



FEBRUARY 2022

A Voice of Riverview Park

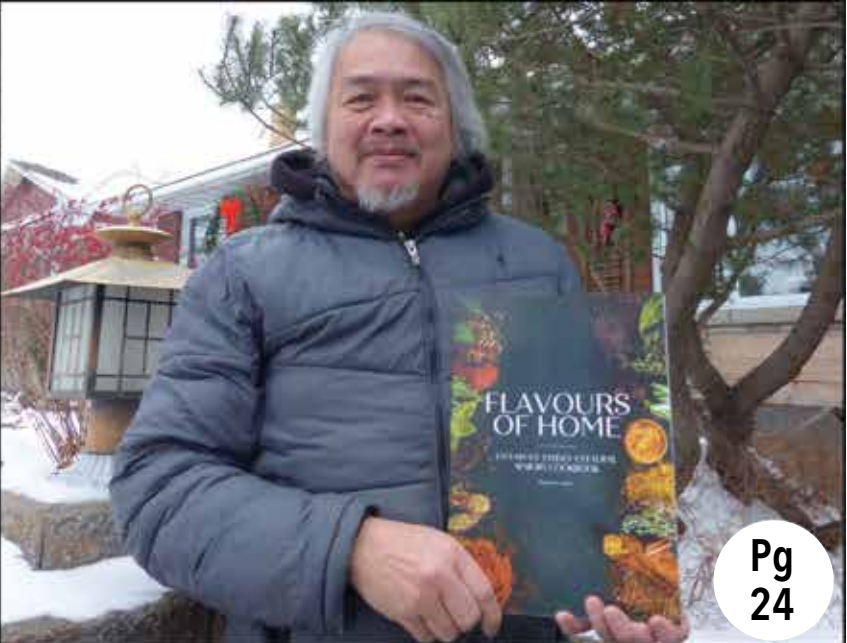
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by David Knockaert

Home sweet (corporate) home

The new home owner is no longer likely to be a first time buyer nor a repeat buyer. It’s an investor, probably a corporate investor. Over the past year in the US, the investor share of home purchases rose from 11.2% to 18.2%. By mid-2021 investors across Canada were responsible for 20% of housing purchases, a doubling in just one year. Here in Ontario the investor share has risen to 25%. While entry into the housing market by corporations, pension funds and investment banks rapidly expanded during the pandemic, it is not new. The New York Times reported “by 2016, ...private-equity firms had acquired more than 200,000 homes in desirable cities and middle-class suburban neighborhoods.” An investment bank recently purchased an entire community of single family homes in Texas while in Atlanta, Invitation Homes owns 12,556 homes. Here in Ontario, this past summer Core Development announced a \$1 billion spending plan. Their President argues those purchases will

increase rental supply and benefit younger families who can no longer afford a single family house. But as per Slate, companies typically focus on older, less valuable properties for re-development, meaning “investors are depleting the inventory of the precise houses that might otherwise be obtainable for younger, working- and middle-class households”. Furthermore, the Bank of Canada, CMHC, Statistics Canada and Federal Reserve all agree that corporate housing speculation has driven prices significantly higher, worsening housing unaffordability. Additionally, a BOC Deputy Governor acknowledged that such speculation “can expose the market to a higher chance of a correction” and an urban studies professor expressed concern that “huge gains in property values...instead of accruing to many moderate-income and middle-income homeowners...[have] accrued to these big companies and their shareholders.”

Despite this, the City has chosen to effectively entice corporate spec-

ulation by seeking to convert about 15,000 single family homes to low-rise multi-unit residences. It seems unlikely separate units will be purchased by owner/occupiers as that would create a divided ownership structure demanding condominium incorporation. The potential legal and operational problems inherent in a three/four way condo association greatly magnifies the risks of home ownership; e.g. a difficult or absentee co-owner or finding oneself with only a minority share and no control over the management of your investment. One year ago I asked Councillors Cloutier and Menard as well how the City will assist buyers to mitigate the risks the City itself is creating via this new housing model. The former referred me to City administration who eventually replied that problems stemming from ownership are not the City’s concern.

The response was not a surprise since City “housing policy...will provide support to protecting and growing the supply of rental housing throughout the city”. In other words,

the City finds it desirable for these multi-unit buildings to be purchased by investors as rental properties. The City asserts this will improve affordability. But an ACORN representative interviewed by CBC regarding Core’s plan to buy single-family homes and turn them into rental properties called it “a frightening example of how even more people will be priced out of an increasingly expensive housing market.” Or Consider Invitation Homes’ pitch to shareholders “we operate in markets with...high barriers to entry and high rent growth potential”. Are we really expected to believe investors will prioritize tenant affordability over profit?

Elected officials of the City of Ottawa have avoided any conversation about corporate entry into the family home housing market. Before it is way too late, we really need to encourage officials, journalists and urban sociologists to enter into a discussion about home ownership. People decry the loss of the family farm. Let’s make certain we understand and agree the future ownership of the family home before events overtake us.





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Food for Thought goes out into the community – for the community

by Carole Moul

If you owned a restaurant and the government closed in-person dining? What would you do?

There are various choices that you could make. Fortunately for many, Chef Joe Thottungal decided to use this opportunity to support those in need by working right alongside Food for Thought, one of Ottawa’s rising star charities.

Over two weeks, during an intensified closedown due to the pandemic this January, Chef Joe and Food for Thought took the opportunity to launch two “pop-up takeout counters” and a sponsored fundraiser to raise money to feed those who are struggling to feed themselves.

The pop-ups are a temporary, mutually beneficial collaboration between Food for Thought and a local business. Food for Thought gets a venue to raise funds and the partner business gets increased traffic to sell their own goods. Customers order prepared food online. Food for Thought prepares and packages the meals, ready for pick-up at the local business location. In this case, we prepared and sold Curry by the Kilo from Chef Joe’s South-Indian restaurant, Thali. We partnered with two of Ottawa’s leading purveyors of beer, a hands down favourite pairing for Indian food, Kichissippi Beer Company and Dominion City Brewing Co.

On Saturday, January 15th, Paul Meek, owner of Kichissippi Beer Co. located on Roberston Road, Nepean, and his staff graciously hosted Food for Thought’s first pop-up restaurant. Customers poured in between 2:00 and 6:00 pm to pick up their orders, peruse Kichissippi’s beer inventory, and



Celebrating Food for Thought’s first POP UP are Sylvain de Margerie, (L), Paul Meek, and Chef Joe Thottungal at the Kichissippi Beer Company.

PHOTOS: MARK CHARETTE



Ready for the POP UP Drive Thru customers at the Dominion City Brewing Co.

exchange pleasantries with Food for Thought staff.

The following Saturday, January 22nd, Kevin Waghorn, manager of Dominion City Brewing Co., located on Canotek Road, and his staff set up sprawling tables brimming with Food for Thought’s South-Indian delights. Despite the freezing cold temperatures, customers flooded into Dominion City Brewing Co. parking lot, eager to pick

up their orders.

Our fundraiser was sponsored by the Ontario Bar Association, eastern region. Each participant was provided with a sumptuous 10 course dinner for two, delivered hot to participants. The Eat Well Do Good fundraiser provided a focus to a virtual dinner party for members of OBA with presentations of Chef Joe Thottungal and Sylvain de Margerie from Food for

Thought. OBA graciously allowed sales of the meals to the open public which multiplied the benefits to our cause.

“We are tremendously grateful for how the Ottawa community came together to raise funds to help feed people in need.” said the extremely pleased marketing manager of Food for Thought, Mark Charette. “We sold out of everything twice!” Our originally planned quantity of meals were quickly exhausted and a large “SOLD OUT” post appeared on our social media. We rapidly increased our quantities, replenished the online inventory, only to sell out again in a matter of two days.

In all, our fundraising over ten days in January have brought enough revenue to prepare and distribute 7,500 meals for free to those that need them the most. This is witness to the community spirit in Ottawa and a sign that our citizens and businesses are committed to making our part of the world a better place.

This is not the first time that Food for Thought has entered into a partnership of like-minded people who are working toward eliminating food insecurity in Ottawa. Nor does the team want it to be the last. “We are always interested in joining with local, Ottawa businesses to support the community,” said Mark Charette, “It’s a win-win for everyone!”

Do you think you might know or be a business that could rise to the challenge of helping overcome food insecurity in this city? We hope so.

COVER PHOTO CAPTION: IT WAS THUMBS UP FROM CHEF JOE THOTTUNGAL, KEVIN WAGHORN AND SYLVAIN DE MARGERIE AT THE DOMINION CITY BREWING COMPANY POP UP.



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Downsizing tips for empty nesters

by Eric Cosgrove SRES®

The unprecedented flurry of activity in the Ottawa housing market over the last few years – the volume of sales and the dramatic price increases – has prompted many older homeowners to consider a move. The 2021 resale market in Ottawa has normalized somewhat but still broke records. Some activities will have to wait for conditions that prompt the lifting of COVID- related measures, but it’s never too early to start. This process overview contains several simple, time-honoured truths to save hassle and money.

It’s hard to change homes at any age, but selling the family home you have occupied for decades can be especially difficult. Saying farewell to a house that holds a lifetime of memories is hard, so instead of focusing on all you are leaving behind, it might be helpful to focus on the positive side of making a move. Here are a few good tips to help make the transition less painful.

Moving into an apartment, condo or retirement home can be very liberating. The endless hours of yard work and home maintenance are gone. Those unexpected repair bills are now someone else’s problem. You’re free to lock the front door and go on holiday for months at a time if you choose to. And for those looking a little farther down the road, choosing a senior’s home that offers a continuum of care – retirement residence

now and nursing care when the time comes – eliminates having to make yet another move in the future.

Begin your new journey by looking for your next home before selling your current one. It’s not uncommon for older adults to want to move closer to other family members, and for some, this may mean moving a long distance. If that’s the case, plan to visit relatives in the new community for a while to see how you like it. A new location sometimes means

Most of us haven’t bought or sold a property in a very long time.

adjusting to a new climate and new facilities. You may discover that you’re happier staying in your present community, close to old friends, your place of worship and your doctor.

Once you choose the location, the next step is to prepare to sell your home. Start your search by asking your friends, trusted advisor, neighbours, and relatives who have recently sold their homes for recommendations. If you have a Realtor®, they’ll give you current market information and propose a multi- faceted

marketing plan to get your property sold in a reasonable time, at the best price and with minimum hassle.

Select a Realtor® who is considerate but also straightforward with you about how your home should look when it goes on the market. Most of us haven’t bought or sold a property in a very long time. It’s in your best interest to choose a resourceful Realtor® who is patient and has the time and the desire to guide you steadily through the selling process.

Properties in move-in condition sell for the most money in the least amount of time. If your home’s décor is out of date and needs maintenance, allow time to complete the improvements before it’s put on the market, as this will add value to your home. If there’s no time or resources, then selling your house in its “present” condition may be a better choice for you. In any case, removing as much clutter as possible allows the prospective buyers to see the home’s potential.

Buying or selling a home can be an exasperating, time-consuming and sometimes overwhelming experience for many people. Don’t go it alone – take advantage of the experience and services available from a Realtor® and ensure that your interests are protected.

Eric Cosgrove
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Riverview Park Real Estate Sales At-A-Glance 2021

Residential Properties						
Sales	Type	Style	Avg List Price	Avg Sold Price	Avg + %	Avg Days on Market
15	Bungalow	Detached	661,867	717,947	108%	13
7	1 1/2 Story	Detached	675,957	715,357	106%	16
7	2 Storey	Detached	724,057	756,557	105%	20
3	2 Storey	Semi Detached	499,900	604,033	120%	11
22	2 Storey	Row	633,582	673,663	106%	9
4	3 Storey	Row	635,700	701,750	110%	5
Average 2021 @ 54 sales			653,326	701,228	108%	11
Average 2020 @ 50 sales			604,058	659,075	110%	11
			+8.1%	+6.4%		

Condominium Properties							
Sales	Type	Style	Avg List Price	Avg Sold Price	Avg + %	Avg Days on Market	
2021	76	1 Level	Apartment	496,547	498,217	101%	36
2020	45	1 Level	Apartment	447,700	449,261	101%	39
			+10.9%	+10.8%			

Based on Multiple Listing Service data
Ottawa Real Estate Board January 2022
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The power of a good idea

Submitted by Peter Martin

Last December, Elmvale Acres experienced the amazing power of a good idea. The City of Ottawa had opened an emergency shelter for 60 homeless women using cots in the gymnasium at the Dempsey Community Centre on Russell Road.

Peter Martin, a parishioner at St Aidan's Anglican Church on Hamlet Road got the idea that the church should prepare gift bags for the ladies for Christmas. These would be similar to gift bags that Cornerstone Housing for Women would be preparing for the 170 women in their emergency shelter and supportive housing.

Each bag was to contain a set of pajamas, a set of warm socks, a gift card to either Tim Hortons or the Dollar Store, and some chocolate and various types of candies. As there was some concern in St Aidan's if it would be possible to prepare 60 bags, we asked St Thomas the Apostle on Alta Vista Drive to help. They immediately joined in, led by one of their parishioners, Michele Bedard. Reverend Rosemary Parker, the priest at St Aidan's also publicized the Christmas initiative on the church's Facebook page.



The delivery team with the gift bags included: L-R Lois Wynn, St Aidan's; Peter Martin, St Aidan's; Michele Bedard, St Thomas the Apostle; Rev Tim Kohoe, Rector St Thomas the Apostle; and Kathryn Fournier, St Thomas the Apostle. PHOTO CREDIT: CATHY MUNROE, WARDEN AT ST THOMAS THE APOSTLE AND PART OF THE DELIVERY TEAM.

From this modest idea we ended up with over 100 gifts bags that were delivered to the women being accommodated in Dempsey Community Centre on Christmas day. The great thing about this was that approximately 40% of the bags came from non-parishioners from the Elmvale area. This demonstrates the power of a good idea becoming the catalyst for many people to reach out and help less fortunate people in their neighbourhood.

The winter storm came and then...



Roger's Italian Bistro patio was snowed under.



There were empty tables at Farm Boy.



Where were Kas and Terra 20?



There was a lot of scraping not cooking. PHOTOS: GEOFF RADNOR



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Layout and Design: Patti Moran

Distribution Manager: distribution.riverviewrpr@gmail.com
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Funny things happen after a blizzard. The snow piles up so that the garbage bins sit up on the snow banks waiting for their magical removal. And the recycling boxes slowly burp their contents onto the road. To the casual observer this seems like the unsanitary migration of plastic and paper. But don't be so quick to dismiss this display. To the trained eye, this is a chance to be academic. It is Blue Box and Black Box Anthropology at its finest.

In the last couple of years more and more white collars have been working at home. Does the casual passerby notice the exponential increase in wine bottles at the curb in the Blue Boxes? Neighbourhoods can be parsed by their types of alcoholic remnants.

Or how about the newspapers that collect each couple of weeks in our Black Boxes? Houses can have many factors determining the literacy rate of the inhabitants. As a subgroup, the crosswords left open may just have small words, like crow and mouse, while others have larger vocabularies that include thrombosis, and synecdoche. Your newspapers and magazines may also have a story to tell.

It isn't hard to read, anonymously of course, people's secrets. There are those who are really keen with little waste. And there are those for whom no effort whatsoever is made to conserve.

In very general terms it is a window into the habits of any given home or even neighbourhood. This shouldn't make anyone paranoid about their waste. It should however, bring awareness to needless consumption; not just in material goods, but the packaging itself that the merchandise comes in.

About the RPRReview community newspaper

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

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

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

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

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Riverpath residents looked at Christmas wishes for others

“May you always remember love and understanding will always be here when you feel most alone”

Each year the winter holidays fill both our homes and hearts with warmth. At Riverpath, the main priority is maintaining health safety while enjoying the

upcoming lapse. The past winter holidays have been unforgettable and we want to share a glimpse of them with all of you. A wish from Sandra Knight is accompanying each photograph that encapsulates a core memory.



May you see your future filled with promise and possibility!



May you discover enough good in others to believe in a world of peace!



May you remember those lives you have touched and who have touched yours are always a part of you.



May you find time in each day to see the beauty and love in the world around you!



May a kind word and a warm smile be yours every day of your life!



May the pain you have known give you strength to face life with courage and optimism!



May you always feel loved!



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

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

Virtual schooling: old teacher faces new tricks

by Margaret Mills

When I announced to my grandson, Liam, that I would be helping him with his Grade Two online schooling, he scowled at me. “You’re not a REAL teacher!” Retired, maybe, but yes, I am. I understood what he meant. Children sometimes think that the teacher, like the chalk, comes with the classroom.

Liam’s mom and dad both work from home. His mom had just started a new job, and was feeling stressed. His dad supervised the online learning, and prepared supper, but sometime during the day, he had to connect with his work. Toward the end of the day, Liam’s classes switched from French to English. Perfect - this was my area of expertise. Until Liam turned on the computer.

My age group did not grow up with computers. Many of us who used computers in our work mastered only the technology that we needed at the time. I was woefully ill prepared for online Grade Two! I stared at the screen of the state-of-the-art computer. Liam sat on the edge of his father’s office chair, swinging in circles, while excavating his nostril. The screen was divided into many squares, and in each, was a child twirling and ducking like a bobbing cork.

The big kid on the screen was the teacher. At the end of the day, she was energetic, patient and inspiring. In my own classroom at this time of day, I would have been sprawled face down

on my desk, wondering why I didn’t have a bottle of scotch stashed somewhere. Yet, here was an enthusiastic teacher motivating her students to write a story. I was prepared to help on my end.



Now, Liam could write three or four sentences, but never had he been asked for twenty. He was game to try, but he didn’t know how to type. While I was pondering that, the screen disappeared and a new screen came up. This was the brainstorming screen. Then another popped up. This was the screen for virtual notes. How did he know how to do that? “The teacher explained it. Weren’t you LISTENING?” While

Liam was diligently poking away at the keyboard with one finger, I surreptitiously checked my watch. He had made a few errors which, suddenly, all disappeared. He had caught his mistakes, erased everything, and painstakingly started over. Several retries later, I grabbed the keyboard. He dictated and I typed.

We returned to the teacher and the class. What had the other children done? A little girl shared her brainstorming map, her neatly organized notes and the beginning of a well constructed story. Well, kudos to that kid’s mom! I was still huffing, when suddenly the teacher disappeared. “What happened?” “I turned her off.” “Why?” “I’m done.”

Later, I was in the home of my two granddaughters. Sophie, in Grade 6, is a straight A student. She sits in front of her computer five minutes before the class starts, ready to go. Her sister, Emma, in Grade 3, sits sullenly at the table waiting for me to tutor her. Emma hates school. If there were an Olympics for kids who hate school, Emma would be on the Podium.

Her father tried online schooling with her, but Emma struggled with the technology. Her dad, sitting beside her, was frustrated with the technology, Emma’s attitude, and the need to do his work and prepare lunch. Grandma to the rescue! No computer, just old fashioned teaching. I sat down and greeted Emma with a smile. She scowled at me. “You’re not a REAL teacher!”

Maintenance vs. Wellness Care

When you speak with your chiropractor, this professional may use terms like “wellness” and “maintenance,” but to you, the treatments seem the same. It’s important to know the terminology isn’t the only difference between the two. We’ve defined the difference between a chiropractor performing wellness adjustments and maintenance adjustments.

Wellness chiropractic: Treatments that are performed when there are no symptomatic challenges, like back or neck pain. These treatments are designed to continue the wellness you’re currently experiencing, similarly to how you maintain a healthy diet to keep your weight in an ideal range.

Maintenance chiropractic: Treatments that help you maintain health advancement you’ve made through chiropractic. While a traumatic event may have first brought you to a chiropractor, you’ll continue your weekly treatments – or as recommended by your chiropractor – in order to maintain the gains you’ve made in lessening pain, reducing the number of headaches you experience, or continuing to be more mobile.

Your chiropractor will walk you through the phases of your personalized treatment, advising you on the number of treatments you should receive each week and how to continue your progress at home with various stretches or exercises.

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A Tip from Dr. Stéphane Chillis



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Jim Leger had the bright idea to install permanent led lights under the soffits of his house on Lennox Park Avenue. He worked with his son Alex to decorate the yard. The colours can be changed as desired. PHOTO: JIM LEGER



Gary and Lyne Cape glowing with pride as they hold the first place trophy in front of their beautifully decorated house on Caledon St. They have been decorating their house for over 30 years. PHOTO: PATRICK LAWLOR.

Highlighting the bright lights of Riverview Park

by Pat Lawlor

When you walk the streets of Riverview Park in December you are struck by the beauty of the Christmas lights and decorations on our mid-century houses. This year I decided it would be fun to celebrate the efforts of those who went above and beyond to make our neighbourhood so magical at this time of year.

To do this, I put together a list of judging criteria and drove through the neighbourhood to find the outstanding examples of Christmas spirit. I also polled various Facebook groups for some more opinions about the neighbourhood lights. Once a short list of about ten houses was established, I polled a few more people and took another drive through the neighbourhood with my spouse. It was a tough decision, but in the end the Caledon

house edged out the glowing home on Lennox Park to earn the trophy for Best Christmas Lights in Riverview Park. Both houses stood out not only because of the number of decorations but also for the design and overall impact. Both first and second place winners received a certificate and a tree ornament for their efforts, while a cherry wood trophy now sports the winners' names, the first hopefully of many more to come.

And, speaking of bulbs, if you would like to participate in the organization and judging of a tulip/garden contest in the spring, a Halloween decoration competition, or next year's Christmas light's competition, email me at patrick@exitrealtyvision.ca or call me at 613 791-7288. Next year I hope to put together a variety of categories so that we can recognize the house on the corner of Botsford for their huge Abominable Snowman!

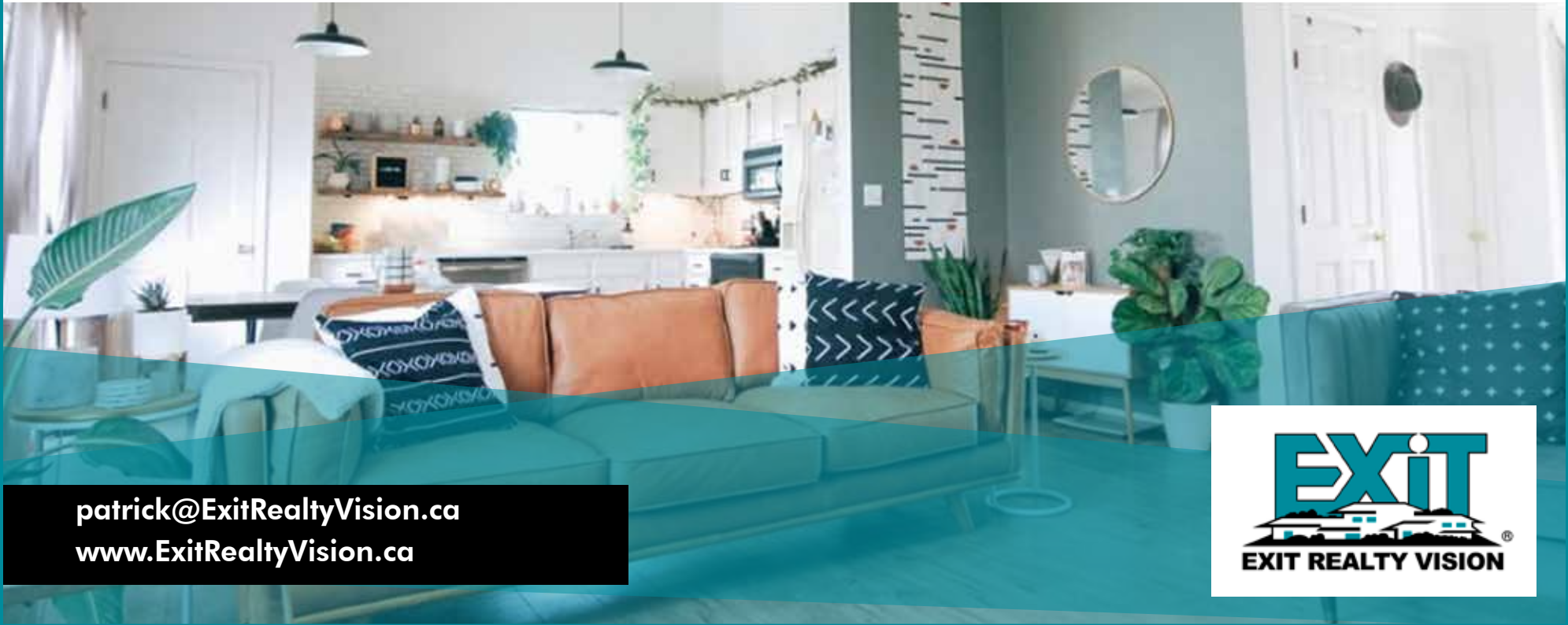


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Getting a dog?

The search for a dog breeder – Part 2 of 3

by Jonathan Sumner

Part 2 of 3 in a series meant to help in choosing a purebred breeder responsibly.

For the purposes of this article I will focus on what you need to ask the breeder, and some potential red flags to look out for.

In general, a breeder will have a website with information available. This is a sign of a legitimate breeder with a presence in local and national breed clubs. A breeder will be proud of their line of dog and have pictures, litter updates and often a waitlist.

You will want to start by looking at the general line of questioning;

- How long have you been a breeder, and how long have you bred this specific dog?
- Where do you keep the puppies?
- What is the health and behaviour history of this line (parents, grandparents, etc)? The breeder should be able to tell you about the dogs going back a couple of generations.
- Is there a guarantee and a contract of sale?
- Have health screenings been done on the parents?
- Can you provide references from the owners of puppies from previous litters?
- What happens if I can no longer keep my dog?

This is a highly condensed version of the questions you will need to ask (Google a complete interview form of a dog breeder). At all points of the conversation the breeder should be able to give you detailed answers. The breeder will expect that you have researched common characteristics about the breed and be familiar with their temperament and health in advance.

While interviewing the breeder you would do well to gauge the answers and write them down. You will want to identify red flags.

- The breeder doesn't screen you or ask questions about your home environment
- They will not let you visit their kennel or the parents
- The parents have no titles or pedigrees in sport or show
- They cannot produce paperwork (detailed health records and vet records for the parents)
- There is no mandatory spaying/neutering policies in place for you
- They always have puppies for sale, sometimes two or three litters at a time sometimes of differ-

ent breeds

- They will sell puppies at a discount

There are many details to consider in your interview especially how the breeder responds. The breeder will be passionate and direct about the breed, go through all of these questions in great detail and with a high level of pride.

A responsible and professional breeder is always working towards improving the bloodline of the



breed their line of dog. The breeder will want continued communication about training or grooming issues and any or health related items. If extreme behaviors occur such as shyness, reactivity, aggression they will want to know. They consider each litter they produce to be their responsibility for life, and will gladly assist in any way, usually without expecting compen-

sation. In essence the breeder is committing to you as you are committing to the puppy for a lifetime.

Jonathan Sumner is owner and trainer at the Ruff House where you can request a full list of grooming services for any breed of dog.

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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Forecasting the Oscar Nominations...(and where to find them!)

So, what will be readily available on the morning of February 8th when the names are called? For now, we can only guess, so let's go through what's out and what will be out by then and what will be out at a later date.

By the time you read this, the Oscar nominations will have been announced. It'll be an exciting time for a few movies and a crushingly disappointing time for more than a few others - because, whether we really care or not in this pandemic world, the Oscars are the awards event of the year.

So, what will be readily available on the morning of February 8th when the names are called? For now, we can only guess, so let's handicap what's out and what will be out by then and what will be out at a later date.

Sure Bets:

Dune: Should be one of the top nominees of the year, likely receiving 10+ nominations, but most importantly, it should have a place reserved at the Best Picture table (and probably the Best Director table too). A sprawling epic, this is the David Lean of sci-fi movies - and it's directed by a Canadian!

Kristen Stewart - *Spencer*: Even money on Stewart receiving a Best Actress nomination for this, so when it's officially announced, come on in and see what the hype is about.

Will Smith - *King Richard*: Once again there's (almost) no question Smith's name will be called



Dune



Belfast

as a nominee on the 8th - and it wouldn't surprise many if he wins too. Great performance in a very good film.

Belfast: Rumoured to be coming out mid February on DVD - which is perfect timing considering this will be nominated for Best Picture (and a slew of acting awards as well as director). The buzz is that this will be head to head against Dune



King Richard

and *West Side Story* for Best Picture...so you can see at least two of them before the ceremony in March.

West Side Story: Due on video in March. Nevermind the nomination, this one might go all the way and win Best Picture and at the very least is a slam dunk to be standing next to *Belfast* and *Dune* as front runners at the 2022 Os-

cars. And you think the Academy will give up a chance to have one of the greatest directors of all time nominated in six different decades? Me neither. Congrats Mr. Spielberg, you've done it again!

Dark Horses:

Nicolas Cage - *Pig*: Can an actor go from making the most profoundly bad movies of the decade to receiving an Oscar nomination? You bet. Although, what looked like a 'sure bet' a few months ago has lost steam enough to make Cage a dark horse bordering on a long shot. Still, this is a haunting, soulful performance that Academy voters tend to like, so stay tuned.

Jennifer Hudson - *Respect*: Not quite a 'sure bet' for a nomination, but very close. Hudson's take on Aretha Franklin was a deep, layered performance at times showing her vulnerability and others her power through her amazing voice. I'd tend to say you'll hear Hudson's name announced, but it's not set in stone.

Jessica Chastain - *The Eyes of Tammy Faye*: Oscar loves a biopic - and they love a great actress who buries him or herself into the role - and that's exactly what Chastain does here. It's a quirky performance that should put Chastain on the short list.

King Richard: Can Will Smith's vehicle overcome tepid box office to garner one of the precious Best Picture slots? I'd put the chances at 70+ percent, so...yes, probably is the final answer.

Long Shots:

Tim Blake Nelson - *Old Henry*: Probably not going to happen, but there's been a light buzz around his snarling, gnarly performance in *Old Henry* - and it's been on disc for a few months now which can only help come Oscar voting time. At the least, this makes Nelson a legitimate lead actor, at the most, this is Nelson's Oscar nomination.

Jodie Comer - *The Last Duel*: Told through three points of view, Comer had to make sometimes minute changes to her performance in each one to convey the differences - and she had to make it work. And because she did, she could find herself an Oscar nominee for the first time.

Stay tuned on February the 8th to see what happens - and then drop by Movies 'n Stuff!

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A message from Councillor Jean Cloutier to Alta Vista Ward Residents

Dear Neighbours,

Seeking a third term as your Councillor is a decision to be made well before the electoral cycle begins. Spending time with my family through a second holiday season in this ongoing pandemic gave me a clear perspective on where I would like to spend more of my time – with my family and, when allowable, with friends.

After giving much thought over the holidays to the upcoming election, I have decided not to run for City Council in 2022.

It has been an honour to serve Alta Vista over the past two terms. I have been able to accomplish many of the goals I set out to achieve when I first ran, and to respond to the challenges which arrived unannounced, as they so often do.

Together, we navigated the beginning of a global pandemic when we all had more questions than answers. We bumped elbows, waved from windows, laughed and cried on Zoom, found our mute buttons and delivered food to our neighbour's doors.

We managed to achieve a Social Contract for Heron Gate, far-reaching and the first of its kind in Ontario. It has laid the groundwork for community expectations of developers in Ottawa and set a bar which I hope others continue to raise. Heron Gate is a beautiful community with an endless well of heart and potential.

We declared a Climate Emergency and a Housing Emergency this term. We achieved more funding for our wonderful community partners doing excellent work in social work and expanding our mental health strategy.

Ottawa continues to build on an important rail transit system, and despite all the headaches, heartaches, and frustration, I am convinced that it will one day be the world class system we all hope for.

Alta Vista achieved more engagement and more alterations on the Official Plan (OP) than any other Ward. We made tough decisions and fought hard for a better outcome than what we were offered. But it requires thinking beyond our own backyards and even beyond our own generation. This continues to be a significant challenge for many of our neighbours, particularly going into the Zoning Bylaw Review. By working together and finding solutions, we will be able to navigate this process and achieve a better more sustainable community for all.

Alta Vista is a dynamic and exciting part of the city, and I am proud to be a part of it. People want and need to be more involved in their communities. More so, it is young people, new families and new Canadians who are finding ways to affect change in their neighbourhoods. They are challenging the status quo, establishing volunteer groups, pushing the dialogue, and building better, more sustainable and equitable communities. I have learned a lot from them and hope to continue engaging with them in a different role.

I appreciate the productive and thoughtful exchanges I have had with residents, and the resiliency and commitment of our seven volunteer community associations. They are invaluable in community involvement. I am profoundly grateful to my family who has supported me throughout this journey. I am also excited to see where the future will lead me. In the meantime, I will continue our work and I very much look forward to participating in the 2022 election with my neighbours, as a constituent once again.

It is a privilege to be of service.

Jean Cloutier

Conseiller / Councillor Jean Cloutier

110, avenue Laurier Avenue West / ouest, Ottawa ON K1P 1J1 | 613-580-2488 | jean.cloutier@ottawa.ca

When I first heard about Toastmasters I didn't understand what it was about

by Karina Smith

Why would people need to learn about making ‘toasts’? Who does ‘toasts’ anymore anyway? And why do they have rules and regulations overseen by an international organisation?

I was confused

Then a Toastmaster friend was kind enough to explain. He said that Toastmasters is about teaching you to develop skills in public speaking and learning to be a leader. So I thought OK what do I need to learn that for? As a teacher and an Officer in the Canadian Armed Forces, I thought I was used to being in front of people, presenting different topics and relaying information. Surely there was nothing new I needed to learn from Toastmasters.

I was perplexed

Teaching familiar subjects is completely different than presenting an organized speech to people



you don't know. You would not think so, but I learned when giving a speech at work that it is definitely not the same thing at all. I had prepared, reviewed and rehearsed the speech, but I was not really comfortable with the material. During the presentation, I felt nervous, like I had lost all my skills, and I was even scared to look at the audience. To make it even worse I noticed after I started that I had lost the last two pages! It was horrible! I promised myself that I would never allow myself to be in that kind of humiliating situation again.

I was motivated

Fast forward to when I walked into my first Toastmasters meet-

ing on a cold February evening in 2017. I was immediately welcomed by people who were happy to see me, a stranger that they had never met before. Being an introvert by nature, this welcome felt strange, unusual, but good at the same time. Now I know that it is through these small and supportive club environments that each new member starts their journey. Each will follow one of eleven tailored Paths that form the TM education program. We all develop our own presenting skills, building our self-confidence and leadership skills by trying and practicing, and while learning how to give/ receive feedback. Yes, I am learning all the important skills that provide me with a significant edge in my workplace.

I was impressed

For me, Toastmasters is more than giving prepared speeches. Every week, I get a unique opportunity to get to know and learn from different people who I would have not met on my own. By listening to other people's stories and their ideas allows me

hone my listening skills. That in turn builds my confidence and makes me a better leader.

Since I joined Toastmaster, I have learned more than a few things about the art of public speaking, but, I have also learned more about myself as a professional and as a person. I know learning needs to be my lifelong process so I am looking forward to continuing my personal development and by giving back to others in my club.

Join me!

If you ever have the opportunity to attend a Toastmasters meeting, go. It is never easy to join a group, but I promise it will be worth it. Remember: Toastmasters is not about the ‘toast’.

Karina Smith is the Vice President, Public Relations for Good Morning! Ottawa Toastmasters who meet on ZOOM, weekly, every Thursday mornings at 7:15am. If you are interested in taking part in a Toastmaster's session, please contact us at: <https://goodmorning.toastmastersclubs.org?contact>



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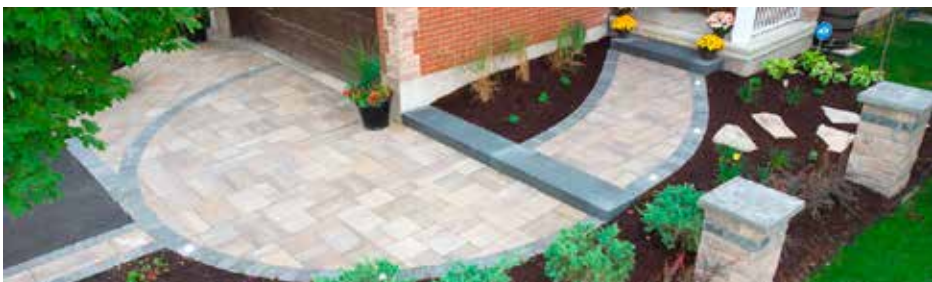


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Songs for pandemic times

by Brian McGurrin

“*“Oh, the good life, full of fun seems to be the ideal...”* The Tony Bennett signature song from 1963 titled *The Good Life* consists of just a simple eight lines of verse, and Bennett sings them so engagingly that we hardly notice the irony.

If you think that living a life full of fun and being “*free to explore the unknown*” is the essence of the good life, then, as he says, you need to wake up, and kiss that kind of good life goodbye - because it means nothing if you’re missing out on close and enduring **human relationships**.

Not surprisingly, Tony relates this to a romantic relationship, and I totally agree, but of course it’s equally true of a wider variety of relationships such as those enjoyed with friends and family, and extending even to a sense of general benevolence toward humanity.

Carole King tells us that her 1971 hit song *Beautiful* came to her in a flash as she rode the New York subway one morning and observed the everyday frustrations in people’s faces. King declares that she’s looking for, “*the reason for the sadness in a world, where tears are just a lullaby.*” Why a lullaby? Because in a world where many people may be crying themselves to sleep every night, she wonders if, “*maybe love can end the madness? Maybe not, oh, but we can only try...*” Her message is that love is its own reward: “*You’re gonna find, yes you will, that you’re beautiful as you feel.*”

I sometimes glance at the website *songmeanings.com* which invites the opinions of website users, and I think that one of the comments on this song bears repeating. “*I’m going through a tough time right now and Ms. King’s song ‘Beautiful’ is my strength I hang onto.*”

When people say things like: “*I’m going through a tough time*”, I suspect that they’re often making an understatement. Tough times seem to be always there, or, who knows, maybe just around the next corner, for you or your friends or your family. My wife’s grandmother and her seven months unborn child died during the Flu Pandemic of 1918, and our parents suffered greatly during the Depression of the ‘Thirties and two World Wars.

Canadian superstar Buffy Saint Marie expresses the same ideas in the broadest possible terms in her confrontational 2015 song *Carry It On*:

Hold your head up...
Lift your heart to your own home planet..
What is your attitude?
We’re only here by the skin of our teeth as it is
So take heart and take care of your link with life and
Oh carry it on...

Our esteemed RPR editor reacted with apparent shock when I suggested the inclusion of *Always Look On the Bright Side of Life*, as a suitable song for pandemic times. As you may be aware, the song was performed by Eric Idle as he hung from a cross in the closing Crucifixion scene of *The Life of Brian*, a rather sacrilegious Monty Python film from 1979. I recall that the two dozen or so other prisoners being crucified at the same time all made sporting efforts to dance in time to the music despite being constrained by the condition of being nailed to crosses.

With respect to the suitability of the song I might mention in passing that it has since become a common sing-along at public events and funerals, touching as it does upon the stoicism and the “stiff upper lip” spirit in the face of adversity, so often associated with British people.

In closing, I think that followers of *Monty Python’s Flying Circus*, particularly their legendary *Dead Parrot Sketch* which first aired in December 1969, will be delighted by the following [abridged] notice that appeared in the Obituary section of the *Ottawa Citizen* on January 3, 2022.

“*John Garvin Easson of Ottawa, Ontario is an ex-parrot. He is no more. He fell from his perch on December 26, 2021, at his home. He was with his loving wife of almost thirty years, Valerie Mae Easson, who will now be able to purchase the couch he had refused to let her buy because they already had one.*

“*He was preceded in death by his tonsils, teeth, half a left lung, his spleen and the KIA 2014 Sorrento; however he did depart with a great head of hair.*

“*He was the recipient of the Order of the British Empire, but didn’t know why.*

“*Cremation will take place at the family’s convenience. John stated in his notes to Val that he prepaid for said Cremation, at a considerable savings, thus allowing his wife to buy that couch.*

“*Mike, Tricia and Val have composed this Obit, keeping John’s unique sense of humour in mind. Special thanks to The Queen and Monty Python.”*



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Thorns among the roses

by David Knockaert

One of the very few silver linings of COVID is that it has forced open a window to the messy nature of public policy making. We see almost daily that COVID decisions often need be taken without full information or guaranteed results. We have also been left with no choice but accept that a decision which benefits ourselves may well harm someone else. Yet this messiness is not limited to COVID. Balancing pros/cons is the nature of policy making, a nature politicians often seek to obscure. Were this openness extended to other areas, we would have a more informed public which may facilitate better policy. Below are a few examples of the balance underlying, but often hidden, within municipal transport policy making.

The City has agreed to substantially reduce surface parking lots in the downtown core to aid the environment, expand bicycle/transit use while creating space for density development. But this will almost certainly increase the volume of on-street parking. Studies confirm street parking adds complexity to the streetscape, impairing the ability of drivers to process infor-



PHOTOS: DAVID KNOCKAERT

mation, leading to more accidents. Ironically, this parking policy may harm some of the same cyclists it seeks to serve.

The City promotes the transition to 15 minute/car-free communities as a means to improve the environment and physical health. To deliver on this objective the City already significantly restricts parking in high rise rental buildings. Yet this policy has a disproportionately adverse affect upon those less physically able to walk or bike (seniors, families with small children, partially disabled) and by limiting car ownership the policy hampers independence and can lead to social isolation. It also bears serious opportunity costs - many occupants of rental buildings are low income where lack

of mobility hinders their ability to secure alternate/additional employment, restricting opportunity for economic improvement. And it principally targets urban dwellers though they typically drive far less than suburban or rural residents.

Most people agree that lowering speed limits on residential streets is good since it reduces the risk and consequences of accidents. Yet operating a vehicle at sub-optimal speeds and employing bumps/traffic sticks to interrupt speed consistency both result in higher particle emissions which harms the environment. Acknowledging such downside risk is unlikely to alter public support for lower residential speed limits, but airing those risks may spur useful debate if and as the conversation transfers to

higher trafficked streets. The City has approved plans to convert detached houses into multi-unit dwellings where parking will either be restricted or prohibited. This invariably will lead to more residential on-street parking. A US Institute for Transportation Engineers study analyzed five variables: vehicle volume, vehicle speed, parked vehicles, total pedestrians and multiple-family housing to determine which posed the greatest risk to child pedestrian injuries. In high volume locations vehicle speed was the principal risk. But on streets with lower traffic volume, parked cars and the presence of multiple family residences posed the highest risk. Acknowledging these risks may warrant limiting the housing conversion to only residential streets with higher traffic volumes. None of the preceding is to imply the City policy decisions are necessarily wrong. It is simply to say the City needs to do a far better job of articulating the full range of anticipated consequences. For the most part, the public has managed COVID decisions with grace and understanding. We deserve to be treated as mature enough to assess the risks along with the benefits.



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ESSENTIAL HEALTH

Covid-19 Long Haulers – massage can help



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

As we continue to move through this pandemic, more and more people are experiencing varying degrees of Covid exposure. For those who contract Covid-19 and recover, many are experiencing lingering symptoms, and are being called Covid “Long Haul” survivors. (<https://www.massagemag.com/covid-19long-haulers-125949/>)

The types of symptoms that linger can be mild to severe and include fatigue, breathlessness, headaches, cough, heart palpitations, joint and muscle pain, and depression. The longer and more severely a person was sick with COVID-19 means that there could be a lot to ‘undo’ in order to fully recover. Massage therapy can help manage and work through these difficulties.

How massage can help with

muscles and joints is obvious, however, what might be less obvious, is how massage can help with cough and breathing difficulties.

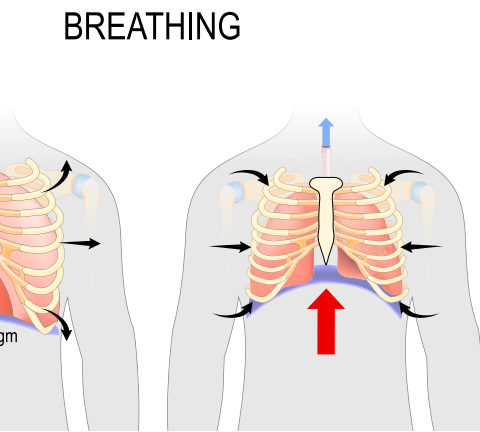
When breathing is “normal”, inhalation opens or expands the small muscles of the rib cage, and the diaphragm moves down to allow air into the lungs. During exhalation, the diaphragm and the muscles of the rib cage contract to expel air from the lungs. For Covid sufferers, as lung tissue is damaged by the virus, the lungs can fill with fluid causing pneumonia, making it harder to breathe. As breathing becomes more difficult, the diaphragm and rib cage muscles become fatigued and over stressed. As a result, the body must rely on other muscles to assist in breathing, including muscles of the neck, upper chest muscles, and back

muscles. This means that all the major muscles of the torso become fatigued, delaying recovery.

Massage to the back, neck and shoulders will help, and will be part of the routine for this type of massage. Your therapist may also talk to you about massage of your diaphragm, which is a little less common for most massage clients. Most people are a little uncomfortable with the idea of someone else touching their stomach; knowing what to expect ahead of time can help prepare you for this kind of treatment.

The diaphragm is a large flat muscle that sits inside the rib cage. It attaches to the back of the sternum, the inside of the lower 6 ribs, and the front to the top 3 lumbar vertebrae of the spine. So how does an RMT treat this muscle? Very gently and very slowly.

Using the client’s breathing and gentle pressure around the edges of the rib cage, the therapist can treat



the front, and most accessible portion of the diaphragm. This gentle massage can help relax the diaphragm allowing it to heal, which in turn can help improve breathing ability, and reduce coughing.

As more research comes out, we will continue to stay informed so that we can provide the best care to our clients.

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.

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What are you reading today?

by Geoff Radnor

Just before Christmas, as we were walking through one of our local supermarkets, I discovered that my wife had picked up a magazine from the rack nearby. It featured many recipes for apples, and showed just how many ways apples can be cooked.

We all know about Moms' apple pies and how delicious they can be. However as our son was home for Christmas he saw a new way to cook apples in the magazine. He made a dozen Apple Cream Cheese Turnovers. Wow! And were they delicious. They were all gone by the afternoon. Where did he learn to make them? It was a Better Homes & Gardens magazine called 'Best Apple Recipes'. It cost \$15.99. (You can buy over 10lbs of apples for that)

Being of a certain age, my mind went back to magazines that I knew when in my teens. To earn a bit of money I took on the job of delivering newspapers from about six in the morning, before getting to school at 8:45am. Besides the various different papers my job included delivering the magazines that had been ordered by subscription. Those were the days before television so the most popular magazine was The Radio Times. Just about every house had a copy of that. When it first appeared it cost two pence, (2 cents). The increasing popularity of TV made my load a bit heavier. The most popular magazines after Radio Times were the two for women, Women's Own and Women's Weekly.

So as I passed the racks of glossy magazines last week in the supermarket I could only think how things have changed over the years. MACLEANS has been *the* news magazine in Canada since it started over a hundred years ago. It is about the only popular Canadian magazine that reports and comments on the news. Its owner, Mr. John Maclean, wanted a uniquely Canadian perspective on immigration, national defence and women's suffrage. There doesn't seem to be much change over the last 100 years on what was news.

It started out as a weekly, then it was bi-weekly, now it is monthly. The news could be a month old by the time you get to read it. The current edition is all about what to expect in 2022. Not too much gloom I hope.

For some years TIME magazine was published with some Canadian content and advertising, but that has not continued. We saw many magazines from the US with such popular titles as LIFE, Saturday Evening Post, LOOK, Good



Delicious Apple Cream Cheese Turnovers from the Better Homes & Gardens magazine. They were the magazine's idea but James Radnor did the work.

Housekeeping and yes, even Sports Illustrated. But now it seems as if the internet has taken over.

You can read Cosmopolitan on your phone as you wait in line for your coffee and muffin at Tim's. But if you really need to have a real magazine in your hand to read, the subjects on the covers have a very wide range. Better Homes & Gardens have other magazines titles such as 'Cottage Style', 'Cozy Small Spaces', 'Getting Organized', 'Do it Yourself' and 'One Pan Meals'. None of these make me pick up the magazine. Why should I, at this age, try to 'Get Organized'? When

I was full of energy and ideas, 'Do It Yourself' may have had some interest, as I was the only one to dig the garden or shovel the snow.

One section that I was overwhelmed with showed magazines that tell me to "Breathe for Well-being" or "How to have the Queen over for Christmas" and "All about a 20 year old movie" while 'The National Geographic' sends me to "Everyday Mindfulness"-(where's that on the map?).

There are some magazines that I find helpful for special occasions. When I was thinking about replacing my 10 year old car, the 'Con-



A young Geoff Radnor delivered The Radio Times at 2 cents a piece over 70 years ago. PHOTO: GEOFF RADNOR

sumer Reports' told me the good and bad things about all the cars available. The current edition is focused on your Wellness Toolkit. Is that what I need to fix my old car, or maybe my 87-year-old body?

Decades ago I had a subscription to 'Road & Track'. It fuelled my dreams about exotic sports cars, but it's not relevant any more. I, like many other magazine subscribers, kept my magazines, stored by year, and made convenient for future reference.

Special editions are common in the UK, as they like to commemorate the many royal anniversaries and events. Some people keep the editions that were published on a very special day. LIFE's edition from November 1963 on the death of President Kennedy is a very special one. Magazines special editions published upon the death of Princess Diana are collectors' items. But the glossy magazines of years ago are now very much slimmer. I can remember the days when VOGUE had close to 300 pages, almost of them ads.

Some of the biggest selling magazines today focus on the British royal family. What would they do without Meghan, Harry, Kate and William or Prince Andrew? Maybe they should be called scandal sheets, similar to the National Enquirer, but that's a newspaper!

So as I try to stay up-to-date with the goings on around me, plus some of the more interesting things around the world, I am not into magazines any more. Just a couple of newspapers are enough now, although even our local daily is a bit thin on news.

Today's paper was very thin this morning, only 10 pages in each section. Does anyone remember when our daily paper here in Ottawa was over 80 pages? When the hockey teams are not playing because of Covid and the stands are empty, there is very little news.



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Riverview Park Review

SECTION TWO

FEBRUARY 2022

A Voice of Riverview Park

MARCH 2022

Traditions and celebrations help usher in the Year of the Tiger

by Carole Moulton

Wonderful stories and colourful myths are central to various time-honoured festivals in China, and so it is with many of the Chinese New Year celebrations. The name itself in Chinese is Guo Nian, which is said to mean 'celebrate (a new) year' or 'overcome Nian'.

In Chinese mythology Nian was the terrible monster from ancient times whom it was believed came out only on the eve of the new year to eat livestock, crops and even people in the nearby villages. Some said he lived under the sea. Others believed he came from high in the mountains. Descriptions of Nian varied widely but what almost everyone seemed to agree upon was that a wise old man discovered how the colour red, loud noises, and fire could be used to scare away this terrible creature.

The significant discovery by the white haired man had people begin hanging red paper decorations from their doors, burning lanterns throughout new year's eve, and



crackling bamboo (later replaced by firecrackers) to forever frighten away the heartless beast. These traditions continue to this day. And while the actual beginning of Chinese New Year is unknown it is believed to have a history of about 3500 years.

Celebrations for The Year of the Tiger 2022 could well consist of many of these long-established customs among others.

Tiger on the Chinese Zodiac is the third of 12 animals and thought to be a symbol of power and lordliness in the Chinese culture, with their personality and character traits differing according to the var-

ious elements of wood, fire, earth, metal and water. Someone born during this 2022 New Year will be a Water Tiger. Strangely, your zodiac year does not mean that it is lucky but a year in which you need to practise caution.

Tigers are said to be born leaders with an excellent organizational ability and brilliant communication skills. They are considered brave, competitive, and self confident. Good career choices for a Tiger could include becoming a banker, doctor, economist, lawyer, company manager, journalist, police officer or politician. Their best matches are said to be the Dragon, Horse and Pig.

Chinese New Year begins on Tuesday, February 1 for 2022 and is also referred to as Lunar New Year or Spring Festival. It ends with the Lantern Festival on Tuesday, February 15. Public holidays for Lunar New Year last seven days.

Historically, Chinese New Year has been one of the greatest migration periods during the year as millions of people travel all over the world to be with family for the

holidays. The pandemic may have made quite an impact on this travelling, however many long standing traditions will remain.

Lucky red envelopes will continue to be shared with family and friends, although more often now sent digitally, while people will carry on the wide variety of long time superstitions such as those surrounding the monster Nian.

John Ke, owner of 168 Sushi notes that his family celebrates Chinese New Year and always has. They look forward to the tradition of having special food dishes and the red envelopes are all ready.

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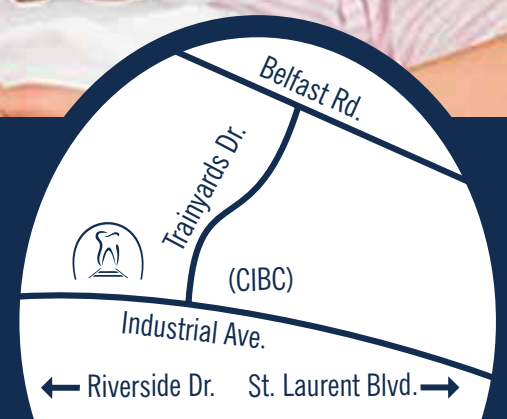
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INTERESTING CANADIANS

The Canadian Army comes to the aid of the Lipizzaner Horses

Bruce Ricketts is a bit of a chameleon when it comes to work experience: a graduate in Medical Technology, former Blood Bank tech at Riverside Hospital (back when it was a real hospital), former technology salesperson in Western Canada, an improv comedy actor, a certified commercial diver, a business owner, author, historian, food service supervisor at Canadian Tire Centre, Metro Store cashier, a Licenced Private Investigator and now, a budding screenwriter. Oh, and let's not forget... a shy and unassuming grandfather with a well-developed sense of humour.

One of his biggest strengths is feeling comfortable around new people and having them feel comfortable around him. This strength has allowed him to uncover stories that are seldom, if ever, known about interesting Canadians. He takes the stories he hears, does diligent research and writes for the enjoyment and enlightenment of readers, including those of the Riverview Park Review.

by Bruce Ricketts

Recently there has been a lot of press surrounding problems in our military. Whether it is impropriety in the senior ranks or harassment throughout the ranks, the news is seldom good, and it skews our impression of the men and women who serve and protect our country.

There are good news stories that get slight notice by the press. The handling of the Oka crisis back in 1990 comes to mind. So do the numerous responses to climate crisis in the last number of years.

And then there are stories which go completely unnoticed and untold.

I am currently working on a



PPCLI Capt. Steve Murray with several of the Lipizzaners who were helped by Canadian generosity.

screenplay for a documentary the subject of which happened back in 1993 in Serbia, part of the former Yugoslavia which had a violent breakup in 1991. Some of you might remember that our military was part of a United Nations peacekeeping force, UNPROFOR.

There were several six-month rotations of Canadian troops from the Princess Patricia's Canadian Light Infantry (PPCLI). The incident of which I want to tell you happened during the second rotation (ROTO 2).

In 1991, a battle between Croats and Serbs took place near the town of Lipik, Croatia. Lipik was the home of a very special horse stable... the famed Lipizzaner stallions. The stable was destroyed during the fighting. Following the battle, the horses were moved by Serbian troops to another stable near Nova Sad, Serbia, where they remained until 2007.

In 1993, UNPROFOR ROTO 2, under the command of LCol Jim Calvin, was called upon to provide



PPCLI Capt. Steve Murray with Pte Erickson and the badly needed supplies. PHOTOS SHARED FROM THE PERSONAL FILES OF LCOL STEVE MURRAY.

some much-needed humanitarian relief for the horses. American embargoes placed on Serbia had caused a major lack of medicines and special feeds for the horses in Serbia. The horses were in peril.

When LCol Calvin was made aware of the problem he contacted

a veterinarian in Winnipeg who began to collect medicines and other supplies at her office. Once she had collected a stockpile, it was arranged with Air Canada to fly it to Vienna, Austria. The flight was met by PPCLI Capt. Steve Murray, with driver Pte SJ Erickson, in a rented Volvo. The rental was made necessary when the Austrian border police would not allow his UN vehicle to enter the country. He collected the supplies and returned to his base in Croatia. He then prepared for the possibly dangerous trip south to Nova Sad. For this he borrowed a colleague's Jeep Cherokee.

The trip to Serbia went off surprisingly easy. Armed with orders from the Commander of Sector West and a translator, Capt. Murray and his team made it to Belgrade where they met up with the Canadian Military Attaché, Col Pat Crandall. The next morning, Murray was given an escort to the farm which housed the stallions and delivered the much-needed supplies. The return trip to his base was not as straightforward. Croatian aggression in the southern sector of the UN Protected Area (UNPA) caused a great deal of tension in the western sector where his base was located. The good deed was done.

There was no official acknowledgement of this event either by the Canadian military nor the UN and this story has never been told.

This and another UNPROFOR story (the events in Sector South which ended in ethnic cleansing of Serb civilians) will be coming to you next year... if I can raise the funding for the screenplays. (<https://www.gofundme.com/f/do-the-right-things-screenplay>)



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



Words of Hope

Enjoy words of hope and positive thinking at Oakpark

As we say our farewells to 2021 and reflect on what the year has brought us; we see an incredible movement forming for 2022, Hope! The residents at Oakpark believe in this movement so much so, that they've begun an art project entitled "Words of Hope for the New Year". The goal of this project is to remind each of us of the importance of hopefulness, and the power of keeping an optimistic attitude.

Our residents have been keeping busy with safe and modified activities that all can enjoy. Some of our recent favourites include Comical Canadian Trivia, Winter Scene Window Painting, and Socially-Distanced Charades. It's not uncommon to see our activities team engaging with our residents by tapping out a scene from "Singing in the Rain". One thing is for certain, Oakpark Retirement Community continues to do everything possible to keep residents safe, happy,

and connected.

With the recent snowfalls we've experienced here in the Ottawa area our Winter Stay program is gaining momentum. Winter Stay guests enjoy fully furnished suites, chef-prepared meals, and fast reliable WiFi to stay in touch with friends and family while they enjoy the winter months. Oakpark has welcomed some fantastic new residents that are enjoying everything retirement living has to offer, and have quickly become regulars at our daily activities and live entertainment showings.

Whether you are considering staying with us for a few weeks, a few months, or making Oakpark your new home, we're here to make the transition to Retirement Living as easy as possible.

Contact our Marketing Manager - Josh Dubovie at (613) 260 7144 or by email at jdubovie@riverstoneretirement.ca for more information.



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BOOK REVIEW

Flavours of Home

Local resident promotes a “marvellous new cookbook”

Reviewed by Tim Mark

LePhan Luong and his wife Ginette are well known to the Riverview Park community for their volunteer work. Ginette is active with the Trinity Church Community Garden project. LePhan works with Ottawa’s Vietnamese community and is a Neighbourhood Watch Block Captain. Both deliver this newspaper regularly to their neighbours. LePhan remembers arriving fifty years ago in the depths of one of Ottawa’s most memorable cold and snowy winters. He made his career with the University of Ottawa as an accomplished graphic artist.

Now retired, LePhan helps Ottawa’s Ethno-Cultural Seniors Network. Their latest project is *Flavours of Home: Ottawa’s Ethno-Cultural Seniors Cookbook*. It is published in conjunction with the Social Planning Council of Ottawa

Flavours of Home is a lavishly produced cookbook featuring recipes from 21 countries including India, China, Iran, Sri Lanka and Trinidad. Why not tantalize your taste buds with any of these dishes?

•Haitian beef and pumpkin soup

- Sri Lanka mango salad
- Baked eggplant
- Trinidad curry chicken
- Quesillo (milk flan or flan caramel)

Whatever your taste or preferences there is something for you

So for a change, instead of that takeout pizza or burgers, spice up your cooking and support a good cause. Proceeds from the sales of *Flavours of Home* go to the Social Planning Council of Ottawa (SPCO) and the Ottawa Ethno-Cultural Seniors Network and their “dedicated volunteers... delivering culturally responsive programs that reduce isolation and address mental health elder abuse, support for home visits “and other services (as the SPCO states).

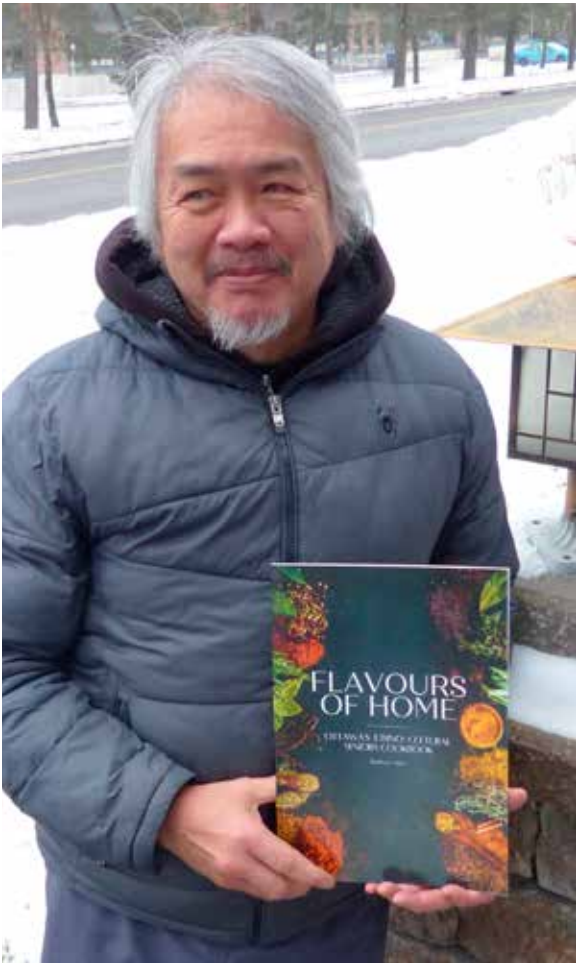
Sales are brisk

Flavours of Home is available from the Social Planning Council of Ottawa online at <https://www.ocphe.ca/shop/p/flavours-of-home>

Or phone (613) 236-9300

On the website you will also find an interview with CBC’s Ottawa Morning Robyn Bresnahan featuring *Flavours of Home*.

LePhan reports that sales are brisk. The cost is \$40. Shipping is free to local residents



LePhan Luong shares his book, *Flavours of Home: Ottawa’s Ethno-Cultural Seniors Cookbook*. PHOTO: GEOFF RADNOR

Vaccines Work

I encourage everyone to continue to book a vaccine appointment for your first, second or booster dose and follow public health measures to manage your risk. Getting vaccinated is the best way to protect yourself, your loved ones and our communities from COVID-19 and the highly-transmissible Omicron variant.

You can book a vaccine through:

- the provincial vaccination portal (<https://covid-19.ontario.ca/book-vaccine/>)
- by calling the Provincial Vaccine Contact Centre at 1-833-943-3900
- participating pharmacies (<https://covid-19.ontario.ca/vaccine-locations>)
- mobile or pop-up clinics (visit Ottawa Public Health <https://www.ottawapublichealth.ca>)


Please continue to listen to the advice of Public Health experts:

- Wash hands frequently and wear a well-fitting mask
- Practice physical-distancing
- Stay home if you are not feeling well
- If you are concerned or suspect you have the virus, call:

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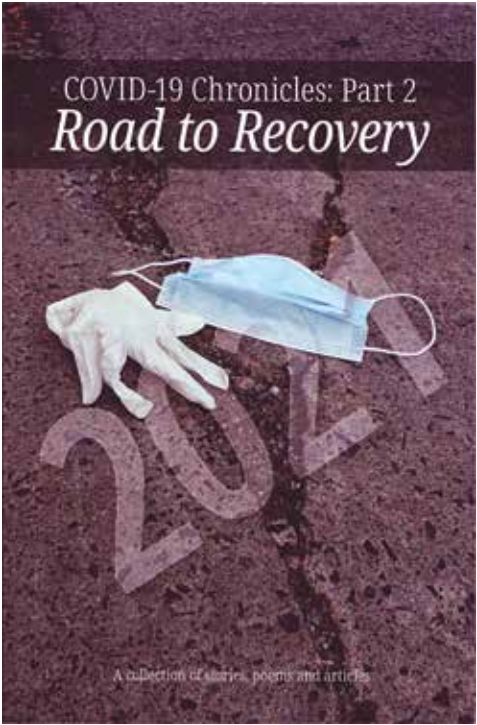
BOOK REVIEW

Extract from COVID-19 Chronicles-Road to Recovery, a charitable anthology published by the Ottawa Ethnic Media Forum and dedicated to frontline workers. Selection of this contribution is by Bill Fairbairn, who also contributed an article to its 93 pages obtainable at the Ottawa Public Library for \$20.

by June Coxon

Remember eating in restaurants filled with happy chattering people all seated close to each other? That's something we haven't been able to experience for many months. But reading the announcement of Dave Smith's death in the paper last year brought memories from years ago when I worked at what was then called the Department of Manpower and Immigration.

The department had offices in the Bourque Building at the corner of King Edward and Rideau streets and across the road on Rideau Street in a yellow two-storey building next to Nate's Delicatessen. Nate's is where we usually ate lunch and sometimes had our two coffee breaks. We enjoyed the tasty variety of food on the menu – lox and bagels, chopped liver, potato latkes and particularly the smoked



meat were some of our favourites. We also liked the friendly staff that included a cheerful waitress who called regular customers by the food they usually ordered.

By the time we were going to Nate's it was much larger than when the Smith siblings Dave, Freda and Jack founded it at 316 Rideau Street

in 1959. In the beginning he had just six tables, but soon expanded to seat more than 200 people.

The deli named Nate's after one of the Smith siblings, was open from 6 a.m. to 2 a.m. and quickly became a popular eating spot frequently attracting not only hundreds of local residents but numerous celebrities too. Photos on walls attested to Princess Diana, Liberace, Rich Little and Pierre Trudeau.

Freda often sat next to the deli's display case filled with a variety of tempting food items across from the register by the front door.

Next to Nate's was another restaurant called the Rainbow, run by a man named Eddy. We often ate there too. But if Freda noticed us crossing the street and walking past Nate's she would quickly leave her post, stand on the sidewalk in front of us with her hands on her hips taunting and teasing us by saying "So we're not good enough for you?"

When the Rainbow closed, the owners of Nate's bought the building, redecorated it, changed the

menu and renamed it The Place Next Door. A more upscale version of Nate's deli, it too soon became a very popular spot to eat until it closed in 2007.

Nate's Deli closed its Rideau Street location two years later on May 31, 2009, the deli's 50th anniversary. But it wasn't long before the familiar Nate's sign reappeared. The new delicatessen opened in 2013 at Queen and Lyon streets.

Although there are now several Nate's delicatessens in town none have the same atmosphere generated by the presence of Freda, Jack and Dave.

Going to a restaurant for a meal has been a rare event since March 2020 and mingling with large crowds of people just hasn't happened. But as more people do what is required to prevent the virus from spreading, like being vaccinated, more COVID-19 restrictions can be relaxed and experiences we once took for granted, like dining at a restaurant with groups of friends or co-workers and creating new memories, will be able to happen again.

June Coxon, president of the Media Club of Ottawa, is an award-winning Ottawa freelance writer.



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The Alta Vista Library and Elmvale Acres libraries are open, and many in-person services are now available. For the most current updates as well as information about available services, please visit www.biblioottawalibrary.ca or call 613-580-2940.

The Library has temporarily adjusted its' hours of operation, given the uncertainty of the pandemic and current staffing pressures. Until further notice, the Library's hours are:

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

HOLIDAY HOURS

CLOSED Monday, February 21st for Family Day.

Please note the UPDATED 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 as 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. Reservations can be made either at the branch or online from home. Computers will be cleaned regularly.
- Until further notice, all furniture has been removed, with a few exceptions. Please limit your time in the Library and enjoy your Library materials at

home. No studying or tutoring is permitted at this time because of physical distancing requirements.

- Meeting and program rooms are not available. In-person programming has been suspended until further notice due to regulations on indoor gathering limits. Virtual programming will also continue for all ages online.
- The outdoor book drop is open 24 hours a day, 7 days a week.
- Museum passes will be available again starting the week of January 31st as local museums reopen.
- Gatineau Park ski passes are still available on a first-come, first-serve basis.

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

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

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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.

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If you would like to have a paper copy of your proof of vaccination and/or QR code, free printing of these documents is available at any branch of the Ottawa Public Library. Staff are available to help with printing and copying. Please have a valid green Ontario health card with you to access the provincial system. Currently, no proof of vaccination is required to enter public libraries.

CHILDREN'S
AND TEEN
PROGRAMMING

In-person programs are currently not available due to the COVID-19 pandemic. We continue to offer virtual programs, listed below. Virtual programming will continue. Please visit <https://biblioottawalibrary.ca/en/program> or visit the branch in-person for the most up-to-date information.

Please check the website regularly for information about upcoming virtual programming for children. You can find the program listings, Zoom links and registration under the listings on our website at <http://www.biblioottawalibrary.ca/program>.

Online Bilingual Storytime/Heure du conte bilingue en direct – Wednesdays at 10:30 AM / les mercredis à 10h30. Ages 6 and under / Pour les 6 ans et moins.

AWESOME AUTHORS / CONCOURS D'ÉCRITURE SUPERS AUTEUR(E)S Poetry Workshop with spoken word artist Apollo The Child – Saturday, February 5 at 1:30 PM. Ages 13 to 18.

Comment devenir un super bédéiste avec l'auteur Éric Péladeau – le samedi 5 février à 15h30. Pour les 9 ans et plus.

How to become an awesome comic book writer with author Éric Péladeau – Saturday, February 19th at 10:30 AM. Ages 13 to 18.

Short Story Workshop with author Amelinda Bérubé – Saturday, February 19th at 1:30 PM. Ages 13 to 18.

Comment devenir un super auteur, avec l'auteur Pierre-Luc Bélanger – le samedi 19 février à 15h30. Pour les 13 à 18 ans.

ADULT
PROGRAMMING

In-person programs are currently

not available due to the COVID-19 pandemic. We continue to offer virtual programs, listed below. In the meantime, 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.

BLACK HISTORY MONTH Sound in Living Colour with Kathryn Cobbler (Music and Painting) – Wednesday, February 9th at 3 PM.

CROISÉE DES MOTS Gabriel Osson – mercredi le 16 février à 19h.

Michel Thérien – mercredi le 16 mars à 19h.

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.biblioottawalibrary.ca/isolation-recreation. A valid Library card is required. For assistance, please call Info Service at 613-580-2940 or email infoservice@biblioottawalibrary.ca.



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A self-made postal treat is Katie

by Bill Fairbairn

Katie Armstrong is supremely happy in her small corner postal island at Shoppers Drug Mart despite Christmas rush and the bustle of long lines of people waiting to mail parcels, letters and cards.

“After many years, I can do postal work in my sleep whatever stress there might be,” she confidently told *The Riverview Park Review*, a month after Christmas and her customers had left her corner booth happy and indeed looking forward to coming back with their mail next Christmas.

Katie interacts with her customers again and again and again, happy if they, too, are amenable to a light chat. Just as when training her two permanent postal staff Jessica and Adam and the two casuals on her team, she stresses on interview the importance of total focus and good relations in postal work.

Katie moved from Toronto to Ottawa in 2001 after working at the Eaton Centre Shoppers Drug Mart. After moving she first worked as supervisor and assistant manager at Shoppers in Alta Vista Plaza then, securing her own interviews for postal work, she was hired by Rob Cameron and Wendy Dugas for her present job.

The work wasn’t easy to begin with. “I wanted to be sent on a postal work course, but it was not to be. Lucky for me an experienced postal friend sent me her materials to study. I’m not sure what I would have done without her.” She says this friend, Pat Jones, is a lead hand at Canada Post in Toronto.

Katie has learned curious things about other country traditions and their postal services by interacting with customers. “For instance the States does not have ketchup chips or Coffee Crisp. Australia doesn’t have cinnamon gum and some European countries don’t sell peanut



Above: Katie at work. PHOTO: GEOFF RADNOR. FRONT PAGE PHOTO OF KATIE: KATIE AND HER GRANDSON SENDING A PARCEL TO AUNT PENNY. PHOTO: CHRISTINA ARMSTRONG

butter. One of the most popular foods sent in care packages is Kraft Dinner.”

Another thing is that Cuba has a 1.5 kilogram limit on personal gifts before the receiver is taxed. One customer, who has been donating self-care items to friends for years, always brings her parcels to be weighed before she sends them out. The Oxfam program uses old stamps to defray cost when mailing lots of collectable stamps to their clients. “Their parcels look like a patchwork quilt of postage!” says Katie.

A trick she passes on to customers is to let them know that an international package weighing under 20 grams is much cheaper to send than a heavier package. One can save \$20 by keeping packages light at Canada Post. Another way to save is when one is mailing say

a gift pair of socks. She says to put them in an envelope rather than a heavier container.

For safety reasons, Katie always encourages her customers to take cell phone photos of their non-trackable packages so that they can show a visual to a recipient. She says this has helped post offices around the world to find items. “I like to give full attention to my job and clients especially on costs and the human factor.”

For this writer’s part my international less costly mailing of River-

view Park Review newspapers, each wrapped in a folded sheet of paper with the address typed on them, made Katie wonder if they would arrive safely. I did this on a larger scale as a beginner on *The Jedburgh Gazette* in 1950.

When, last November, Canada Post brought out a commemorative stamp with a photo by Raven Afanador of writer-poet Margaret Atwood with closed eyes, hand on cheek, dressed in black, overlaid with “word after a word after a word is power,” from her poem *Spelling*, Katie was really impressed. Just as she was by Riverview Park professional photographer Robert Bordeau’s 2017 stamp featuring his evocative picture of a tree trunk. Other stamp issues that caught her eye included UNESCO sites with the Rideau Canal on show and a whimsical collection, *Sweet Canada*, showing Nanaimo bars to sugar pie “It caught my eye because they looked good enough to eat.”

Katie has six children and nine grandchildren each of whom help her relax after work. Her granddaughter Maeve, aged 8, and Maeve’s sister Ashlynne, 7, love to mail postcards with her through a website called Postcrossing. It takes them into a worldwide postal community. They have sent more than 100 cards and have received as many from all sorts of different people.

Katie remembers well her own youth at Rolling Acres summer camp in Peterborough with friend Penny Duke Mitchell. Campers mailed letters home to their parents and Katie’s were thought to have the nicest stamps!

EnviroTips® by Kris Nanda

There are many easy and practical steps that people can take to live a more environmentally friendly lifestyle.

Choose an alternative to salt for your slippery driveways or walkways – De-icing salts end up in fresh water bodies, contaminating lakes, rivers and streams and can harm wildlife and their habitat. Salt is also harmful to pet paws. Use coffee grounds, kitty litter or sand to reduce the potential instead of salt.

Go refillable – Buy household products such as laundry detergent, shampoo, conditioner and soap in bulk from local stores that sell or use refillable containers.

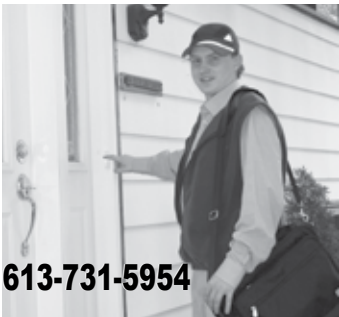
Bring your coffee mug to your local coffee shop – many cafes and business have resumed serving customers in their own reusable cups and mugs (and often provide a discount)

EnviroTips is registered as a trademark by Kris Nanda with the Canadian Intellectual Property Office (CIPO)

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Malcolm and John Harding

Your neighbourhood soccer club turns 50 this year!

The Ottawa Internationals plan to celebrate grassroots soccer in communities across the city with exciting 2022 outdoor programs for young and old alike

by Lorne Abugov

Unquestionably, 2021 was the year Canada gained worldwide recognition as an emerging international soccer power. And while prospects for the national men’s and women’s soccer teams remain bright this year, 2022 is also expected to be a memorable one for Canadian soccer at the grassroots level.

One local soccer club, the Ottawa Internationals, is poised to celebrate its 50th anniversary in 2022. Widely regarded as Ottawa’s “community soccer club”, the Internationals have provided soccer skills training and team opportunities to youngsters and adults residing inside the city’s Greenbelt since 1972.

“We’ve always been an openly accessible and inclusive soccer club - something we are very proud of and see continuing and growing in the years ahead,” says International’s president, Fabio Onesi. “Subject to COVID, of course, we are very optimistic that 2022 will be a great year for getting people out of their homes and onto their community soccer pitch.”

Over its first 50 years, the Internationals have trained many young players who have gone on to play high-level soccer with university and college teams in Canada and the U.S., as well as in pro soccer.

A recent example is Ottawa’s emerging global soccer superstar, Jonathan David, who in the past two years has topped all scorers in the Belgian and French professional leagues and on the Canadian men’s national team. Before he left Canada to sign professionally in Belgium, David trained with the Ottawa Internationals and was the top goal scorer on the Internationals men’s premier soccer team during the 2016/2017 seasons.

The club’s general manager, Graeme Bali, is proud to have had a generational talent like David wear the Ottawa Internationals colours.

“For an amateur club like ours to have had Jonathan for a couple of seasons of men’s soccer here in Ottawa shows our young players that with hard work and talent it’s possible for Canadian kids to excel at the sport.”

But the real strength of the Internationals, Bali acknowledges, is the club’s enduring ability to offer soccer skills training and opportunities to play the game to every person who wants to play regardless of age or ability.



The Internationals are proud of their popular city-wide Developmental Soccer Program (DSP) for boys and girls four years of age up to 12 years of age. SUBMITTED BY OTTAWA INTERNATIONALS SOCCER (OIS)

The Internationals are especially proud of their popular city-wide Developmental Soccer Program (DSP) for boys and girls four years of age up to 12 years of age, which has operated since 1997 and celebrates its 25th anniversary in 2022.

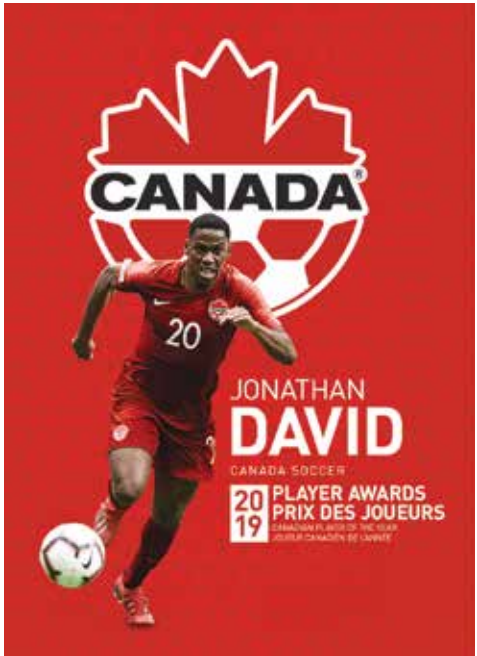
The DSP will return to its community roots this summer at neighbourhood parks and playgrounds. Since COVID struck, the Internationals have been forced to operate DSP entirely at its two centralized turf fields in Alta Vista. The club is pleased that parents can once again enroll their children in DSP soccer at their local community parks and playgrounds this summer.

Within the Elmvale and Riverview Park communities, there are two DSP playing field locations – the grass field at Hillcrest High

School and the Vincent Massey P.S. field. Parents and guardians can select their preferred field location during the registration process, and alternative fields if their preferred field is oversubscribed.

The DSP spring 2022 season - which begins on April 16th and runs to May 7th - features 1-hour sessions on four consecutive Saturday mornings at the club’s centralized turf fields for youngsters in the under-7, under-9 and under-12 age groups. The DSP 2022 summer season – which also offers an under-5 age group – will shift to multiple community soccer fields and runs from the week of May 17th to the week of August 26th.

In addition to DSP for youngsters, the Internationals also of-



Jonathan David, Ottawa’s emerging global soccer superstar, trained with the Ottawa Internationals.

fer competitive and recreational teams and skills training for youth 12 and over, as well as for adult men and women. Renso Vettoretti, the Internationals’ vice president of men’s soccer, looks forward to outdoor soccer kicking off in a few short months. “We are planning to get our youth competitive try-outs underway in March and our adult men and women members outdoors practising in April,” says Vettoretti, who has coached and played men’s soccer with the Internationals for several decades.

Parents can reserve spots for their child(ren) now in the 2022 DSP by registering for the spring and summer seasons. For further information about DSP, including costs, or to register your child(ren) now, visit the Internationals’ website at <http://www.ottawasoccer.com/Default.asp?id=programs-dspprogram&l=1>.

Information on soccer programs for boys and girls aged 12 and older and for adult men and women can be obtained at the Internationals’ website at <http://www.ottawasoccer.com> or by emailing the appropriate club contacts: Men’s: mens@ottawasoccer.com; Women’s: womens@ottawasoccer.com; Youth Recreational: youthrec@ottawasoccer.com; Youth Competitive – Boys: boys-competitive@ottawasoccer.com; Youth Competitive – Girls: girls-competitive@ottawasoccer.com.

COMPUTER TIPS & TRICKS

You can't buy your way out of online fraud

by Malcolm and John Harding, of Compu-Home

Full disclosure: this column is an update of one that we submitted a few years ago. Sadly, it is as necessary and current now as it was back then.

There is no more frequent reason for our telephone to ring than to have someone who has just been a victim of online fraud calling to ask how to get themselves out of a messy and often expensive quagmire of cancelled credit cards and helpless computers.

It is increasingly common for the commercial anti-virus utilities like Norton, McAfee, Kaspersky, AVG and Avast (for example) to offer enhancements such as VPN (Virtual Private Networks) cloud backup, password management, firewalls and safe browsing protection. We are not suggesting that these products don't work, but we have three reservations: most of them are unnecessary, they slow down the function of your computer and they instil a false sense of security. There is NO substitute for a bit of research and give-it-a-

There is NO substitute for a bit of research and...common-sense habits.

second-thought attentive common sense habits.

The crooks are attacking mainly in three ways:

1) You receive the telephone calls from the so-called "technicians" at "Microsoft" or "Windows" or some other recognizable tech industry name; our advice for responding to the phone call is short and simple: Just hang up – without a single word. Don't be polite; don't be angry; don't be mischievous. Any response is going to flag your telephone number as a "live one" and will trigger more calls later. A reputable tech business is NEVER going to call you to report a problem.

2) There are sudden pop-up in-

vasions on your computer display with bright flashing graphics and audible alarms. The smart response to the invasive pop-up is quite simple; shut down your computer. If the screen is disabled and you can't shut down by clicking the mouse in the usual way, press and hold the power button for a minimum of eight seconds. When you restart a minute later it is almost certain that the attack will have disappeared, but when your web browser asks you if you want to go back to the pages where you were when you shut down, the answer is no.

3) You reach fraudulent search results in which web pages are cleverly designed to resemble the support sites of legitimate businesses. This type of fraudulent website is the trickiest of the three. Let's say, for example, that you are having a problem with your printer and you want to go to the Hewlett Packard site to get advice. If the page is not really Hewlett Packard, there will be an early and prominent invitation to call a number. Don't! The fraudulent "report" is always the same: the state of your computer

is worse than we imagined, we are going to have to escalate the issue and it's going to take a lot of money to fix it. If you are at all suspicious, search for the *Google Safe Browsing Transparency Report* and copy and paste the site's URL - which will disclose if that site has a history of problems.

For thoughts on fraud in tech areas and in a wider context as well, the basic information in a booklet on the website of the Competition Bureau of Canada called *The Little Black Book of Scams 2nd Edition* has very worthwhile information and advice to help us keep the bad guys from the door. You can order a copy or read the PDF right there on the site.

Email-based fraud is an entire subject unto itself and we have discussed it in recent columns which are also reprinted in our Compu-Home Blog.

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.



Sign Up for DSP Soccer

NOW REGISTERING

For Boys and Girls ages 4-12

Register Online At: <http://ottawasoccer.com/registration/>

Come join the fun!

The Ottawa Internationals popular DSP beginners soccer program returns for its 25th year of operation and offers soccer technical and physical literacy skills and group activities and scrimmages plus parent participation opportunities. The DSP program will help prepare your kids for all sports and recreation...and this year, we're coming back to your community!!

Get in the Game!

Spring season begins on April 16th to May 7th for U-7, U-9 and U-12 Boys and Girls (all at Hillcrest High and Franco-Cité Turf Fields)

Summer seasons begins on May 23rd to August 26th for U-5, U-7, U-9 at your local community fields (see www.ottawasoccer.com web site) and U-12 Boys and Girls (at Hillcrest High School area)

For more information, email us at dsp@ottawasoccer.com or visit <http://ottawasoccer.com/menu-dsp/>
Everyone Plays/Balanced Groups/Open Registration/Positive Coaching/Player Development/Good Sportsmanship/Lots of Fun!

TAKE A LOOK... EXPLORE LIFE AT MAPLEWOOD

Upcoming Maplewood highlights for February, March and April.

FEBRUARY
Chinese New Year Buffet Tuesday February 1st from 4:30 to 7 p.m.
Chocolate Soirée Tuesday February 8th from 7:15 to 8:15 p.m.
Love is Swinging in the Air Monday February 14th from 3 to 4 p.m.
Winterlude Interlude Events

Thursday February 24th from 11 a.m. to 4 p.m.
MARCH
Chair Yoga begins every Saturday at 10:30 a.m.
Mardis Gras Rendez- Vous on Bourbon Street Tuesday March 1st from 7 to 8 p.m.
Leprechauns Unite Thursday

March 17th from 3 to 4 p.m.
Spring Awakening Social Sweet Re-Leaf! Saturday March 19th from 2:15 to 3:15 p.m.
APRIL
Current Events Lecture Wednesday April 6th from 2 to 3 p.m.
Spring in Paris Tuesday April 12th from 3:30 to 4:30 p.m.

Easter for Peep's Sake! Easter Brunch Buffet Sunday April 17th from 11:30 a.m. to 2 p.m.
Save The Earth "It's the Only Planet with Wine and Cheese." Friday April 22nd from 3 to 4 p.m.
Call Brian today to book a personal visit! 613-656-0556 Ext. 701

Take a trip with traditions around the world

by Rosal Yade, Maplewood Retirement Activity Manager

In a time when travel is limited, and we find ourselves wondering, how can we continue to entertain ourselves going into our third pandemic year, we always have the creative solutions at Maplewood Retirement Community. Our holiday season took us all on an adventure of traditions from many cultures and 12 different areas of our great, big and beautiful world.

Through the month of December, residents enjoyed daily celebrations learning of holiday traditions from: Russia, Germany, Mexico, Italy, Iceland, Ireland, Philippines, Caribbean, Middle East, Scotland, Ireland, England and Japan. Residents

had the opportunity of sharing their own stories and culture with each other at our many events and programs as well.

From making homemade cannolis and enjoying an Italian Christmas dinner with live accordion music, to making our favourite recipe of Tourtière, a French Canadian tradition, we enjoyed it all- with many events and activities in between.

Residents participated in our very own "Book Flood", a tradition from Iceland, where books are exchanged and read late into the evening of Christmas Eve.

A special highlight was raising our pinkies and tea cups in celebration of traditions from England. The perfect place to do this was none other than the annual Holiday

High Tea at the Chateau Laurier.

Another day, residents even danced the afternoon away at our home holiday Mexican Fiesta to the tune of "Feliz Navidad", while enjoying homemade hot churros with hot chocolate.

Whether it was sharing your clan's tartan and sipping on scotch around the fire as we celebrated Scotland traditions or dicing up fruits for our very own homemade rum soaked Fruit Cake, we could dream of spending the holidays in the warm Caribbean breezes, There was no shortage of creative fun which we embraced and enjoyed.

In a world when we feel so limited at times, we still have our traditions, celebrations and best of all,

each other.

As we start a new year of 2022, let's focus on the things that make us who we are, keep us grounded of our family roots, and help us celebrate wonderful memories of years past, with our loved ones. Sharing traditions with each other that have been passed down from generations, makes life that more exciting and creates new memories for all of us.

In our community, much tradition and diversity is represented, and we feel it a privilege to learn and celebrate each other, all year through. We hope you can join us for another year of adventure and customs so we too can learn and celebrate about you and your traditions.



Ottawa checks out 2 million eBooks and eAudiobooks from Ottawa Public Library in 2021

OPL in top 35 public library system worldwide in total digital circulation

OTTAWA – January 14, 2022 – *OverDrive* and *Ottawa Public Library* (OPL) are pleased to announce that OPL reached a record-breaking two million digital book checkouts in 2021. This milestone illustrates the continued growth and importance of library digital lending of eBooks and eAudiobooks, especially given limitations on browsing in branches and other in-person services due to the pandemic. OPL is one of 121 public library systems worldwide that surpassed one million digital checkouts, and in the top 35 in the world for digital lending.

OPL has been providing readers 24/7 access to eBooks and audiobooks for several years through the award-winning *Libby app*, the library reading app created by *OverDrive*. Reader interest and usage has grown every year. OPL also offers express eBooks (7-day loans), eAudiobooks, and French eBooks through various platforms.

Danielle McDonald, CEO of Ottawa Public Library noted that this remarkable level of activity illustrates the increased demand for digital resources from the communities OPL serves. "Ottawa is a city that thrives on knowledge and values innovation, and the Library plays a vital role across the National Capital. We are pleased and proud to be a crucial source for accessible information through eBooks, audiobooks, digital magazines and other digital media formats."



The highest-circulating title OPL readers borrowed in 2021 was *Nomadland* by Jessica Bruder. The top-circulating genre, romance, represents the most popular in a vast catalog that also includes mystery, biography & autobiography, children/young adult, and more.

The top 5 eBook titles borrowed through Ottawa Public Library's OverDrive collection in 2021:

1. *Nomadland* by Jessica Bruder
2. *All the Devils Are Here* by Louise Penny
3. *Where the Crawdads Sing* by Delia Owens
4. *The Law of Innocence* by Michael Connelly
5. *The Guest List* by Lucy Foley

The top 5 audiobook titles borrowed through Ottawa Public Library's OverDrive collection in 2021:

1. *Talking to Strangers* by Malcolm Gladwell
2. *Becoming* by Michelle Obama
3. *Braiding Sweetgrass* by Robin Wall Kimmerer
4. *Where the Crawdads Sing* by Delia Owens
5. *A Promised Land* by Barack Obama

Readers in Ottawa just need a valid library card to access digital books from OPL's OverDrive-powered digital collection. You can use any major device, including Apple(R), Android™, and ChromeBook™. Download the Libby app or visit <https://ottawa.overdrive.com/> to get started borrowing eBooks and eaudiobooks anytime, anywhere.

About Ottawa Public Library
The Ottawa Public Library (OPL) is the largest bilingual (English/French) public library system in

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

About OverDrive
OverDrive strives to create "a world enlightened by reading." Serving a growing network of 76,000 libraries and schools in 94 countries, OverDrive delivers the industry's largest digital catalog of eBooks, audiobooks, magazines and other content through award-winning apps. The *Libby* reading app for libraries is one of *Popular Mechanics'* 20 Best Apps of the Decade, the *Sora* student reading app is one of *TIME's* Best Inventions of 2019, and *Kanopy* is the leading streaming video service for libraries and colleges. Acquired in 2021, *TeachingBooks.net* offers one of the largest catalogs of supplemental materials that enhance literacy outcomes. Founded in 1986, OverDrive is based in Cleveland, Ohio USA and was named a Certified B Corp in 2017. www.overdrive.com

Vincent Massey students carry on the tradition of helping others

by Rayan Sadeghinejad, Grade 7 student, Vincent Massey Public School

The Russell Heights neighborhood and the EF7A and EF7B classes of Vincent Massey are collaborating to provide engaging experiences for the youth. Our Social Action group names this year are Dynamic SOLES and SOLEConnection.

Both groups have already visited Russell Heights to participate in a community clean-up. Under the guidance of Ottawa Community Housing (OCH), they also winterized all of the gardens at the same time. At Vincent Massey Public School, all students participated in the annual Food Drive. They ended up collecting over 2000 boxes of food. As a result of the large donation, the military was called in to do the pick up. This group is currently attempting to create a social media presence on Twitter and Gmail. Business cards and posters are also in the making.

SOLEConnection and Dynamic SOLES have

committed to continue to work on projects in the community. The bike tune-up day will be held in late May, taking gently used bicycles and repairing them to distribute in the Russell Heights community. They are hoping to perform a flash mob to encourage young people to dance more. Finally, February is our time to plan and implement our Random Act of Kindness activity. We are excited about our ideas and look forward to delivering this goal.

You might be wondering, "How can I get involved with this project?" or "How can I learn

more about Dynamic SOLES and SOLEConnection?" They have set up a Twitter account and a Gmail account, which are @DynamicSoles, Dyamicsoles2022@gmail.com or @SoulConnectVM, soleconnection2022@gmail.com. They'll be providing images and updates as we move forward with our projects.

To sum up, the groups are excited to get started, and look forward to seeing the impact in the community along with inspiring student philanthropists. After all, it is a SOLE adventure.



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

N. IBRAHIM PHARMACY INC.
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Tel: 613 738-1445
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McCay
DUFF LLP
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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
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RIVERVIEW PARK PRESIDENT’S REPORT

We meet again, for the first time, for the last time



BRYAN ORENDORFF
RPCA President

I hope you are all staying safe. And I hope I can soon stop feeling like I need to ask if everyone is staying safe. But, we are not there, yet. Once again we are meeting a new variant of this pervasive pandemic, but hopefully, this will be the last major test for us.

Against this somber backdrop, however, we can take heart that our winter fun can now begin again!

For those of you who have not noticed, the wooded trail near the sliding hill was once again decorated, the hill itself is very much active, the cross-country ski trails have been made, and the local rinks are going strong, following a number of weeks of good ice-making temperatures. Let the winter wonderland begin!

Unfortunately, the Riverview



Park Community Association (RPCA) has once again had to cancel more events. We did not do the Carol Sing and we are not planning our regular Winter Carnival. The current situation does not really allow for it.

We are hopeful for the spring to bring about a turn of events, but we will see how that goes. For now, it seems, it is good enough just to see kids taking the bus to school again.

Winter is not all fun and games. It does present some real challenges to many people getting around, and not just because of the inconvenience of the cold. Roads and

sidewalks are a mess and ice will play havoc with our footing for many weeks to come.

If you can, I urge you to please help out those who are in need. Place some extra salt and grit on your driveways and on the City walkways and take your time driving around the neighbourhood. Help someone out clearing their driveway or with brushing the snow off their car. Maybe even help clear some snow off a neighbour’s roof. There is much we can complain about with regard to the City doing or not doing something, but we all have the ability to help one another and make a small difference to someone’s day.

After what we hope to be a delightful winter, will come two election cycles. The provincial election is scheduled for June 2nd and the municipal election is scheduled for October 24th. This means there is an opportunity to get our community wish list together so our priorities have a greater chance of provincial and/or City funding.

The RPCA is an apolitical body, but that does not mean we can’t ad-

vocate for community investment and key projects that will make a difference. If you have any investment opportunities you would like to see come about, please let us know.

Community is about people coming together. Sometimes that’s getting a skating rink set up for all to enjoy, sometimes it is a trail through the trees, and sometimes it is just a helping hand. In these trying times, community is more important than ever.

I hope you all find something to share with another community member this winter and that you continue to generate much needed community spirit to help us all through these difficult times. I wish you all the very best over these winter months and hope to see you all again soon.

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 RPCA Board meeting on February 9th. The meetings are virtual, but send me an email and I’ll send you a link or a phone number if you prefer.

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. Among the issues that the RPCA Planning and Development Committee is following are:

Proposed High-Rise Complexes on St. Laurent Boulevard (south of Industrial Ave)

In fall 2021, the City received an application to construct four high-rise (12-15 storey) apartment buildings at 1740, 1754 and 1760 St. Laurent Boulevard. The site, about 100 metres south of Industrial Avenue, is currently occupied by a few one-storey retail buildings including Petro Canada gas station and St. Hubert and 168 Sushi restaurants.

The parcel on St. Laurent is directly east of the Everest Private

development (across Russell Road from the Perley Health complex), where two additional eight-storey apartment buildings are already planned. Under the new proposal, the Everest Private road would be extended east to St. Laurent with a new signalized intersection.

Concerns have been raised about the height of the proposed high-rises and the traffic impacts (based on the total number of new parking spaces envisioned for the Everest Private and St. Laurent complexes), plus the proximity of a planned traffic signal at the intersection of Everest and St. Laurent to the intersection of St. Laurent and Industrial Avenue/Innes Road (approximately 100 metres) The initial public comment period closed in late December and a public consultation will be held.

In addition, in January 2022, a zoning-by-law application was submitted

for 1802-1804 St. Laurent – the current site of a Tim Hortons and Burger King. The application at this time is only for a rezoning (no site plan yet) and would permit two high-rise apartment buildings (20- and 25-storeys with underground parking, some surface parking and at-grade amenity space). Details were not available at press time, but more information was expected to be released publicly in early February.

Taken together with the new residential developments at Elmvale shopping mall and a recent proposal to construct two high rise apartment buildings (27 storeys and 18 storeys) at the corner of St. Laurent and Pleasant Park Road (2025 Othello), there are concerns about the overall impact on traffic congestion on neighbouring roads, the need for more community and recreational amenities, and questions about adequacy of public transit services for the increased population.

Transportation Master Plan (TMP)

In December 2021, the City launched consultation on its next TMP which is being developed in line with the Official Plan (OP) approved in fall 2021 and which is intended to guide transportation de-

cisions and networks to 2046. The current consultation is focused on TMP Policies and proposed Active Transportation projects, which will be brought forward to Transportation Committee and Council for approval in spring 2022. The deadline for comments is February 18.

The second part of the TMP focuses on the Capital Infrastructure Plan and on specific projects. It relies on updated travel information from the Origin-Destination (OD) Travel Survey, which has been delayed due to the pandemic. Part 2 of the TMP is currently scheduled to be completed in fall 2024. More information on the TMP can be found at <https://engage.ottawa.ca/transportation-master-plan>

The RPCA Board plans to reiterate concerns raised in the OP consultations, including support for a 15-minute neighbourhood concept (with increased walkability) and continued improvement of active transportation infrastructure. The Board will continue to 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 for implementation of planning

CONTINUED ON PAGE 33

Made-in-Ottawa vaccine could fight COVID-19

From The Ottawa Hospital (TOH)

As the COVID-19 virus continues to spread around the world, a vaccine developed and manufactured at The Ottawa Hospital could provide a unique approach to help control the pandemic. Unlike the COVID-19 vaccines currently approved by the World Health Organization, this new vaccine, dubbed TOH-Vac1, replicates inside body cells.

New results published in Molecular Therapy show that a single dose of TOH-Vac1 generates a powerful, multi-pronged immune response in mice and monkeys. It is also safe, inexpensive, easy to manufacture, store and transport, and can be programmed to protect against multiple variants.

“We need to harness every tool we have to control this pandemic, including new vaccines with unique advantages, said Dr. Carolina Ilkow, senior scientist at The Ottawa Hospital, assistant professor at the University of Ottawa and co-senior author of the study. TOH-Vac1 is based on a strain of vaccinia virus that was safely used to vaccinate millions of people against smallpox in the 1950s. The strain has been genetically engineered to produce the spike protein of SARS-CoV2.

Because this vaccine is based on a replicating virus, it generates a very strong immune response, which includes T cells as well as antibodies, explained Riverview Park's Dr. John Bell, senior scientist at The Ottawa Hospital, professor at the University of Ottawa and co-senior author of the study. He thinks this is important for the development of a broader, longer-lasting immune response. It also makes the vaccine relatively easy to manufacture.



Dr. Carolina Ilkow



Dr. John Bell PHOTOS SUBMITTED BY THE OTTAWA HOSPITAL

The idea to develop TOH-Vac1 came from a group of postdoctoral fellows, graduate students and research technicians working with Dr. Bell and Dr. Ilkow in The Ottawa Hospital Cancer Centre. The team normally focuses on developing viruses to fight cancer, but when the pandemic hit, they realized they could quickly adapt their research to develop a vaccine against COVID-19. They also knew they could manufacture large quantities of the vaccine in The Ottawa Hospital's Biotherapeutics Manufacturing Centre, the only facility of its kind in the country.

“When the pandemic hit, everyone wanted to help. This is why we get into science,” said postdoctoral fellow Dr. Stephen Boulton. “Our team grew to include many researchers with different areas of ex-

pertise, and this helped us develop a really strong vaccine. It has been an amazing collaboration.”

Partners needed

The research was initially funded through a Fast Grant in partnership with the Thistledown Foundation and a COVID-19 Emergency Response Fund grant from The Ottawa Hospital Foundation. The team then received additional funding through the Canadian Institutes of Health Research COVID-19 Rapid Research Funding Opportunity. The Canada Foundation for Innovation also provided infrastructure support for the biomanufacturing.

While this funding has run out, the team hopes that government or other partners will step up and help move the research into human clinical trials.

“We’re very fortunate that we

have good access to safe and effective vaccines in Canada, but this pandemic isn’t over,” said Dr. Bell. “We need to vaccinate the whole world, and we need to be prepared to manufacture vaccines against new variants, should the need arise.”

The research team is not patenting their vaccine and is prepared to manufacture it at-cost, or provide samples so that others can manufacture it. They note that in addition to providing immunity to COVID-19, TOH-Vac1 would also provide immunity to smallpox. Researchers at the Institut du Cancer de Montréal, the Arnie Charbonneau Cancer Institute, the Alberta Children's Hospital Research Institute and the University of Alberta also contributed to the research.

COVER PHOTO: GREG MONEY

P&D

CONTINUED FROM PAGE 32

principles consistent with Council’s 2019 decision to recognize a Climate Emergency.

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.

Pedestrian and Cycling Matters

The RPCA continues to support

funding initiatives and projects that support active transportation in Riverview Park and elsewhere, including filling in gaps in pedestrian and cyclist infrastructure and winter maintenance of sidewalks and paths such as the City-owned portion of the pathway in Cancer Survivors Park approaching Riverside Drive.

The 2022 City of Ottawa draft budget includes funding of 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). This link could 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.

Other Developments

The nine-story residential building along Smyth Road next to Elmvale Acres mall is scheduled to open for occupancy in spring 2022. The Loblaws in the mall will be closing in late February or early March to be converted into an Independent grocery store, slated to re-open in mid-to late March.

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

TRINITY COMMUNITY GARDEN

Countdown to shovels in the ground

by Rhonda Turner

It is another quiet winter at Trinity Community Garden. All the garden beds are sleeping under a blanket of snow.

Still dealing with Covid-19 and shortages, many of the gardeners have wisely already purchased seeds. Once again they are now planning how they intend to lay out their garden plot this year.

Now is the time to start some plant seedlings indoors. Many gardeners will plant peppers and tomato seeds in small starter pots giving their seedlings a jump start well in advance of in ground plant-

ing in May.

Indoor germination needs either a very strong sunny window, or better yet, some kind of grow light system. Those germinated seedlings without a grow light will become tall and lanky, stretching for sunlight. The grow light helps the plant develop a strong trunk system without growing too tall too fast.

Many gardeners however are happy to start from scratch at the garden and plant seeds directly into the ground. Both methods work, it all depends on your persistence. Either way, we all need to use a little patience because

there is a lot of winter left before we can put shovels in the ground and start the whole growing process over again.

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



PHOTOS: RHONDA TURNER

COMMUNITY BULLETIN BOARD

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. February 1, 2, 15, 16 • March 1, 2, 15, 16, 29, 30 • April 12, 13, 26, 27. Ongoing registration. Please bring identification the first time. For further information or to book an appointment, please call 613-736-5058.

The food bank accepts highly requested items; sugar, flour, jam, school snacks, tomato paste, add water pancake mix, baby wipes, size 5 and 6 diapers. 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 collects cans, wine and liquor bottles to support the Food Bank. Please give us a call before dropping off at 1566 Station Boulevard. For 40 or more bottles we can collect from your home within the community.

Rideau Park United Church,

2203 Alta Vista Drive
Rideau Park United Church offers services, programs and activities, all online, for spiritual & social connection, as well as education & reflection.

The church building is currently closed due to Omicron. As conditions permit, we will re-open for in-person activities. For now, all activities are online. We can be reached through our website, www.rideaupark.ca, FaceBook Group, Instagram, and our YouTube channel. Or, contact us at: 613-733-3156 ext. 228 or info@rideaupark.ca

WEEKLY ACTIVITIES AT RIDEAU PARK:

- Sundays, 10am: Worship Service, webcast only, with joyful hymns, supportive prayers, and a thoughtful presentation visit the church website or phone the office.
- Sundays: Children's and Youth Christian Education Classes online via Zoom meetings. We have 4 groups: Ages 3,4,&5 - 10:20am; Grades 1,2,3 - 10am; Grades 4,5,6 - 10am; and our Youth

Class (Grades 7+) - 11:30am. Connect, see www.rideaupark.ca or contact scifton@rideaupark.ca

– Sundays, 11:15am, Healing Circle offers healing prayer online after the Worship Service through our Rideau Park YouTube channel. Full description at www.rideaupark.ca

– Tuesdays, 10am, the Bible Study Group Online at Rideau Park, through weekly Zoom sessions, continues to February 22, focusing on "Wise Guys & Lady Wisdom, a Study of Wisdom Literature from the Bible." Contact scifton@rideaupark.ca or ebryce@rideaupark.ca for the Zoom invite.

– Thursdays, 10am, Group Meditation Online is shared through Zoom. Join us for peace and mindfulness. Meditation is not difficult; most find it a deepening experience. See www.rideaupark.ca for information, and contact scifton@rideaupark.ca for Zoom invite.

OTHER CONNECTIONS:

– Healing Pathway Ministry: Trained practitioners available for healing prayers on phone. For more info, contact healingpathway@rideaupark.ca or scifton@rideaupark.ca

– Rideau Park United Church Facebook Group: Connect for videos, community news, daily prayers, and sharing opportunities. It is a public page.

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 services and activities for spiritual\social connection are available online.

For information (including how to join us by Zoom), contact our office or visit our website. Emmanuel functions as a family, offering programs and reaching out to all in the community. Visit us on Facebook at www.facebook.com/EUC.Ottawa to learn about Emmanuel United Church. You'll find videos, community news and sharing opportunities.

Previous Services & Sermons are available at:

www.emmanuelunited.ca/worship/sermons.php
Children's and Youth Christian Education Programs: 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. Afterwards, 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 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).

– Wednesdays, 7 - 8:15 pm: Faith Study resumes. Anyone is welcome to participate in one or more sessions; there is no homework (by Zoom).

– Wednesdays, 7 - 7:30 pm: Weekly Lenten Services beginning on Ash Wednesday, March 2, continuing to April 6th (by Zoom).

– Thursdays, 10 - 11:30 am: Thursday Morning Discussion Group. We continue to study the book "After Jesus Before Christianity: A Historical Exploration of the First Two Centuries of Jesus Movements," by Vearncombe, Scott, & Taussig for The Westar Seminar. (by Zoom).

– Fridays, 10 - 11 am: Join Roxanne Delmage, our Pastoral Care Provider, as she has a virtual visit. Participants share thoughts with each other. Roxanne presents a different scripture reading and topic each week. Contact her at Roxanne.delmage@gmail.com (by Zoom)
February/March Events and Activities:

– Wednesday, February 23, 7 pm: Teleos - A group for all women, meeting to discuss current issues from a theological perspective. This evening we have a speaker from Hospice Care Ottawa (by Zoom).

Sunday, February 27, 10 am: Adele Halliday, the Anti-Racism and Equity Lead for the United Church will speak.

Wednesday, March 30, 7 pm: Teleos (by Zoom).

Riverview Park Review

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FRIENDS OF RIVERVIEW PARK GREEN SPACES (FORPGS)

Update for February 2022

by Ron Ridley

By the time you read this, the Ornament Path will have had all the Christmas decorations (>400) taken down and Valentine’s Day ones put up in their place. The Ornament path was very popular again this winter with almost too much traffic on the week-ends to maintain adequate social distancing! There was a lot of positive feedback from a wide variety of users enjoying the healthy stroll. Thanks to all those who put up ornaments, bird feeders and ice art.

FoRPGS recently held a photo contest for the best picture from the Ornament path. There were a lot of entries and after careful review the winner chosen was Trail Orange with the caption "Orange you just loving the beautiful decorations on the trail? We sure are!" submitted by Melanie Merkley. The photo shows great balance, colour, depth, the Ornament Path, kids, and a dog. Second place went to Carleen Ridley for her photo of "Dogs waiting patiently for a cookie at the trail dog treat jar." Third place went to Clare O’Gorman for a photo of Margo Brown and Goku’s ornament. The honorable mention went to Jennifer Larson for her Trail Angel photo.

FoRPGS is organizing another speaker series after the successful series last year. We are still finalizing details, but our plans are to have presentations from:

The Ottawa South Eco-Action

Trail Orange: "Orange you just loving the beautiful decorations on the trail? We sure are!" PHOTO: MELANIE MERKLEY.

Enjoy the Ornament Path and check out what’s there for Valentine’s Day. PHOTO: CARLEEN RIDLEY

Network (OSEAN) to tell us about their successful Pollinator Patch program and opportunities to help pollinators in our neighborhood

Champlain Park Community Association to tell us about their award winning work on regenerating a parking lot into a Tiny Forest/ native pollinator garden/Carolinian forest/ food forest the Meadoway in Toronto to tell us about their project transforming a hydro corridor in Scarborough into a vibrant 16-kilometre stretch of urban greenspace and meadowlands that will become one of Canada’s largest linear urban parks and the Rideau

Valley Conservation Authority and Hydro Ottawa to tell us about the Cambrian Road Pollinator Meadow where they are working to build one of the largest pollinator meadows in eastern Ontario

The series will start in early February and run into early May. Once finalized, details will be posted on the RPCA website and local Facebook pages (RPCA, FoRPGS, Alta Vista).

FoRPGS continues to work with the Councilor’s office and the City of Ottawa on the Hydro Corridor project and Green Spaces improvement on our adopted road/meadow/forest although progress has slowed down

over the winter/Christmas period.

We do have an ambitious spring/summer plan for 2022 and will need lots of volunteer help to complete the workplan. This is a great opportunity to get out and meet your neighbours while improving our community – please consider joining our group by contacting us at FoRPGSOttawa@gmail.com or following us on Facebook – Friends of Riverview Park Green Spaces. More information on our work plan, scope of work and schedule will be posted on our Facebook site as it develops.

COVER PHOTO: GREG MONEY



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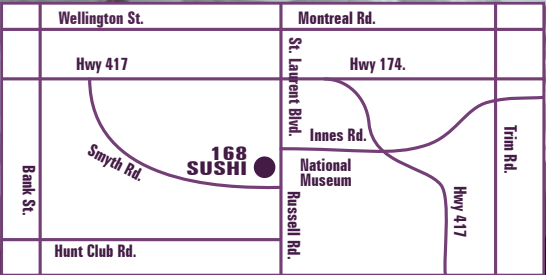
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