



Food for Thought

the journey toward a thousand meals a day

by Carole Moul

It was in 1974 when Henry Kissinger, American Secretary of State, introduced the term “food security” at a special session of the United Nations. The expression carried with it the meaning that ‘all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life’. It is obvious that a growing concern for ‘food security’ had begun – almost 50 years ago.

It was not even one decade later, in the early 1980s, when Canadians began to become acutely aware of ‘food insecurity’ in their country as a growing and critical problem. People around them, they noticed, were going hungry.

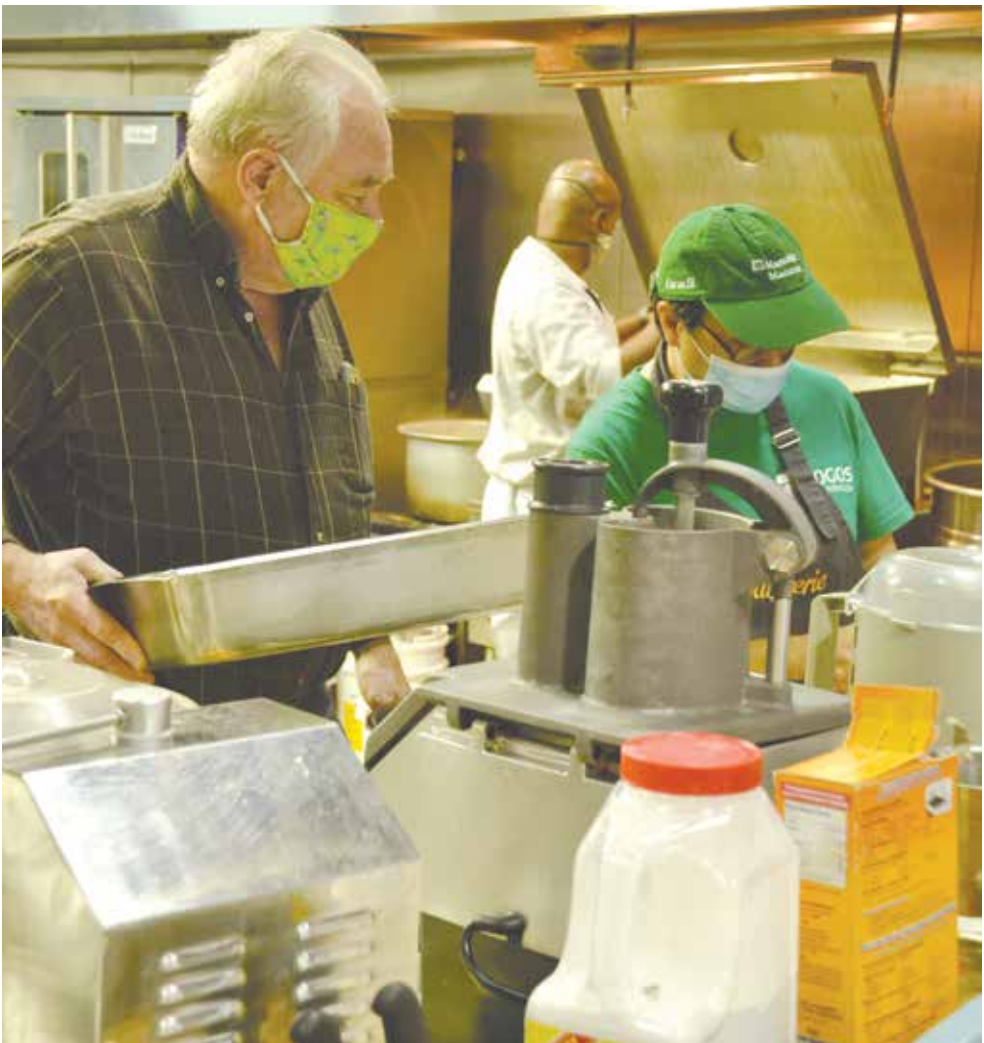
In response to this increasing and serious situation, charitable food assistance programs were set

up to help those in need. And, as most of us are aware, the bulk of these programs came to be in the creation of our many and invaluable local food banks.

With food banks, donations from a variety of sources are provided, then distributed in countless and different ways. And, while providing food in this manner has benefitted so many over the years, this strategy is no longer enough to meet the varying needs of an increasingly diverse population. Ottawa Public Health has reported that one in seven residents of this city experience food insecurity.

What to do and how to help? The type of investment to help overcome ‘food insecurity’ in our city requires not only a vision but a tremendous amount of work. Think perseverance, initiative, dedication to a cause, amazing

CONTINUED ON PAGE 3



It is highly doubtful that any of the Food for Thought Team stop working. Not all made the photos, perhaps next time. Marie Wang, on the right coordinates all the menus with the chefs and is the careful purchaser. Sylvain de Margerie on the left is the Founder and President of Food for Thought, while Jishnu Sreenivassan in the background is a vital part of helping to prepare the meals. PHOTO: GREG MONEY

More of the same in the updated Official Plan

by David Knockaert

A recent article in Bloomberg reported that Trump won 83% of US counties but that those counties account for only 29% of GDP. This geographic divergence in economic opportunity is due in large part to the ability of major municipalities to successfully compete for investment and jobs. Competitive success spurs local-

ized population growth which demands further job creation competition. This cycle produces far more economic losers than winners. As one of Canada's 'winners', Ottawa's updated Official Plan (OP) commits the City to a continuation of this cycle. But continuation bears consequences not only upon the losers and the country more broadly,

CONTINUED ON PAGE 5



Intensification in Ward 18: At Heron Gate 559 units are being demolished and eventually there will be a total of 6,427 residences in that community. PHOTO: GEOFF RADNOR

The logo for NOURA'S, featuring a stylized 'N' made of two overlapping shapes. Below it, the text "HOUSE OF EXPERT CRAFTSMANSHIP" is written in a smaller font.

We are buying old gold, silver and jewellery

Best prices for gold jewellery

A circular seal with a diamond shape in the center. The words "Best Price" are at the top and "GUARANTEED" is at the bottom. There are dollar signs on the sides.

13-2651 Alta Vista Dr. Located in Vista Plaza – Bank at Alta Vista

613-680-8883
www.nouras.ca

Eye to Eye

An upcoming exhibit by Michelle Valberg

by Carole Moulton

With her infinitely beautiful photographs, Michelle Valberg, globally recognized and celebrated photographer, has been sharing stories for over 30 years. Best known for her exquisite portrait, landscape, and wild life photography, Ms Valberg engages the viewer by having each person examine their own stewardship of our planet through the pictures she has captured. In particular, she is celebrated for her passion for the Canadian Arctic.

In 2017, Canada’s sesquicentennial year, Ms. Valberg’s image of Nunuvut Drum Dancer, Matthew Nuqinqrg, appeared on a Royal Canadian Mint coin and more recently on February 16, 2021, Michelle Valberg’s Snowshore Hare was part of a collection of five Canadian stamps issued by Canada Post to have us appreciate Canada’s Snow Mammals.

Ms Valberg is an award-winning Canadian wildlife photographer and has worked tirelessly devoting



Khutzeymateen Grizzly
PHOTO: MICHELLE VALBERG

herself to charity work including Project North, the not-for-profit organization she founded in 2009. Her work has appeared in numerous magazines and on covers worldwide.

Her breathtaking photography will be on display from October 14 to November 6 at Wall Space Gallery, 358 Richmond Road. This powerful exhibition will certainly be one that you won’t easily forget.



Cow Moose PHOTO: MICHELLE VALBERG

WALL SPACE GALLERY + FRAMING

Canadian art. Curated and collected. Experts in custom framing + art consultation.

Eye to Eye by MICHELLE VALBERG
October 14 - November 6



Meet + greet with Michelle: Saturday, Oct. 30, 2-4 pm | RSVP by email to info@wallspacegallery.ca



Art Gallery + Exhibitions
WALL SPACE GALLERY
358 Richmond Rd, Ottawa (Westboro Village)
613-729-0003
wallspacegallery.ca

Custom Framing Workshop
WALL SPACE FRAMING
505 Industrial Ave, Ottawa (Train Yards)
613-834-0872
wallspaceframing.ca

Food for thought

CONTINUED FROM PAGE 1

networking skills plus incredible teamwork. All of these and more are needed to achieve some sort of inroad toward eliminating food insecurity. Committed volunteers are vital in finding ways to realize such a goal. The following is just one story about Food for Thought and a group of people who took on the task of making things change.

Chapter One

It wasn't long after Sylvain de Margerie retired in 2014 that the Caldwell Family Centre in Ottawa's west end contacted him to see if he could provide some sort of help. Caldwell Avenue Community Housing Complex has one of the highest concentrations of subsidized housing in the city.

Not one to shy away from a challenge, Sylvain jumped in and soon began providing cooking classes and leading community kitchens every month, to every two weeks, then to every week. Very soon the amount of work involved was more than one could do, and his wife Doris joined as well as numerous friends, among them Chef Joe Thottungal, owner of both the Coconut Lagoon on St. Laurent Blvd. and Thali Restaurant at 138 O'Connor Street.

For several years this group of volunteers grew both from within the community and from people outside who wanted to help. The inside and outside view faded, and friendships were formed.

What they learned is that overall, the attitude of people towards food does not vary greatly with social strata. Interest and ability to cook is not much different. Concern about healthy eating is about the same and despite this many tend to eat too many sweet and salty snacks. Participation in our cooking classes was more driven by a need for entertainment. Sort of the Food Channel with real smell and taste.

Most of the students lived alone and as for most single people, cook-



Jishnu Sreenivassan and Marie Wang check the menus. The meals are prepared daily by their top chefs using Halal ingredients.

PHOTOS: GREG MONEY



Sylvain de Margerie (L) gives high praise to their over 100 wonderful volunteers this past year



ing at home is troublesome and seems hardly worthwhile. The difference is that with limited income one cannot afford good quality food unless one cooks. At least these classes provided good food once a week and everyone enjoyed the food and the experience with their fellow students and volunteers.

Chapter Two

One realization that dawned on this group of volunteers is that their

daytime cooking classes reached a very small fraction of the neighbourhood. Most social services operate during banking hours (9am to 4pm) while most of the people that could use their help, work, go to school, care for young children or are somehow occupied in the day. We also knew that the dusk hours are prime time for recruitment of youngsters into crime.

Thus, this group of volunteers passed the torch of daytime com-

munity cooking to others and formed the Food for Thought net-café. An internet café where everything was free. A convivial place where full meals were served as well as snacks at least one a week. With modest funding, the organization was able to hire a few members of the community as servers and bus staff. There were tablecloths, real plates, metal utensils, glassware and people waiting tables in a makeshift café that needed to be set up and torn down every night in a corner of a small community center. Quite a change from the lineup at the food bank, but the additional cost is minimal, it is appreciated, it provided jobs for a dishwasher and servers, it reduced waste, and it conveyed a sense of care.

The success of the café was resounding. The café welcomed 40 to 80 guests per evening and over 50% of them were children under 14 years old. That's where the real problem came to light: real hunger in children, for food and for attention.

With passing time, real changes in the eating habits of these children were noticeable. They shifted from shunning salads to devouring these salads over a very short time. Their favorite was Caesar salad with the classic anchovy dressing and garlic croutons. The children were being educated about all the used ingredients! "Daring and peer pressure probably had a big role to play in all the kids becoming salad eaters" laughs Sylvain de Margerie.

One of the family helping at the café were sheltered in a nearby motel by social services to stave off homelessness. This is a very laudable effort but being lodged without a kitchen and no way to cook for months has serious implications on nutrition. With nothing but a miniature microwave oven and a bathroom sink that doesn't fit a plate for washing dishes, cooking a meal is not an option. Food bank hampers are hardly of any help if

CONTINUED ON PAGE 4



Food for Thought

OTTAWA

12-855 Industrial Ave.

613-974-6949

www.FoodforThought.cafe

@Food4Ottawa



Buy a meal, Give a meal

You can help provide hot meals to those in Ottawa that are hungry and cannot cook



GIVE



SHARE



VOLUNTEER

CONTINUED FROM PAGE 3
you cannot cook. The woman and her two teenage sons, living in a single small room with two twin beds, survived largely on muffins smuggled from the free breakfast, the only meal offered at the facility. They lived there for two and a half years. There are about 2,000 people so lodged in Ottawa and most of them are children.

Chapter Three
Unfortunately, and sadly for everyone, COVID-19 closed the café. With the pandemic closing most social services, people of low means and unable to cook were immediately plunged deep into food insecurity.

On the spot, the Food for Thought team obtained permission from the Ottawa Community Foundation, their main funding partner, to redirect all resources to addressing the nutrition problem in hotels and motels used as shelters.

Within days we were distributing the food left in the larders of restaurants ordered closed. Within weeks, chef Joe Thottungal opened one of his restaurants to us and rounded up a team of volunteer chefs to cook for the needy. We were declared an essential service and front-line workers of sorts as



Christo Raju appears to be an expert in helping prepare the over 1,000 meals a day. PHOTO: GREG MONEY

we roamed the streets of Ottawa then completely empty.

With intense fundraising we prepare an average of 1,000 meals a day, over 300,000 hot meals since the beginning of COVID-19. Well over 100 volunteers and staff have come through our ranks.

We offer meals to all people sheltered in hotels and motels without kitchens. Our mission now covers all of those who are food insecure and cannot cook because of age, disability, or circumstances.

Our mission now covers all of those who are food insecure and cannot cook because of age, disability, or circumstances.

We have forged strong partnerships with many agencies including the Ottawa Meals on Wheels, the Shepherds of Good Hope, the Ottawa Mission, the Ottawa Food Bank, several Community Health and Resource Centres, and the city of Ottawa, all of which help us reach those in need of meals.

Our sheltered family found permanent lodging and mom rejoices in baking bread and cooking for her boys.

Chapter Four and beyond...
The pages for this chapter have not yet been completed while the just over 1200 words already written here haven't even begun to adequately tell this incredible story. It is a chronicle about the amazing evolution of a dedicated group of people who have come together to solve a real human problem.

Food for Thought has moved kitchens three times before making its permanent home at Unit 12 of 855 Industrial Avenue, in our neighbourhood. They vow to continue their mission in the long term as the need to resolve food insecurity for those who cannot cook will continue after the Pandemic.

Perhaps, this is just one more step in helping you become aware of the phenomenon that is taking place in our community to help overcome household food insecurity.

Do visit www.FoodforThought.cafe or drop by Unit 12 at 855 Industrial Avenue. You can help write the final chapter by: donating, volunteering, or buying a delicious meal prepared from some of Ottawa's best chefs under the lead by Chef Joe Thottungal. The menu for the week is posted each Friday to be ordered online. Each meal purchased allows Food for Thought to provide another one for free. What a way to share!

Don't let this be you



Don't miss out. Call now to get your winter service quote

613-260-8175
www.greensideup.com

   /HansenOttawa

DESIGN • BUILD • MAINTAIN

HANSEN

LAWN & GARDENS LTD. SINCE '88

We cover you for up to **300cm** for the snow season and have been providing stress free service since 1988





Awards of Distinction
A CELEBRATION OF OUR INDUSTRY
Ottawa Chapter of Landscape Ontario

Winner of the Employer of the Year and
4 Time Winner of the Top Choice award 2018-2021



TOP CHOICE AWARD
MARK OF EXCELLENCE

More of the same...

CONTINUED FROM PAGE 1

but upon we 'winning' residents as well. The updated OP prepares us for those consequences.

Peril of Half-Truths

The OP is founded upon a belief that "Ottawa is projected to grow by 402,000 people by 2046, requiring 194,800 new private households". While that population projection is as (in)accurate as any, forecasting 1 extra housing unit for every 2 additional people is nonsense. The Province attributes 14% of future population growth to natural increase. Babies don't acquire housing separate from their parents. The Province effectively projects the remaining 86% will come not from interprovincial migration but from international immigration for whom the estimated average household size is 3.4 - 3.5. Lastly, people do die, the majority of whom are old, many living alone. Upon death their housing units tend to return to the housing inventory. Even if our population grows by 400,000, calculations reveal that Ottawa should need less than half of the housing units claimed in the OP. Why the massive exaggeration?

Perhaps not coincidentally, that exaggeration is used to justify housing intensification. A contentious issue for Ward 18 residents was that the draft OP proposed a density target of 80 housing units per hectare. The update generally re-categorizes our Ward as Outer Urban, revising the density 'target' to 40-60 units. But hold the celebration. A separate comment clarifies that the target is "intended to establish a minimum starting point for the intensity of development" while a new footnote says zoning "shall permit intensification such that the average area density generally meets or exceeds the applicable density targets". So, the 40-60 figure is a minimum with the

true target being undefined, yet higher. This potentially returns us to 80 units per hectare, but is now articulated in a manner less likely to attract attention or complaint.

An executive of a ward community association was recently quoted as saying "Neighbourhoods will not see much change, except for sidewalks being put in over time". Certainly priority intensification will be directed to hubs, corridors and those evolving areas within a 150 metre radius. Elsewhere intensification will be more gradual but it will happen, as the OP makes clear: 1) neighbourhoods will see a "smaller proportion of detached housing....replaced with higher density ground-oriented housing", 2) Outer Urban neighbourhoods targeted for gradual intensification will display "a mix of urban and suburban characteristics...provided that such development does not unreasonably preclude evolution to a more urban character over the life of this Plan.", 3) "it is the intent of this Plan that (neighbourhoods), along with hubs and corridors, permit a mix of building forms and densities", 4) "low-rise multi-unit dwellings will be permitted near rapid transit and frequent transit routes", in the vicinity of the Transitway, Alta Vista Drive, Coronation, Smyth, and Ring Road, and 5) zoning shall allow "a full range of low-rise housing options sufficient to meet or exceed (density and larger family size apartment goals)...with the predominant new building form being missing middle housing".

Downsizing Aspirations, Expectations, Desirability

This missing middle is a new form of housing: low-rise multi-unit ground-oriented family apartments "within building typologies that increase densities on existing lots". Alterations to land use regulations will "require a greater proportion of housing with three or more bedrooms". Once constructed, the



The townhouses of Heron Gate. PHOTOS: GEOFF RADNOR



City will 'create the demand' for occupancy. It is true we need more family housing and a pilot project would be appropriate. But what is proposed is no pilot project. The City will regulate the construction of 49,000 units. With "generally three or more units per existing lot", we can assume at least 10,000 single family houses will disappear, easily equivalent to levelling every house in Ward 18. It is a radical transformation of housing form, of lifestyle and community and will seemingly occur without benefit of a market demand study, an attempt to explain/persuade the public nor with significant input from elected officials. It is straight from the central planning playbook of the former Soviet Union.

When the OP process began City officials promised future growth

would not conflict with community identity. Then came the draft, where we were introduced to our community - a transect. But that draft still offered assurance that new structures would 'complement the character of neighbourhoods'. In this update, compatibility is out, replaced by 'appropriate integration', where new structures promote an evolution to 15 minute neighbourhoods. It seems community character is something sired by the imagination of planners. Count local culture and history among the casualties of urban growth.

The draft OP acknowledged residents may not welcome intensification. But its unpleasantness would be offset by the promise of 15 minute communities. A bit fanciful but appealing. Alas, the promise has become more nebulous. Within the update we are repeatedly reminded 15 minute communities are an evolutionary concept, one the City can only encourage, not deliver. We are further cautioned its characteristics are variable and its evolved form unpredictable. Simon and Garfunkel wrote lyrics about such promise - "You know the nearer your destination, the more you're Slip Slidin Away".

Coercion for the Many, Incentives for the Few

Civic leaders are desperate to in-

CONTINUED ON PAGE 14

CULINARY CONSPIRACY IS OTTAWA'S PREMIER GOURMET CATERING & BEVERAGE COMPANY ~ CELEBRATING 18 YEARS !



INDIVIDUALLY PRE-MADE MEALS!

Ready to Pop in the Oven or Microwave!

Only \$9.99 Each!*

*Delivery \$7.50 (Minimum order 10 Meals) Tax Additional



SOUPS (32 oz)

Chicken

Roasted Fall Veg

Cream Corn

Carrot Ginger

Minestrone

Mexican Tortilla

Leek & Potato

Curry Cauliflower

Italian Wedding

MAINS

Shepherd's Pie

Beef Bourguignon

Roast Beef

Sweet & Sour Meatballs

Maple Chicken Legs

Greek Souvlaki (off stick)

Meat Lasagna

Veggie Lasagna

Roasted Pork Loin

Chicken Cacciatore

Caribbean Curry Chicken

Hearty Meat Chili

Vegetarian Chili

Curry Chickpeas

Chicken Breast with Café au Lait Sauce

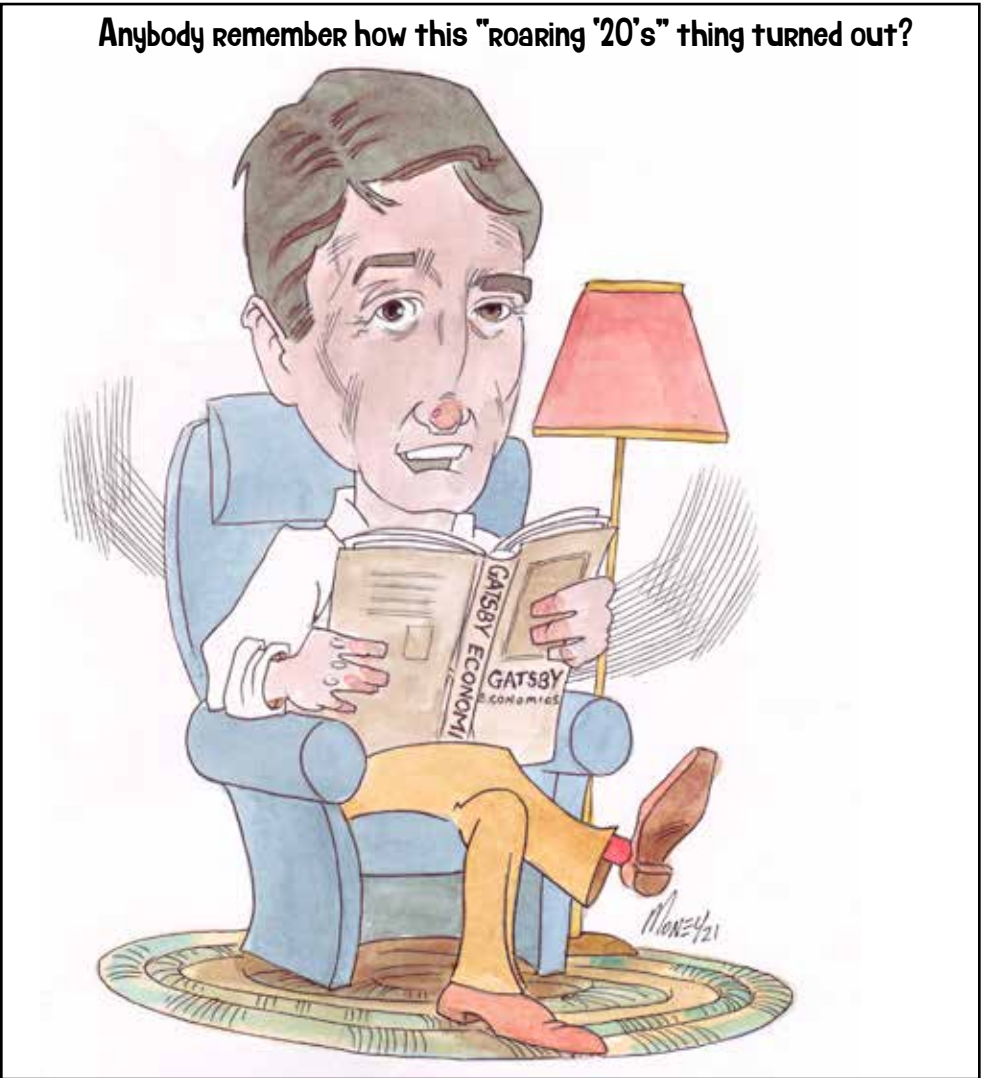
Lentil Ratatouille

 613. 241.3126 Ext. 1 to Order

"WE ARE THE MISSING INGREDIENT!"

RIVERVIEW PARK REVIEW • Vol. 13, No. 4
Board of Directors: Peter Bishop, Bill Fairbairn, and Greg Money
Editor: Carole Moulton – editor.riverviewrpr@gmail.com
Advertising Manager: Carole Moulton – advertise.riverviewrpr@gmail.com
Staff Writer and Editor Emeritus: Bill Fairbairn – befair@sympatico.ca
Layout and Design: Patti Moran

Distribution Manager: distribution.riverviewrpr@gmail.com
Cartoonist and Masthead Artist: Greg Money
Treasurer: Janina Nickus
Photographer: Geoff Radnor
Printer: McLaren Press Graphics Ltd.



Editorial

After what seems a relentless stream of war, recession and plague, are you ready for a more hopeful era? Are you ready for the Roaring 2020's? The pandemic of 1918 led to the Roaring 1920's. Famous for an economic boom, Jazz music, Henry Ford and the Great Gatsby, there are parallels between 1920's, and 2020's.

The poorly named Spanish Flu petered out, and so will COVID. There is a burst of new technologies, medical and digital - think mRNA Vaccines, widespread cell phone connectivity, and the democratization of a 5G internet. The ease of transportation transformed from Ford's "Tin Lizzy" to electric self driving cars and people in space. OK, so the Confederation Line still doesn't work, but you get the point.

And then there is a soaring stock market. There is an enormous amount of pent up purchasing power waiting to be released. In spite of Amazon expanding online shopping, consumers have been decreasing their borrowing and increasing their deposits. Small businesses and corporations have been doing the same. What follows will likely be a decade of economic and cultural prosperity. But, to quote HSBC Senior Economic Advisor Stephen King, "By all means cheer at the resilience of the stock market and the possibility of a post-pandemic economic bounce. But also prepare yourself for the possibility that it all ends in tears."

By 1929, of course, things came to a screeching halt. We have time to prepare and even avoid a similar crash. And what we can most prepare for is a new era of social progress, a better standard of living for those most in need, and maybe even the odd hug.

About the *RPR* community newspaper

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

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

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

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

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

RPR is currently seeking distributors.

* Contributions by politicians are paid announcements.

RPR back issues are online at www.riverviewparkreview.ca

Use this QR code to go to there with your mobile device

RPR needs volunteers to help with distribution.

Please contact

Distribution.riverviewrpr@gmail.com

Next deadline for advertising and copy:

November 10 for the December RPR

WHAT'S THAT NUMBER?

Ottawa Public Library	613-580-2940
Alta Vista Library	613-580-2940
Elmvalle Public Library	613-580-2940
Jean Cloutier, City Councillor Ward 18	613-580-2488
Shawn Menard, City Councillor Ward 17	613-580-2487
Ottawa City Hall	311 (www.ottawa.ca)
Police – non-emergencies	613-236-1222
Emergencies only	911
Ottawa Hydro	613-738-6400

Riverview Park Review Distribution List: A sincere *thank you* to all of the distributors who take the time to deliver the Riverview Park Review.

Area Captains: Peter Bishop, Colleen Calvert, Denise Kennedy, Carole- Anne Parsneau-Mill, Greg Money, Janina Nickus, Geoff Radnor, and Sherry Woodburn **Distributors:** Anne Ashford, Neil Ashford, Erik Apedaile, Stewart Bailey, Rachelle Bedard, Ryan Blattman, Michel Bourassa, Alex Bourne, Sophia Bourgeois, Charlotte, Émile, and Gilles Bourget, Peter Cairns, Colleen Calvert, Aileen Comerton, Jack Contini, Chloe Davies, Aryn Davies, Bill Davis, Tracy Di Canto, Marc Donovan, Sean Donovan, Eric Ewing, Abby, Jason & Jennifer Fraser, Kitty Galt, Heather Gilman, Kim Holownia, Annalys and Jimmy Jamieson, Darren Johnston, Cheryl Khoury, Chris Khoury, Max Lawrence, Sandra Lawson, Ginette Le Phan, Tim Mark, Kathleen McCulloch-Cop, Tanner McCulloch-Cop, Vince McDonald, Helen & Brian McGurrin, Greg McKean, Bob Morden, Dillon Morrisson, Villana Murray, Janina Nickus, Catalina Pascual-Meagher, Blaine Primeau, Chantal Racine, Geoff Radnor, Jen Robichaud, Richard Russell, Jennifer Sayers, Max and Tony Shewchenko, Wendy Simmons, Marlene Stepan, Betty and Joe Stickl, Lydia Tonelli, Penny Turnbull, Dale Wagner, Terry Warner, Larry Weisz.

missing your issue of the
Riverview Park Review?

~ Delivery persons are needed for ~

Eastway Gardens
Avenues Q,R,S,T,&U
Mimosa, Pixley Pkts
Caverley, Penhill
and Crestview Place
(Qualifies for Volunteers Hours)



contact:

distribution.riverviewrpr@gmail.com

Eagle Automotive

Vilbert Enviye
Owner/Operator

20+ years of experience with
Foreign and Domestic cars

FULL SERVICE

- Safety Checks
- Tune-ups
- Suspension - Tires
- Brakes
- Exhaust



Thanks to our
dedicated
customers!

call **737-9717**

Mon - Fri 7:30 am - 6:00 pm

EAGLE
Automotive

730 Industrial Ave
(at Russell)



PHARMASAVE®

CYRIL PHARMACY

1795 Kilborn Ave, Ottawa • (613) 680-1772

Come See The Difference At Your Neighbourhood Pharmasave

Open Monday to Friday 9am - 7pm • Saturday 10am - 4pm

Stop By or Visit Cyril Pharmacy Today!

- All Drug Plans Accepted • Free Local Delivery *
- Free Blood Pressure & Blood Sugar Monitoring • Compliance Packaging
- Bilingual Service • Prescription Refill Reminder Service (Blister packs)
- eRefills
- Easy Prescription Transfers

Download our
app today



Download on the
App Store

GET IT ON
Google play

Apple, the Apple logo and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

* Some restrictions apply, see store for details



\$5 OFF*

Your next purchase of \$15.00 or
more on Pharmasave Brand items

*Redeemable at Cyril Pharmacy Pharmasave only.



INTERESTING CANADIAN PLACES

The call of the falls

by Bruce Ricketts

Most humans have an affinity to waterfalls. What’s the attraction? Is it the visual? The sound? Or is it the negative ions given off by falling water which are absorbed by us, releasing serotonin, a calming hormone?

Regardless of the reason, the fact is we like waterfalls.

I have travelled to many countries and regions across the globe. From South America to Asia to Africa and Europe, I have seen waterfalls in many forms. But my favourite is one in Western Canada.

Nestled in the wilds of Yoho National Park in British Columbia, there exists a 900-foot vertical drop called Takakkaw. Takakkaw is the Cree word for wonderful, and wonderful it is. The sounds of the water hitting the base of the falls, the feel of the spray on my cheeks and pure majesty of the area never fails to en-

courage me to do and see more. Over the years, tourism has taken hold of this jewel. The road off Highway 1 is now paved and there is a developed camping area near the falls. But I won’t let these “advancements” deter me.

Closer to home there are several waterfalls to inspire you.

Most people are aware of the Hog’s Back Falls here in Ottawa. There are a few facts about these falls that are not well known. The first is that the official name is Prince of Wales Falls. The second is that the falls are not natural. Prior to the construction of the Rideau Canal, Hog’s Back was known as Three Rock Rapids. It was a navigable set of rapids: no portage required. When the canal was built a large dam was constructed over the top of the rapids and excavators were used to “sculpt” the falls from the dam to the end of the original rapids.

Then there is the Rideau

Falls; not as well known as Hog’s Back but unique in its own way. Rideau Falls is actually two falls separated by Green Island. Rideau Falls Park, along Sussex Drive, is bracketed on the east by the French Ambassador’s residence and on the west by National Research Council. These 40-foot-drop falls are best viewed from a boat on the Ottawa River.

Princess Louise Falls, just off St. Joseph Blvd in Orleans, is hard to find but worth every minute of your time. The falls are part of Taylor Creek, most of which has been buried in culverts to make way for urban development.

Chaudière Falls on the Ottawa River is making a renaissance. Since the EB Eddy company sold off the land, the falls have been opened to viewing. The falls is a set of rapids, a cascade and a set of falls. If you haven’t experienced this wonder, make time.



Meech Lake Falls



Takakkaw



Princess Louise Falls

In Gatineau Park, on the Quebec side, you will find the Meech Lake Falls situated beside the ruins of an old fertilizer plant. It is best to park at P11 for the 3.5 km hike to the falls.

Grand Falls in Almonte should be on every one’s bucket list. This series of falls, in the centre of this Ontario town, can be vis-

alized from many vantage points. But make sure that you watch the season. The falls can go from a trickle to a torrent.

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



Member of Parliament | Député

The Honourable | L'honorable

David McGuinty

Ottawa South | d'Ottawa–Sud



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

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

- » The Canada Pension Plan / Old Age Security
- » Guaranteed Income Supplement
- » Immigration Matters
- » Citizenship Inquiries
- » Canadian Passport / Consular Affairs
- » Business Opportunities / Grants & Funding
- » Student Loans / Taxation Issues

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

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

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

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

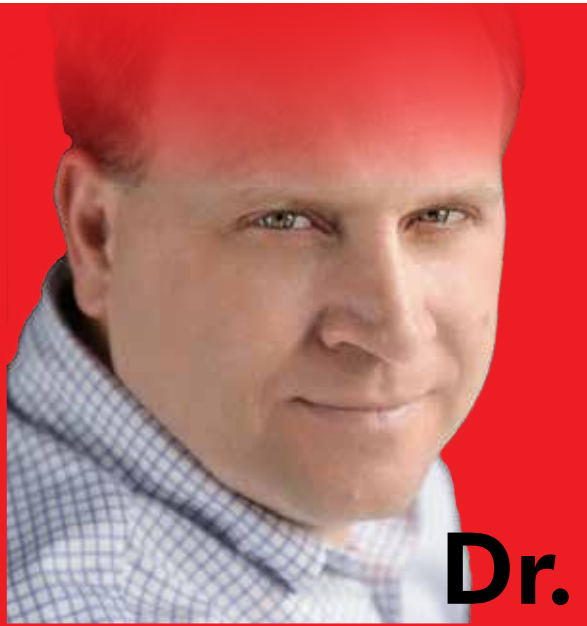
David McGuinty, MP | Député

Constituency Office | Bureau de Circonscription

1883 Bank Street
Ottawa (Ontario) K1V 7Z9

Tel | Tél: (613) 990-8640
Fax | Téléc: (613) 990-2592

Email | Courriel: david.mcguinty@parl.gc.ca
Web Site | Site Web: www.davidmcguinty.ca



Special Offer

Postural evaluation Complete exam
X-ray (if needed) for only **21\$** (a 200\$ value)

Call us before November 30th, 2021
to make an appointment.
Places are limited

Dr. Stéphane Chillis
25 years of experience

1569, Alta Vista Drive, Ottawa Ontario K1G 0E9
613-520-0123

Emotional Causes of Pain

The connection between your mind and body is very real. Internalizing emotions like fear, stress, and anger can manifest themselves in physical symptoms. For example, you may experience a mild headache if you're stressed at work, but when those emotions are extreme and ongoing, your entire body can begin to break down.

Emotional distress, like sadness, anxiety, and guilt can have similar neurological affects as physical pain. The prefrontal cortex and cingulate cortex can each experience changes due to emotional and physical pain, revealing that the brain and body can rarely tell the difference between emotional and physical discomfort.

When your body is filled with anger or frustration, it stores tension similarly to when you experience physical trauma. In order to release that tension, a chiropractor will apply pressure to specific areas of the spine to ease pain throughout the body. To best describe the physical toll extreme emotions have taken on your body, tell your chiropractor about any of the below symptoms or experiences:

- | | |
|-----------------------------|----------------------------|
| Ongoing depression | Deep grief |
| Panic attacks | Isolation |
| Exposure to violence | Work-related stress |

While personal psychological treatment may be needed to address the underlying issue behind these extreme, ongoing emotions, chiropractic is designed to treat the physical trauma caused by internalizing these feelings.

Don't wait to have pain before consulting Dr. Stéphane Chillis. He will advise you in order to develop a preventive lifestyle and a permanent solution to add quality to your health.
1569 Alta Vista Drive, Ottawa Ontario K1G 0E9
613-520-0123



Simply Chiropractic
A Tip from Dr. Stéphane Chillis



TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Standing in the Shadows

by Peter Thompson

There's no shortage of great detective series available. Whether it's the great *En-deavour*, the cold case thriller *Unforgotten* or older series like *Foyle's War* or *George Gently*, there's seemingly always a new option. Or perhaps you're into the many international series and love *Beck* or *The Bridge* or the great *Detective Montalbano*. However, with so many to choose from there are always titles that get left behind - and these are excellent series as well! For example:

C.B. Strike. Written by JK Rowling of Harry Potter fame (under a pseudonym), this is a worthy addition to any detective/mystery watchers list. Dynamic stories, fast pacing and most importantly the two lead characters are perfectly cast; this series sits beside any of the British behemoths and stands up to them. In fact, why it's not as well known as some of the other series is a mystery that you can help solve by getting right into it, right now!

Comissarrio Guido Brunetti Mysteries. How this show became a fan favourite is a mystery in its own right (although, the fact that it's excellent helps). The reasons for it to have failed are long: first, it's a decidedly Italian show produced by...a German company with German actors. Strange?



C.B. Strike

Yes. Does it work? Yes. Then the lead character is swapped halfway through, which is usually the kiss of death (Death in Paradise aside!), but here it works, and it works well! Lastly, in the giant shadow of *Detective Montalbano*, very few series set in Italy can struggle out and present themselves to viewers, but this found a way - and is a truly worthy addition to your watchlists.

Blood of the Vine. The biggest shows that France has released in the last two decades are *Spiral* and *The Bureau* - and they are two of the greatest shows of all time. Luckily when people are done loving these two great shows, they ask,

what else has come out of France that's good? The answer: *Blood of the Vine*. The scenery is absolutely stunning and the characters are very well written and will suck you into the stories quickly. How can anyone resist a wine expert who also helps solve crimes? Yes!

Balthazar. Interesting take on the forensic pathologist genre that has many entries. Raphaël Balthazar has a way of imagining the dead's ghost and forming hypothesis around what he discusses with them. And the eerie thing is, he's right a heck of a lot more than not. Another entry from France that is starting to turn heads. Have you seen it yet?



Comissarrio Guido Brunetti



Blood of the Vine

What We Do in the Shadows. Okay...so let's put aside the detective trend for a minute and come up with something completely irreverent. This is about a group of vampires that is living in our modern world and has to do the monotonous things we do, albeit not quite like we do. There's an energy vampire that scours offices and sucks the life force out of workers by boring them to tears - which was a hilarious take on the common vampire. A prerequisite is liking Taika Waititi's humour - notably *Jojo Rabbit* and the original *What We Do in the Shadows* movie.

So there's your fall mission - should you choose to accept it. Go forth and get immersed in some TV that's worth your time! **Now available at Movies 'n Stuff, of course.**

MOVIES 'N STUFF

1787 KILBORN AT VIRGINIA
738-1607

Inspired Viewing
SERVING THE COMMUNITY FOR OVER 30 YEARS

Call ahead and we can arrange curbside pick-up or delivery to keep you viewing your favourites

- THOUSANDS OF MOVIES FOR SALE FOR \$1.99 EACH!
- OVER 10,000 MOVIES & GAMES
- KNOWLEDGEABLE HELPFUL STAFF
- USED MOVIES AND GAMES FOR SALE
- WE HUNT DOWN HARD TO FIND MOVIES
- DAMAGED DVD'S & CD'S RESURFACED

OPEN MON - SAT 11:00 - 5:00
SUN 3:00 - 5:00

MOVIESNSTUFF.COM



Please
recycle this
newspaper

Walking boosts brain health

by Eric Cosgrove

There’s yet another reason to pick that walkable community you’ve been thinking about for your next home. Walking is good for brain health and could contribute to keeping seniors more cognitively fit.

That’s according to new research by the Brain Lab at Colorado State University. It shows that aerobic exercise, mainly walking, positively refreshes the brain’s white matter. “White matter deterioration is associated with cognitive impairment in healthy ageing and Alzheimer’s disease,” says the study.

Even if you’ve been inactive during the pandemic, putting on your walking shoes could improve your health. And living somewhere that allows for regular strolls and running errands on foot makes daily walks all the easier.

According to a pair of studies, walkable communities also improve satisfaction, the “Community and Transportation Preference Surveys” conducted by the National Association of REALTORS® earlier this year.

Respondents who strongly agree that there are “lots of places to walk nearby” show an 8% increase in quality of life, for example. And older generations – Gen X and beyond – and those with higher incomes showed an increased interest in walkability.

So, when you’re scoping out a new neighbourhood, keep an eye out for the elements that make for a walkable community.

According to Walkscore, they are:

- **A centre:** Walkable neighbourhoods have a centre, whether the main street or a public space.
- **People:** Enough people for businesses to flourish and for public transit to run frequently.

Even if you’ve been inactive during the pandemic, putting on your walking shoes could improve your health.

- **Mixed-income, mixed-use:** Affordable housing located near businesses.
- **Parks and public space:** Plenty of public places to gather and play.
- **Pedestrian design:** Buildings are close to the street, and parking lots are relegated to the back.
- **Schools and workplaces:** Close enough that most residents can walk from their homes.
- **Complete streets:** Streets designed for bicyclists, pedestrians, and transit.

In 2020, Walkscore ranked Canada’s most walkable cities, and the top seven are:

1. Vancouver (79.8 out of 100)
2. Montreal (65.4)
3. Toronto (61.0)
4. Hamilton (49.6)
5. Mississauga (48.9)
6. Hanover (49)
7. Ottawa (45)

You can also find walkability scores for neighbourhoods in Ottawa and other major Canadian communities and for specific addresses. <https://www.walkscore.com>



PHOTOS: GEOFF RADNOR

The 2021 edition of the Balena Park corn give-away lead to a greater chance for a visit.

by Geoff Radnor

Her mother brought Stella Domaradzki all the way from Dorion Ave. to Balena Park to meet Councillor Jean Cloutier and his volunteers and take home some of his freshly picked corn on Sunday September. 12th.

Ray Froklage was pushing his

daughter Jody on the swings in the park before picking up his corn.

Thanks go also to Andrew Fleck Children’s Services, Early On Child and Family Centres and Train Yards Medical Centre in sponsoring this Annual Corn Roast in a very limited version this year. We all hope things will be back to normal next year.



Eric & Geri
Cosgrove

613 • 238 • 2801
CallTheCosgroves.com

SRES
Seniors Real Estate Specialist

ROYAL LEPAGE
Performance Realty



BrokerSales
Representative



Call us for a free, confidential market evaluation of your home, or to discuss any aspect of your next move.



**THE MOST
AUTHENTIC
INDIAN CUISINE IN OTTAWA**

LUNCH
11:00AM - 2:30PM

DINNER
4:30PM - 9:00PM

WWW.AAHAR.CA

**OPEN for sit down
and take out**
With COVID measures in place

**1573A Alta Vista Drive
613-422-6644**

**DINING • TAKE OUT • DELIVERY
CATERING & PRASAD**

We take special orders for Prasad/Prasad made with pure desi ghee & purity (sucham) for festivals & religious occasions.

Our specialities include:
Ladoos, Badana, Jalebi, Badana & Seviyan (sweet and salty), Halwa, and much, much more...



Buffet coming soon

INDIAN CUISINE IS AS DIVERSE AS ITS CULTURE. EVERY MAJOR REGION OF INDIA BRINGS ITS OWN UNIQUE DISHES. IN CANADA, INDIAN FOOD IS PRIMARILY IDENTIFIED WITH FOOD FROM NORTH INDIA. AROMATIC SPICES ARE THE ESSENCE OF INDIAN CUISINE. THE ART IN INDIAN COOKING IS TO USE THE RIGHT AMOUNT OF SPICES TO CREATE A HARMONY OF FLAVOURS.

MILDLY SPICY VERY SPICY GLUTEN FREE LACTOSE FREE

PLEASE MENTION ANY ALLERGY BEFORE PLACING AN ORDER.
MOST OF OUR DISHES ARE NATURALLY GLUTEN FREE.
PRICES DO NOT INCLUDE TAXES AND ARE SUBJECT TO CHANGE WITHOUT NOTICE



Now Hiring – kitchen staff and servers

Five things your dog wishes you would do more of!

by Jonathan Sumner

Understand Their Personality: Just like us, we all have different personalities and social tendencies. Some of us are shy and introverted while others are gregarious and social. Your dog will also have its own unique personality. Dogs are social creatures in general but there are no pre-requisite rules that they need to enjoy the company of new dogs, or have the desire to socialize in large groups. It is okay for your dog to have unique feelings about certain situations. It is important for owners not to force their dogs into situations that are stressful or unsafe places because we think they should enjoy it. A great example would be going to the dog park. Some just shouldn't go.

Take the time to smell the pee covered roses? Allowing your dog to smell their surroundings when you are on a walk is a canine pleasure. Just like you wake up, grab a coffee and check your email, your dog gets the same chance on a walk. Urine can convey numerous messages about a dog's identity, sex, reproductive status etc. Your dog might even respond by urinating over top of the initial message. Allow your dog the enjoyment of this part of their daily walks.

Chest scratches? Many of us were raised to pat a friendly, new, dog on the head. Unfortunately, this can be invasive or unenjoyable for many dogs. A much less threatening gesture is to give them a chest scratch. Research has shown that a dog's heart rate increases when a stranger reaches out to pat them on the head vs the chest. Next time you are meeting a new dog allow the dog to smell your hand and slowly scratch their chest instead of reaching over their head.

U-Attention vs I-Phone: Electronic devices are essential to keep up with our lives but it is imperative we don't forget that our four legged best friends would love to take your attention away from your phone. I always stress that owning a dog takes dedicated times of attention to reinforce good behaviour and recognize other signs your dog uses to communicate. A phone is an easy distraction that tears our attention away from times when your dog wants to enjoy time with you. Put your phone in your pocket on a walk because these are the times that you bond with your dog.




They will thank you!

Change up the main course!
Many dogs will happily eat the

same kibble for their entire lives while others are more picky. Your dog will appreciate changing up their protein source. Not only is it


more palatable and interesting but there is purpose behind changing their meals up. Many food companies will offer different protein sources within the same line. Through some light experimentation, swapping up the protein (2-3 different types) is a functional strategy to avoid protein intolerance or allergies they could develop if they eat the same thing 365 days a year.

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





**Dog Daycare, Grooming
Training and Retail Store**


Unit 16, 800 Industrial Ave. Ottawa, ON K1G4B8
(613) 260-RUFF (7833) www.ruff-house.ca



3200 sq foot Daycare Area




Retail Store Featuring Food and Accessories



**Experienced
Pet Stylists
and Grooming**

No Ruff times!

- Ottawa's largest supervised indoor play area
- LIVE Dog Cams to watch your dogs play
- Retail store with food, toys and quality accessories
- Experienced Groomers to style your pooch
- Positive training experts for 1-1 or class sessions



Positive Training for Positive Results



PHOTO: GREG MONEY

More of the same...

CONTINUED FROM PAGE 5

crease public transit ridership. While that's not a bad thing, what is bad is they intend to achieve this principally via coercion. Public transit will attract riders if reliable, safe, convenient and inexpensive. Yet the OP sees service improve-

ment as something to be achieved "over time", based on "affordability" and through the "ongoing implementation of measures". Coercive measures proceed with more dispatch. Land use regulations will be adjusted to expand Transit Oriented Developments (TOD). Though TODs make sense even their most ardent advocate has to admit they are coercive - regulations manip-

ulate the market so as to transfer housing supply to the vicinity of stations to benefit the transit system. The OP goes further by proposing to "gradually reduce the total land area in the City consumed...for surface parking" and "take a more deliberate approach to the allocation of space for automobiles and prioritize the role of public transit" Again, none of this would be bad if accompanied by improvements to public transit. The recent 'bus in the ditch' and 'wheel off the train' incidents were enlightening mainly for the fact that it was only upon their occurrence that OC Transpo apparently discovered that multiple buses and trains were suffering similar mechanical problems. And continuing its operational descent, the train line is now not only figuratively 'off the rails', but literally as well.


Since 2009 Ottawa's bus system has been involved in more passenger fatalities than in 8 of 10 major Canadian cities combined. Continuing LRT mechanical problems in combination with bus cancellations highlight the system's unre-

liability. In terms of convenience, our 44 route which ran every 5 minutes during rush hour pre-LRT, now operates every 15 minutes despite travelling on a dramatically curtailed route. Yet our system is apparently the 5th most expensive across Canada. OC Transpo's operational status offers multiple reasons not to use public transit. Improved transit usage and reduced reliance upon vehicles are admirable goals, but over reliance upon coercion is likely to only promote resistance.

If we were to do a word count, we would likely find the two-word phrase most commonly uttered by Councillors is affordable housing. But it is seldom clear what they mean. Similarly, the OP promises affordable housing, affordable housing for various income groups, market-affordable housing and market-core-affordable housing, without any terms being explained, with no indication of how affordable housing will be distributed nor reference to cost nor implementation. What the OP does tell us is that those affordable homes will principally come into being by the delivery of "incentives and direct supports" to developers including section 37 arrangements (e.g. height extensions in exchange for community benefit), density transfers, waiving of fees, "land", flexible zoning and "alternate development standards". That the consequences of continued growth remain favourable to developers comes as no surprise. The consequences for the rest of us deserve consideration.

Winner Takes All

COVID has shown that an information economy, far less dependent upon density than its manufacturing and service oriented predecessors, can support a more equitable geographic distribution of economic opportunity. But as our OP reveals, major cities accustomed to decades of continuous growth are likely to lead the resistance.



Cozy up to fall

FDJ

FRENCH DRESSING JEANS

Fall collections arriving daily!

New Items Arriving Daily!

FREE PARKING

Follow us on Facebook to see arriving FASHIONS

Fabric masks available for sale.

Please call for information.

HOURS: TUES - SAT. 10AM - 5 PM

FASHION *Outlet*

4 women

1877 INNES ROAD

613-748-6605

wholesaleoutlet4women@outlook.com



PHOTO: GEOFF RADNOR

Hi Mom! “What’s for dinner?”

by Geoff Radnor

As a mother of one or more children coming home from school, what is your usual response to their question, “Hi Mom! What’s for dinner?”

With so many mothers now having entered the work force in important roles, it is not just the mother who is making dinner these days but fathers too. In this strange year of the pandemic even more dinners are also being delivered. But what do the youngsters have for dinner? Whether it is the dad or the mother doing the cooking, it is still, “What’s for dinner?”

If you need help to make up your mind today there is so much advice available that you should be able to please the most fastidiously fussy young members of the family. Today there are many, many cookbooks ready and waiting to help, and there are more appearing every year.

Do most families have a shelf for cookbooks? We do. The Book of the Month Club, way back in the 1960s, when I was just setting up a family, offered a deal on cookbooks if you signed up. We signed up and we started our collection of cookbooks.

Where would we be without a new cookbook? In the last year or so, with the enforced confinement and the lack of opportunity to go out for dinner or even meet friends for lunch, we have done more cooking at home than ever before. The one exception is that if you take up the offer of many restaurants to order for home delivery, you get your dinner however this involves no cooking and so no looking for a new exciting recipe in a book.

As it slowly becomes possible to go shopping again, after all these months locked in, try browsing the shelves in one of the big book stores and you will find one of the largest sections on any topic is, *Cookbooks*. There are many new books in that section every year.

To make sure that all our needs are being met there are sections on cookbooks that are \$20 or less and other such culinary arts as, *Quick and Easy*, *Vegan*, *International*, *Entertaining & Occasions*, *Specific Diets*, *New & Hot*, and *Tools & Appliances*. One might guess that that last section must have been moved over from the hardware or do-it-yourself department.

It is not only books. Look at the magazine shelves in the supermarkets. They tempt you with every type of food and cooking ever imagined. Even our slimmed down version of the *Ottawa Citizen* has days with four pages full of recipes.

Even since our recent move from

a house to an apartment, there does not seem to be any fewer cookbooks on our shelves despite the reduced space.

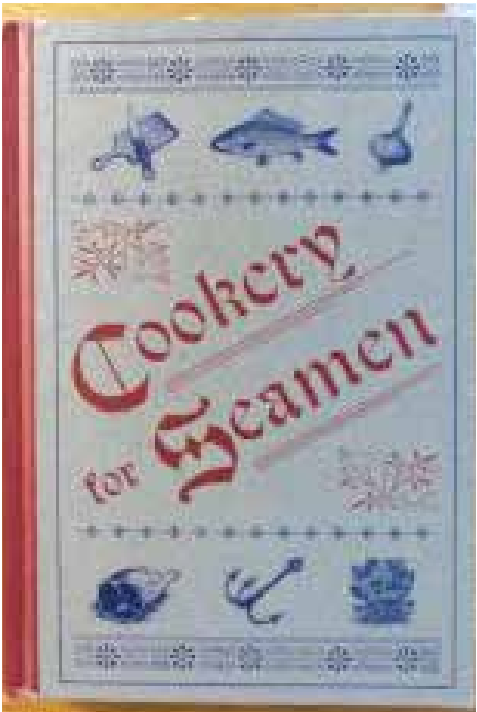
One of these has been in our family for many years and inside it still has the price, \$6.25. It is the *Guide to Good Food and Wine* by André Simon published in 1963. At over 800 pages and at that price, it must be quite a bargain today.

Taking a quick look at Chapters on-line I see a popular book on Family Dinners priced at \$38.99 and that is for only 256 pages. There are thousands more available on the shelves, so you can take your pick. There is even a section for \$10 or less.

In my old cookbook from 1963 there are two indexes, one is a regular alphabetical index of recipes, and the other is a list of sources (not sauces) which shows the initials of the people and their included recipes. Lady Anne Blencowe is there with her 1694 “Receipts” book. (Receipts -the Old English word for recipes)

For adventurous cooks here is her 17th century version of “How to make Caramell”.

Take China Oranges, peel them & split them in Quarters, but dont break the skin. Lay the quarters before the fire; turn till the skin is very dry; then take half a pound of fine sugar sifted thro a hair sieve, put it in a brass or silver pan, set it over a slow fire & keep it stirring till it is melted and looks pretty clear. Then take it off the fire & put in the Orange Quarters; put one at a time; take it out again as fast as you can with a silver spoon & lay them on a dish, which you must butter or it will not come off; the sugar will keep hot enough to do any plate full.



Another book that you will not find in your local book shop is *Cookery for Seamen*, originally published in Liverpool, England in 1894, price sixpence (about 4¢). Recipes



PHOTO: GEOFF RADNOR

include Sea Pie for 10 men, Pigeon Pie, and Ham & Eggs (who needs to be told how to do that?).

So, if you want to serve some-

thing more exciting other than pizza when asked the question “What’s for Dinner?” Why doesn’t the home chef try something new?

Go ahead, walk a mile in our shoes

New Items
Arriving Daily!
FREE PARKING

Follow us on Facebook
to see arriving FASHIONS

SUPPORTING THE
FIGHT FOR THE CURE

Fabric masks
available for sale.
Please call for information.

FASHION *Outlet*
4 women

1877 INNES ROAD
613-748-6605
wholesaleoutlet4women@outlook.com

My journey as a Toastmaster so far

by Anna Beith – Good Morning
Toastmasters Club Ottawa

My journey as a toastmaster started like many others – I was looking for a place to improve my verbal communication skills. I don't know if it's being a woman or an immigrant whose first language is not English, but I found myself struggling to get my point across in a work environment and needed some help.

When I joined Good Morning Toastmasters club two years ago, I fell in love with the positive vibe of people around the table, and became instantly addicted to the energy I would get from the Thursday morning meetings. I felt super positive and energised for the rest of the day, and that experience hasn't stopped for me, even after switching to virtual meetings in the midst of the pandemic.

Looking back at the past two years, I have realized how many things I have learned in addition to communication skills. And the most interesting thing is that I



have learned those things without realizing it, simply by showing up at meetings and signing up for different roles. I remember memorizing my lines in the early days as I was terrified of not being able to describe my role. I am now so much more confident speaking unprepared, planning and running meetings, and providing meaningful feedback. At a more fundamental level, I became more self-aware and comfortable with who I am and how I communicate. Personally, learning to trust myself was the biggest breakthrough for me so far.

I would also like to reflect on the support I have been getting as my story would not be complete by only reflecting on "what"

When I joined Good Morning Toastmasters club two years ago, I fell in love with the positive vibe of people around the table

I have learned without reflecting on "how" I have been learning and developing over the past couple of years. The saying "it takes a village to raise a child" couldn't be more appropriate in the toastmaster's environment. It is amazing how generous everyone is in providing feedback and willing to help each other learn and develop. The best part is flexibility in how much you

want to learn and get involved – you chart your own course. As a wise club member said: "Toastmasters is a buffet from which you can never be full" – it was Craig Senior in case you were wondering. But, of course, it takes some commitment to regularly attend meetings, taking on roles, and being open to feedback – others can suggest how you can improve but you are the only one who will choose the areas for improvement and can actually make it happen. With the buffet analogy, you choose whether you would like to sample a little bit of everything, or have one dish at a time, how fast you want to eat it, and who you want to eat it with.

I am curious as to where the next two years will take me. I have so many ideas and things I would like to work on! At this point, I would like to start giving back to my club. I am excited to take on my first executive role and explore the leadership aspect of the Toastmasters program. What other skills and personal qualities might I discover along the way?



With over 20 years of
Sales, Service and
Professional Advice

We are getting
you ready for
Fall and Winter



Leaf Blowers



Snow Blowers

**DANNY DEAR
SERVICE CENTRE**
850 Industrial Ave, Unit 3

613-521-4216

ESSENTIAL HEALTH

Arthritis and massage therapy



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

Approximately 6 million Canadians live with arthritis, according to the Arthritis Society. Arthritis is an inflammatory condition that affects the joints of the body. Maintaining a normal and active lifestyle while managing the symptoms of joint swelling, tenderness, muscle stiffness and pain can be quite a challenge. Finding coping mechanisms is vital for arthritis sufferers.

There are several types of arthritis, but we'll be focussing on the two main types of arthritis here: osteoarthritis and rheumatoid arthritis.

Osteoarthritis, (OA), is often referred to as "wear and tear" on the weight bearing joints of the body. It is a breakdown of bone and the cartilage that pads the ends of bones at a joint. OA mostly affect people as they age. Osteoarthritis primarily affects hip, knee and

thumb joints.

Symptoms of OA include joint stiffness and aching pain, decreased and painful mobility, swelling around the affected joints.

Rheumatoid arthritis, (RA), is an immune disorder of connective tissue. It causes damage to the joint capsule, (connective tissue that surrounds a joint), as well as the bones and cartilage within a joint. This causes chronic inflammation in the joints that results in deformity and immobility of the joints. RA can also affect the tissues of the eyes, lungs, blood vessels and the heart. RA can affect people at any age, including children. RA primarily affects fingers, wrists, knees and ankles.

Symptoms of rheumatoid arthritis include burning, aching pain, swelling and stiffness. In a flare up of RA, patients can also suffer from

flu-like symptoms including fevers and chills, and extreme fatigue.

For both types of arthritis, pain medications can be purchased over the counter, or prescribed by doctors. For anyone looking to supplement their medication routine with non-pharmacological options, massage has been shown to reduce pain and stiffness, increase mobility in the affected areas, and to promote a more active lifestyle.

Massage therapy sessions will focus on communication between therapist and patient to ensure that the techniques used are not overly painful and will provide maximum benefit. This can take a couple of sessions to figure out what works best, as each patient is unique.

Arthritis causes the muscles around a joint to contract or tighten up in order to provide support to the affected joint. Over time, this constant tension becomes painful, and restricts movement. Massage therapy will manipulate the soft tissues in order to provide stretch, improve range of motion, decrease pain and inflammation, and improve circulation.

Your massage therapist will use a combination of techniques that can include:

Swedish massage – fluid, kneading movements of superficial soft tissues.

Deep Tissue massage – slow, sustained pressure to reach deeper tissues. Deep tissue massage can be uncomfortable and should not be used in an affected area during a flare up.

Myofascial Release – fascia is a thin tissue that surrounds and supports the muscles of the body. In other areas of the body, fascia can be thick in order to provide support for the bones of the body. This technique is done without oil and can also be uncomfortable.

Hot and or cold applications to the body may also be used.

Overall, the treatment will be unique to each visit and should help decrease the symptoms of arthritis to help improve quality of life.

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

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



Essential Health Massage Therapy

Serving Riverview Park,
Alta Vista, Elmvale Acres
and Trainyards.

www.essential-health.ca





Unit 220-700 Industrial Avenue, Ottawa, ON
(Free Parking, Clinic entrance faces Coronation Blvd.)
info@essential-health.ca
613-695-4000

LIFE AT MAPLEWOOD

Take a look... Explore life at Maplewood

Submitted by Marketing Manager,
Brian Kimberley

Upcoming Maplewood Highlights For: October - November - December ... How we are staying safe and active.

OCTOBER
Maplewood Open House Event – Saturday October 2nd from 9:00 a.m. to 4:00 p.m.
Pumpkin Floral Arranging Workshop – Tuesday October 5th from 7:00 p.m. to 8:00 p.m.
Mad Hatter Tea – Wednesday

October 6th from 3:00 p.m. to 4:00 p.m.
Wakefield Day Trip and Lunch – Wednesday October 13th from 11:00 a.m. to 3:00 p.m.
Oktoberfest – Thursday October 21st from 7:00 p.m. to 8:00 p.m.
Halloween Carnival and Costume Party – Friday October 29th from 3:00 p.m. to 4:00 p.m.

NOVEMBER
Soap Making Workshop – Tuesday November 2nd from 7:00 p.m. to 8:00 p.m.

Current Events – Wednesday November 3rd from 2:00 p.m. to 3:00 p.m.
Remembrance Day – Thursday November 11th including a Ceremony and special lunch for our Veterans
Scotch Noshing & Music – Thursday November 18th from 7:00 p.m. to 8:00 p.m.
Musical afternoon – Saturday November 20th from 2:30 p.m. to 3:30 p.m.
Maplewood Royal Casino Night – Thursday November 25th

from 7:00 p.m. to 9:00 p.m.
DECEMBER
Food Demonstration “Italian Christmas Cuisine” Tuesday December 7th from 4:00 to 5:30 p.m.
Live Christmas Lights Drive Tuesday December 14th from 7:00 p.m. to 9:00 p.m.
Resident Christmas Holiday Festivities – Wednesday December 15th from 5:00 p.m to 7:00 p.m.
Classical Music Appreciation Saturday December 18th from 2:15 p.m. to 3:15 p.m.

“Summer lovin’ had me a blast!”

by Rosal Yade, Activity Manager,
Maplewood Retirement Community

"Tell me more, tell me more!" These are the familiar sounds from the all time hit musical, Grease. Danny (John Travolta) recounts his summer fun to his TBirds, in a summer anthem that had us dancing.

We are always eager to share all the fun we enjoy here at Maplewood. Our summers are always a blast and they happen so fast. There is something special about this one, Summer 2021. After a

long pandemic year, we enjoyed freedom to explore wineries, boat cruises, day trips to Westport, picnics and scenic walks in various parks, campfires and S’more Bars on our patio. We also had musical entertainment both outside and inside. Residents also enjoyed our weekly Tiki Bar Tuesdays as we cooled down with refreshing cocktails, from a hot summer's day.

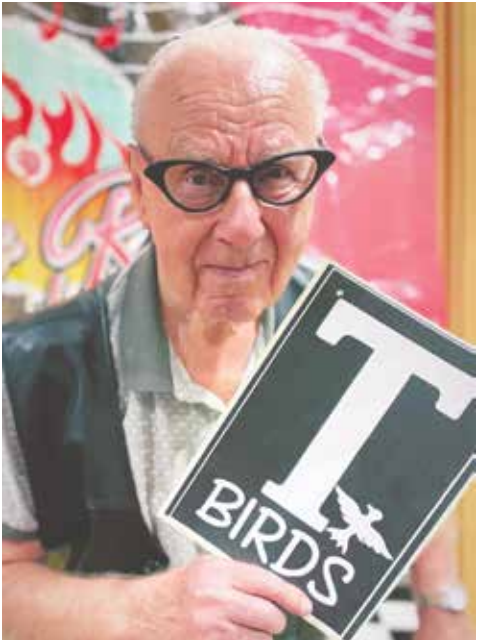
Whether it was fun in the sun, or cozying up to the fire with friends



during golden hour sunsets, there’s no time wasted.

For our residents who have called Maplewood home for over 8 years, such as Mrs.McMillan, who recently turned 100 years old, we all continue to live life to the fullest.

Will you join us as we continue to explore and create new friendships everyday, no matter the weather?



MAPLEWOOD CLASSIC MAPLE CHEESECAKE



Submitted by the Chef at Maplewood Retirement Community

Ingredients

- 1/2 cup graham cracker crumbs (gluten-free for gluten-free)
- 1 tablespoon maple syrup
- 1 tablespoons butter (melted)
- 1 (8 ounce) package cream cheese (room temperature)
- 1/4 cup maple syrup
- 1 egg (room temperature)
- 1/2 teaspoon vanilla extract

Directions

1. Mix the graham cracker crumbs, maple syrup and butter.
2. Press the mixture into the bottom of two 4 inch spring form pans.
3. Mix the cream cheese and maple syrup.
4. Beat in the egg and the vanilla extract.
5. Pour the mixture into the spring form pans.
6. Bake in a preheated 325F/170C oven until it is set, about 45-60 minutes.



Jim WATSON

Mayor • Maire

COMMUNITY UPDATE



COVID-19 recovery

- Highest vaccination rate amongst large cities in Canada
- Increased vaccination access through mobile and neighbourhood clinics to reach #CommunityImmunity
- Creation of the Human Needs Task Force to assist our most vulnerable residents
- Support for small businesses throughout the pandemic: Buy Local Campaign, Property Tax Hardship Deferral Program, Business Reopening Toolkit, waived patio fees



Economic rebound

- Lowest unemployment rate amongst Canada's six largest cities throughout the pandemic
- Patio Innovation Program: hundreds of new patios, 500 additional seats with street closures, and lifted café seating limits
- Attracting more major events: 2021 Canoe Kayak Sprint Championships, 2022 LPGA CP Women's Open, 2022 Volleyball Nationals, 2026 World Wheelchair Basketball Championships & more
- \$398M in investments attracted to Ottawa and 990 new jobs created through Invest Ottawa
- Diversified rural investment and job-creation through the City's first Rural Economic Development Strategy



Equity & affordability

- \$82M in COVID-specific funding for housing and social service partners
- Opened three respite centres with access to bathrooms, showers and other supports for residents in the shelter system, serving an average of 210 clients daily
- Delivering a record amount of new affordable units in this term of Council (\$47M in affordable housing to deliver 359 units in 2021)
- Froze the cost of the EquiPass and the Community Pass for the third consecutive year – an additional investment of \$185K for low-income transit users



Protecting our environment

- Delivering the first Net Zero Carbon library in Canada
- Arrival of electric buses this year
- Transforming the Prince of Wales Bridge into the Chief William Commanda active transportation corridor for pedestrians, cyclists and x-country skiers
- Completed planning for Stage 3 LRT to Kanata, Stittsville and Barrhaven



Safer roads and neighbourhoods

- Creating 15-minute walkable communities
- Spending \$37.8M this year on road safety initiatives
- Reduced serious T-bone collisions by 50% thanks to our Red-Light Camera Program
- Reinvesting \$2.5M in road safety measures through the Automated Speed Enforcement pilot
- Reinstated the Neighbourhood Policing Program to forge positive relationships with residents and community partners
- Renewed William and Rideau Streets in the ByWard Market to provide more greenery, safer walking and cycling conditions and help businesses
- Established a Byward Market Leadership Table with key partners to address ongoing public safety concerns



Our community

- Congratulations RPR on 25 years of keeping your neighbours informed!
- Riverview Park sees improved greenspaces thanks to community advocacy
- Historic social contract agreement that will improve affordable housing options
- Significant increase in use of the Rideau Winter Trail

Ian Millar trauma: Olympic rider back in the saddle again!

Special to the Riverview Park Review from The Ottawa Hospital Foundation

Airlifted to The Ottawa Hospital Trauma Centre with a severe arm injury with significant blood loss, equestrian Ian Millar was in awe of the skilled team ready to help save him.

Two-time winner of the Show Jumping World Cup and Olympic equestrian silver medalist Ian knows his way around horses. His long and storied career even led to his nickname, Captain Canada. But after a rare accident on his farm in Perth, he was rushed to the Trauma Centre with a severe arm injury. Ian was quickly losing blood, causing deep concern for his life.

Ian was riding a young mare when something startled her. She reared up on her hind legs, and then came down hard and spun around, causing Ian to be tossed over her head and onto the ground. “I was sailing through the air; I knew exactly what I was going to do in terms of landing to make sure there was no damage. Normally, the horse will do what it can to avoid stepping on you, but this one came down on me three times.”

The 75-year-old could feel pain through his ribs and one leg. However, the real concern was the damage to his left arm. “I tried to get up but the bleeding was significant. The wound was about eight inches in length and I could see the nerves and muscles. My main barn guy, who has medical training, rushed to help along with my family. They thought I was in big trouble because of the amount of blood I was losing.”

A tourniquet was quickly created to stop the bleeding while a call went out to 911 for help. Within minutes, paramedics arrived and whisked him to Carleton Place, where a helicopter was waiting to fly him to the Trauma Centre.

Ian remained conscious and says the air ambulance paramedics were fantastic as they helped control the bleeding and keep him calm. When wheeled into the Trauma Centre, Ian says an exceptional team awaited him. “They were beyond words. I want to say there were about six team members there and they were ready to rock and roll.”

Covers Eastern Ontario

With the uncertainty over the extent of damage to Ian’s arm, he would need the most advanced treatment. The hospital has the only Level 1 Trauma Centre in Eastern Ontario—this is where the most critically injured patients from across the region, including Québec, come to for lifesaving



Ian Millar and Big Ben PHOTO: THE SPORTS NET WEBSITE: NATHAN DENETTE/CP



Dr. Edmund Kwok, an Emergency Department (ED) physician and Director of Quality Improvement Unit. PHOTO: SUPPLIED BY THE OTTAWA HOSPITAL

care, often bypassing smaller community hospitals.

Today, when patients like Ian arrive by air ambulance to the Civic Campus, they need to be rushed across busy Carling Avenue from the helipad. All that will change when the new Civic development site is complete in 2028. Our new hospital campus will save crucial time with dedicated high-speed elevators that will bring critically ill and severely injured patients directly from the rooftop helipad to a trauma bay.

When Ian arrived, Dr. Edmund Kwok, an Emergency Department (ED) physician and Director of Quality Improvement Unit for the ED, was waiting. He still remembers that day. “It was the beginning of my shift. I had just walked into the resuscitation bay when we re-

ceived the call that an ORNGE air ambulance was on the way, and there was the risk of the life-threatening arterial bleed.”

Dr. Kwok and his team prepared the trauma bay for the patient’s arrival. “When it’s an ORNGE ambulance we know it’s more severe. Our team, including physicians like myself, the nurses, and respiratory therapists are ready.”

Ian was conscious, stable, and after a full assessment, the main concern remained his arm. Dr. Kwok and his team had to determine if the injury was an arterial or venous bleed—one being more challenging than the other. “The arterial injuries can bleed out very quickly. It is a potentially life-threatening situation. It’s like plumbing. When we release the pressure it has to be done in a controlled manner.”

Expert collaboration

Once the tourniquet was removed, Ian started to bleed. “We put a call out to vascular, orthopaedic, and plastic surgeons. We needed these specialists involved, and their response was prompt. We had the vascular team at the bedside before Ian’s imaging was completed.”

Ultimately, the vascular physician determined it was not an arterial bleed and repaired the damage to the veins before handing it off to the plastic surgeon to close the wound. It all happened very quickly, but Dr. Kwok is quick to point out this is a perfect example of having access to each specialty to ensure a positive outcome for the patient. “This is a classic example of an injury which involved different specialists. Vascular and plastic surgeons provide highly specialized services, and to have them all in one location and able to respond promptly made a huge difference in this patient’s outcome because the tourniquet couldn’t have been left on for much longer.”

The damage to Ian’s arm put him at high risk for bone injury, and that’s why it was essential to have orthopaedic on site. The vascular team stopped the bleeding by tying off vessels right at the bedside while awaiting a CT scan and angiogram.

Home six hours later

Remarkably, Ian went home about six hours after he was rushed into hospital. Dr. Kwok says it was an extraordinary case. “I’m glad we were able to help get Ian back home so quickly. He got really lucky. Had this happened to his head, the outcome could have been different.”

Even more amazing, there were no broken bones, only a dislocated rib and a superficial leg wound. For Ian, it was an eye-opening experience. “Before this, I didn’t know the Civic Campus was the only trauma centre in our region. The care I received was unbelievable. We’re fortunate to have that team of experts ready for any injury. It seemed to me every specialty was waiting and ready to help.”

As an emergency physician, Dr. Kwok admits it’s wonderful to see a story like Ian’s have this kind of ending. “No words can explain how positive it is to see Ian’s outcome. It rejuvenates our team.”

The Olympian was back riding within a couple of weeks with full use of his arm. And for that, he’s grateful for the team that cared for him. “They were a well-oiled machine. It made me proud to be a Canadian.”



You are invited to a special edition of Coffee with Cloutier at Grasshopper Hill Park

When: Friday, October 8, 2021
Where: Grasshopper Hill Park, 1609 Kilborn Ave
Time: 8:30 am to 10:30 am

Councillor Cloutier welcomes you to join in a neighbourhood conversation on what matters most to you and your community.

Please drop by the park wearing a mask and keep physical distancing in mind. We will have a few chairs for neighbours to use, but please consider bringing a lawn chair or blanket if you prefer.

Given the uncertainty of both the weather and pandemic, I ask you to RSVP to this event by emailing JeanCloutierOtt@ottawa.ca to let us know of your attendance. Should the weather be inclement, or it not be safe to gather, we will pivot the meeting online using Zoom and notify residents via email.

We look forward to connecting with you and your neighbours!



If you hear your smoke or carbon monoxide alarm go off, do you know what to do? Get out and stay out. Meet at a safe place and call 911 for help. Plan and Practice your family escape plan.

- Smoke alarms should be installed outside each sleeping area or where a sleeping area is served by a hallway, install the alarm in the hall.
- Install a new battery at least once a year; however we recommend changing them each time we change our clocks. Alarms should be tested once a month to ensure they are working properly.
- Dust can clog a smoke alarm, so carefully vacuum the inside of the unit if possible. Remember, if it's electrically connected, shut the power off first.

Thank you for continuing to engage with myself and Planning staff via NewOP@Ottawa.ca on the Official Plan review process. Over the past year we've gained significant and beneficial changes in this important document will affect Alta Vista.



- Together, among other achievements, we've attained;
- An Outer Urban designation from Inner Urban for a majority of Alta Vista
 - The right to build single-family homes
 - Greater tree protections for our neighbourhoods
 - Beneficial active transportation policies

As we continue to dive into the nuances of the current draft I continue to connect residents with Planning Staff to continue those discussions, to get clarity, and to further inform our neighbours.

- Important dates;
- Joint Committee – October 14
 - City Council – October 27

Pending Council and approval by the Province, a 2-to-3 year Zoning Bylaw Review will be initiated which will provide further details on how Ottawa plans to grow over the coming decades. There will be a large community consultation component to the Zoning Review and I look forward to continuing our discussions.

If you have any questions on the New OP, please visit Engage.Ottawa.ca/the-new-official-plan, or email me at JeanCloutierOtt@Ottawa.ca.

Conseiller / Councillor Jean Cloutier

Happy 13th birthday Oakpark

*submitted by Josh Dubovie,
Marketing Manager, Oakpark
Retirement Community*

As summer fades and the leaves begin to turn along Alta Vista Drive the residents at Oakpark Retirement Community are busy preparing to celebrate the 13th anniversary of Riverstone's first Retirement Community in Ottawa.

In celebration of this milestone, we're taking the time to recognize our dedicated staff, some of whom have been with us since we opened 13 years ago. We're also recognizing and thanking our residents with personalized gifts and awards, live entertainment, and a jam-packed activities calendar. Needless to say, Oakpark has been a constant for the seniors in the Alta Vista community for many years, and continues to charm and welcome both new and existing residents - as it always has.

Located just a stone's throw from the Ottawa General Hospital, Oakpark is Alta Vista's first choice for respite, convalescent, and winter stays. Short-stay residents enjoy fully furnished suites, chef-prepared meals, daily housekeeping, and access to heated underground parking. Just think, while everyone on your block is out shoveling, shopping, and shivering, you'll be safe and warm inside enjoying fun and entertainment in the company of new and old friends.

This past year has been incredibly challenging for everyone, while the staff at Oakpark has continued



to do their best to keep all of our residents safe, happy, and connected. We want our residents to enjoy as much "normal" as possible.

Here are just a few examples of the activities we have planned for our residents in the coming months: socially distanced bowling, afternoon wine and cheeses, paint nights, and themed dinners. In addition to our in-house activities, we'll be venturing out to the local museums and restaurants,

and we've even planned a trip to Miller's Farm Pumpkin Patch in our accessible bus.

Choosing a Retirement Community is a big decision. We're here to help you and your family think through your potential future needs, whether Independent Living, Assisted Living, or Memory Care. Whether you are visiting us for a Winter Stay, or have chosen us as your permanent home we'll make sure to make your transition

to retirement living as easy and convenient as possible.

Relax and enjoy the winter months with us at Oakpark Retirement Community. Contact Josh Dubovie at 613-260-7144 or jdubovie@riverstoneretirement.ca today to find out more information or to book a private tour.

Happy Birthday Oakpark! Here's to 13 years of dedicated service in Alta Vista, and many more to come.



Climate change champion Chernushenko!

by Janina Nickus

Did you know that we have a climate champion living in our midst? David Chernushenko, Capital Ward councillor from 2010 to 2018, is one. Riverview Park actually has two city wards in its area, Alta Vista and Capital Ward. The latter covers a very small northwest portion.

Before becoming a city councillor, David ran as a Green Party candidate in provincial and federal elections, as well as, while Deputy Leader, running for leadership of the party in 2006. He lost to Elizabeth May. David was an environmental consultant, writer and senior associate with the Delphi Group that specializes in sustainability consulting and strategy. He also worked with External Affairs and International Trade Canada assisting with negotiations at the 1992 Earth Summit held in Rio de Janeiro.

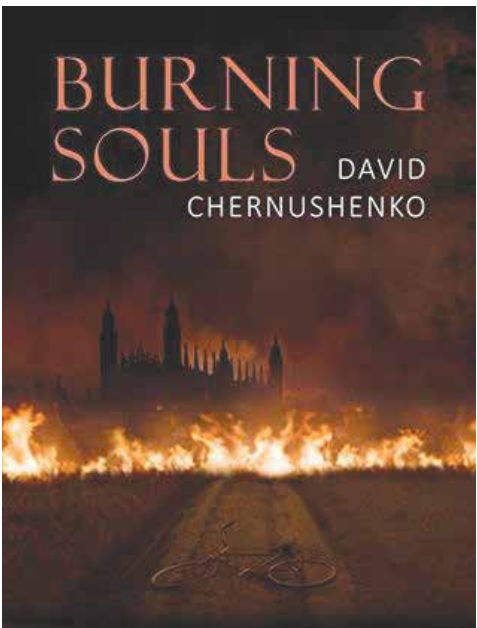
Amongst David's many talents are also author, speaker, documentary filmmaker and writer.

David's Books:

Greening our Games: *Running Sports Events and Facilities that Won't Cost the Earth* (published by Green and Gold Inc., Ottawa, 1994)

This is the first book to show sports decision-makers how to reduce their environmental impact and pocket the savings through 'eco-efficiency.' *Greening Our Games* offers a promising vision of sport for the future; a model of sustainable sport.

Being a big lover of watching sporting events on TV, including the recent summer Olympics, I re-



ally enjoyed this book. It provides interesting insights into the environmental impact of such events and how they can be made green. David provides examples of this when he writes about the 1994 Lillehammer Olympic Winter Games: *then came Lillehammer – the first-ever “games with a green profile,” as the organizers billed them. If there is one thing the public will remember, it is the efforts the Norwegians took to reduce the impact of this major event on the local and regional environment. That these were the “Green Games” was a constant refrain throughout the 16 days of the festival.* David contrasts this with the waste and inefficiency of the 1976 Montreal Olympics in a section called *Montreal's Big “Owe”*. For closer to home cases of environmental problems in sports, he mentions the NHL arena for the Ottawa Senators being built on agricultural land outside the city instead of a “more central location better suited for public transit and pedestrian traffic.”

Sustainable Sport Management (published by United Nations Publications, 2001)

This book is about how to organize sporting events and services to recognize economic, social and environmental responsibility. It describes the realities and pressures on sports managers and introduces techniques for managing these demands in a more sustainable way.

Burning Souls (published by Green and Gold Inc., Ottawa, 2019)

“To survive, the world must change. *Burning Souls* is a dramatic tale of courage and friendship in a time of political turmoil and ecological collapse.” Four best friends learn of the predatory practices driving climate breakdown and social collapse. The stakes are high and civilized society hangs in the balance. As events spiral out of control, how much are they each willing to sacrifice to save the world?

At the time of writing this article, I am about halfway through this 666-page climate change thriller novel. The story revolves around four long time friends who meet at Cambridge University: Sagan is a black gay teacher, climate scientist, writer and TV sensation from the U.S.; Simone is an athletic, outdoor enthusiast journalist from Ottawa; Jiro (JJ or John) a lawyer with strong technical knowledge of the energy industry from the Fukushima area of Japan; and Jenny, an engineer from Malaysia who finds out on her wedding day, that at age 3, she is actually one of the thousands of Vietnamese boat peo-

ple who left their war-torn country. David includes such historic events as the planes crashing into the Twin Towers in September 2001 and the environmental disaster of the Fukushima Nuclear Power Plant after the earthquake and massive tsunami that followed it in March 2011. I can't wait to finish this book!

In an October 2020 article from the Mainstreeter, Old Ottawa East's community newspaper, it notes that “To date, he has sold 1,000 copies of the book and signed an option with a Quebec production company to turn it into a TV mini-series.” Readers told David that the book shook them up. Some described it as a “grab you by the lapels” or “smack you in the forehead” read and others remarked that they already see the book's climate and social changes taking place in real life.

When asked for his comments on the pandemic impacting people in terms of how they look at climate change, David answered: *Yes, the pandemic is causing us to question what we did before. Some people want to get back to ‘normal’ as soon as possible. But time has also given us the chance to ask questions like: Did I really enjoy driving all across the city shuttling my kids to soccer etc. and spending so much time in the car? Some people can't wait to get back to the office to be surrounded by peers and not family members. But others think it's great working from home. The upside is that, wow, if the government can make new rules to protect us from a deadly virus, then why not for climate change?*

TRINITY COMMUNITY GARDEN

by Rhonda Turner

Trinity Community Garden has been growing vegetables and friendships for 10 years. Every year it seems to be bigger and better. Having reached its capacity there are 44 plots, 42 of which are available to gardeners for personal use. Two others are allotted to growing vegetables for donation to Blair Court Community House Food Bank.

This year has been challenging, with very intense heat, especially during the early growing period. Nature hasn't helped by providing rain, so, all gardeners were, and are still having to water their seeds and seedlings by hand. Despite all the heat and dryness the garden seems to have survived these hardships and it has thrived.

Earlier in the season, before there were any vegetables there were lots

of blooms. Blooms, eventually being pollinated then turned into vegetables. The garden had many beautiful flowers all over the garden. Also, there is a very large pollinator garden created and cared for by volunteers surrounding the garden site in full bloom through out the season.

Not this year, but in previous years there were beautiful Okra blooms which are related to the hibiscus plant. Many varieties of squash and zucchini plants have large colourful edible blooms. Although not a flower, one big purple cabbage plant is very impressive.

Garden plots are so lush with growth. Many of the plots are so full with foliage they are exploding outside their wooden borders flowing into the aisles. Tomatoes are so in abundance, I suppose there will be a lot of tomato sauce prepared for the colder times.



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



Winter Stays at
RIVERSTONE
RETIREMENT COMMUNITIES

Join Us!

Enjoy a winter stay in a furnished suite with no long-term commitment

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

Enjoy a winter break with us!

Relax and enjoy the winter months in a comfortable and vibrant community without leaving your neighbourhood. While everyone on your block is out shoveling, shopping and shivering, you'll be warm inside enjoying fun and entertainment in the company of new and old friends.

- Offering a full continuum of care. Choose from Independent Living, Assisted Living and Memory Care, with access to 24 hour on-site professional nursing care
- Enjoy a variety of daily activities and group outings carefully planned in a way that keeps our residents safe, happy and connected

Contact Josh at Oakpark, Brian at Maplewood or Sabine at Riverpath to book your winter stay or a private tour at our communities.



Alta Vista | 613-260-7144
OakparkRetirement.com



Riverview Park | 613-656-0556
MaplewoodRetirement.com



Beechwood | 613-327-9655
RiverpathRetirement.ca

Riverview Park Review

SECTION TWO

OCTOBER 2021

A Voice of Riverview Park - PAGE 25

NOVEMBER 2021

October update

Friends of Riverview Park Green Spaces (FoRPGS)

by Ron Ridley,

FoRPGS has been active over the summer maintaining trails, working with the city on approvals and monitoring the hydro corridor. Our maintenance work included ongoing trail maintenance, spreading bark chips, removal of wild parsnip and arranging for city spraying of poison ivy. The work with the city on approvals was for our Healthy Communities Grant - this scope of work is progressing, albeit slower than hoped.

For the Hydro Corridor update:
The scheduled cutting of trees on the East-West hydro corridor was done in early July. Hydro One was very conscientious and there was very little noticeable impact from their forestry work.

We have received the \$5k grant from Hydro one in lieu of the trees they were cutting down. FoRPGS has worked with the city and this fall/next spring the city will be planting the following native trees for Riverview Park residents:

- Balena (Silver Maple, Bitternut Hickory & Hackberry),
- Riverview Park (3 Bur Oak, Prospector Elm, Shagbark Hickory, Northern Catalpa),
- Toboggan Hill meadow (2 Downy Serviceberry, Colorado spruce, Harvest Gold Crabapple, Hackberry),
- Coronation Park (Turkish Hazel, 2 Basswood, Bitternut Hickory)

FoRPGS continues to work with the Councilor's office and the City of Ottawa Corporate Real Estate Office (CREO) to learn more about the existing city Provincial Second-



Naturalizing patches in the Hydro Corridor. PHOTO: ANNA NITOSLAWSKA

ary Land Use Permits (PSLUPs) in place in Ottawa. A PSLUP is required for any environmental sustainability changes and recreational development FoRPGS would like to do on the hydro corridor.

For those of you who use the hydro corridor and forest path we would like your feedback on our Forest Trail, Toboggan Hill Meadow and Hydro corridor plans. Our proposed scope for the Forest Trail / Toboggan Hill Meadow this year is as follows:

- Address invasive species threatening the greenspaces (dog strangling vine, buckthorn)
- Planting native wild pollinator

flowers and fruit bearing trees to bring back bees, monarchs, and birds

- To improve paths and trails to provide more opportunity for natural experiences, making portion of these accessible to young or old, able, or assisted
- Construct viewing/rest/interpretive areas
- Add some basic outdoor exercise stations, and outdoor fixtures (benches, waste/recycle receptacles, etc.)
- For the Hydro corridor we plan to:
- Implement natural field areas to bring back wildflowers (this was done on a trial informal basis

in two areas (east & west of the paved path at Station Road))

- Address invasive species where possible
- Possibly develop cross country ski trails

To maintain and develop the Toboggan Hill meadow we were directed by the city to "Adopt" the area and as this area is not an official park, we adopted the Hospital link road which then includes the surrounding land.... so FoRPGS is now the steward of the land area bordered by Alta Vista, the east-west Hydro Corridor, the Hospital Link

CONTINUED ON PAGE 27

TRENDSETTERS • Home Staging, Colour and Design Services

BECAUSE FIRST IMPRESSIONS MATTER



Monique Doucette CCSP CCC

Owner and Lead Consultant

monique@trendsetterhomestaging.com

Cell: 613.816.8680

- Canadian Certified Staging Professional CCSP
- Over 15 years of creating beautiful living spaces
- Bilingual Service

www.trendsetterhomestaging.com



The open space of the Riverview Park Hydro Corridor



PHOTOS: GREG MONEY

A thank you from the Honourable David McGuinty, P.C., M.P., Ottawa South

I am honoured to be re-elected as the Member of Parliament for Ottawa South; a diverse community that works hard, sticks together, and leaves no one behind. My priority remains serving the residents of Ottawa South and ensuring investment in our communi-

ty. My office has had the privilege of helping many families with government of Canada programs and services. This has been especially important during the COVID-19 pandemic. It has been a real privilege to be of assistance.

I have been working hard to secure federal investments here in Ottawa South including the recent \$4 million in funding for the new Boys and Girls Club of Ottawa clubhouse on Heatherington Road. I will continue my efforts to support even more projects in Ottawa South, such as at CHEO and Ronald McDonald House.

Every Canadian deserves a safe and affordable place to call home. Residents of Ottawa will now have access to more stable rental housing options. I was pleased to help secure \$165 million for Ottawa Community Housing. I will keep encouraging more investments in local housing.

Local infrastructure remains a priority. I was pleased to support two significant federal funding initiatives totalling just over \$12 million to help Ottawa Macdonald-Cartier International Air-

My priority remains serving residents of Ottawa South

port recover from the effects of the COVID-19 pandemic and to support the development of transportation infrastructure at the airport. I was also pleased to announce at our local VIA Rail station the first steps in preparing for the procurement process to build a new rapid train service in the Toronto-to-Quebec City corridor.

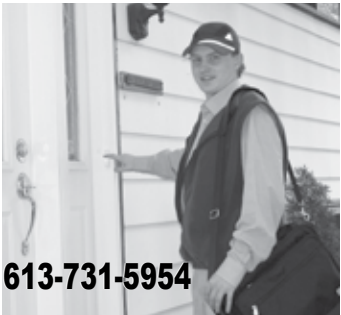
I will continue to advocate for investments in public transit, building on our successes of Phase 2 of light rail, and the purchasing of 450 zero-emission electric buses by 2027, the largest conversion of public transit vehicles in Canada.

Thank you for the trust you have placed in me; I will simply work as hard as I can on your behalf.

COMPUTER HELP IN YOUR HOME

WE COME TO YOU TO FIX COMPUTER PROBLEMS.

Compu-Home is a highly regarded family business located right near you. Service is honest, reliable, affordable and prompt.



613-731-5954

HOW CAN WE HELP YOU?

- Computer slowdowns
- Problems with Internet connections
- Spam, spyware and security programs
- Setting up and maintaining home and office networks
- Printer problems
- Helping plan, purchase and use new computer equipment
- Transferring and backing up data
- Using new digital cameras
- Coaching

Compu-Home

613-731-5954

info@compu-home.com
Malcolm and John Harding



More pollinator attracting asters and less invasive dog-strangling vine!
PHOTOS: ANNA NITOSLAWSKA

CONTINUED FROM PAGE 25
Road, and the north-south hydro corridor. Signs at Alta Vista and the paved path should arrive shortly.
For the fall, we have work planned as follows:

- Adopt-A-Road clean-up work
- Trail maintenance
- Meadow invasive species work
- Planting

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.

Keep your guard up!

by Bill Fairbairn

While COVID jabs are effective in warding off the life threatening virus, those who have been fully vaccinated with two shots should not believe they are invincible. Caution should not be thrown to the wind in a rush back to the life that used to be. This year's Calgary Stampede is a perfect example of that.

Boxer trainers often put vigilance in blunt words to their light or heavyweight protegies going into the ring: "Keep your guard up." Originally the term jab may have come for a boxer's straight punch or series of short, sharp blows with the non-dominant gloved fist. "Jab, if you can, with your left," advises an old manual of self-defence."

Medical sources of the three-letter word jab give us less salubrious origins. A 1914 dictionary of casual slang defines it: "Jab, current among morphine and cocaine fiends. A hypodermic injection."

A Scottish dictionary of slang may tell you jabs are kisses administered quickly. But, today, wear your mask against this romantic ideal!

Today's healthier modern jabs have kept all sorts of infections at bay through recent history by concentrating on increasing anti-bodies to them in our systems. Canada has mandated all its federal employees to get vaccinated amid the growing threat of the Delta variant. Jobs for jabs is a better replacement of financial bribes for jabs that must give a sense of betrayal to some Canadians who dutifully rolled up for the more than 55 million total jabs administered and voluntarily accepted in Canada. Next may be the turn of jabs for as young as five-year-olds.

Doctors say vigilance through a test is essential if a loss of the sense of smell or taste is detected in a possible viral attack. Common sense apparently is still the best defence. Keep out of indoor gatherings, wear a mask downtown, obey distance requirements, wash your hands 20 times a day and ventilate with fresh air outdoors and at home.

Summer weather has been good here in Ottawa and a silver lining surely will brighten the cloudier skies of coming winter!

SOUTH OTTAWA'S INDEPENDENT PAINT DEALER!

we've got you COVERED

PPG PAINTS

Benjamin Moore

SICO

OLYMPIC

SICO ProLux

LIGNA

Old Masters

livos

Rubin's PAINT

QUALITY TOOLS

ECO PRODUCTS

CUSTOM PAINT SPECIALIST

EXPERT SERVICES FOR OVER 60 YEARS

Corner of Bank & AltaVista

2649 Alta Vista Drive
Serving Ottawa Since 1952
613-521-3636

ALTA VISTA / ELMVALE ACRES PUBLIC LIBRARIES

ALTA VISTA & ELMVALE ACRES LIBRARIES
FALL 2021

Alta Vista Branch
2516 Alta Vista Drive
Elmvale Acres Branch
1910 St Laurent Boulevard
(at the Elmvale Acres Shopping Centre)

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

Library hours at both the Alta Vista and Elmvale Acres branches are:

- Monday to Thursday: 10 AM to 8:30 PM
- Friday: 1 PM to 6 PM
- Saturday: 10 AM to 5 PM

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

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.

- Masks are required inside the branch per provincial regulations.
- Physical distancing measures are in place. Please follow any signage and floor markings and practice physical distancing when in the branch.
- Public computer use is limited to one hour per user per day. There are no exceptions. Computers will be cleaned regularly.
- A limited amount of seating is now available in the branch with physical distancing measures. Please be mindful and limit your time in the branch to permit space for other library users. No tutoring is permitted at this time because of physical distancing requirements.
- Meeting and program rooms are not available. There will be a limited return of in-person programming this fall, subject to the most current local health measures. Virtual programming will also continue for all ages online.
- The outdoor book drop is now open 24 hours a day, 7 days a week.

Please visit www.biblioottawalibrary.ca for up-to-date information.

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

ELIMINATION OF 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

A limited amount of in-person children's programming will be returning this fall. Physical distancing and mask requirements will apply. Maximum attendance will be limited. Virtual programming will also continue. Please visit <https://biblioottawalibrary.ca/en/program> or visit the branch in-person for the most up-to-date information.

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>

Online Storytime – Tuesdays at 10:30 am. Ages 6 and under.
Online Storytime/Heure du conte en direct – Wednesdays at 10:30 am / les mercredis à 10h30. Ages 6 and under / Pour les 6 ans et moins.
Heure du conte en direct – les jeudis à 10h30. Pour les 6 ans et moins.
Parent-Baby Connections – Thursdays at 2:30 pm. For ages 0-18 months.
Connexions Parents-bébés – les mercredis à 11h30. Pour les 0 à 18 mois.
Dungeons and Dragons: In the Dreaming Dark (Four 2-hour sessions) – Tuesday, October 12 until Tuesday, November 3 at 6 pm. For ages 8 to 12.
Coding with Scratch: Flappy Bird Game – Wednesday, October 13 at 4:30 pm. For Ages 8 to 12.
Jeu de programmation Scratch d'Halloween – le mercredi 20 octobre à 16h30. Pour les 8 à 12 ans.
Books Talk: – Middle School Masterminds – Thursday, October 21 at 6 pm. For ages 9 to 12.
Diverse Voices – Thursday, November 18 at 6 pm. For ages 9 to 12.
Programmation avec Scratch, Jeu de Flappy Bird – mercredi le 3 novembre à 16h30. Pour les 8 à 12 ans.
CONTINUED ON PAGE 29

Happy Thanksgiving

I wish you and your families a holiday filled with gratitude and food.

This is a time when we naturally give thanks. Thank you to all the province's essential services workers and those on the front-line. You step up every day to ensure individuals, families and seniors have what they need to stay safe and healthy.

I will continue to push the government for supports that are important to the residents of Ottawa South such as safe schools, a living wage and taking better care of our elderly and more.

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: 1-866-797-000 or Ottawa Public Health: 613-580-6744

Our office has reopened

My staff and I will always do our best to help you.

Please contact us if you require assistance with the following:

- Birth, death and marriage certificates
- OHIP cards
- Driver's licences
- Congratulatory messages
- Landlord or Tenant concerns
- The Legislative Page Program
- Family Responsibility Office
- General inquiries regarding provincial programs



John Fraser, MPP
Ottawa South
1828 Bank Street
Ottawa, ON K1V 7Y6
T: 613-736-9573 | F: 613-736-7374
jfraser.mpp.co@liberal.ola.org
johnfraser.onmpp.ca



CONTINUED FROM PAGE 28
Coding with micro:bit: Make it rain! – Wednesday Nov 10, 2021 at 4:30 pm
Programmer avec les micro:bits - La pluie et le beau temps - le mercredi 17 novembre à 16h30. Pour les 8 à 12 ans.

■ **TEEN PROGRAMMING**

(For Ages 13 to 18)

Club de lecture d’ados – les jeudis 7 octobre et 18 novembre à 16h.
Dungeons and Dragons for Teens (Four 2-hour sessions).
– Wednesday, October 13 until Wednesday, November 3, 4:30 pm.
– Wednesday, November 10 until Wednesday, December 1 4:30 pm.
Teen Book Club – Monday, October 18, and November 15 at 4 pm.

■ **ADULT PROGRAMMING**

We are looking to bring back a limited amount of in-person adult programming this fall. Physical distancing and mask requirements will apply. In the meantime, virtual programming will also continue. Please visit <https://bibliooottawalibrary.ca/en/program> or visit the branch in-person for the most up-to-date

information.
Please note that certain programs will not return at this time due to physical distancing requirements. 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.bibliooottawalibrary.ca/program>

Virtual Genealogy Drop-In – Tuesdays at 2 pm.
Croisée des mots avec Elsie Suréna – mercredi le 13 octobre à 19h.
Yoga for Seniors Parts 1 and 2 – Fridays, October 15 and 22 at 10 AM.
Yoga doux pour les aînés, Parties 1 et 2 – les vendredis 15 et 22 octobre à 11h15.
Arts Oasis des arts 55+: Atelier de gigue métisse avec Brad Lafortune – les vendredis 5, 12 et 19 novembre à 15h30.
Virtual Death Cafe – Friday, November 12 at 12:30 pm.
Croisée des mots avec Tassia Trifiatis-Tezgel – mercredi le 17 novembre à 19h.
Croisée des mots avec Chloé La-Duchesse – mercredi le 1er décembre à 19h.

■ **TECH CAFE SERIES**

VPNs – Monday, October 4 at 3:30 pm.
Making Your Computer Work for You when Things are Hard to See – Thursday, October 7 at 3:30 pm.
Making Your Phone Work for You When Things Are Hard to See – Thursday, October 14 at 3:30 pm.
Smart Homes – Monday, October 18 at 3:30 pm.
Making Technology Work For You When Movements Are Hard – Thursday, October 21 at 3:30 pm.
Digital Documents – Monday, October 25 at 3:30 pm.
Making Technology Work For You When Things are Hard to Hear – Thursday, October 28 at 3:30 pm.
Energy Efficiency in Your Home – Monday, November 1 at 3:30 pm
Making Technology Work For You When Your Device Is Overwhelming – Thursday, November 4 at 3:30 pm.
Scam Avoidance and Trust – Monday, November 29 at 3:30 pm.
Making a Hard Copy Book From Digital Photos – Monday, November 29 at 3:30 pm.

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

■ **ISOLATION RECREATION**

Please check out some of the activities and resources that we have for adults, teens and kids alike. We have digital eBooks and Audiobooks, movies, language learning courses, as well as magazines and newspapers.

- These resources include:
- **Digital eBooks and Audiobooks** via Overdrive and CloudLibrary for English titles and Cantook Station for French titles.
 - **Language learning** courses via Mango Languages.
 - **Streaming movies** via Hoopla, the Kanopy Collection, Kanopy Kids and Access Video on Demand.
 - **Free magazines and newspapers** via Flipster, Overdrive Magazines or PressReader.
 - **Children’s resources for educational videos and online books** such as Just for Kids and the Tumblebook Library.

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



Aqua-Drain Sewer Services Inc.

Provides high-quality, efficient & cost effective services to industry, government/municipalities, residential & businesses.

CIPP Liners (no-dig technology)

CCTV Inspections/Pipe locating

Sewer Cleaning, Thawing

Flushing & water main swabbing

Plumbing repairs

Hydrovac/Combo units

Grease trap pumping

CONTACT US TODAY FOR OUR FULL RANGE OF SERVICES AT:

613.731.5500

TOLL FREE: 1.866.809.1504

24/7 EMERGENCY SERVICE

www.aquadrain.ca

OTTAWA KINGSTON



OTTAWA TRINITY CHURCH OF THE NAZARENE

Do all you can for others

by Pastor Franklin Chouinard

It's hard to believe that we've been living in the shadow of the COVID pandemic for over a year and a half. Many the changes have taken place in our attitudes and in the way that we live over that time.

Who would have thought that wearing a face covering would become second nature to most people and that they'd question those that refuse to wear one? Who would have thought that invading someone's space would mean that you entered someone's six-foot social safety circle? And who would have thought that there would be such a reaction to those who refuse to be vaccinated? It has been a difficult year and a half, and the end does not look near.

Throughout this time, Trinity Church has continued to support and encourage people in their walk with God. At the beginning of the pandemic the church transitioned to on-line services (as did many churches) – when provincial government regulations meant that in-person gatherings were not allowed, the Trinity congregation met Sunday mornings via ZOOM. As regulations softened, the church worship team met in the sanctuary to lead an on-line service which was streamed on both Facebook and YouTube. The services continue to be streamed, even as there is limited in-building attendance at services. Streaming will continue even after all restrictions are removed.

There is a COVID protocol for those who do attend services. While proof of vaccination is not a requirement for those who would like to participate in person, we would take care because there may be people with com-



promised health or immune systems. Vaccinations are suggested. It is indeed a right to refuse this medication, but at the same time people are responsible for the health and lives of others, and the recommendation is to “do all you can for others”.

Church services continue to be “musically inclined” – a worship team comprised of the youth of the church lead each Sunday. Unfortunately, congregational singing is still discouraged by Ottawa Health. This has been difficult for many of those who attend the services in person, as singing is a large part of Trinity’s worship time. With others, the congregation looks forward to an end of restrictions of all types.

Physical contact is missed. Social contact is missed. Once again this summer all activities outside of the

Sunday morning service were cancelled: the yearly lawn chair service, the always-anticipated pool party, and all pot-lucks were postponed with the (unrealized) hope that they would be rescheduled. Most planned fall events have also been cancelled. However, a praise celebration scheduled from the sanctuary on September 26 will continue. It will be streamed on the church Facebook and YouTube channels beginning at 7:00 pm. Limited attendance is permitted. A Christmas carol sing is scheduled for the evening of December 5, also beginning at 7:00, with the hope that by then the need for limiting seating will be over.

Trinity Church is pleased to host other groups in the building. The Alta Vista Nursery School (formerly AVCNS; now under the umbrella of Andrew Fleck Children’s

Services) provides child learning services between 9:00 am and 2:00 pm weekdays. The Eglise Pentecotiste Pouvoir de Dieu en Action meets Saturday evenings and Sunday afternoons to provide church services in Spanish. Trinity Community Garden uses land provided by the church for organic gardening. And recently the Riverview School of Music launched, giving lessons for a number of instruments.

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



Wanted

The Riverview Park Review needs a Volunteer Distribution Manager

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

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

The sun’s shining at Riverpath

by *Jenelle Delorme,*
Activities Manager, Riverpath

Here at Riverpath we've been taking in the sunshine and are thrilled to see our residents' smiling faces again! Spring and summer were busy; filled with visitors, entertainment, activities, and outings

around our beautiful city. Now, with the cool autumn air comes the coziness of spending more time indoors together, sharing a cup of tea while chatting over knitting projects, cards, or a craft. New residents are feeling right at home and we're looking forward to all that fall has to offer!



Residents and staff had so much fun with two weeks of events for the first-ever Riverpath Olympic Games. Bowling, cup stacking, and pool noodle javelin were among the favourite events. Congrats to our Olympians!



There was a great harvest from the planters on the roof. Residents with a passion for gardening tended to the plants all summer and the harvest was shared with everyone.



'Meet the Keepers', a local animal rescue, brought some special guests to Riverpath. Residents had the opportunity to meet various mammals and reptiles, ask a ton of questions, and share memories of their own animal experiences.



When the weather is beautiful, the rooftop terrace is the place to be. We took full advantage, hosting entertainment and activities throughout the summer such as our mimosa brunch in August. You can't ask for anything better than good friends sharing a meal in the sunshine.



To kick off the Tokyo Olympics Chef Emiliano, trained in Japan, treated residents to a sushi-making demonstration. Residents were delighted to spend the afternoon learning techniques, traditional ingredients, and of course, sampling the finished product.



Wow! Look at the great sushi results of Chef Emiliano.

Chris Ellis

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

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

RIVERVIEW PARK PRESIDENT’S REPORT

Welcome back!



BRYAN ORENDORFF
RPCA President

Welcome back everyone from a long summer break. As I write this, we are in full back to school swing and the federal election is imminent. The world is generally in a different place than it was back in June. What a difference four months can make. Life appears to be getting back to normal and we are hopeful that we will not be seeing any backsliding this fall.

We are not yet so ‘back to normal’ that the Riverview Park Community Association (RPCA) will be hosting our Annual General Meeting in person, though. Like last year, the AGM will be held virtu-



ally October 27th starting at 7PM. It will be a trimmed down event to keep content manageable in a virtual setting. If you are interested in joining the association, the AGM is a great time to start. And if you are particularly keen and wish to join the board, please reach out to me. We are always happy to have more help.

The big news around City Hall is of course the Official Plan. It has been a long time in the mak-

ing. Certainly, longer than City staff initially anticipated. There is a public open house on the plan scheduled for September 29th and it is expected to go to Planning Committee October 14th and then City Council October 27th. So, there is still plenty of time to have your voice heard.

But the official plan process does not stop with the adoption of the Official Plan. There are a number of master planning documents that will follow over the next year including the Infrastructure Master Plan and the generally highly important Transportation Master Plan. The RPCA will be reviewing them all so if you have any questions or concerns, please let us know.

Outside of City Hall, the future still remains uncertain and long range planning is something more of a dream. The RPCA is still planning on getting back to our normal work, but it has been a long wait. We will be cleaning the parks before the leaves fall and we are absolutely hoping to get the Carol Sing

event back into action. We are also planning on some sort of fundraising social event probably in the fall of 2022 should the local mood support it. If you have any ideas, please feel free to share them.

We are always trying to look forward and as much as I would like to keep thinking about summer gardens and playing soccer and generally how nice a summer it has been, I’m pushing myself to think of what is to come as things get colder. I find myself dreaming pleasantly of the skating rink that will return to Balena Park, of skiing in the hydro corridor, and of the Winter Carnival that is to come. I’m trying not to think of shovelling snow. I wish you all the best and hope you will join us October 27th for the AGM.

For more information, check out our website at www.RiverviewParkca.com, drop me a line at riverviewparkca@gmail.com with your questions or thoughts, and/or come to our next virtual RPCA Board meeting on October 13th.

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.

Official Plan (OP) Issues

The City of Ottawa’s new Official Plan to cover the period until 2046 will be considered by a joint committee of Councillors on October 14 before going to full Council for approval on October 27, 2021.

RPCA Board input on the draft OP included a call to remove the remaining links of the Alta Vista Transportation Corridor (from Conroy to the Hospital Link and from the Link across the Rideau River to Nicholas Street) and stressed that the OP should implement principles consistent with the City Council’s 2019 decision to recognize a Climate Emergency. While supporting the 15 minute neighbourhood concept to promote more walkable neighbourhoods and on constructing high-density resi-

dential units in close proximity to Light Rail stations, the Board also called for an appropriate balance between intensification and maintenance of greenspace, the tree canopy and existing residential zoning and neighbourhood character.

Trainyards Development/Industrial Avenue

Construction of the first phase of a high-rise rental apartment complex along Steamline Street, across from the Post Office building on Sanford Fleming, is still on hold pending decisions on potential revisions to the design. This project features two 20-storey buildings and 400 units.

The Food For Thought kitchen opened in spring 2021 at 845 Industrial Avenue to prepare free meals for people in need, and offer take-out meals for sale. Ottawa Medispa (aesthetic services, laser hair removal, etc.) is scheduled to open this fall in the former Great Hobbies space at 140 Train Yard Drive. A new tenant has yet to be announced for the previous Farm Boy site adjacent to the LCBO.

Pedestrian and Cycling Matters

Cycling improvements for the Smyth Road and Riverside Drive intersections originally scheduled to begin in 2021, have been postponed until 2022. These changes will better connect bike lanes on the McIlraith Bridge (linking Smyth Road and Main Street) to routes at the intersection of Smyth Road and Riverside Hospital.

In June 2021, the RPCA Board approved a motion calling for inclusion of approximately \$1.5 million in the 2022 City of Ottawa budget for an Environmental Assessment for the proposed multi-purpose link between the Ottawa Train Yards (Terminal Avenue) and Tremblay Station (preferably an overpass across the VIA Train Tracks). The Board asked this link be considered as a candidate for the federal Active Transportation Infrastructure Funding program to fill in a gap in the City’s long-term Cycling and Pedestrian Plan network and to fulfill one of the conditions of the 2000/2001 approval for the Ottawa Train Yards Development.

The City of Ottawa recently created a new pedestrian crosswalk on Coronation Avenue near Chomley Crescent, which will help facilitate safer pedestrian access to Industrial Avenue and the Train Yards.

Other proposed residential developments

City staff are awaiting resub-

mission of the revised proposal for a 4-storey, 35-unit residential building and underground parking garage to the west of the existing apartment building at 700 Coronation Blvd, Local residents had raised privacy concerns about proximity of the new building to the rear lot line and the need to retain more trees along the western boundary

A review has been completed on the 2020 submission to erect two eight-storey apartment buildings at 355 and 374 Everest Private (between Russell Road and St. Laurent Blvd.), adding 293 units and 354 parking spaces to the existing complex. No construction date has been set.

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

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



PHOTOS: GEOFF RADNOR

Save the planet. Plant a tree!

by Geoff Radnor

Belema Park was the place to be if you really wanted to save the planet. On July 11th Ecology Ottawa was giving away seedlings for you to plant in your garden. Kris Nanda and Lorella Piirik from the Riverview Park Community Association were assisted by Ava Berniqué and Paniz Arbabi from Ecology Ottawa in giving out the little trees. There was a choice of Colorado or White Spruce. If you missed out on this offer watch Ecology Ottawa for the chance to get a tree next year.



Riverview Park Community Association ANNUAL GENERAL MEETING

**Wednesday, October 27, 2021
7:00pm - 9:00pm on Zoom**



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

For more information: www.riverviewparkca.com

or: riverviewparkca@gmail.com

COMMUNITY BULLETIN BOARD

24h Tremblant

Event Website: www.24htremblant.com/en
Charitable Beneficiary: **CHEO Foundation**
Phone Number: 613-737-2780
Email: lblanchard@cheofoundation.com
Website: <https://cheofoundation.com/>

Emmanuel United Church

691 Smyth Road, Bus #55 Ottawa, Ontario K1G 1N7. Office (613) 733-0437 (Monday – Thursday, 8:30am-4:00pm) E-mail office@emmanuelunited.ca, Website www.emmanuelunited.ca

Welcome! Renovations are delaying our re-opening, but many of our worship services and activities for spiritual & social connection continue 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), contact our office or visit our website. Emmanuel continues to function as a family, offering programs and reaching out to our church members and all in the community.

Visit us on Facebook at www.facebook.com/EUC.Ottawa to find out all about Emmanuel United Church. You'll find videos, community news and sharing opportunities.

Previous Services & Sermons: These are available at www.emmanuelunited.ca/worship/sermons.php

Children's and Youth Christian Education Programs: These continue to be planned as online activities.

WEEKLY EVENTS AND ACTIVITIES:

- Sundays, 10 - 11 am: **Worship Services online.** The service includes a welcoming message, hymns, prayers, videos, scripture, and a thoughtful reflection. It's live streamed at www.emmanuelunited.ca/worship/webcast.php. After the service, join us 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. If you wish to learn how to meditate and find more quietness, you are welcome to join fellow meditators (by Zoom).
- Tuesdays, 7 - 8:15 pm: **Faith Study** continues. Join us October 5th, 12th, and 26th, then November 2nd, 9th, and 23rd. Anyone is welcome to participate in one or more sessions; there is no homework (by Zoom).
- Thursdays, 10 - 11:30 am: **Thursday Morning Discussion Group.** We are currently studying the book The Land is Not Empty: Following Jesus in Dismantling the Doctrine of Discovery, by Sarah Augustine (of Pueblo descent) (by Zoom).
- Fridays, 10 - 11 am: **Coffee With Roxanne.** Join Roxanne Delmage, our Pastoral Care Provider, as she has a virtual visit, and participants share thoughts with each other. Roxanne presents a different scripture reading and topic each week. Contact her at Roxanne.delmage@gmail.com if you are interested. (by Zoom)

OCTOBER EVENTS & ACTIVITIES:
Wednesday, October 27, 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).

NOVEMBER EVENTS & ACTIVITIES:

- November 12 to 27: **Just Gifts Christmas Market.** Shop online for Fair trade & local products including jams, baked goods, handcrafts, coffee & more. Proceeds support Emmanuel's global partners in Zambia & El Salvador. Drive-through order pick-up date is December 4th.
- Wednesday, November 24, 7 pm: **Teleos** - A group for all women, meeting to discuss current issues and experiences from a theological perspective (by Zoom).
- Coming in December: **Wednesday evening Advent Services.** Join us at 7 pm on December 1st, 8th, 15th and 22nd for our half-hour service (by Zoom).

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

Rideau Park offers a number of community events and activities, some in-person, but most online. The church building is open for Sunday service with Covid protocols observed. We plan to gradually open up for more activities. For now, the building remains largely closed. We are communicating through our website, www.rideaupark.ca, FaceBook Group, Instagram, and our YouTube channel. Contact us at 613-733-3156 x228 or info@rideaupark.ca

WEEKLY ACTIVITIES THIS FALL:

- Sundays, 10am: **Worship Services:** Please join us, either in-person or online at www.rideaupark.ca. For more information and to learn about our in-person protocols, visit the website or phone the church office, 613-733-3156 x228. Up to 50 people are welcome for the in-person Worship Service. You need to register each week, by Saturday, 3pm, at www.rideaupark.ca.
- **Children's and Youth Christian Education Classes** are resuming via Zoom on Sun. Sept. 26. Newcomers welcome; we are staying online for now. There are 4 classes: Ages 3,4,&5; Grades 1,2,3; Grades 4,5,6 and our Youth Class. More info, see www.rideaupark.ca or contact Rev Steve Clifton at scifton@rideaupark.ca
 - Sundays, 11:15am: **Healing Circle** offers a time of healing prayer online after the Worship Service for about 10 minutes, using a technique called "distance healing." A part of the Healing Pathway Ministry, it is available on the Rideau Park YouTube channel. Full description at www.rideaupark.ca
 - Thursdays, 10am: **Group Meditation Online** at Rideau Park is being shared together through Zoom. Join us for 20 minutes of quiet, peace and mindfulness. See www.rideaupark.ca for information, and contact Rev Steve Clifton at scifton@rideaupark.ca for the Zoom invitation.
 - Starting in October, a weekly **bible study** on issues pertinent to our daily life. Join the conversation online. More details soon; check www.rideaupark.ca
 - **Weekly Chancel Choir rehearsals** contin-

ue online in October. More info, see www.rideaupark.ca or contact choirdirector@rideaupark.ca

Mon. Nov. 1 to Fri. Nov. 5, an **Online Food Bazaar** at www.rideaupark.ca featuring: baking, deli items, frozen soup, jams/jellies, pickles & relish, and a "take-out tea time" (sandwiches, squares & a tea bag!). Order Online and pick-up at the church: Sat. Nov. 6, 10am-4pm.

- **Other Connections:**
A new **Tiny Lending Library** has been installed outside the Cunningham entrance for use by the local community.
- **The Foster Farm Fruit and Vegetable Stand** at Rideau Park, runs through to late October. Open 10am-6pm weekdays, 10am-5pm Saturdays, closed Sundays.

ST AIDAN'S ANNUAL YULETIDE BAZAAR

Being held online again this year! This year will include an online Silent Auction as well as online ordering for jams/jellies/preserves and baked goods. Orders and bids on auction items can be made between Oct 12 and Nov 6. Pick up your order and auction items at the church on Saturday November 13.

For more information about our Yuletide Bazaar, Sunday Services, or Outreach Ministries, contact St Aidan's Office; staidans@bellnet.ca or 613-733-0102
St Aidan's Anglican Church, 934 Hamlet Rd., Ottawa ON, K1G 1S9
<https://www.staidansottawa.com/>

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.
- October 12, 13, 26, 27 • November 9, 10, 23, 24
 - December 7, 8 with Christmas extras pick up on 14, 15, 16.

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, jam, biscuits, school snacks, 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 cans, 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 will be hosting a second online silent auction fundraiser in late November. Please follow us on Facebook for upcoming details @ BlairCourtCommunityHouse

DEAR FRAN

Michaelmas daisy or starwort



FRAN DENNETT

Brighten your fall border with hardy wild asters, commonly called Michaelmas daisy or botanically *Symphytrichum novae-angliae* or starwort—all the same plant. When the Georgian calendar was adopted in 1752, St. Michael’s Feast Day fell on September 28 when most of the starworts were still blooming. Over time the British referred to them as Michaelmas daisies. Technically they are not a daisy but an aster.

British plant breeders traveling in North America brought native wild asters back to England and they became exceedingly popular. By the 1960’s in Britain there were over 1000 cultivars of Michaelmas daisies available to the gardener. Years ago on a September visit to England, my husband and I visited a national collection of Michaelmas daisies on the Malvern Hills in Herefordshire that was featured on the BBC’s Gardeners’ World. This convinced me that I needed these late bloomers in my garden.

Wild asters and the modern cultivars come in blues, white, pinks, purples and grow anywhere from 30cm (12”) to 2m (6’) high, bloom-

ing from late August to October. Named cultivars are reproduced by vegetative propagation only as they do not produce seeds. Cultivars come in two forms: dense clumps which need dividing every 3-4 years, and loose spreaders forming more open patches that can easily be pulled out if not wanted. The native wild asters spread by seeds.

Besides providing colour in the fall border, these plants are a source of fall nectar for the bees and butterflies, especially fall migrating monarchs, when nothing else is available. Even better, grow the wild asters that you see on the roadside. The insects and butterflies populations have adapted to native asters whereas the named cultivars are introduced and though pretty are not as beneficial to the insect population as the wild asters.



Aster novae-angliae ‘Alma Potschke’ PHOTOS: CANDACE DRESSLER

Growing hardy asters is easy. Asters start blooming when the days become shorter. They need the sun through the summer to produce the blooming plants of the fall, so plant them in sun to semi-shade in fertile well drained soil and they will provide you a stunning display throughout September and October. The very late blooming cultivars are not suitable for our short growing season.

I hope you found this information interesting and helpful and that you are inspired to plant Michaelmas daisies in your garden.

- NEW! Towel Talk Live, Zoom gardening presentations on Tuesdays until November 2 at 12:30pm. Announced in Towel 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.



Symphytrichum cordifolium (blue wood aster)

Do I really have to buy a new computer?

by Malcolm and John Harding
of Compu-Home

Eventually, repairs to older equipment are no longer the best strategy. Sometimes hundreds of dollars spent rescuing a device might have been better spent toward a replacement, but that decision should be made with an understanding of what is possible and what is reasonable. When your computer seems sluggish or certain operations are failing and “things just can’t go on like this,” here are some factors you should explore.

Is the problem truly the computer? Most computer activities today use your Internet connection and email or browsing will be compromised on even a faultless computer if your Internet modem or service is slow or intermittent. Disconnect from your network and try running non-Internet applications such browsing through

your own photos stored locally on your hard disk or try your word processor or a game of Solitaire. If performance there is fine when you are not online, you should be calling your Internet provider instead of your technician.

Is your software to blame? A frequent culprit is anti-virus overkill. The commercial anti-virus utilities are constantly nagging us to buy enhancements and add-ons that will protect us from threats that are frankly not significant. Ignore these advertisements. Multi-purpose registry cleaners, also advertised heavily, are another example of software that usually does more harm than good. Another common issue is out of date email client programs. For most people, the most efficient email strategy nowadays is “web-based” which means to use your web browser to go to the website of your email Inbox.

Is your Operating System up to date? With a Microsoft Windows computer it is now past the point of optional to have Windows 10. If you use a Macintosh, you should have the latest OS that your computer is capable of running. If your Mac is older and can’t handle the current macOS Big Sur 11.0 you can go to the Apple website and see the best OS for your model and year.

Are there hardware upgrade options? Here we must be careful. There is no point in upgrading one component to the point that it is out of proportion with others. For example: swapping in a new Solid State Hard Disk is very often an excellent way to add new zip to an older machine and could add years to its life, but there will not be much benefit if the specifications of the other components of the computer cannot support it.

Consult an expert. A reputable and experienced friend or tech-

nician will be prepared to discuss this subject with you at length and will have a list of the topics that are relevant. All the factors involved must be in context with one another. \$200 in repairs to one computer might be the perfect solution and save you \$1000 to replace it but that might be good money after bad in another situation that would seem similar. Another important reason for a thorough discussion is the fact that some of the measures described above could put your data in jeopardy if they are approached incorrectly. When you consider the money that will be spent (or saved) a bit of research is always a good plan.

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.

Climate change

by Geoff Radnor

The city of Ottawa has published more on the draft Official Plan. Climate change is one of the key topics. It is about how the city can reduce its carbon dioxide (CO₂) emissions. How appropriate and effective this will be is a test of time.

There is a much bigger problem, however. It is how we all are, as citizens of the planet Earth, able to reduce our dependence on things that we use and consume every day.

This keyboard putting these letters into this document is made of plastic. How much pollution was created by its manufacture? The building that I live in is built of steel and concrete, the industries that produce these are big polluters. My car is built of steel and runs on rubber tires. That may not



The famous smoke stack in Sudbury, source of a lot of the world's copper and nickel

change when I drive an electric car. The food that I will eat for my dinner tonight was delivered by transport truck, using steel and rubber again with the addition of diesel fuel. My day to day activities are all dependent on items the making of which is adding to the pollution of our planet. Some of it comes by way of those huge huge container ships like the one that got stuck in the Suez Canal



Will we see the Nova Electric bus on the streets of Ottawa?



British coal mines

a couple of months ago. It is not just my stuff, but about every other person's stuff as well, that is adding to the problem.

Can we continue to live our

modern lives without adding CO₂ and other pollutants to the atmosphere?

Since the start of the Industrial Revolution in the 18th century we have lived our lives with the goods produced at the time. In those days Britain was the most powerful nation in the world with colonies covering the globe, shown in pink on the atlases in the schools in Britain. The plentiful supplies of coal in Britain led to its use in the textile industry. Steam engines powered the world. The British initiative spread to Europe, North America and the far east.

Can we go back 200 years and start again without coal and oil? That is the question facing world leaders today, and it is facing us all. Where do we start to address this problem as citizens of Ottawa?

Oh, no! Another light rail woe

by Janina Nickus

To provide an update on my previous story "Tax job at home thanks to the virus" in the October 2020 edition, I am still working at home full time. According to recent emails from my commissioner, the Canada Revenue Agency's (CRA's) return to work plan is a "CRA transition plan towards a hybrid model of working. The plan supports a gradual increase in occupancy at worksites. This model allows for some employees to continue to work remotely full time, others to work from CRA worksites full time, or a combination of working at home or office." As CRA employees move through each phase, senior management will strive to balance employee preference with the need to efficiently deliver tax and benefit programs.

Thank God, as one home worker, I won't have the nightmare of having to take public transit in the near future or perhaps ever!

Prior to light rail transit (LRT), I took only one bus ride to my downtown office. With the opening of the Confederation Line two years ago, I had no option but to take one bus, then the LRT from Hurdman to Parliament station to the office. The frequency of these buses was reduced even during peak hours, and along with my daily trepidation about the possibilities of masses of people waiting on the platform and being crammed in the railcar like sardines most weekday mornings, my daily commute became miserable. Another irritant was having to take numerous stairs exposed to the out-



door elements (rain, snow) to get up to Hurdman platform in the mornings and taking stairs underground to sometimes a very smelly station. Does anyone remember the following headlines and tweets from January 2020: *Rideau LRT station smells like 'rotten eggs' and There is a smell of sulfur in Parliament Station. Politicians making deals with the devil, perhaps?*

The list of problems with LRT would take up far too much space for this article so I will just mention the most recent ones, which appear to be the most serious. Within a period of 43 days, there have been two derailments where the wheels came off the track on August 8 and September 19. Thankfully no one was hurt and the railcars did not overturn. For the latter incident, the Transportation Safety Board of Canada reported that the LRT train derailed Sunday afternoon. It had come off the track before entering Tremblay station. "The train then departed the station in derailed condition and continued over the rail bridge that traversed Riverside Drive before striking a signal mast and switch heater that were adjacent to and north of track 1." As a result of the last incident,

the entire line has been closed down since September 19, with R bus service trying to fill the void.

In the meantime, the City of Ottawa selected a major North American rail industry firm, STV Inc., to carry out an "independent and impartial review" of any plan to get LRT trains back up and running. STV's predecessor company was founded in 1912 in New York City as a structural engineering firm. According to the their website "STV is an award-winning firm

offering engineering, planning and construction management services that ranks among the country's top firms in many of the markets served, including highways, bridges, rail and mass transit." On September 28, the City announced that STV will not be retained and they will be looking for a new firm. Let's hope the new firm will help get Ottawa's LRT get back on track to provide transit riders some much needed confidence in the system!



PHOTOS: GEOFF RADNOR



Rock's Barber Shop

We are OPEN

1579 Alta Vista Drive
Alta Vista Centre
(corner of Alta Vista and Dorion)

Rock Lalonde
Owner - Propriétaire

(819) 635-3711

Sushi: around the world in many ways

by Carole Moul

If you were to try and name some of the most popular foods enjoyed around the world what would these be? You might guess pizza, pasta, chocolate, curry, hamburger, or even coffee, however did you include sushi as well?

According to CNN Travel, (The world’s 50 best foods, April 13th, 2021) sushi is among the five most popular foods globally and the reasons for its gain in status are actually quite simple.

The nutritional value of sushi would be high on one’s list if you are looking for a healthy cuisine. Moreover, the combination and variety of fresh foods such as rice, raw fish, or vegetables make it extremely tasty.

Sushi can be as easy to eat as enjoying the various small pieces for a snack or a meal on the run. Your sushi meal can also be as pleasurable as any you could wish for as you eat it leisurely with chopsticks from a square plate. A sushi dish is always visually appealing and there is something for everyone’s palate as you are able to choose from the incredible selection that sushi provides.

There is a limitless combination of sushi flavours around the globe. Depending on available ingredients, sushi is unique in that it can be prepared for a variety of different or acquired tastes. This most popular dish, however, no matter where, still remains ‘sushi’

In Italy, where pasta has been forefront on the menu, Italian sushi rolls frequently replace the traditional sticky rice with a variety of other grains. While in North America sushi is considered to be inside out in comparison to Japanese sushi. It is said to be this way to appeal to the western audience.



It also creates the chance to have different ingredients wrapped outside the rice, making the North American sushi a lot more complex and with more ingredients in comparison to the Japanese sushi rolls.

Brazil has the largest Japanese population outside of Japan. For it was on June 18, 1908 that the ship Kasato-Maru arrived in Brazil with the first 781 Japanese immigrants on board to assist with the work of the coffee plantations. Today, it is reported that there are over 1.6 million people of Japanese origin living in that country.

The people had to adapt to incredibly different surroundings than what they had been used to and


thus, became very adept at replicating traditional recipes from Japan using local fish, native fruits, and the diversity of the nearby rainforest.

Across China, sushi’s country of origin, people’s taste for this dish can be quite different-if at all. And often the reason for this is the country’s geography, since much of the country is inland, and therefore the people don’t have as much access to the sea. Urban areas have come to enjoy sushi much more so than the rural ones and these urban restaurant owners have been working hard toward better satisfying the Chinese appetite based on the food trends of the country.

Sushi’s popularity has continued

to grow around the world as sushi chefs experiment in inventing new flavours. It would seem then that its history is no doubt far from over, and aren’t the many sushi lovers globally glad that this is so?

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. Dine in Friday and Saturday from 11: a.m. – 9:55 p.m. and Sunday 11: a.m. – 8:55 p.m. 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








Lost and Found Pet Recovery Network

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

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

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







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



Balena Park Pet Memorial

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

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



Riverview Park
Review

BUSINESS
DIRECTORY

Support our businesses. They support us!
For a Business Directory ad space,
please contact editor.riverviewrpr@gmail.com \$50.

ROOFING REPAIRS

Andrew, the Roofer

Call or Text (613) 889-7170

"Oftentimes, a repair is all you need"

COMPUTER HELP IN YOUR HOME AND OFFICE

We come to you to solve problems.

Compu-Home

613-731-5954

info@compu-home.com

CELEBRATING 20 YEARS SERVING OTTAWA IN 2018

CALL US FOR ANNIVERSARY SPECIALS

www.compu-home.com



Your advertisement
could be here

(We can even design it for you)



The Odd Job Man

THERE IS NO JOB TOO SMALL FOR US!

Drywall & repairs • Tile & floor • Deck & fence

Carpentry work • Kitchen & bath • Painting

Plumbing & electrical • Garden & design

613-220-5488

www.theoddjobman.ca

info@theoddjobman.ca

Kiwifruit and a history lesson

(with a connection to Bryan Adams)

by Geoff Radnor

One of the nicest fruits available is the Kiwifruit and they are available in most supermarkets. Originally called Chinese Gooseberries, they usually come from Greece, Chile or Italy.

One day however in the big new Farm Boy store in the Ottawa Train Yards there was a packet of Zespri Sungold Kiwifruit from New Zealand that caught my eye. Never having had a Kiwifruit from New Zealand the packet ended up in my basket.

When these Kiwifruit got back to my apartment, they formed part of my breakfast routine, and they are delicious. The New Zealand ones are the best, juicy and sweet, so much better than those others. They do cost a bit more, but they are full of vitamin C, so they are good for you too. Recently these Zespri Kiwifruit have also appeared at Sobeys, Loblaws and Walmart so there are options where you shop.

The box that my Zespri Kiwi came in had the distributor listed as The Oppenheimer Group from Coquitlam, BC Canada.

As a former resident of British Columbia the name was vaguely familiar, as Coquitlam is a suburb of Vancouver. Well, that had me begin a little research about the Oppenheimer Group. Are you one of those who can not resist going down the rabbit hole?

The Oppenheimer family came to North America from Bavaria in about 1848. There were five sons, Charles, David, Issac, Meyer and Gottfried and their father was a wine merchant. After starting out in California during the gold rush there, they came north to BC and were suppliers to the miners heading up to the gold fields in the Fraser Canyon starting in 1858.

The Oppenheimer brothers opened a store in Yale followed by others in Hope and Lytton,

(we have all heard about this little place recently that got destroyed by fire). The end of the trail was at Barkerville and they opened a store there too.

Unfortunately later there was a fire in Yale that destroyed a large part of the town including the Oppenheimer store. After that David Oppenheimer moved to Vancouver (then known as Granville).

The Oppenheims gradually were successful in Vancouver, that is, before the town was the end of the Canadian Pacific Railway (CPR). They were involved with the CPR in getting the tracks built in the Fraser Canyon. They prospered when the CPR decided to extend the railway to False Creek in Vancouver.

David Oppenheimer was a civic leader in those early days and became the second mayor of the city in 1888 and its first Jewish mayor. Their business of importing fruit and vegetables, started when the company brought mandarin oranges from Japan, and later expanded into importing from the southern hemisphere items that were not available in the winter months in Canada. The Oppenheimer brothers introduced the Australian Granny Smith apples to North America and later Kiwifruit from New Zealand.

The original Oppenheimer warehouse building on Powell Street in Vancouver is still there. It was purchased by everybody's favourite performer, Bryan Adams, and it is now his recording studio. Today there is the Oppenheimer Park and the David Oppenheimer Elementary School in Vancouver.

So, over a hundred and sixty years after the Oppenheimer family's arrival in Canada, you can buy Kiwifruit from New Zealand in Ottawa and learn a little more Canadian history.

David Oppenheimer

SHOPPERS
DRUG MART

www.shoppersdrugmart.ca

Najlaa Ibrahim
B.Sc., B.Sc. PHM.
Associate / Owner

N. IBRAHIM PHARMACY INC.
1559 Altavista Drive
Ottawa, Ontario
K1G 0E9

Tel: 613 738-1445
Fax: 613 738-6490
asdm639@shoppersdrugmart.ca

MCCAY
DUFF LLP
Chartered Accountants

JASON T. HOWARTH, C.A.
PROFESSIONAL CORPORATION
PARTNER

141 LAURIER AVE. W., 6TH FLOOR
OTTAWA, ON K1P 5J3

613-236-2367
1-800-267-6551
FAX: 613-236-5041
jhowarth@mccayduff.com
www.mccayduff.com



ASIAN BUFFET

All You Can
Order
From
Over
168
Items

Japanese
Chinese
Korean
Thai

We are OPEN for pickup
with the greatest variety of
Asian food for you.

See our On-Line or hardcopy menu

To continue to serve you we are offering
Take Out or Pick up options

SKIP the DISHES



UBER EATS

DOORDASH



Fantuan Delivery

613-523-1680

Order On-Line Sushi for Delivery

You can get Apps "168sushibuffet" at

Gift Certificates
are
AVAILABLE



Order with your iPhone!
And do so much more!

Order with your Android!
And do so much more!

Available on the App Store



ANDROID

Scan and download
to your iPhone!

Scan and download
to your Android!

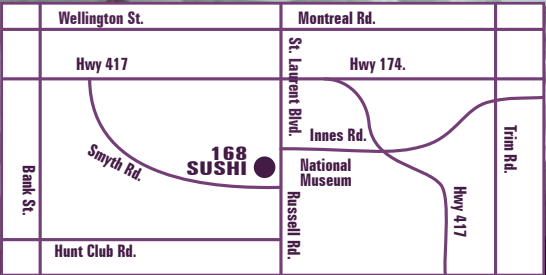
Open 7 Days A Week + Holidays

Dine In

Fri - Sat: 11:00 am - 9:55 pm Sun: 11:00 am - 8:55 pm

Take out & Delivery

Daily: 11:00 am - 8:55 pm



1760 St. Laurent Blvd., K1G 1A2

168SushiBuffet.com