Canal, the 202 km waterway constructed between Ottawa and Kingston. But along its length there are some amazing feats of engineering.

Take for example the Long Island Stone Arch Dam. Just off River Road between Riverside South and Manotick there is a sign pointing to Nicolls Island. Following the sign, you come to a nice treed and grassy park as well as three locks of the canal system. You continue to drive from the locks to the island on a curved causeway. But look to your right. Then look down. It is not a causeway you are on; it is a stone curved dam built over 175 years ago to support the locks. The style of the dam is not unusual for the canal system, but it is one of the few that has not been buried over time.

You will remember that the Rideau Canal was built after the War of 1812. The Americans had threatened to invade Upper Canada from New York State. There was a concern that the waterway between Montreal and the British naval base at Kingston could be cut off. The Rideau Canal was built as a safety passage from the Ottawa River to Lake Ontario.

During the five years of construction, around 500 workers died of malaria and were buried in cemeteries which dot the shores of the waterway. Of all the burial grounds, the most poignant, in my opinion, is the half-acre site set aside for Irish immigrants at Chaffey's Mills, south of Smiths



Chaffey's Cemetery



Innes Road east of St. Laurent



280 Pères-Blancs Avenue

Falls. Many of the graves here are unmarked and unknown. The names of many of the immigrants who helped build this country will never be known.

Closer in there is a small cemetery at Newboro (originally called the Isthmus) dedicated to the civilian men, women and children immigrant canal workers but also to the military Royal Sappers and Miners. The Royal Sappers and Miners were a construction corps of the British Army who were responsible for the engineering and construction of many of the locks and dams on the canal system including the Hog's Back dam. Many of the Sappers and Miners remained in Canada after construction was



Nicolls Island Dam

complete and became some of the first lockmasters.

Once the military imperative for the Rideau Canal died down, the minds of the business-class turned to commerce. During the construction of the canal system, businesspersons in Perth lobbied to have a branch canal between the Rideau River south of Smiths Falls to Perth. But Lt. Col. John By did not have a mandate to build branches, so a company was formed in 1831 to build the Tay Canal. The locks were narrower and shallower than their counterparts of the Rideau and these shortcomings lead to commercial failure of the system. It was finally abandoned in 1865. In 1881, the Government of Canada took over the Tay Navigation Company and built the Second Tay Canal from Perth to Beveridge Bay. The new system was a straight cut canal with two locks at the Beveridge Bay end. The new canal was wider and deeper than the First Tay Canal and operates today.

But if you want something a little closer to home, check out the abandoned bridge over Innes Road just east of St. Laurent Blvd. This bridge was part of the freight/passenger train system connecting the Ottawa Station to the spurs at Walkley Road. Industrial parks have grown to erase most of the

old rail line but on a map, you can still follow the line by looking at the way the parks have grown. The bridge is still structurally sound, but the roadway is overgrown with vegetation.

Finally, just north in Vanier there is a road called Pères-Blancs Ave. It terminates at the entrance to Richelieu Park, the site of the former Vanier City Hall, now a community centre. Just before you get to the parking lot, off to the left of the road, is a path leading into a wooded area. Not too far up that path there is a most interesting structure. It is some sort of concrete building or bunker. There is an engraved date above the door saying 1944. The entrance to the structure has been cemented over but time and vandals have worn away enough that one can peer in. What the structure was originally used for is anyone's guess at this time, although I lean towards it being a bomb shelter.

So... things to do and see, closer than Mexico and you will not need to isolate or quarantine.

Have a good summer and stay safe.

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



# 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](mailto:distribution.riverviewrpr@gmail.com)**

**\* cool van not included**



# ALTA VISTA / ELMVALE ACRES PUBLIC LIBRARIES – JUNE 2021

## ■ REOPENING

The staff at the Ottawa Public Library hope that you are keeping well and healthy during these difficult times. For the most current status updates as well as information about available services, please visit [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca) or call 613-580-2940.

### 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: 1-8 pm
  - Friday and Saturday: 10 am to 4 pm
  - Closed Canada Day (Thursday, July 1)**
- You can place holds online at [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca) or by calling InfoService at 613-580-2940.
- Masks are required inside the branch as per the Temporary City of Ottawa by-law, as well as while being served curbside by staff at the door.
- 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.
- There is no public access to the Branch when a Stay-At-Home Order is in effect
- 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.
- Public Computers, scanners, printers and photocopiers are not available when a Stay-At-Home Order is in effect.**
- 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.
- Museum passes and the Express Collection are not available for lending at this time.

**The outdoor book drop is now available during Library hours.** It will remain unavailable outside of Library hours. All returned items will be quarantined for a minimum of 72 hours before being removed from your account.



*Please visit [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca) for the most up-to-date information.*

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

## ELIMINATION OF OVERDUE FEES

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

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

## ■ CHILDREN'S PROGRAMMING

**Online Storytime** – Tuesdays until June 15 at 10:30 am. Ages 6 and under.

**Online Storytime / Heure du conte en direct** – Thursdays until June 17 at 4 pm / les jeudis jusqu'au 17 juin. Ages 6 and under / Pour les 6 ans et moins.

**Heure du conte en direct** – les jeudis jusqu'au 17 juin à 10h30. Pour les 6 ans et moins.

**Parent-Baby Connections** – Thursdays at 2:30 pm until June 17. For ages 0 to 18 months.

**Connexions Parents-bébés** – les mercredis à 10h jusqu'au 16 juin. Pour les 0 à 18 mois.

**Coding with virtual micro:bits** – Use the micro:bit to solve problems! – Wednesday, June 2nd at 4:30 PM. Ages 8 to 12.

Programmation avec les micro:bits virtuels – Utilise le micro:bit pour résoudre un problème! – mercredi le 9 juin à 16h30. Pour les 8 à 12 ans.

## ■ TEEN PROGRAMMING (Ages 13 to 18)

**Dungeons and Dragons for Teens** – Tuesdays, May 25 until June 15 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>

**TECH CAFÉ SERIES / SÉRIE TECH CAFE**  
**Reduce the Anxiety of Managing Your Passwords** – *Using # and Password Phrasing* – Monday, June 7 at 4 pm.  
**Typography** – *the art and science of written communications* – Monday, June 14 at 4 pm.

**Where Are Self-Flying Planes and Self-Driving Cars Taking Us** – Monday, June 21 at 4 pm.

**Discover Your City by Bike: Route Planning** – Tuesday, June 1 at 12 pm.

**Rural Roadtrip Concert Series: Rhonda Duxtator - Indigenous Hoop Dancing** – Wednesday, June 2 at 7 pm.

**Urban Cycling: Tips and Infrastructure** – Thursday, June 3 at 12 pm.

**Le vélo en ville : conseils et infrastructure** – le mardi 8 juin à 12h.

**Rural Roadtrip Concert Series** – *Leslie McCurdy - The Spirit of Harriet Tubman* – Wednesday, June 9 at 7 pm.

**Série de concerts Virée champêtre : Expériences Autochtones** – mercredi le 16 juin à 19h

**LEARN TO CAMP / INITIATION AU CAMPING** (*in partnership with Parks Canada*)

**Learn to Camp: Camping 101** – Tuesday, June 1 at 7 pm

**Learn to Camp: Tracking Wildlife** – Tuesday, June 8 at 7 pm

**Camping with Babies and Toddlers** – Tuesday, June 15 at 7 pm.

**L'ABC du Camping** – le mardi 22 juin à 19h.

**Cuisiner en Camping** – le mardi 29 juin à 19h.

**GARDENING SERIES / SÉRIE JARDINAGE**

**Going Grassless: Meadowscape Your Yard** – Wednesday, June 2 at 12 pm

**Container Gardening - Dramatic, Changeable and Forever Moveable** – Wednesday, June 9 at 12 pm

**Jardinage en contenants** – mercredi le 16 juin à 12h.

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# A reflection on *Mona Lisa*

by Brian McGurrin

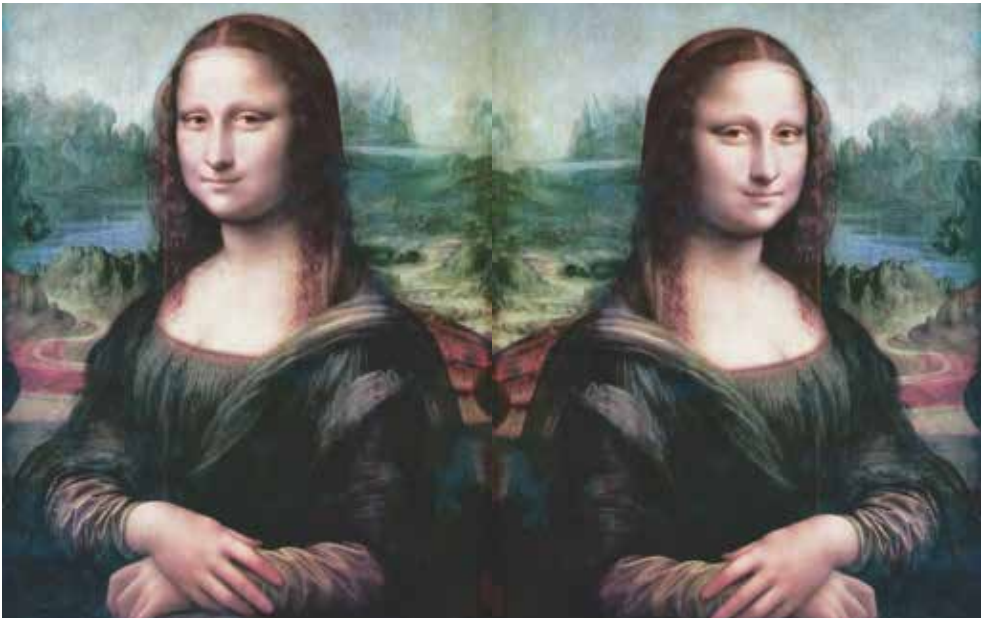
Every year since 1934, the Academy of Motion Picture Arts and Sciences has presented an Award (represented by a statuette known as an *Oscar*) to **the songwriters** who have composed, “the best **original** song written specifically for a **feature film**.” In 1950, the best song Oscar went to Jay Livingston and Ray Evans for *Mona Lisa*, which was superbly recorded that year by Nat “King” Cole. Livingston and Evans had first teamed up in 1937 and enjoyed sixty-four years of creative partnership, actually capturing two additional best song Oscars: for *Buttons and Bows* in 1947, and *Que Sera Sera* in 1956.

*Mona Lisa* was composed for a Paramount Pictures feature film titled, *Captain Carey, U.S.A.*, starring Alan Ladd as an American secret agent operating in Italy during WW2. One of the plot devices was to have an Italian street singer play a distinctive song to warn Ladd’s sabotage team of any approaching German patrols; so Paramount asked the songwriting team of Liv-

ingston and Evans to compose an appropriate Italian-sounding song.

Livingston created a melody that began with a distinctive repeated four-note warning motif (da-da-da-da, da-da-da-da), and Evans was inspired to compose a set of lyrics that began with the name of the famously enigmatic *Mona Lisa* as portrayed in a painting by the Italian master Leonardo da Vinci: *Mo-na-Li-sa, Mo-na-Li-sa, men have named you.*” Then the song went on to speculate about the motivations of a woman who would beguile prospective lovers only to crush their dreams: “*Do you smile to tempt a lover, Mona Lisa?*”

By the way, if you want to see the original *Mona Lisa* painting, just drop in at the Louvre Museum the next time you happen to be in Paris. But did you ever wonder how the heck this *Italian* masterpiece ended up in France? Leonardo lived mainly in Florence, and painted the *Mona Lisa* over 600 years ago, at approximately the same time when Chris Columbus was *sailing the ocean blue*. Those were the good old days, before everyone started taking selfies, and you had



to be wealthy enough to hire a good painter to record your likeness for posterity. And also the days when guys like Leonardo needed a rich patron in order to keep food on the table.

I discovered that in the early 1500s when Leonardo was already getting a bit long in the tooth, and, who knows, maybe a bit of arthritis in his painting hand, he got an offer he couldn’t refuse from Francis I, the king of France, who suspiciously offered to put him up in a luxurious villa in the Loire valley – *and, oh, Lennie, by the way, when you come to France how about bringing along that nice painting of Madonna Lisa, because I think that it would look really great hanging in my bedroom.* [OK, I made up that bedroom bit, but, believe it or not, it apparently did once hang in Napoleon’s bedroom!]

And considering that the *Mona Lisa* is now probably valued at something like a billion dollars, it turned out to be a very good deal for Francis I and for the Musée du Louvre.

Livingston and Evans were so enthused over their new song that they paid a visit to Nat Cole at his home in LA, and successfully pitched the song to him. Cole did not appear in the Paramount film, but his recording of the song with the Les Baxter Orchestra became one of his biggest hits, selling over three million units, and holding the #1 position on the charts for two months in the autumn of 1950. And as you listen, let me suggest that you also take note of Nelson Riddle’s superb arrangement with lots of pretty riffs on solo guitar.

## Next Steps

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

We cannot stop being diligent. If you can continue to work remotely, do it. Continue to keep your contacts limited to only those within your household and continue to do only the essential things you need to do like getting groceries and medication, going to a medical appointment, caring for a loved one or going outside to get some fresh air and exercise.

I will continue to push the government for supports for small businesses, more support for parents of school age children and a clear plan for a roll out of the vaccine in Ontario.

The province has implemented **Property Tax and Energy Cost Rebate Grants** for businesses that were required to shut down or significantly restrict services due to provincial public health measures. This provincial application-based grant provides a rebate to eligible businesses in respect of property taxes and energy bills. Visit: [ontario.ca/COVIDsupport](https://ontario.ca/COVIDsupport) to see if you qualify.

### Please 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: 1-866-797-0000 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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COMPUTER TIPS & TRICKS

More attacks

At Compu-Home we are very proud of our association with RPR for so many of these 25 years and we look forward to ATLEAST another 25. We cannot let this celebration go by without a significant thank you to Carole Moulton for her advice and patience as our editor. As we review this column, we sincerely hope that in 25 years we are no longer required to dwell on the pitfalls rampant in the world of technology.



by Malcolm and John Harding, of Compu-Home Just when you thought the hackers couldn't get any busier or the effects any worse, we've got some bad news this season. We have warned in the past year of increased activity during the pandemic but we are now seeing a se-

rious spike in attacks, with several calls for help every week. Also, the hits are now more sophisticated; they fool you cleverly and they dig deeper, to become harder to find and eradicate. Some of the following rules are new and others are long-standing standard practice:

- A popup (often with flashing bright colours and urgent sounds) and a notice to "call this number" is always a scam. Neither Microsoft nor Apple nor any other reputable company will ever contact you like this. Shut down your computer immediately; press and hold the power switch for 12 seconds if there is no alternative. Wait a minute and start up again, watching for anything unusual.
- Install Malwarebytes (free version) as a manual backup for your automatic anti-virus. Run it any time you think your primary anti-virus might have been fooled.
- Your friend is NOT in jail in Spain and does NOT need \$1500 no matter how piteous the mes-

sage. Learn to treat every email with suspicion. If you are not expecting it, be even more wary. Recent versions have referred to "a favour" phrased vaguely. Delete the message immediately. Expect another within a day or two. The hackers have accessed your friend's address book and have sent messages to everyone on the list.

- Yes, you DO have a password related to your email address, even though you may have only typed and saved it once, several years ago. You cannot make meaningful changes to your account without it.
- Do not click on links in a suspicious message and do not reply to it. If you feel you must contact the sender (and add to their embarrassment) use the telephone. They already know and will not be grateful.
- Yahoo Email (but not Rogers/Yahoo) and Hotmail users are more frequently the victims just now. Consider switching to Gmail which is not invulnerable but has the reputation of the best security.
- If you use an email client such as Microsoft Outlook, Live Mail, Mac Mail or Thunderbird,

get familiar also with access to your webmail alternative, in which you use a web browser to log into your email and go to the web page of your Inbox. You may need to use webmail if you are attacked.

- While you are in your webmail, learn to access the settings of your email account. In particular, note your security settings to make it easier to notice the changes when the hackers alter them.
- Also in settings: create an electronic "signature" that your friends will learn to expect to see in your messages. Without the signature they will know the message did not really come from you.
- Finally, keep in mind the cold comfort that it is your email provider that has been hacked and not you. You are the victim in this experience and you can explain that clearly to the friends who call.

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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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](http://www.riverviewparkca.com)

**Official Plan (OP) Issues**

The City of Ottawa is currently in the middle of the exercise for its next Official Plan, 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). Earlier this year, 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 from the Plan (from Conroy to the Hospital Link and from the Link across the Rideau River to Nicholas Street). 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.

The City’s “As We Heard It” report on public comments received regarding the draft Official Plan was expected to be available on June 7th. A series of public engagement opportunities are currently planned for June along with a mid-August Open House. The City has indicated that anyone signed up to the notification list for the New Official Plan will have the report emailed to them to ensure interested residents get access. A Frequently Asked Questions document was recently posted on the City’s Engage Ottawa website <https://engage.ottawa.ca/the-new-official-plan>. For further information or to provide additional input, contact the Official Plan team at [newop@ottawa.ca](mailto:newop@ottawa.ca)

**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 taken 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). Earlier in 2021, Mayor Watson tweeted that he opposed running the AVTC downtown link to Nicholas through the Springhurst Park greenspace in Old Ottawa East.

**Trainyards Developments/Industrial Avenue Issues**

The Food For Thought kitchen whose culinary team has prepped 200,000+ meals from the Chateau Laurier kitchen during the pandemic moved into a permanent location at 845 Industrial Avenue in May. While most of the free meals will continue to be prepared for people in need, the kitchen will be offering take-out meals for sale as well.

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.

**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 had been slated to go to Planning Committee in April or May, but the timing has been delayed.

**Cycling – Smyth Road Cycling Safety Improvements/Active Transportation Plan**

The City is undertaking the design work for cycling improvements at various locations on and around Smyth Road. Modifications planned for the Smyth Road and Riverside Drive intersections will better connect the bike lanes on the McIlraith Bridge (linking Smyth Road and Main Street) to routes and destinations which can be accessed from the intersection of Smyth Road and the Riverside Hospital.

An online engagement event was expected to be held in spring 2021 and the project design is slated to be completed in summer 2021. Construction is tentatively scheduled to start this summer with completion expected in fall 2021. 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.

The City is planning public engagement activities in spring/summer 2021 as part of the review for the Active Transportation Plan (which combines the Ottawa Pedestrian Plan and the Ottawa Cycling Plan. Two meetings were planned for the last week of May.

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

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

The proposal is in keeping with Transit Oriented Development (TOD) given its density and proximity to the LRT. While located north of the VIA tracks and outside the Riverview Park boundaries, RPCA Board representatives provided comments on the proposal. They noted that the complex and its TOD implications could give further impetus for the

**P&D UPDATE CONTINUED PAGE 35**

Chris Ellis

Public School Trustee  
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LOCAL ISSUES

# What is your new (NEXT) car going to be?

by Geoff Radnor

In the April 2021 edition of the *Riverview Park Review* I asked the question that came to my mind when I read in the Draft Official Plan that by 2046, or maybe before, that most commuters and shoppers in Ottawa will be getting there and back by walking, by bicycle or by public transport. What's your next car going to be?

No mention of the new electric car. That could lead to a story of another Scot. There is no favouritism here; it just happens that those from the north of the border from the country of my birth seem to be the leaders in all these necessities of modern life. We all know how important libraries are to our civilization (thank you Mr. Carnegie). The steam engine was the invention that propelled the world into the industrial revolution (thank you Mr. Watt). We all know about the place in our modern civilization of television (thank you Mr. Logie Baird). It seems, nevertheless, that we have to credit a citizen of Germany for the invention of the gas-powered car (thank you Mr. Benz).

Mr. Benz's invention is fighting a losing battle with the electric car. The electric car was invented by a Frenchman (thank you M. Gustave Trouvé). There are forecasts that, looking as far ahead as the Ottawa Draft Official Plan, 2046, there will be no more gas powered cars on the roads of Ottawa.

But back to the electric car. As a boy I have memories of the famous Harrods store in London having these silent electric delivery vans. The Harrods store had 60 of these made, there is one left



This Harrods electric delivery van is from the 1950s.



Gustave Trouvé's inventions included an electric tricycle, the forerunner of the electric car.

in the Science Museum in London. There were also deliveries of milk in the cities by small electric milk 'floats', where the milkman drove his vehicle full of milk in glass bottles and left the full bottles by the front door of your house and picked up the empties. In 1967 the electric Milk Floats were the largest fleet of electric vehicles in the world. Delivery in cities was certainly viable with the electric vehicles with very limited range

and time to recharge the batteries overnight.

The electric delivery vans are coming back. IKEA is going to use them so you will no longer have to fit that new flat-pack king size bed into your trunk. Your new purchases from Amazon may be brought to your front door by FEDEX's new electric vans. Your new car one day may be an electric Chevy or Buick as General Motors is investing \$27 billion, yes that's billion, on 30 new electric models and they will be going on sale in four years time. Sobeys's supermarket is using its VOILA vans to deliver your groceries. Will Loblaws and Metro be far behind? Will they all be electric powered? This is very good news for the environment, if so.

However, what about your new

car? Will you choose an electric car? There are some differences in electric vehicles (EVs); a BEV is a pure battery only car, a PHEV is a Plug in Hybrid that will still use a gas fuelled engine. It will cost you more, even with the \$5,000 rebate from the government.

The Nissan Leaf is a popular EV that starts at \$44,300 plus taxes here in Ottawa and can cost almost \$60,000 for the top line model. But are General Motors, and all the other car companies, making a big mistake? I doubt it. GM is not going to invest \$27 billion without getting something in return. Every other car company is investing heavily in the future of EVs and there are at least 13 companies doing it.

With all the new immigrants making Ottawa's population edging up to 1.5 Million by 2046, surely the car dealers in Ottawa are going to be selling a lot of electric cars. The draft Official Plan disagrees, it says that people will be walking, biking or riding on our LRT or on buses. The LRT is powered by electricity and maybe in the future buses will be too. Vancouver currently is the only city in Canada that uses electric trolley buses.

The question is, "Who is going to buy and drive those millions of electric cars that all the world's auto makers are planning to build?" Are You? If so, you might like a spot to park your new car overnight. Much of the regeneration of neighbourhoods is of multi-storey units without any parking space

CONTINUED ON PAGE 37

## P&D UPDATE, CONT.

CONTINUED FROM PAGE 34

City to appropriately leverage construction of the proposed pedestrian overpass across the Via tracks, between Tremblay LRT and the Trainyards.

A smaller development is planned at 294-300 Tremblay Road (near corner of Belfast) on the site most recently occupied by the White Horse Diner and Hannia's Esthetics Salon. The proponent intends to demolish the existing buildings and construct a 6-storey apartment building containing 73 residential units and ground floor commercial space. The by-law amendment was approved by Planning Committee in March and the project has a notional completion date in 2022.

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

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

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Malcolm and John Harding



LOCAL ISSUES

# Diary of a social worker: affordable housing

by Francine Beaupré,  
MSW, RSW (retired)

Jane, a single mom, has been working as a cashier at a local grocery store for the last five years. She has two children, a six year old boy and a nine year old girl. Her income is \$2,400 a month after taxes. She has been able to rent a two bedroom apartment for \$1700 near her work so that she can cut down on her commuting. She still must pay for utilities, day care for the children and insurance on an old car which she uses for getting errands done. There is very little left for food clothing and haircuts and really nothing for any extras for the children.

John, 74 lives with his wife Elly, 70 and have been married for 46 years. John is visually impaired and uses a wheelchair for mobility following a workplace accident 20 years ago. Elly has been caring for him but the stress has caused her to develop diabetes and high blood pressure. They manage with their old age pension and government supplements to live on \$2500 per month. The rent for their one bedroom apartment is \$1600 per month. It is close to a bus route as they need this transportation for their shopping and many doctors' appointments. Once they have paid for their bus passes and food and special equipment not always covered by programs, there is little left for clothing and other needs.

Angelica and Dominique and their three children, 14, 12 and nine are refugees from a war torn country. After being in a refugee camp for several years, the Canadian government relocated them to Ottawa. Despite the language barriers

the mother works in the kitchen of a local restaurant and the father delivers food for a pizza outlet. He has some health issues. They are studying at night to learn the English language. The family lives in a three bedroom town home for \$2000 per month plus utilities. Insurance for an older car, food and clothing take up most of their after income of \$4000 a month. Despite this, the family is happy to be in a safe environment and want to become Canadian citizens and make a good life for their children.

These are true stories with some identifying information changed to protect the privacy of the families. There are hundreds of stories of real people each day struggling on limited incomes and trying to survive. Although each family situation is unique they share a common theme: the lack of affordable housing. What does that mean? It means that these low income workers are using nearly all of their wages to pay for their housing needs leaving very little to buy food, clothing and other necessities. Many live with the fear of not being able to pay their rent and being evicted, of not being able to get food. They may go without the basic necessities. They seek help from food banks and other charitable organizations just to be able to feed and clothe themselves and their children. They live with fear and anxiety about the future.

Affordable housing for these individuals and for families is critical if we are to be a society that prides itself on fairness and equality for all. Throughout the last 25 years, the terms affordable housing, rent geared to income, subsidized rent and coop housing

have all been used to refer to housing accommodations that are geared to low wage earners. This also includes a growing population of seniors and those with mental and physical disabilities. Different levels of government and private organizations have attempted to fund affordable housing for these citizens but the demand for this type of housing continues to outpace what is available.

### What do we mean by affordable housing?

Whether we use the terms social housing, rent geared to income housing or coop housing, these are all different types of affordable housing. The guideline used by all levels of government is that an individual or family should not be paying more than one third of their overall income for housing. In some cases, heat and hydro are included as part of the rent and in other situations these must be paid by the tenant as an additional expense.


In order to respond to the growing needs of this sector of our society, all levels of government need to be involved. In 2019, the federal government launched its National Housing Strategy with \$70 billion, the largest and most ambitious federal housing program in Canadian history with its report entitled, "A Place to Call Home". ([www.aplacetocallhome.ca](http://www.aplacetocallhome.ca)) It promised to provide funding for many types of housing initiatives across the country. In addition to this large influx of federal funds, the Ontario government in March of 2021 released its 'Ontario Action Plan: Protecting People's Health and Our Economy'. ([www.budgetontario.ca/2021](http://www.budgetontario.ca/2021)) It did not make any new

commitments for housing specifically but as part of the Covid-19 response, the provincial and federal governments have earmarked an additional \$255 million for municipalities to help with programs, in particular to address homelessness and other high risk groups such as victims of violence. The city of Ottawa has also targeted \$15 million to develop more affordable and supportive housing for residents most in need, matching funding delivered in both 2019 and 2020 for a three year total of \$45 million. Ottawa has also secured \$32 million in federal funding to help the city create affordable housing units quickly. With the city's \$15 million, it is a capital investment of \$47 million in affordable housing in Ottawa. This will complement the \$33 million to maintain community based housing and homelessness programs and supports. (<https://ottawa.ca/en/news/council-approves-budget-2021-investments-essential-services>)

What is the situation concerning affordable housing in Ward 18? What can you do as a resident? What happened to these clients?

You can see my entire article on the website <http://www.opconversation.ca>

*Francine Beaupré is a retired social worker living in the Alta Vista area. She has spent over 40 years counselling individuals and families in pediatric, community and end of life settings as well as teaching at the University of Ottawa. Working with older adults faced with financial, health, housing and caregiving issues has allowed her to gain a better understanding of the needs of this population.*




### Lost and Found Pet Recovery Network

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

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


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

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




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LOCAL ISSUES

CONTINUED FROM PAGE 35

for cars. Also you would expect the city to provide decent roads on which to drive your electric car to and from the supermarket. Is it possible that by 2046 all grocery shopping will be ordered on line and delivered to your door by electric vans?

Here is the description of the 15 minute neighbourhood in Ottawa’s Draft Official Plan:

*“What do we mean when we say a 15-minute neighbourhood? It is a neighbourhood where you can access most of your day-to-day needs within a 15-minute walk from your home, including when using a wheelchair or other mobility aids, on sidewalks or pathways.*

*A 15-minute neighbourhood is a neighbourhood where you can walk to get to the grocery store, where you can easily walk to frequent transit, and where children can safely walk to school. Walk-able, 15-minute neighbourhoods reduce our dependency on cars, promote equity, social connections and a greater sense of community, foster physical and mental health, and reduce greenhouse gas emissions.”*

Will we have to wait until 2046 to see what is real and what is wishful thinking by the City of Ottawa’s planners?



When all else fails, it’s back to basics.



The new Nissan Ariya, all electric, can be yours.



Delivery to your door could be made by an Electric FedEx van.

**The new City of Ottawa Official Plan to urbanize your neighbourhood will affect you and your home.**

Council will approve it in October 2021.  
Join your neighbours in discussion at:

**[www.opconversation.ca](http://www.opconversation.ca)**

Be part of the conversation! Time is short.

*If you want to know what is good for a neighbourhood, ask the people who live there.*

Stephen Lewis



## LOCAL ISSUES

# Explain yourself

by David Knockaert

To hold someone 'accountable' simply means asking them to offer an account/explain themselves. It need not be confrontational. For public office holders, the obligation to explain official decisions and actions is a condition of employment. In my federal government experience I felt most decisions would be readily accepted by the public as sensible if they were clearly and honestly explained. Yet, such explanations happen all too infrequently. Avoided or inadequate explanations leave communities poorly informed and can serve to promote unwarranted skepticism.

Ontario's Long-Term Care (LTC) Commission was to underpin Premier Ford's vow to obtain justice for residents, families and personal care workers. Public office holders both provincial and municipal, each bearing LTC responsibilities, were presented with a forum to explain their decisions, actions or inactions. But my reading of the Commission's report and transcripts reveals only 4 public office holders as having given testimony: the Mayors of Bracebridge and Temagami as well as Ministers Elliott and Fullerton (Councillor Fleury appeared in a private capacity). Additionally, Dr. Etches, who reports to our Board of Health on which six city councillors sit, was alone in representing Ottawa. As Ministers Elliott and Fullerton may have had the most to gain from the Commission I expected they would be regular contributors. Yet, each appeared only once and separately, at the end of February as the Commission's public enquiries were drawing to a close. Not only did they make just a single delayed

appearance, but the Province was so delinquent in submitting supporting documentation as to warrant a summons from the Commission. The Commissioners wrote "...on the eve of their testimony, the province produced 211,000 documents and personal notes of each of these witnesses....the failure to produce documents in a timely

*Inspectors began working remotely on March 16, 2020, the same day that the first outbreak was reported in long-term care.*

fashion was a specified reason why the Commissioners sought an extension of the deadline, which was denied". The Commission report labels the Province as "obstructive". It is difficult to see how a reluctance to explain supports the Premier's campaign for justice.

Release of the Commission's report prompted queries about the status of criminal investigations. Minister Fullerton responded in the Legislature by stating that "each home was inspected by two or more inspectors...Had inspectors found potentially criminal conduct, they would have passed that information on to the police". In contrast, the Commissioners

write "Inspectors began working remotely on March 16, 2020, the same day that the first outbreak was reported in long-term care." The report also states "...licensees have little reason to fear repercussions for non-compliance. It is unlikely that non-compliance will be discovered since inspections are limited....In the rare event that an order is issued, there are few, if any, consequences for breaching the Act or its regulation."

In the face of continued criticism for having designated part of Minister Fullerton's Kanata riding a hot spot, Minister Elliot announced the decision accorded with Dr. Etches' recommendation, an assertion Dr. Etches subsequently denied. I remain unaware of either Ministers Elliott or Fullerton offering any alternate explanation.

In March 2021, with its \$100 million contingency fund exhausted, City Council approved an additional \$15 million to support a non-payment legal dispute with the Rideau Transit Group. Details as to how much RTG is seeking, how much has been spent on legal/technical fees, prospects for further expenditures and whether fund recipients had advised on the decisions which led to the law suit all remain unknown - because City Council sat in closed session. Additionally we have learned the City is not only both plaintiff and defendant in respect to the Rideau Street sink hole but is suing RTG for construction delays. Plus the City has also been noticeably silent in regards multiple law suits launched by sub-contractors against RTG. The City may not bear any legal responsibility for the latter but given the contract was

funded by taxpayers across this country there is an ethical, reputational and project management responsibility to explain an apparent lack of professionalism in contract execution. Sadly, all this information comes to us from the media, not our elected officials.

In March of this year John Mancini reported to City Council that OC Transpo's finances are "in very, very good shape for 2021". What is missing from that statement is that we are solvent solely because both provincial and federal taxpayers have temporarily bailed OC Transpo out to the tune of almost \$200 million through 2020 & 21.

In June, ward ratepayers will again receive a tax bill including a (reduced) stipend to cover the cost of the Canterbury ice rink. Although we have been paying for this rink for several years, have we ever received an accounting of costs, funds received and amounts outstanding? A better question may be why have we not received an accounting each year with our tax bill? The area levy was approved in consideration of funding source commitments specific dollar figures were promised to be sourced from the City's development charges, ward rate payers, sponsorships, and the Canterbury Community Association (CCA). Unspecified amounts from fund raising and CCA user fee revenue were also promised. A detailed accounting of funds acquired, with a comparison to the initial commitments seems overdue.

Honesty and transparency support accountability. Accountability supports trustworthiness. Trustworthiness supports civic pride and unity. We can all use more of that.

## Riverview Park Review, Letter to the Editor

As a resident of Alta Vista for thirty plus years, I am adamantly opposed to the proposed Ottawa Official Plan (OP) and the destructive consequences that will ensue if that plan is implemented.

I own a small bungalow which is in total harmony with this inner city neighbourhood composed primarily of unique postwar single-family homes. Alta Vista will be completely transformed by the quadrupled density proposed in the new OP. Already you can see changes in this and other neigh-

bourhoods where older houses are being replaced with much larger dwellings.

The suggestion is that under the proposed OP, existing homes will be replaced by two homes per lot, or by condos that are only four storeys high. Don't believe it! This city is notorious for selectively enforcing its own bylaws. In a short time we will see thirty storey monoliths.

The root of the problem is too many people. Equating the concept of a continuously growing human population in this city with

economic growth is nonsense. More people produce more environmental degradation of every kind; more people create more wildlife depletion and extinction. Why are people so blind they cannot see the forest for the trees? If the City continues with its plan for unabated growth, will Alta Vista even have any trees, let alone a forested area? Sustainable growth and sustainable development are not achievable - and they are definitely not sustainable.

Our pro-growth-at-any-cost Mayor and Council have a record

of trying to sell us to the highest bidders. Are these politicians to be trusted? Do we really want to make big developers and real estate speculators richer than they already are?

A final quote and food for thought: "Anyone who believes that exponential growth can go on forever in a finite world is either a madman or an economist." (Kenneth Boulding, 1910-1993, Economist)

Do not let this proposed intensification happen in Alta Vista; our children's future depends on it.

**Paul M. Bendus**



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Saint Aidan’s Anglican Church

955 Wingate Drive, Ottawa, Ontario K1G 1S9  
Keeping the connection to Saint Aidan’s during the summer months. Join us for our Sunday morning worship on our YouTube channel, St Aidan’s, Ottawa. We also have a Facebook page and a Wednesday morning prayer service by phone. Call or email the office at 613-733-0102 or staidans@bellnet.ca for further details.

Emmanuel United Church,

691 Smyth Road, Bus #55,  
Ottawa, Ontario K1G 1N7  
Office (613) 733-0437  
(Monday-Thursday 8:30 am-4:00 pm)  
E-mail office@emmanuelunited.ca  
Website www.emmanuelunited.ca  
Previous Services & Sermons www.emmanuelunited.ca/worship/sermons.php  
Welcome. Due to health regulations our building and office is closed and our staff is working from home. All in-person events and activities at Emmanuel are cancelled. Phone and e-mail are monitored regularly. It is important that we continue to maintain the health and wellness of all.

Many of our worship services and activities for spiritual and social connection continue to be online. 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.

**Red Dress Day:** Thanks to Anishanaabe Elder Barbara Dumont-Hill for blessing our Red Dress Installation on Wednesday, May 5, at Emmanuel United Church. Even if health restrictions limited who could be present, they did not limit the cross-Canada tributes on the National Day of Awareness for Missing and Murdered Indigenous Women, Girls, Men, Transgender, and Two Spirit people (MMIWG2S+). Thanks to all. (Online, for pictures visit http://emmanuelunited.ca/about\_us/community.php?pics=Red\_Dress\_2021; for video visit https://www.youtube.com/watch?v=z-jiLWH3dGg)

**WEEKLY EVENTS AND ACTIVITIES:**  
**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 (by Zoom).

**Tuesdays, 7-8:15 pm:** Faith Study. We will

be discussing upcoming scripture readings from the lectionary. Note: Faith Study will finish on Tuesday, May 25 (by Zoom).

**Thursdays, 10-11:30 am:** Thursday Morning Discussion Group (Heretics). We are currently studying *Faith after doubt: Why your beliefs stopped working and what to do about it*, by Brian McLaren (by Zoom). (For summer, Heretics will pause mid-June and resume in September.)

**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).

**June, July, and August Events and Activities:** These will resume after the summer, or when health restrictions permit.

**September Events and Activities:** Wednesday, September 29, 7 pm: Teleos – A group for all women, meeting to discuss current issues and experiences from a theological perspective. Recent topics have included Exploring Indigenous Issues through Literature with the help of books by three Indigenous authors (by Zoom).

Rideau Park United Church,

2203 Alta Vista Drive,  
**Activities, Events, Connections,**  
**June/Summer 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 late spring and summer season. These include:

**Sundays 10am Worship Services** are live streamed online at www.rideaupark.ca, with hymns, prayers, scripture, videos, and a thought provoking message.

**Sundays 11:15am, Healing Circle** offers a brief time of healing prayer, after the worship service, on our website www.rideaupark.ca. Coming into the circle, we move outside our normal sense of space and time, into a sacred space. Please see the full description at www.rideaupark.ca

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

OTHER CONNECTIONS

**Foster Farm Fruit & Vegetable Stand** will be at Rideau Park United Church, corner of Alta Vista and Cunningham, again this summer, opening in mid June when the strawberry season starts and running through to mid October. The stand will be open Monday to Saturday, closed on Sundays, approx. 10am-6pm weekdays and 10am-5pm Saturdays. Over the season,

enjoy the berries and the greens, and stay for the fresh corn, apples, pumpkins and preserves. Please remember to wear your mask and keep your distance at the stand.

**Camp Awesome at Rideau Park,** summer 2021: An expanded Camp Awesome experience for children ages 4-12 is under development as a summer online camp program. For more info, contact Rev. Steve Clifton at sclifton@rideaupark.ca and, at a later date, check www.rideaupark.ca and our other social media.

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

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

*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

Located at 1566 Station Boulevard in Riverview Park. The Food Bank operates every second week

**by appointment only.** To book an appointment, you **must** call by Monday the week of food bank.

**June Dates:** 8, 9, 22, 23

**July Dates:** 6, 7, 20, 21

**August Dates:** 3, 4, 17, 18, 31

**September Dates:** 1, 14, 15, 28, 29

There is ongoing registration for new program users. Please bring identification when visiting for the first time. For further information or to book your appointment please call 613-736-5058.

**A huge thank you** to all who have donated to the Food Bank so far this year. We appreciate your generosity. If you wish to make a donation, the following items are useful: dry pasta, peanut butter, canned fruit and vegetables, toiletries, and cleaning supplies. Please note that we can only accept non-perishable items with best before dates that have not passed.

**Bottles for Bellies – Wine and liquor bottle collection** – Blair Court continues to collect wine and liquor bottles in an effort to support the Food Bank during these difficult times. 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 Fundraiser** – Blair Court held its very first Silent Auction from May 6 - 16. A big thank you to those who donated items as well as those who participated in the Auction. The Auction was a huge success and we look forward to hosting our next one in the fall. Follow us on Facebook for all the details @BlairCourtCommunityHouse

**Back to school event** – As part of our Back to School Event at the end of August, we will be collecting and distributing good condition used and new running shoes. Shoes sized 1-12 (adult) can be dropped off at the community house Monday to Thursday between 9am-3:30pm.



DEAR FRAN

The Genus Phlox – so much from which to choose



FRAN DENNETT

by Fran Dennett

The Genus Phlox belongs to the Family Polemoniaceae and has more than 60 species of annuals and hardy perennials, almost all native to North America which makes it a true native. Arthur R. Buckley, a graduate of Royal Botanic Gardens at Kew became the Curator of the Dominion Arboretum at the Central Experimental Farm in 1938. He remained there for the next 35 years as a horticulturist evaluating new annuals, perennial, shrubs and trees. Gardeners across Canada read his weekly garden columns. In 1977, he wrote *Canadian Garden Perennials* (ISBN0-919654-78-9), a compilation of easy to grow perennials hardy for almost any region of Canada and Northern United States, all of which he grew here in Ottawa. This is my absolute go to book for hardy plants for my Canadian garden. Buckley listed thirteen species of phlox that can be grown in Ottawa.

In general, phlox like full sun and a rich well drained soil with a weekly drink of water. Phlox are not drought tolerant perennials. In fact if it is too dry they will exhibit stress making the plant look chlorotic, that is the veins are green but the leaves are yellow. It does not seem to inhibit flowering but the plants will not bloom as long as normal. The next year all is fine. So make sure you water your phlox during the hot weather. An annual top dressing of compost in fall is also beneficial. The clump types should be divided every three years in the spring. If the center of the clump is woody and not flowering you waited too long. Dig the clump up, replant the new outer growth and discard the woody center. If they are not divided regularly you increase the risk of rust and mildew diseases. Named cultivars are propagated by divisions.

Phlox are prone to mildew. To avoid this, buy mildew resistant cultivars or increase the air circulation at the base of the stems by pruning out small weak stems opening up the area creating air circulation. Water in the morning, soaking the ground and do not put water on the leaves to reduce your chances of mildew.

To maintain a succession of blooms remove the flower heads as they fade. This forces the side shoots to form new flower heads. Remove all blooms as they fade so that seeds do not form. Plants from this seed most likely will be the magenta colour of the original parent which you do not want.

By choosing the right species, you can have phlox blooming in the garden from May until September. Some of the species will be readily available at garden centers, others you will have to hunt for. I will list the species name and characteristics. You will have to choose what you want for your garden based on the plant requirements and your site requirements.

**Phlox adsurgens** (periwinkle phlox) has slender shiny leaves and forms a mat with clusters of rosy-white to salmon flowers on 15-30cm high stems in May. Buckley suggests this phlox for acid soil and cool shaded sites.

**Phlox amoena** (hairy phlox) is more prostrate than erect and the rosy pink flowers do best in poor soil in full sun. The plant is 30cm high.

**Phlox divaricata** (wild blue phlox) has light blue fragrant flowers in May-June on 30cm high plants in part shade. If planted in a moist area, they can be a groundcover. Named cultivars have been developed but remember sometimes characteristics are lost in a cross and the insect may not recognize the cultivar as food.

**Phlox divaricata var canadensis** (Canadian phlox) is the eastern form and has blue flowers with notched corolla lobes.

**Phlox divaricata var. laphami** is the western form and has rounded corolla lobes, periwinkle blue flowers and is showier than the eastern form.

**Phlox hoodi** (Hood's phlox) is 2-3cm high, has white flowers that bloom in May-June. This phlox is a native of Alberta and is best grown in dry soils.

**Phlox amplifolia** (largeleaf phlox) is a little used phlox. It blooms in June producing hairy foliage on 60cm stems with the pink flower head another 3-5cm high-



Phlox divaricata "Blue Moon". PHOTO: JOSIE PAZDZIOR



Phlox amplifolia "Goliath".

PHOTO: CANDACE DRESSLER

er. Another unusual characteristic is that it spreads by underground stolons and loves a dry meadow environment. It is native to Alabama and Virginia. P. amplifolia 'Goliath' is a known cultivar.

**Phlox glaberrima** is native to eastern North America and rosy to purple dense flower heads on 0.60-0.90cm stems in July -August. This very hardy phlox is sometimes mistaken for P. carolina which has hairy stems.

**Phlox maculata** (meadow phlox) is native to North America and is usually found in moist, sunny meadows and fields. The 0.90-

120cm stems have long panicles of violet, white or purple flowers.

**Phlox ovata** (mountain phlox) is about 40cm high and has medium sized smooth leaves and dense clusters of purple to reddish purple flowers that bloom in June-July.

**Phlox stolonifera** (creeping phlox) forms a 25cm high mat of purple flowers in May and can be a ground cover in shady places.

**Phlox subulata** (moss pink) grows wild in eastern North America from New York to Ontario to Michigan and south to the North Carolina. It grows in dense mats of 10-15cm high clumps of pink, white or purple flowers. There are many name cultivars on the market.

**Phlox paniculata** (summer phlox) range in height from 0.90-155cm and the colours are limitless thanks to breeders who have created hundreds of cultivars. There are dwarf cultivars at 50cm, medium-sized cultivars at 50-75cm and tall cultivars over 75cm.

Of the P. paniculata cultivars created, gardeners are thankful for the mildew resistant cultivars, such as *Phlox paniculata* 'David', a pure white large flower head that has a long blooming period and very clean stems.

Phlox, especially the summer phlox, is a much loved perennial. No matter how small or large your space there is a phlox cultivar for that space.

As always I hope you find this information helpful.

- **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. A different topic every Tuesday.
- **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



# Our pictures tell only part of the story for the residents at Oakpark

by Caitlin Mackenzie

The sun is shining, the flowers are blooming and the leaves are finally green surrounding Oakpark. Our patio furniture has gone out EARLY this year and our residents are soaking up the early summer temperatures. Everyone is enjoying the tulips pop up in the beds around Oakpark and around the city as we celebrate the tulip festival.

Spring brings new life and the birds are singing beautifully in the grounds surrounding us. Residents are enjoying robins, woodpeckers, cardinals and many more. It is a bird lovers dream! Looking out the windows of our library is a favourite spot to see some feathered friends. We also had the honour of having a duck lay several eggs on our second floor balcony. She guarded them fiercely and 8 ducklings eventually arrived. They were rescued and replaced in the wild.

With vaccines coming to the community, new move ins have started here at Oakpark. Many of those who had chosen suites in the winter are now moving in and making Oakpark their home. We look forward to a time when we can once again host the community at our events here at Oakpark. Although we are not there yet, there is some light at the end of the tunnel.

This past month we celebrated our wonderful mothers with a special mothers day brunch and brought in many flowers. We had a Cinco di Mayo celebration, an Alice and Wonderland tea and even the Queen herself arrived to celebrate her 95th birthday!

May was also staff appreciation week and nurse's week. We had a week of celebrations for them and the residents even posted thank you notes to the staff. A week, a day is not even close to enough time to show our gratitude to our staff, our nurses and all the other essential workers who have been at the for front of this battle the past year.

We are open for respite and trial stays If you would like more information or to RSVP a time slot, please contact Caitlin the Marketing Manager of Oakpark. [cmackenzie@riverstoneretirement.ca](mailto:cmackenzie@riverstoneretirement.ca) or 613-260-7144 ext 7702.



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Ottawa, Ontario

**ROCK LALONDE**  
Owner - Propriétaire

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Please recycle  
this paper



# On the move to promote pollinators and naturalized green spaces

by Anna Nitoslawska

In recent months, Friends of Riverview Park Green Spaces (FoRPGS) reached out to a number of organizations, groups and individuals doing remarkable work on controlling invasive plants, and naturalizing pollinator urban meadows in the Ottawa area. Some were speakers at the recently concluded Speaker Series, sponsored jointly by the FoRPGS and the Riverview Park Community Association (RPCA). Our last speaker in May, Iola Price of the Ontario Invasive Plant Council, discussed the destructive impact of invasive plants on native species, and what to grow instead.

More recently, we met Clare Grosskleg, in Barrhaven. Three years ago Clare decided to create a pollinator garden in Stonecrest Park, a large multi-use park in her neighbourhood. It took patience and perseverance but Clare got the city's approval and the community's buy-in, and today the garden is a social hub and a learning site for the public school located next to the park. Here is the story of *Flutter and Buzz Pollinator Patch*, in Clare's own words:

### Your motivation?

A few years ago, I came across a newspaper article about Monarch butterflies alarmingly at risk because their habitat is in jeopardy. With rapid urban development, it's easy to understand, even in Ottawa. I wanted to help so I started reading about Monarchs and was totally engaged. It's astonishing that a monarch can migrate up to 3,000 miles or that it weighs on average less than 1 gram, or that it eats only milkweed.

I found a group of passionate experts in the Monarch Teacher Network (MTN). I met with the Ottawa chapter, and with their experience, knowledge and guidance, the park plan was formed. I also worked with the adjacent school. With help from teachers, the principal and the parent council, a new learning space was created. Every year (except during covid), we provide a fun presentation during a special school assembly.

### Your partners?

It took some time for the City to approve a site near the park fieldhouse water supply, in full-sun, and away from the basketball court. A small environmental grant helped cover the



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Clare Grosskleg shared pollinator garden ideas at work in the large multi-use Stonecrest Park.

PHOTO: ANNA NITOSLAWSKA

cost of a landscaper, soil and plants.

In search of volunteers, I knocked on doors of all park-facing homes, talked to residents or left an information sheet. There was no community association then. My favourite story is about a lady who said I had to meet her daughter. Turns out she is a graphic illustrator and is now preparing signage for the garden.

To start, we planted seedlings. Our budget was limited, but I wanted a recommended hydrangea which cost about \$45. Shortly after planting, the garden was vandalised and the hydrangea was stolen. When word got out, a local mom called me saying her 9 year old son wanted to replace it despite the cost. Wow! We invited him to plant it and to cut the ribbon at our opening ceremony. The community rallied and offered other replacement plants but we fenced



The great initiative of the Flutter and Buzz Pollinator Patch in Barrhaven that began three years ago. PHOTO: CLARE GROSSKLEG

the garden and my husband built a gate.

When the garden was ready, we held a WELCOME celebration with activities, ribbon-cutting, and kids dressed-up as "good bugs". Today, we have a dedicated team of volunteers who tend the garden throughout the growing season. Also, high school kids use their summer hours for community volunteer service. Everybody wins!

### How does the garden contribute to the community?

It is a real community hub for sharing stories and ideas. Once, a lady stopped to ask if the garden was a community effort and then asked to paint the fence I was working on. I suggested she might want to change into some 'old clothes' but she replied that she was a newcomer to Canada, that community means everyone pitches in, and then proceeded to paint the rest of the fence. A memorable occasion! Also, many seniors stop by to chat. The other gardeners have similar stories to tell. When we take ownership, we take better care of our park and we create a more caring community.

### What can residents do in their back yard?

If nothing else, plant MILKWEED. It's a beautiful fragrant plant and is desperately needed. Pollinator nectar plants are also important. Check a pollinator plant list for suggestions.

*Thanks for sharing, Clare! Why not invite pollinators and native plants into your yard this year to promote biodiversity Riverview Park!*

### Some useful resources:

- Monarch Teacher Network of Canada:  
<https://trca.ca/learning/professional-development/monarch-teacher-network-canada/>
- Pollinator Partnership Canada: *Selecting Plants for Pollinators - A Guide for Gardeners, Farmers, etc.*  
<https://pollinatorpartnership.ca/assets/generalFiles/Algonquin.2017.pdf>
- Ontario Invasive Plant Council: *Grow me Instead*  
<https://www.ontarioinvasiveplants.ca/wp-content/uploads/2020/04/Southern-Grow-Me-Instead-1.pdf>
- Canadian Wildlife Federation: *Gardening for Wildlife*  
<https://cwf-fcf.org/en/explore/gardening-for-wildlife/>



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Review  
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**RIVERVIEW PARK PRESIDENT'S REPORT**

**Leaping forward and standing firm**



**BRYAN ORENDORFF**  
RPCA President



Well done everyone! As of the time of writing this, Ontario has vaccinated (first dose) nearly 60% of all people 16 years and older. That is quite an achievement. And if the provincial booking system, being in a near-constant state of dysfunction due to demand is any indication then we are continuing to leap forward with vigour. While this absolutely could not have happened without exceptional dedication from our local front-line workers, you also deserve a lot of credit by showing a desire to make a difference in your community.

Your efforts will not only make you safer but will also keep your neighbours safer, allow our businesses to stay open, and allow our children to stay in school. Health and safety, economy, and education are cornerstones of our society and they have been badly shaken by these tumultuous times. You have taken the first steps in ensuring they survive this trial and that our community can come out and thrive once again.

The pandemic has not slowed



the City's Official Plan review process, although a significant number of comments, particularly from Alta Vista residents has seemed to do so. The City is planning on re-engaging with the community on a number of issues that were brought up with the official plan. This is great news. There were many residents who were quite concerned with the direction the official plan was taking and with the pace at which city staff was marching it to the council table. It is scheduled to go before council in the fall, but there are a number of preliminary reports that are due to

come out and more opportunities for residents to get a look at some updated plans and to engage with their elected officials.

At the time of this writing I have not seen any of the new material, but I expect by the time you are reading this that much of it will have been released. I highly encourage you to take a look at it. The City called their ideas "big moves" for a reason. There is big change afoot and that's not a bad thing. But how we as a community deal with that change and prepare ourselves for the future is both a source of great potential and a

source of great friction. You have a voice; make sure it is heard.

For those of you in households with school-aged children and who have had to endure yet another long lockdown, I feel your pain. I've spoken with a number of you and many are simply numb with weariness; parents and children alike. You have had to endure a trying time and hopefully by the time you read this some things will have improved for you. This pandemic has focused a lot of our attention on the vulnerable and those in the front line. But the children are our future and their caregivers ensure that future can come to fruition. Thank you for your dedication, your endurance, and your resilience. In the face of true adversity, you have stood firm. In the end, this will only make you stronger.

*For more information, check out our website at [www.RiverviewParkca.com](http://www.RiverviewParkca.com), drop me a line at [riverviewparkca@gmail.com](mailto:riverviewparkca@gmail.com) with your questions or thoughts, and/or come to our next virtual RPCA Board meeting on June 9th.*





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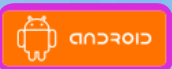
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