

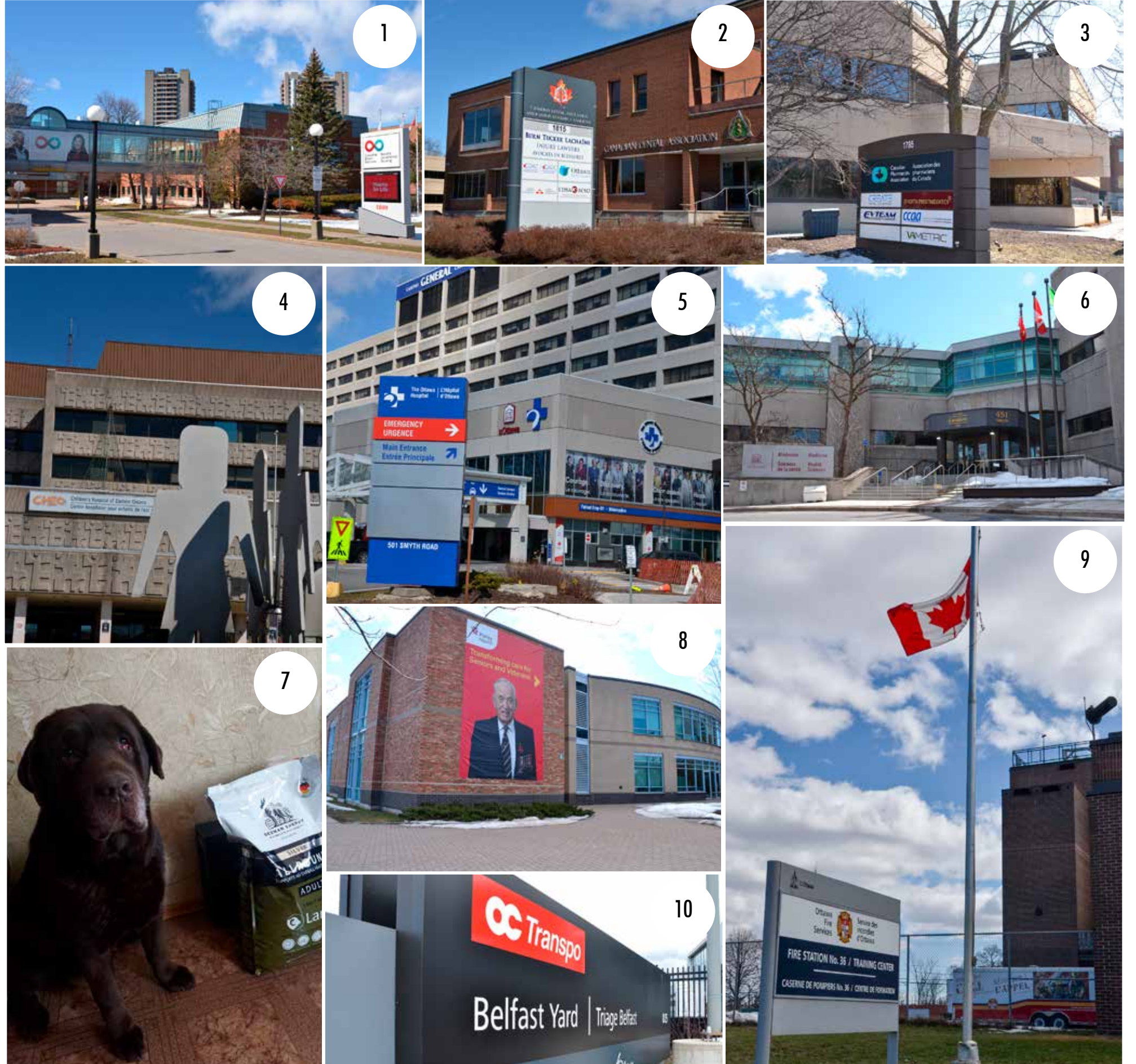


APRIL 2022

A Voice of Riverview Park

MAY 2022

**Notable Riverview Park Landmarks. See page 5 for map**



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# Travelling vicariously with artist Eryn O'Neill

by Carole Moulton

Painting and running are two great passions of local Ottawa artist, Eryn O'Neill. Not surprisingly, her unique paintings study urban spaces in transition through her eyes as a runner. These urban spaces, she notes, are at the core of her art work.

A recent exhibition at the Wall Space Gallery + Framing, 358 Richmond Road in Westboro Village gave us an excellent opportunity to see how O'Neill's two great interests successfully mesh.

The exhibit, aptly titled, *Travelling Vicariously: The High Line*, allowed O'Neill to take us with her as we travelled 'vicariously' to a part of New York City that she knows well. The stunning work, as a result of her daily runs and knowledge of her subjects, totally engaged visitors to the three week long show.

From a distance the artist's paintings almost appear to be carefully thought out photographs. They are filled with depth, the use of strong colours and a tremendous amount of precision. A closer look at O'Neill's work allows the viewer to observe the detailed brush strokes of a very intent artist.

At the opening afternoon exhib-



Recent visitors to Wall Space Gallery were captivated by the art of Eryn O'Neill. Paintings L-R: Eryn O'Neill, *The Spur* (Acrylic on canvas); Eryn O'Neill, *West 30<sup>th</sup>. St. Entrance (Hudson Yards)* (Oil on canvas); Eryn O'Neill, *Overpass* (Acrylic on canvas)

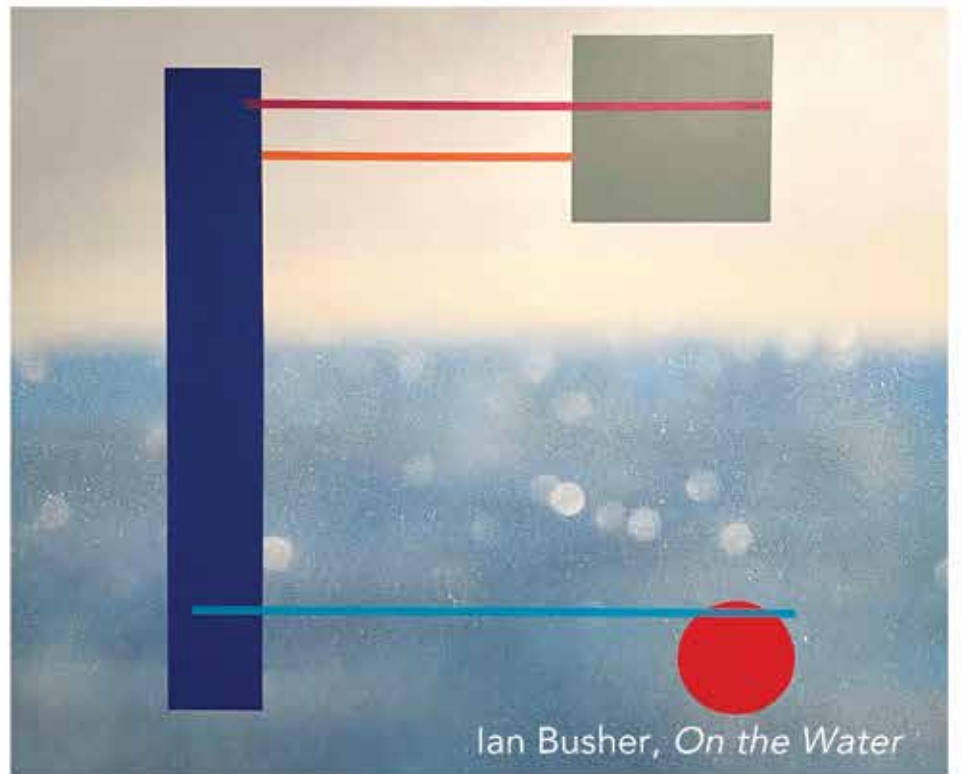


The art work of Eryn O'Neill totally engaged visitors at her March exhibition. Paintings L-R: Eryn O'Neill, *Concrete Façade* (Acrylic on canvas); Eryn O'Neill, *Tracks* (Oil on canvas). PHOTOS: AVA MARGUERETTE

it it wasn't at all unusual for visitors to stand back to view the whole painting, then slowly move in closer to appreciate the exactness of

the work. What is certainly noticed are the vibrant street scenes seen close up by the artist. "My work is about imagery," O'Neill notes. "I walk everywhere." She also takes hundreds of photos in pursuit of knowing her urban spaces well.

Eryn O'Neill's *Travelling Vicariously: The High Line* exhibition from March 5-26, gave many of us the opportunity to appreciate the route she herself travelled to be able to share the exquisite results that she did. Now we look forward to travelling with the artist when she shows us more about Ottawa.



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VETERINARIANS WITHOUT BORDERS

# Local headquarters raises funds for Ukraine's war pet crisis

by Carole Moulton

News images of Ukraine are all over the media and have been since the war began on February 24. Canadian reporters and photographers are there with those from around the world. Over the past month we have watched this humanitarian crisis unfold through the eyes of journalists as towns and cities are torn apart. At the same time ordinary people following the terrifying events have been looking at ways they could help.

A friend suggested that he was going to donate to an organization that, although it has its headquarters in our neighbourhood, has been working tirelessly both in Canada and near the borders of Ukraine on behalf of the animals in that war-torn country.

Some of the poignant scenes shared by press photographers have been of Ukrainians, carrying not only their children but their pets as they escape. Pet owners have been faced with heart-wrenching decisions on what to do with their animals: stay with them and risk danger, leave them behind to fend for themselves, or leave them at a shelter with the hope they will survive. One can only imagine what we would do if faced with these same terrible choices. Clearly, this humanitarian crisis has now become a crisis for the animals such that animal shelters have now taken on an even more critical role in Ukraine.

Veterinarians without Borders/Vétérinaires Sans Frontières (VWB/VSF) Canada is urgently raising funds to support shelter animals by providing direct support



to animal shelters, organizations transporting food, and by providing medical supplies and animal health support to locations where people and their animals have fled.

Thousands of animals in shelters across Ukraine are in desperate need of food, water, and basic resources to survive. In addition to supporting multiple shelters directly, Veterinarians without Borders has a crucial partnership with a food delivery coalition that is supplying food to over 700 partners caring for Ukraine's war-stricken animals.

Charmaine Brett, Executive Director of Veterinarians without Borders, is in daily direct contact with many of the partner shelters. "One shelter has over 1,000 dogs and 300 cats in their care, and there is no electricity or water. The conditions under which they are operating are staggering. The shelter caregivers have become part of the backbone within the communities still standing."

Veterinarians without Borders is also on the ground doing a real-time assessment of the needs and gaps in programming to ensure that ani-

imals are not forgotten, and to work with governments and communities on mitigating zoonotic disease, in particular rabies outbreaks.

"We know people want to help these animals and their caregivers. This is an opportunity for animal lovers and businesses to provide immediate support," added Brett.

"It's a terrifying situation for Ukrainians and the animals. But to see the funds we are raising in action - food and other urgent resources being delivered directly to the animals and caregivers most in need - is incredibly encouraging."

**People can support this urgent response** by donating emergency funds for animals in crisis in Ukraine through Veterinarians without Borders, a charitable, humanitarian organization that sends many Canadian volunteers overseas to work with partners. You can make your urgent donation online at: [vetswithout-borders.ca](http://vetswithout-borders.ca), or scan the QR code with your phone.



# Till votes do us part

by David Knockaert

For the past four years slavish devotion to Watson from suburban and rural councillors (plus Tierney and Cloutier) dictated council decisions. Upon Watson's resignation those councillors should return to sentient beings capable of independent thought. But what will they think? How will they vote? It's best to expect councillors will vote in accordance with their constituents' interests. For urban residents this may not offer the gift of hope.

In our new structure, we will have 12 rural/suburban wards, 4 urban and 8, including ours, which straddle the line. It is regrettable but true that Ottawa is a highly segregated city where rural/suburban residents have far more in common with each other than with urban residents.

For example, of 22 advertised homeless shelters/respice centres all but 1 are in urban areas, Riverview's (west of Station Blvd) racialized population is 45% compared with approx. 5% in rural areas, 23% of Riverview residents own their accommodation compared with 85-90% of suburban/rural residents, Riverview residents are 10 times more likely to bike to work, 7 times more likely to be low income earners, 4 times more likely to live alone than suburban/rural residents and about 10 times more likely to be new immigrants than in rural wards. The average Riverview household size is 1.9 compared to approx. 2.8 in suburban/rural areas.

That there would be demographic differences between urban and rural is not unusual. What is unusual is that Ottawa attempts to integrate disparate populations

under one council. In comparison there are 25 municipal governments within the GTA and 21 in Metro Vancouver. Our sole council governs an area 4.4 times larger than Toronto and 24 times that of Vancouver.

Demographic differences can be reduced to some degree through managed planning. Sadly, via the new Official Plan, council chose to widen, not narrow the divide. Urban areas will bear most of the burden of intensification, a far higher rise in population density and further increases in the share of rental housing, with small apartments being the preferred new build.

In contrast, suburban areas will continue to see growth via less dense greenfield developments that focus on home ownership and which are a magnet for families with means. Disparities in income/wealth will rise and considering prevalent socio-economic barriers, the existing geographic disparity in racial diversity will likely continue

to expand.

It is natural for an individual's interests and priorities to coincide with their identity and lifestyle. To the extent commonalities exist between suburban and rural residents but conflict with those of urbanites, we should expect disagreement at the political level. With Watson no longer on the scene to rally votes for primarily urban initiatives such as the LRT, Central Library, expanded rental housing or road bicycle lanes don't be surprised to see council shift priorities to those principally attuned to a suburban and rural population... who will have half the votes on council.

This is how democracy works. It is also how segregation gets cemented into the social fabric and polarization develops. Our council opted to design the City for such outcomes. If urban residents felt ignored by the current council, they may be in for a rude awakening with the next council.

## Ontario parents helping kids with home ownership

by Eric Cosgrove SRES®

You're not alone if you've been thinking about helping your kids fund their first home purchase.

Rising prices and low inventory in Ottawa and across the country are creating an almost insurmountable hurdle for young people trying to step into the housing market for the first time.

That's especially true in Ontario. In February, for example, the average selling price in the Greater Toronto region was \$1,334,544 – which represents a rise of 27.7% between February of 2021 and February 2022 – says the Toronto Regional Real Estate Board. For prices in the rest of Canada, see <https://bit.ly/364BPfN>.

In Ottawa, the average selling price for a condominium-class property in February was \$466,682,

an increase of 15 per cent from 2021, while the average sale price for a residential-class property was \$837,517, increasing 17 per cent from a year ago. With year-to-date average sale prices at \$812,813 for residential and \$458,107 for condominiums, these values represent a 16 per cent increase over February 2021 for both property classes.

"The number of new listings in Ottawa in February (1,762) offers prospective buyers some hope. At 4% higher than the five-year average and 12% higher than February 2021, it resulted in an almost 10% increase in residential-class property inventory compared to last year at this time. Condominium supply, however, is down 20%. Overall, we are now at a 0.7 month's supply of inventory which means that most listings that enter the market will be snapped up very quickly, as evidenced by the continuous decline in Days on Market.

According to a poll conducted by Abacus Data for the Ontario Real Estate Association (OREA) (<https://bit.ly/37uTSfv>), pessimism about getting a home abounds among those aged 18 to 44.

For instance, those between the ages of 30 and 44 say they're either pretty pessimistic (29%) about the possibility of buying a home in a community they want to live in, and 21% have given up believing they'll be able to buy a home. Among those aged 18-29, 29% are pretty pessimistic, and 12% have given up hope.

Parents are coming to the rescue, with four in 10 stepping in with financial assistance to get their kids into a home. Seventy-one per cent are providing gifts, and 61% are offering loans. On average, the gifts were \$73,605.50, and loans were \$40,878.90.

Parents who dipped into savings got the money from:

- General savings (44%)
- RRSPs or other retirement savings/investments (15%)
- Other assets (real estate, businesses, etc.) (9%)
- Another source (8%)
- Took out a mortgage/2nd mortgage on your home (8%)
- Sold our house/downsized (8%)
- Home equity loan (7%)

OREA's research also includes a wealth of information about Ontarians' views about the provincial government's housing priorities, the state of the market, and the effect the cost of living will have on the region's attractiveness for work and living.

Submitted by:

Eric J Cosgrove, Broker  
Seniors Real Estate Specialist  
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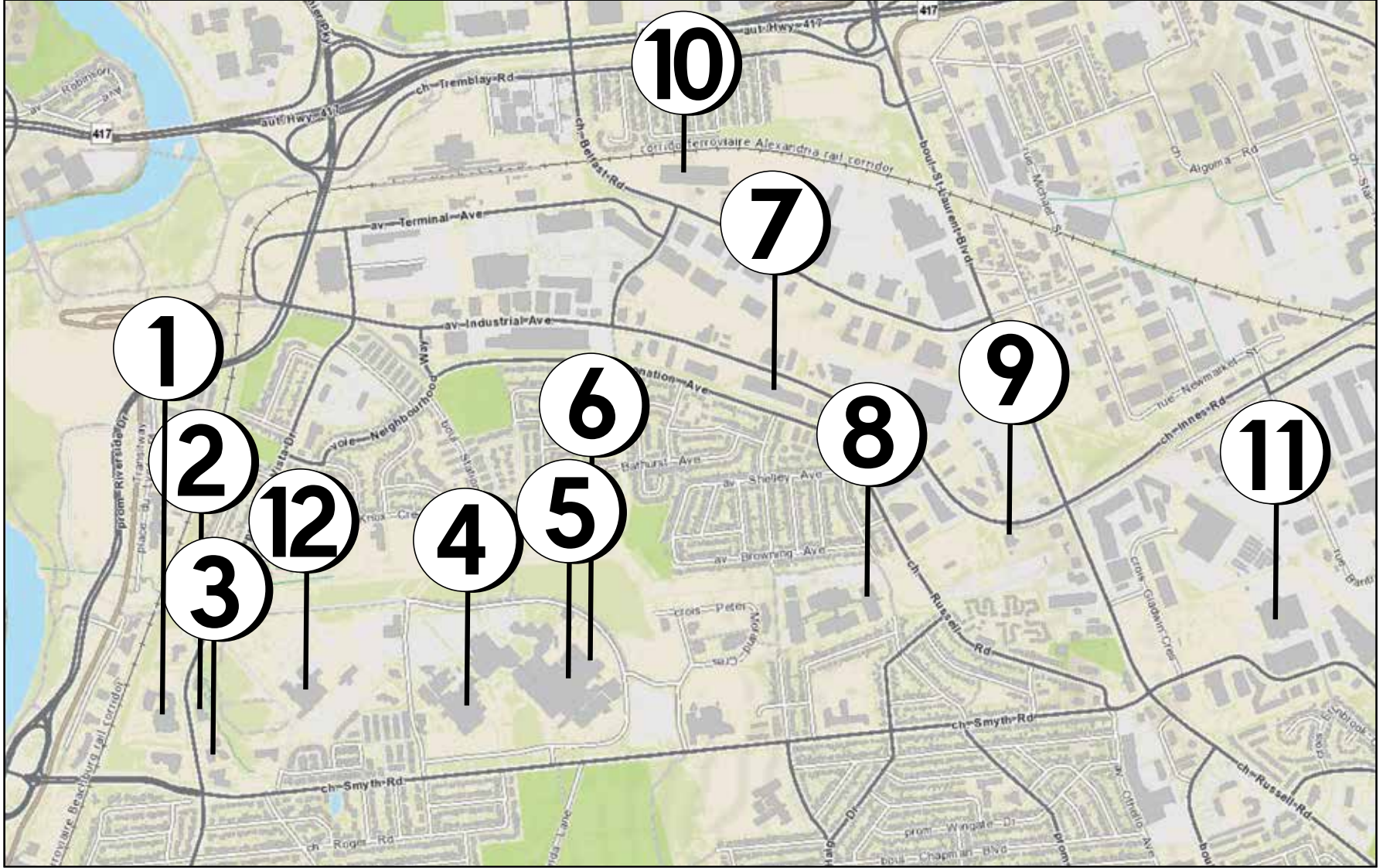
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# Riverview Park Landmarks



- 1 Canadian Blood Services      2 Canadian Pharmacists Assoc.      3 Canadian Dental Assoc.      4 CHEO
- 5 Ottawa General Hospital      6 Roger Guindon Centre      7 Veteranarians Without Borders
- 8 Perley Health      9 Fire Station/Training Centre      10 OC Transpo Rail Yards
- 11 Ingenium/Science and Technology Museum      12 NDMC



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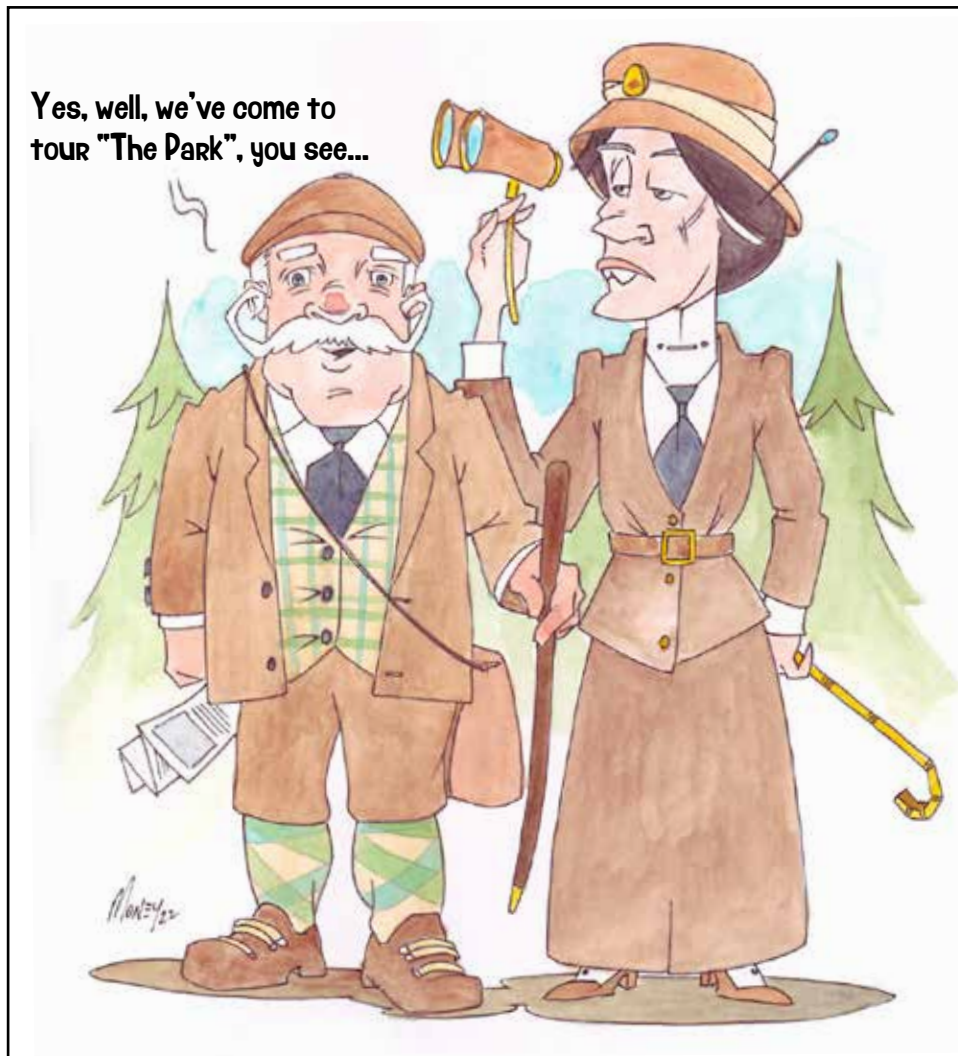
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Yes, well, we've come to  
tour "The Park", you see...

Residents who call Riverview Park home have long known that this area of the city is quite unique. We see our parks and green spaces and appreciate both. The April-May 2022 *Riverview Park Review* cover plus page 5 map helps share other reasons as to why our area is special.

Come to find out, we could plan our own 'Staycation' right here in our new community. A walking tour could turn out really well, and help better acquaint us with this great part of Ottawa.

Enter our neighbourhood from either east or west and our entrances are extraordinary: the Canadian Museum of Science and Technology in one direction and the Cancer Survivor Park in the other. Come into our neighbourhood and there is so much more.

It should come as no surprise why associations have head offices here. We are close to downtown in Canada's capital city. On Alta Vista Drive are the head offices of the Canadian Blood Services, Canadian Pharmacists Association and the Canadian Dental Association. On Industrial Avenue there are the headquarters for the Veterinarians without Borders and Diving Plongeon Canada, the national governing body for diving in Canada. Down the road from both is the Ottawa Fire Services- Training Centre.

On the south side of Riverview Park are The Ottawa Hospital- General Campus plus CHEO. The Orange helipad for both hospitals is located near CHEO's front door. The University of Ottawa Roger Guindon Hall also has its address on Smyth Road.

For diversities' sake, there are two breweries and a distillery. A cairn marking the Confederation Poets hiking route is at the edge of Coronation Park.

It would appear that even before the City of Ottawa came out with its new Official Plan, Riverview Park was already a walkable neighbourhood and a "15 minute community". We should be truly proud of what we have, since a vital part of Ottawa is right on our own doorstep.

## About the *RPR* community newspaper

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

**NOTE TO READERS: Businesses or services advertised in this paper may change their hours over the timeframe of this paper. Please contact them for updates. The Riverview Park Review could not be produced without their support. Let them know you saw their advertisement in the RPR.**

**Submission formats:** Contributions can be emailed to [editor.riverviewrpr@gmail.com](mailto:editor.riverviewrpr@gmail.com) in **Microsoft Word** or **RTF**. Please *do not format* your documents. Photographs must be sent as attachments (not embedded in the email body) in **jpeg** format to [editor.riverviewrpr@gmail.com](mailto:editor.riverviewrpr@gmail.com). Photographs are to be accompanied with the **name of the photographer and a caption** describing the subject. **NEW:** The word count of article submissions has had to be revised and limited to **750 words maximum**. Material will have to be returned to the author to self-edit if a contribution is above this word count.

Got an opinion to share? Please send letters to [editor.riverviewrpr@gmail.com](mailto: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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# Now *that's* intense(ification)!

by David Knockaert

They say a picture is worth a thousand words. The drawing pictured was one of several similar drawings recently circulated by the City for resident comment. It was submitted by a developer and represents their view of how St. Laurent Boulevard, between Smyth and Industrial will soon be transformed in accordance with the Official Plan (OP).

Our Councillor says he worked to ensure future development will be “tailored to our neighbourhood’s needs” and that we will avoid “changes that are not reflective of the neighbourhood”. The Planning Department in its pitch to residents committed, among other things, to “human scale design that creates a sense of place”, “a vibrant public realm” and “healthier, more environmentally sustainable living”. Will people look at the drawing and say “I get it. I see what they meant”?

The big promise was that the City would manage growth so as to foster 15 minute communities where we can get to work, school and meet our daily needs within a 15 minute car-less commute. Upon approval of the OP, that promise, along with all others, became policy.

The most critical pre-requisite for 15 minute communities is balanced growth, where housing, job opportunities, services, retail and recreational facilities grow in tandem. But instead of reflecting balanced growth, the drawing reflects the reality that each St. Laurent planning proposal submitted to date (there are several)



An aerial view of St. Laurent Blvd. at Industrial Avenue and Innes Road.

is pretty much exclusively residential in nature.

Rather than balance, what we would get are thousands more people competing with current residents for access to employment, services, retail, road space and recreational amenities.

So, quite apart from the question of whether that vision of the future is desirable, the City bears an obligation to explain how that drawing

and how the various development proposals individually and collectively serve its own policy. No such explanation has been forthcoming.

There will invariably be differing interpretations of what this growth means to us and our families, but I am inclined to quote from Chuck Palahniuk, the author of *Fight Club* who wrote, “When did the future switch from being a promise to being a threat?”



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## INTERESTING CANADIAN PLACES

# What's in a name?

by Bruce Ricketts

I was in Iqaluit, Nunavut, some years back. A cab driver asked me if it was my first visit. I answered that it was my first time in Iqaluit, but not my first time here. He smiled and said, "Ah, you were here when it was Frobisher Bay."

That recollection got me thinking that a great many towns and even cities have changed their names in Canadian history.

For example, paying tribute to aboriginal roots, Queen Charlotte Islands became Haida Gwaii, Hobbema, Alberta became Maskwacis, and Repulse Bay became Nuajaat. Even Ottawa was the aboriginal name change from Bytown.

Some names were changed because the original names were quite frankly, silly. Hens and Chickens Harbour became Collingwood, Rat Portage (yummy sounding) became Kenora, and Pile of Bones became Regina. Incidentally, the piles of bison bones, after which the town was named, were shipped to England to be ground and turned into bone china.



Some changes were brought about by war. For example, Berlin (originally called Ebytown) became Kitchener, Ontario. Prussia, Saskatchewan was renamed Leader. Swastika, in Northern Ontario, is a mining town. When established in 1908 they chose their name because it represented luck and peace. However, in 1939, owing to the rise of a nutcase in Europe who appropriated the swastika as his symbol, the Ontario government unilaterally changed the town's name to Winston. But the citizens would have nothing of it. They ripped down the government signs and replaced them back to Swastika, the name which remains today.

Some names were changed for marketing reasons. For example, Asbestos, Quebec, was renamed

Val-des-Sources in 2020, after years of fighting amongst the community. Controversy started early in the process when it was decreed that no English names would be allowed, even though the town was established by English-speaking miners. The reason for the name change is obvious to most but was only supported by 51% of voters, including voters down to age 14.

Niagara-on-the-Lake is a nice place to visit, and the spectacular Niagara Falls are nearby. Niagara-on-the-Lake is an obvious name if you want to be associated with the falls. Not so much Newark, which is what the town was called for 100 years.

Some name changes were prompted, I suspect, by politicians who had little else to do. Explain why Fort Prince of Wales needed to become Churchill. Why did Fort Frontenac need to be renamed Kingston? Why did Shipman's Corners become St Catharines? (And why did Catharine need to be pluralized?)

Port la Joie became Charlotte-

town, Granville became Vancouver, Hull became Gatineau, New Johnstown became Cornwall and Cherterville, Ontario, was previously known as Winchester and before that, Armstrong's Mills.

Montreal went through three name changes. Hochelaga to Ville-Marie, then to Mont Royal and finally to Montreal. Toronto was originally known as York. Victoria was originally known as Fort Camosun and Fort Victoria.

It is interesting to note that of all the provinces, the only one without a listed name change is Newfoundland. With names like Dildo, Come-by-Chance, Blow Me Down, Cupids, Tickle Cove, Exploits, Muddy Hole and Tilting, you would think that changes were in order, but Newfoundlanders are proud of their history and see no need for place name changes. And they are right.

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

## Want Better Sleep? Try Chiropractic Care

In Canada, seven in 10 adults say they get insufficient sleep at least one night a month. An estimated 11% say they struggle to fall or stay asleep nightly. If you're among the group that could benefit from higher quality rest, the solution may not necessarily have anything to do with your mattress. A chiropractor can help you sleep more restfully through regular spinal adjustments. During your conversation, explain a few of the elements that may be causing your inability to sleep or creating pain when you wake in the mornings.

### Sleep Position

How do you typically fall asleep? Sleeping on your stomach can cause undue strain on your spine and other muscles throughout the night. That type of stress on your body can lead to unexplained pain or feeling of tiredness the next day. Along with routine chiropractic adjustments, sleep on your back or sides to support your body.

### Stretching

When our muscles are tight and coiled – like after a long day of sitting in a chair behind a desk – your body needs to stretch. You may feel the need to move your legs or experience muscle soreness. Your chiropractor can help you identify stretches to perform before bed to support a restful night. Skip the sleeping pills and late-night television programs. Visit your chiropractor and stop hitting snooze.



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## TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

# The resurgence of film noir

by Peter Thompson

When Guillermo del Toro announced his next project would be a remake of the 1947 noir classic *Nightmare Alley*, a lot of people were rightfully excited. Who better than the director of *The Shape of Water* and *Pan's Labyrinth* to take the original source material of *Nightmare Alley* and make it contemporary, not only complete with shadows seemingly lurking behind every character but dripping with the atmosphere and a thousand hard boiled capers from years bygone. And it worked. The del Toro film is a recent nominee for Best Picture at this year's Oscars and is revered by critics.

So what influenced del Toro, other than the original version of the film? Let's take a quick crash course on ten quintessential film noirs that can introduce you to the genre - or reintroduce you if it's been a while.

### 10. Elevator to the Gallows (1958)

Neat hook for this film by famous French director Louis Malle. The two leads decide to kill a woman's husband and collect the insurance, but what they didn't count on is the power going out in the elevator during the escape. Known also for the Miles Davis score.

### 9. Night of the Hunter (1955)

Robert Mitchum's tattooed knuckles are probably as famous an image



Double Indemnity



Nightmare Alley

as you can get for *Night of the Hunter*. Mitchum's villain is a quick witted liar who is keen to tell his victims what they want to hear - while the use of shadows is second only to del Toro's *Nightmare Alley*.

### 8. Out of the Past (1948)

Another Mitchum gem! A private detective wants to fade into obscurity and opens a gas bar in a small town, but as in all noirs, his past comes back to haunt him. Sprawling and epic, this film has what has become the definition of noir: moody atmospheres, betrayal and,



Night of the Hunter

of course, seduction. Mitchum going head to head with Kirk Douglas is a treat, as is when he's flirting with Jane Greer!

### 7. The Third Man (1949)

Anyone who loves to watch movies and hasn't seen this should rectify that immediately. Vienna comes to vibrant life and Welles and Cotton play off each other famously. The final act is as thrilling as they come!

### 6. Nightmare Alley (1947)

Not a film to be easily forgotten, this is Tyrone Powers at his peak,

but it's the emergence of a true femme fatale that makes this unforgettable. Carlisle (Power's character) joins a carny group to try to figure out a mind-reader's act, played by Joan Blondell, but nothing goes as planned...

### 5. The Big Sleep (1946)

Bogart was a part of several key film noirs and to pick only one is hard, but this is the one that gets the nod. Masterfully written by Raymond Chandler who loves to toy with the viewer, making them sure the film is going one way, only to change the direction several times before the credits roll. He also loved the femme fatale character and Lauren Bacall chews the scenery to shreds.

### 4. The Killing (1956)

Before Kubrick wowed us with the rest of his extravagantly filmed body of work, he created this lean and mean noir masterpiece. Sterling Hayden thinks, just one more heist before I settle down with my girl. But it never works that simply, no matter how they try, and during the course of 80 minutes, Kubrick will show you that crime doesn't always pay.

### 3. Laura (1944)

Who killed Laura? And why? That's the question. And the more Detective Mark McPherson looks into it, the more he's oddly attracted to the deceased. Gene Tierney and Clifton Webb provide the heart and soul of this wonderfully aloof, but ultimately chilling masterpiece by legendary director Otto Preminger.

### 2. Chinatown (1974)

Atmospheric, chilling and featuring Jack Nicholson at his very best (which says a lot), this is one of the foundations of film noir - even if it was made 30 years after most of the other standards. A plot that is too convoluted to easily summarize revolves around water rights in the 1930s. Faye Dunaway and John Huston round out a stellar cast and make this one of film noir's greatest achievements.

### 1. Double Indemnity (1944)

Fred MacMurray is fantastic as a hard boiled insurance man who Barbara Stanwyck talks into killing her husband. And then there's Edward G. Robinson, talking a mile a minute, eyes always half closed, but knowing and seeing everything. The perfect film noir that ranks as one of the best films of any kind topping a very strong list.

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## COMPUTER TIPS &amp; TRICKS

# What the heck is a browser?

by Malcolm and John Harding,  
of Compu-Home

When someone calls because something has gone wrong using the Internet, we usually ask, “Which browser are you using?” That question is very often met with, “I haven’t the faintest idea. What’s a browser?” We hope that by the end of this column, those questions have answers.

**Your browser** is the App installed on computers, tablets and smartphones for the purpose of displaying web pages. When you click on your browser, the first page that appears automatically is called your home page and you can decide what you want your home page to be. Most people choose a search service such as Google or Bing to be their home page because quite often searching for a subject is the first thing that they want to do. Others might prefer it to be their email Inbox and others set a news page.

**Choice of browser** is also a personal preference. *Chrome*, *Firefox*, *Edge* and *Safari* are the most popular four among dozens of choices but they are all pretty much identical in the things that they can do... it’s just a matter of getting used to where to click. All browsers are free and they can be installed on any computer; you should have at least two and one will likely be your day-to-day favourite but you can switch back and forth at any time. *Chrome* is published by Google and it is the most popular browser. *Firefox* comes from Mozilla, which is a global non-profit organization. *Edge* is Microsoft’s replacement for



the defunct *Internet Explorer* and Microsoft is very assertive about wanting you to adopt it. *Safari* is the browser in every Apple OS but there is also a Windows version.

**Don’t confuse** the browser with the search service. *Bing* which is a Microsoft search engine works just fine in the *Chrome* browser published by Google. Likewise you can use *Google* search in *Edge*, the Microsoft browser. *Safari* from Apple works well with any search service.

**Features and options** are available in all the browsers. We have already mentioned that you can designate your browser’s home page. The ability to save passwords is probably an insecure practice but it is so convenient that most users take advantage of it; the decision is up to you. Bookmarks, aka Favourites, allow you to jump to sites you visit often without having to type web addresses. Tabs allow you to have what is in effect an array of home pages and you can think of them as your “favourite

favourites.” The address bar (the line at the top of the browser that displays the URL, or web address of the page you are now visiting) is able to perform a search as well, so that now, instead of having to type <https://www.ottawa.ca> in that line, you can simply type *ottawa* and the browser will take you there. Back, Forward and Home are all buttons that allow you to retrace your steps without having to start over again. History is often a big help when you vaguely remember a site you used in the past but have forgotten the particulars. Ad Blockers have their place, although it is increasingly common for a page to inform you that you must turn it off if you wish to visit this site. Although it contributes to clutter on your computer desktop, it is easy to make a shortcut to a particular page on your computer desktop so that you can go there directly. Another important feature is that browsers will warn you that a site you had intended to visit is insecure and sometimes will refuse to

go there unless you override the warning.

**The settings** area is accessed within Tools, an inconspicuous button near the top-right corner of the browser page. This is where you can customize a browser with your preferences. Settings is a bewildering place to be, because the features and options we have listed above are only a fraction of the choices and adjustments that you can use once you have explored your way around this neighbourhood.

When we consider that these days the web browser is the App that gets the greatest use on most of our computers, it is worth a bit of time learning how to make it as efficient and helpful as possible.

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](mailto:info@compu-home.com) and our website is [www.compu-home.com](http://www.compu-home.com). This column will soon be posted on our Blog page.





# BEST OF RIVERVIEW PARK

## The beer edition

by Pat Lawlor

In keeping with the theme of celebrating great people in Riverview Park, this edition is recognizing the smiling faces who bring us beer. Due to masks, you may have only seen their smiling eyes. Nevertheless, they are recognizable members of our community who bring joy to our lives!



**Sean Mellor and Letso Gillespie working the tap room at Bicycle Craft Brewery**

Bicycle Craft Brewery has been brewing a range of hoppy pale ales and unique seasonal beers in Riverview Park since 2014.

Husband and wife, Fariborz and Laura started the brewery to share their love of beer. Their flagship beers, *Velocipede* and *Frequency* can be seen in many bars and restaurants in Ottawa as well as the LCBO.

Visit their tap room at 12 - 850 Industrial Ave. You can taste some of their beers, purchase some to go or sit and have a pint with a friend. Even your dog is welcome!



**Kevin Sirko from Vimy Brewing standing at his post**

Those of you who are tapped into the beer community are probably already aware that there is a second craft brewery opening its doors in Riverview Park. Vimy Brewery has moved from its Little Italy location to a new state-of-the-art facility at 830 Industrial Ave., Unit 11.

Vimy was founded by two brothers and former members of the Canadian Armed Forces, Kevin and Michael Sirko. Check out their award winning Cream Ale or any of their other easy-drinking beers.



**Yan Fong pouring a beer at O'Briens Roadhouse on Industrial and Russell**

Last year, it was apparent that Riverview Park appreciated the opportunity to enjoy a meal and a beverage on a patio. O'Briens Roadhouse was often filled with hungry and thirsty neighbours with a lineup of patrons waiting for a table. They offer a selection of recognizable beers as well as some craft beers by local brewers including ABC and Mill Street.

Yan Fong is a friendly face who serves up the suds with a great energy. He was born in the far East of Canada, Newfoundland.



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# The Breeder expectations for potential owners

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

by Jonathan Sumner

If a breeder doesn't expect you to interview them, you may want to reconsider. Finding the right home should be a priority for the breeder and not getting your cash in hand.

No dog breed is perfect. The qualities that make a breed right for one person may not be what another person wants. A good breeder can determine what animal is best for each potential buyer and whether the breed is even a viable choice for that person. If you locate a breeder that does not discuss the disadvantages of the breed and are open to your questioning, continue your search.

This template will help you interview prospective breeders.

## THE INTERVIEW

### Suitability

- Why do you want a dog?
  - Why have you chosen this breed?
- This is a pseudo **"TEMPERAMENT TEST"** by identifying a dog's personality (happy, shy, aggressive, assertive) and how this dog will fit into your family lifestyle and environment.

For example; if you are considering a herding dog while living in an apartment and you are a couch potato, a Border Collie may not be the right breed pick for you. Or if you are considering getting a large powerful breed that has strong prey drive, like a Malamute or Akita, a house with young kids should be reconsidered.

### General

- Who will be responsible for the dog's care?
- Do you have the time to meet the demanding needs of the puppy for feeding, training and exercise?
- Will you include other family members with the care of the dog?
- Does anyone have allergies?
- What is your attitude toward training and obedience?
- How often is someone at home? How long will your dog be left alone?
- Will you have time to walk and play with the dog?
- Do you live in a house, condo, apartment?

- Do you have a fenced yard?
- Can I schedule a time to visit your home?

### Financial

- Are you aware of the costs involved in dog boarding when you are away?
- You will need to pay annual license fees, etc?
- Are you committed to grooming and health maintenance?
- Are prepared for the costs associated with feeding quality food?
- Can you afford out of pocket spending for veterinary costs or consider insurance?



- How long have you worked at your current job?
- Are you prepared to share your combined annual income?

### References

Will you provide a personal and a professional reference?

It is important that you take this level of involvement of a breeder in your purchase of a purebred dog. Although the extensive questioning may seem like a lot to provide, this gives you the assurance that the breeder is intent on finding the right home for the dog and not just looking for your money. Based on your questions for the breeder you can feel confident you have selected a dog that is healthy and well suited for your lifestyle.

*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. Visit the website at*



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# Serving up some restaurant statistics

by Carole Moul

Local restaurants have become an important part of the Canadian story and we want them to do well

Restaurants Canada, a national, not-for-profit association representing Canada's diverse and dynamic foodservice industry reports that 89% of Canadians enjoy going out to eat at restaurants and 89% of Canadians have said that after the pandemic is over, they look forward to going out to a restaurant again with family and friends.

In an email to this paper last month Restaurants Canada wrote that over the past two years 72 % of Canadians have said that they 'missed socializing and connecting with friends and family at in table-service restaurants the most.'

"Before the start of the COVID-19 pandemic, Canada's foodservice sector was a \$95 billion industry," reported Restaurants Canada, "It was Canada's fourth-largest employer, directly employing 1.2 million people."

Twenty-two million customers across the country are served every day. The backgrounds of those looking after these customers share some very interesting data, informa-



tion perhaps not entirely unexpected. Numbers again were provided to this paper by Restaurants Canada.

Canada's restaurants typically reflect our country's impressive diversity. Women make up 58% of the foodservice workforce; 31% of restaurant owners, operators and staff belong to a visible minority and half of all Canadian restaurants are run by talented, hardworking, entrepreneurs who came here as immigrants. Before the COVID-19 crisis, 1 in 5 Canadians between the ages of 15 and 24 were employed in restaurants, while the number one source of first jobs for young Canadians has been in the food service industry.

When restaurants thrive, so do the communities where they call home. Annual revenue for a single Canadian restaurant ranges from between \$30,000 - \$5,000,000. More than 95% of those dollars typically go back into the economy. Even during the best of times, the

average foodservice establishment keeps less than 50 cents of every \$10 spent on a restaurant meal. The remainder goes back into the economy in the form of jobs, food and beverage purchases, contributions to charity and more. Restaurants like to give back, and collectively they had been contributing \$460 million per year to charity.

The restaurant sector typically makes up 4% of Canada's Gross Domestic Product (GDP). Foodservice operators run businesses in every rural and urban Canadian community, and that adds up.

"Restaurants are a critical component of Canada's food supply chain," notes Restaurants Canada. Restaurateurs work closely with Canadian farmers to bring local food to the table, and typically were spending \$31 billion per year on food and beverage purchases. Restaurants are not only vital to the livelihoods of Canadian food and beverage producers, but also to distributors, truckers and other essential food supply chain workers. Typically they sustain more than 290,000 indirect jobs beyond the foodservice sector.

Recent good news is that employment did rise by 114,000 (+12.6%) in the accommodation

and food services. As Canadians return to their workplaces and tourism and business dining spending rebounds, Ontario's foodservice industry should improve.

Few industries have weathered the dramatic impacts of the COVID-19 pandemic quite like foodservices and hospitality. The past couple of years have presented them with many complex challenges, but this is an industry composed of passionate and hard-working individuals. Nothing is going to shake their commitment to bringing guests the absolute best food, service, and safest dining experiences possible.

Now community support will be more crucial than ever in making certain that our local restaurants survive.

*This article was sponsored by 168 Sushi located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Avenue. Open 7 days a week + holidays with over 168 items on the menu. Dine in Thursday through Saturday from 11: a.m. - 9:55 p.m. and Sunday 11: a.m. - 8:55 p.m. Order the On-Line Sushi for Take- Out or have it delivered with Uber Eats, SkipTheDishes, Door Dash or Fantuan Delivery. Telephone 168 Sushi at: 613-523-1680. Or check out: 168SushiBuffet.com*



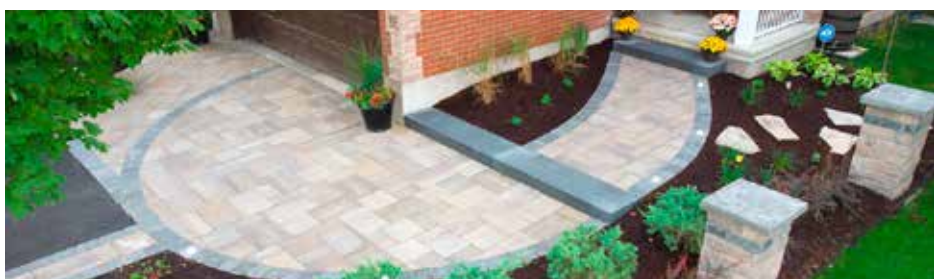
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**FRIENDS OF RIVERVIEW PARK GREEN SPACES (FORPGS)**

**Update for April 2022**

by Ron Ridley

The Friends of Riverview Park Green Spaces (FoRPGS) 2022 Speaker Series is well underway with two very good speaker presentations. The first was from Ottawa South Eco-Action Network (OSEAN) where we learned about their successful Pollinator Patch program and opportunities to help pollinators in our neighborhood, and the second was from the Champlain Park Community Association where we learned about their award winning work on regenerating a parking lot into a Tiny Forest/native pollinator garden/Carolinian forest/ food forest). The remaining two speaker presentations will be Thursday, March 31st with Meghan McDonald from the Rideau Valley Conservation Authority and Tracey Etwell from the Canadian Wildlife Federation will speak about the new pollinator meadow being established on 15 acres of land on Cambrian Rd. in a partnership project with Hydro Ottawa, and Thursday, April 28th where Katie Turnbull from the Toronto

Conservation Authority will talk about re-imagining utility corridors to bring nature back to city living. Toronto's Meadoway is an ambitious project that is transforming a hydro corridor in Scarborough into a vibrant 16-kilometre stretch of urban greenspace and meadowlands. When completed, the Meadoway will be Canada's largest linear urban park.

There is still time to register for the remaining speaker presentations by e-mailing [FoRPGSOttawa@gmail.com](mailto:FoRPGSOttawa@gmail.com).

FoRPGS continues to work with the Councilor's office on the Hydro Corridor project and the City of Ottawa on our Green Spaces improvement on the FoRPGS adopted road/meadow/forest area although progress has slowed down over the winter/Christmas/spring period.

Cleaning the Capital spring campaign will run from April 15 - May 31 and FoRPGS will be coordinating cleanups in the Riverview Park community with the RPCA. We have volunteers for the Hydro corridor, the path in the forest between Riverview and the hospital



GREG MONEY.

link road, Balena park, Riverview Park but need volunteers for the Rail line, Dale park, Coronation Park, Hutton Park, and Alda Burt Park. If you are available to help, please contact [FoRPGSOttawa@gmail.com](mailto:FoRPGSOttawa@gmail.com).

If you have any suggestions for ways or areas to improve the green spaces in Riverview Park, please send them along and we can discuss. There are many examples in our community like maintaining natural areas, removing invasives, planting pollinators, reducing cut grass/naturalizing areas. We are fortunate to have all our green spaces, but they do need our care.

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](mailto: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.

On a closing note, while we experienced very little theft/vandalism on the ornamental path in the woods parallel to the hydro corridor during the Christmas decoration period virtually all the Valentine's Day decorations and dog name ornaments were taken. On that basis we only put up one St. Patrick's Day ornament to go with the green St. Patrick's day human cookies & dog cookies and it was removed within hours. If anyone knows anything on the issue with the ornamental path, we would be interested in finding a resolution.

*Claire Desjardins*

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# A Blair Court thanks to all

by Kristy Fudakowska

Over the last few months, I have spent a good deal of time reflecting on the last 25 years and all that has happened for Blair Court Community House to get to where it is now.

When I first walked through the doors of the newly acquired building in 1997, I was a student in the Social Service Worker program at Algonquin College. I was still trying to find my niche, but I was eager to start serving the community.

The building (previously a residential house managed by Ottawa Community Housing) was virtually empty with only a handful of old office chairs, a computer, an operating budget of \$7,500, and a group of eager youth looking for opportunities to engage.

So much has happened in the last 25 years, too much to capture in just a few lines. However, we have definitely had many notable events and experiences over the years. We have grown our \$7,500 budget to over \$180,000, worked with others to plant 30 trees along Station Boulevard, obtained charitable status, held numerous fundraisers, took on the role as community Food Bank, enjoyed annual community Christmas parties and other community engagements and received the United Way-Community Builders Award alongside other com-



**AS WE MARK 25 YEARS IN OPERATION, WE WOULD LIKE TO SHARE WITH YOU OUR WISH LIST OF THE TOP 25 DONATABLE ITEMS**

At the end of March, Blair Court Community House will be celebrating 25 years of providing essential programs and services to the Blair Court Community and surrounding area.  
Please consider helping us to continue the vital work we do by donating any of the 25 items listed below.

**TOP 25 ITEMS**

**Personal & Household**  
Sanitary napkins, face wash, diapers (size 5 & 6), liquid hand soap, Tylenol, laundry soap, gently used linens, all purpose cleaning.

**Food Related**  
jam, school snacks, dry pasta, tomato paste, salt, sugar, flour, baking powder, biscuits, crackers, ketchup, mustard, mayo, powdered milk, canola oil.

**Other**  
refundable bottles (LCBO/BEER Store)  
monetary donation\* of any amount  
\*tax receipt issued for monetary donations

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munity houses.

Today, the community house proudly operates as a multi-service, community-based agency providing responsive programs and services for children, youth and families who live in fixed and low-income households. The many good milestones have lightened our path.

We could not have done it without community support, collaborative partnerships, funding, thousands of dedicated volunteers, hundreds of committed staff, supportive board members, donations, community engagements, fundraising initiatives, and a whole lot of creativity. Thank you to all who helped us along the way.



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# Tennis elbow



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With nicer weather around the corner, everyone will be eager to get outside and start engaging in all sorts of activities. For those who play tennis, racquetball, badminton, pickleball and other racquet type sports, avoiding injury early in the season is key to maintaining activity levels.

One of the most common upper body injuries related to these types of sports is tennis elbow. Tennis elbow refers to a condition where the patient experiences a deep burning pain on the outside area of the elbow. This pain often refers through the forearm and wrist as well, causing weakness in grip strength.

Some other symptoms include:

Heat and tenderness on the outside of the elbow and the upper part of the forearm.

Muscle stiffness and aching, which is worse in the morning.

Pain while straightening the elbow, or when raising hands (as you would to type on a keyboard).

Causes of tennis elbow are not limited to racquet sports. Other causes can include exercise, gardening, occupations that involve repetitive movements of the wrist and forearm, and typing, just to name a few. Overall, the root cause is repetitive movement of the wrist and forearm, muscle weakness and improper form. This injury can occur just once, or it can become a reoccurring injury.

Strategies to prevent tennis elbow should include strengthening exercises and stretches for the wrists and forearms specifically including the muscles that are used for extension of the wrist. Learning proper or improved form of activity can help. Try to keep wrists straight during activities such as working or typing. Try to avoid repetitive

movements, and if that is not possible, then take frequent breaks or wear braces to reduce grip tension.

If tennis elbow can't be avoided, then selfcare and treatment are the next steps.

Selfcare for tennis elbow would include:

- Rest from the activity that is causing the injury
- Strengthening and stretching the affected wrist and forearm
- Applying ice to the outside of the elbow/top portion of the forearm for up to 10 minutes at a time, as needed

One of the best ways to speed up the healing process for tennis elbow is to receive massage therapy. Massage therapy will include deep tissue massage and friction therapy to the tendons of the elbow joint.

This can reduce inflammation, improve circulation as well as mobility and range of motion in the affected arm. This treatment will often include deep tissue massage and can be a little uncomfortable. Your therapist will check in to be sure their working within the client's comfort and tolerance. This may take a few sessions to improve, but massage has proven to be very effective as a treatment for tennis elbow.

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

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



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# Our Whirlybird teams help more than the sick

by Carole Moulit

For those of us who live not far from CHEO or The Ottawa Hospital- General Campus it is not at all unusual to see or hear a bright Ornge helicopter whirl toward the 401 Smyth Road location of our local air ambulance helipad. Situated not far from the main entrance of the children's hospital that same helipad also services the general campus.

Two kilometers away and across from The Ottawa Hospital- Civic Campus another helipad is used by Ornge helicopters to move patients to and from that hospital.

The term 'unsung heroes' is apt when speaking about those who behind the scenes work not only for the sick but on everyone's behalf.

Even those familiar with the name Ornge may not realize that when we are watching these whirling air transport machines in motion we are in fact observing an essential component of Ontario's health care system.

Ornge is not an acronym or abbreviation formed from the initial letters of other words for any other meaning. The name was chosen as a nod to the distinct historical colours of the ambulance fleet.

Ornge is a Canadian not-for-profit corporation and registered charity providing air ambulance and related critical care transport services for the province of Ontario. Ornge was established in 2006 although the program itself began in 1977. Ornge is under the direction of the province's Ministry of Health and is Transport Canada regulated.

Our Ottawa Air Base for the local Ornge AW139 helicopter is located at the Ottawa International Airport. Two pilots and two paramedics travel in each helicopter. The two critical care Crestline Commander Land Ambulances for Ottawa work are based on MacFarlane Road.

Ninety-seven percent of the Ornge trips in Ontario are moving patients between one hospital and another. The remaining three percent are on-scene responses to accidents where high level critical and advanced care paramedics are required. In collaboration with the Trillium Gift of Life Network, Ornge also assists with coordination of air transportation for organ retrieval across North America.

Joshua McNamara, Public Relations Officer, notes that, "During the pandemic Ornge paramedics stepped up to assist Ontario's healthcare system. Volunteering to take additional shifts and staff our



Our local Ottawa Ornge AW139 helicopter in motion. PHOTO: SUBMITTED BY ORNGE



This ORNGE helipad, located not far from CHEO's Emergency Entrance, serves both The Ottawa Hospital-General Campus and CHEO. PHOTO: GEOFF RADNOR

surge response team to help balance hospital load capacity across the province, they are among the most dedicated and elite in their profession."

Ornge has the largest air ambulance and critical care land ambulance fleet in Canada. It performs approximately 20,000 patient-related transports per year and serves more than 13 million people over one million square kilometres of land. This is an area equaling the size of France, Spain and the Netherlands combined.

The Operations Control Centre (OCC) for Ornge is located out of Mississauga and staffed 24 hours a day, seven days a week and 365 days a year. This ensures that Ornge paramedics, hospitals and Central

Ambulance Communication Centres have assistance 24 hours a day from a Transport Medicine Physician. Ornge is able to rapidly triage calls, ensuring timely responses to the most critically ill or injured patients. Suffice to say, the Transport Medicine Physician plays an active role in determining the mode of transportation and level of care required for patient transport based on the patient's condition.

In addition to Ornge's Transport Medicine Physicians, the Operations Control Centre employs medical Communications Officers, Flight Planners, and an Operations Control Manager.

Every day Ornge teams work around the clock to ensure the patients of Ontario receive the

very best care available. During COVID-19 they were on the front lines helping accelerate vaccination efforts across Ontario's northern fly-in communities, seeking community donations of Personal Protective Equipment to help fight the pandemic, and transferring the ill from overcrowded locations to those hospitals having room for additional patients.

So, those unsung heroes undertake amazing work behind the scenes on behalf of Ontario people.

Next time you have the opportunity to observe an Ornge helicopter in whirlybird motion or see a critical care Crestline Commander Land Ambulance travel through our city you should surely appreciate the vital service they provide.



# Top 10 Tips to start riding an bike

If you are thinking about giving an electric bike a try, there's no better time than now. Here are 10 reasons to ride an electric bicycle with us.

## 1. Enjoy cycling faster, further and longer

With pedal-assistant technology, e-bikes are easier to ride than regular bikes. This feature helps when you take those day-long trips because you can stay gone as long as you want to with less stress, especially if you pace yourself throughout the day. It's a great way to burn off calories. E-bikes require no extra effort to ride, but you still have to pedal to increase your speed. And because you've got an extra oomph on board, you'll be able to travel further distances and ride for longer period of time.

## 2. Health and fitness benefits

Despite the added motor assist, you will still be pedaling throughout your ride. Riding an e-bike can work up a sweat just like regular bikes can. And it is as good as regular bikes at improving fitness. It's still an exercise after all. Therefore when you're pedaling more, it will benefit to your heart, your lungs and your blood pressure. It is also good for mental health. Pedal-assist motor allows people to ride for longer periods of time, relax and control. Fresh air and some exercise, and endorphins released during the ride can instantly improve your mood. It's a great way to ease feelings of sadness and tension. Start riding today with Ottawa eBike rental, enjoy the beauty of nature!

## 3. Economical in the long run

It is true that buying an electric bike is more expensive than a regular bike. Your upkeep costs are roughly the same (for parts like tires, chains and brakes, etc.) While comparing to a car, the costs are minimal. Maintaining a petrol or diesel car is costly. So in the long run riding an e-bike will save you money. As for the cost of charging your bike's battery, it depends in the level of assistance you use, and only pennies will add to your electricity bill.

## 4. No more bad traffic

Do you remember those moments you stuck in the traffic jam, hoping that not being in your car, on the bus or dealing with train delays? With an e-bike, these depressing moments won't occur. It is an awesome way to include more exercise into without much sweat. And you'll arrive at work on time, not worrying about the traffic at all.

## 5. Ease hill/mountain cycling

When it comes to cycling uphill against the wind, e-bikes really come into their own. Just tap into your electric motor and you'll handle those hills at ease. As a matter of fact, with e-bikes regardless of the type of terrain you can go over the river and through the woods more easily. If you love rides that are challenging, it won't be too difficult for you. And e-bikes are perfect because you'll still get a great cardiovascular workout without feeling like quitting. You'll be more likely to keep up riding habit for many years to come.

## 6. Reduce Carbon Footprint

Needless to say, electric powered e-bikes use zero gas or diesel which made them really eco-friendly. E-bike motors also use up much less energy than a car engine, and there is no smoke or dangerous chemicals emitted into the air. If you are looking for an eco-friendly way to work or to run errands, you simply can't beat an e-bike. Bear in mind that climate change and global warming are serious issues nowadays, we must take sustainable moves. And we can all contribute to save our earth and save ourselves by making environmental friendly choices.

## 7. Safer to ride

E-bikes are heavier than regular bikes because of the motor and battery. But this extra weight is advantageous because it means you'll get a sturdy bike that is built to last and can handle minor accidents. Having more acceleration from that little motor will get you out of the danger zone faster. Another safety bonus on an electric bicycle is that having a silent motor means you'll be more aware of your surroundings than you would on a motorbike or scooter. You will also have adequate time to react as you won't spend as much time with your head down or standing up in an attempt to build up speed. Finally, because you'll be able to keep up with the flow of traffic more easily, fewer cars, buses and lorries will need to overtake you, which also means safer riding.

## 8. Carry extra stuff

It is exhausting to cycle with a load of heavy stuff. With pannier bags, you can carry extra weight on your way home. As well, using an e-bike means you can use your battery power to help with the weight.

## 9. Parking convenience

Sometimes, you're only out running errands or going to work. However, looking for parking lots can be time and energy assuming especially on a busy day. With an e-bike, you will don't need to worry about where to park. And it takes up much less space than cars do. You'll also save money on parking fees which aren't really cheap monthly.

## 10. Much more fun

There are so many benefits to riding an e-bike. Mostly it is really fun to ride an e-bike. With an e-bike getting out of hilly neighborhood is a breeze. No major muscle strain and no sweating are involved! As the technology improves, the joy of riding an e-bike is only going to increase. Our ebikes are very high quality and very reasonably price



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TAKE A LOOK... EXPLORE LIFE AT MAPLEWOOD

Celebrating SPRING at Maplewood

by Peter Kocoris, General Manager

Many of the most quotable quotes about spring are rife with the idea of anticipation. This level of anticipation has been amplified by the winter of discontent unmatched by any other in recent memory. The residents at Maplewood luckily managed to beat this gloomy tail end of winter by participating in some excellent end of winter activities. We celebrated Chinese New Year, Mardi Gras, quaffed Bloody Caesar cocktails to honour the Ides of March and learned how to make chocolate treats at our Chocolate Soirée. And speaking of 'Luck', we spent a wonderful St. Patrick's Day with a touch of the green; from emerald cocktails and treats to a wonderful traditional Guinness Irish Stew and soda bread for dinner. We can't wait for spring!!!

Upcoming Maplewood highlights for April, May and June

APRIL
Current events lecture
Wednesday April 6th from 2:00 p.m. to 3:00 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 to 2:00 p.m.

Save The Earth "It's the Only Planet with Wine and Cheese"
Friday April 22nd from 3-4 p.m.

MAY
Let's taco bout a fiesta!
Cinco de Mayo Party with Entertainment. Thursday May 5th from 7 to 8:00 p.m.

Mother's Day Celtic Tea with Harpist
Friday May 6th from 2:30 to 3:30 p.m.



Outing to the National Art Gallery
Canada and impressionism: new horizons
Thursday May 12th from 1:00 p.m. to 3:00 p.m.

Crazy for Cookies Social with Entertainment
Sunday May 15th from 3:00 p.m. to 4:00 p.m.

Waltzing into Spring with musical entertainment
Thursday May 19th from 7:00 p.m. to 8:00 p.m.

Sip N' Paint Night
Enjoying a glass of wine while painting with friends
Thursday May 26th From 7:00 p.m. to 8:00 p.m.

JUNE
Flippin Thursdays on the Grill
We begin our weekly Summer Barbeques for lunch from 11:30 to 2:00 p.m.

Call Brian today to book a personal visit!
613-656-0556 Ext. 701

The party never stops at Maplewood!

Photos shared by Rosal Yade
A look at some of the fun we have been up to! Mardis Gras, Chocolate Soirée, Casino Day, Men's Breakfast Club and St.Patrick's Day!







**DESTINATION: OTTAWA**



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BulkBarn	DOLLARAMA	GOLF TOWN	MOVATI ATHLETIC	ROGER'S ITALIAN-BISTRO	STARBUCKS COFFEE	WAL*MART
carter's	OSHKOSH Big Boy	Healthy Planet	Macho burrito	RICKI'S FASHION THAT WORKS	STRUCTUBE	Thai express
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Industrial Avenue at Trainyards Drive  
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[www.ottawatrainyards.com](http://www.ottawatrainyards.com)





# Watch for the great project SOLE is planning for spring

by Norah Wigston

Hey you! Yeah you, with that old 1980's banana seat bike that's cluttering up your garage. Have you finally realized it's never going to leave that dusty old corner, home to a colony of spiders? Well, why not set that banana seated beauty free by donating it to Vincent Massey's Social Action groups: Sole Connection and Dynamic SOLES!

SOLE is back and ready to help! As you might know by now, Sole Connection and Dynamic SOLES are a group of grade 7 students at Vincent Massey Public School that are looking to do random acts of kindness for people living in the Russell Heights community. Their most recent project was kindly shoveling snow, chipping ice, and laying down salt on the slippery ice and snow!

They plan to hold a Bike Tune Up Day June 2nd, where the members of Russell Heights are welcomed and encouraged to bring in bikes that need fixing. Of course they will not be amateur mechanics by then, because we are practicing on gently used bikes that have been kindly donated by people like you. It's never too late to help them though! They are still looking for more gently used bikes to practice on for the upcoming event.

SOLE is really looking forward to this event because they will be joined by Safe Roads Ottawa, who have offered to help them. Safe Roads is hoping to help this young group of philanthropists build obstacle courses, and educate young children on the importance of bike safety. They won't stop there though! To start our path to Reconciliation, they hope to collaborate with indigenous groups to

learn about local indigenous history. We are also interested in organizing a dance flash mob where they will teach the children of Russell Heights, or anyone who wants to join, how to dance together.

In addition to that, they recently had their business cards printed so they can promote their group and solicit ideas on how they can help the Russell Heights community. Guess what? You might just spot them around the neighborhood some day, talking about SOLE Connection and Dynamic SOLES.

You can also check out our Twitter account @SoleConnect-VM and @DynamicSoles. Although they haven't been super active lately, they're hoping to post some of their recent photos from their most recent random act of kindness and to promote other upcoming events.

If you have any ideas on how you can help us with our events, or know anyone who



Pictured here: SOLE hard at work shoveling snow, chipping ice, and laying down salt on the slippery ice and snow. PHOTO: TEACHER GREG MCKEAN

can, please contact us at [sole-connection2022@gmail.com](mailto:sole-connection2022@gmail.com).

In conclusion, if you have made it this far into the article, maybe you won't mind helping

SOLE out some day, and you never know, you might just see that banana seat living its best life, riding around your street some day.

# For the record: a slice of musical history

by Brian McGurrian

Let me begin with a question. It would seem to be obvious that a song can't possibly become popular unless people get to hear it frequently, but before there were movies and TV and network radio and disc jockeys, how could you get familiarized with a new song? Let's think about, *Home Sweet Home* ("be it ever so humble") first published in 1823. Or, how about *IDream of Jeanie with the Light Brown Hair*, first published in 1854. It's one of Stephen Foster's most beloved parlour ballads but the Library of Congress informs us that it was "virtually unknown" during its time

One thing is for sure: for more than 99% of human history and prehistory, all music, whether fluted, fiddled, drummed or sung, was only heard live. As much as we might wish that we could hear the actual sound of King David playing his, "secret chord that pleased the Lord" or Beethoven playing his "Moonlight" piano sonata that will obviously never be possible.

Throughout the entire 19th century, live music



was heard everywhere - at operas and concert halls, county fairs, minstrel shows, medicine shows, circuses, parades, and from the bandstand in the town park. Also, in the later 19th century people began flocking to vaudeville and burlesque theatres. But they didn't ordinarily get to choose the songs that they wanted to hear.

Prior to the late nineteenth century you had just two options when it came to hearing music: attend a live performance or perform it for yourself - which folks often did, gathered around the piano in the parlour, where young ladies displayed their mastery

of the simplified arrangements provided in published sheet music.

When social historian James Parton wrote that during the 19th century, the piano was, "only less important to the American home than the kitchen stove," he was describing a significant social reality. Sales of twenty-five thousand pianos a year indicates that the piano was a basic instrument for shaping a musical tradition that went well beyond the genteel middle class. Cheap pianos costing about \$200 were peddled to rural families from horse-drawn wagons throughout the heartland of America, along with

sewing machines and other rural essentials.

And a popular song from 1890 reminds us that many immigrant families gathered together to socialize and to preserve their own musical traditions: "there's an organ in the parlour to give the house a tone! And you're welcome every evening at Maggie Murphy's home."

Not that you really needed any musical instruments other than the human voice. Even from the 1940s I can recall many social gatherings where my Dad would be called upon to entertain with a fine a cappella rendition of *Danny Boy* or *The Wearing of the Green*.

As you may be aware, in 1878, Thomas Edison patented a little gadget he called a *phonograph*, based on the Greek words for *voice* and *writer*. It consisted of a cardboard cylinder wrapped with tinfoil that could actually preserve a faint tracing of the sound of the human voice, and reproduce it on demand.

And Edison loved to show it off. In May 1878 he arranged a visit to the home of Lord Dufferin, the Governor General of Canada, which Lady Dufferin later recounted in her journal: "This morning we had an exhibition of the phonograph... It is quite a small thing, a cylinder which you turn with a handle... We were so amazed when we heard this bit of iron speak that it was hard to believe there was no trick. But we all tried it... Dufferin made it talk Greek, the Colonel sang a French song and all our vocal efforts were repeated. ...You may imagine how susceptible the needle is when I tell you that the first time Dufferin spoke into the machine he spoke too loud, and tore the tinfoil."

It was an interesting toy, but clearly too fragile to have any practical use.



# There was a special sweet treat at Riverpath

Shared by Sandra Knight and Giorgina Bodea of Riverpath

**D**o you have a sweet tooth... perhaps a longing to indulge a craving for chocolate? In February, Gabriela M. decided to make and share a sweet Swedish treat, CHOKLADKLAD-DKAKA, with her neighbours.

It was a wonderful surprise. To the adventurous patissier, all it requires is butter, eggs, flour, sug-

ar, chocolate and rum. Add some whipped cream and fresh raspberries before serving and Vive La Gourmandise! We are all looking forward to Gabriela's next culinary adventure this month.

Until then we would like to share with you some pictures from that day and others, when our residents celebrated their birthdays, Valentine's Day, Mothers Day, or the most recent event: St. Patrick's Day.







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# Spring into RIVERSTONE

RETIREMENT COMMUNITIES

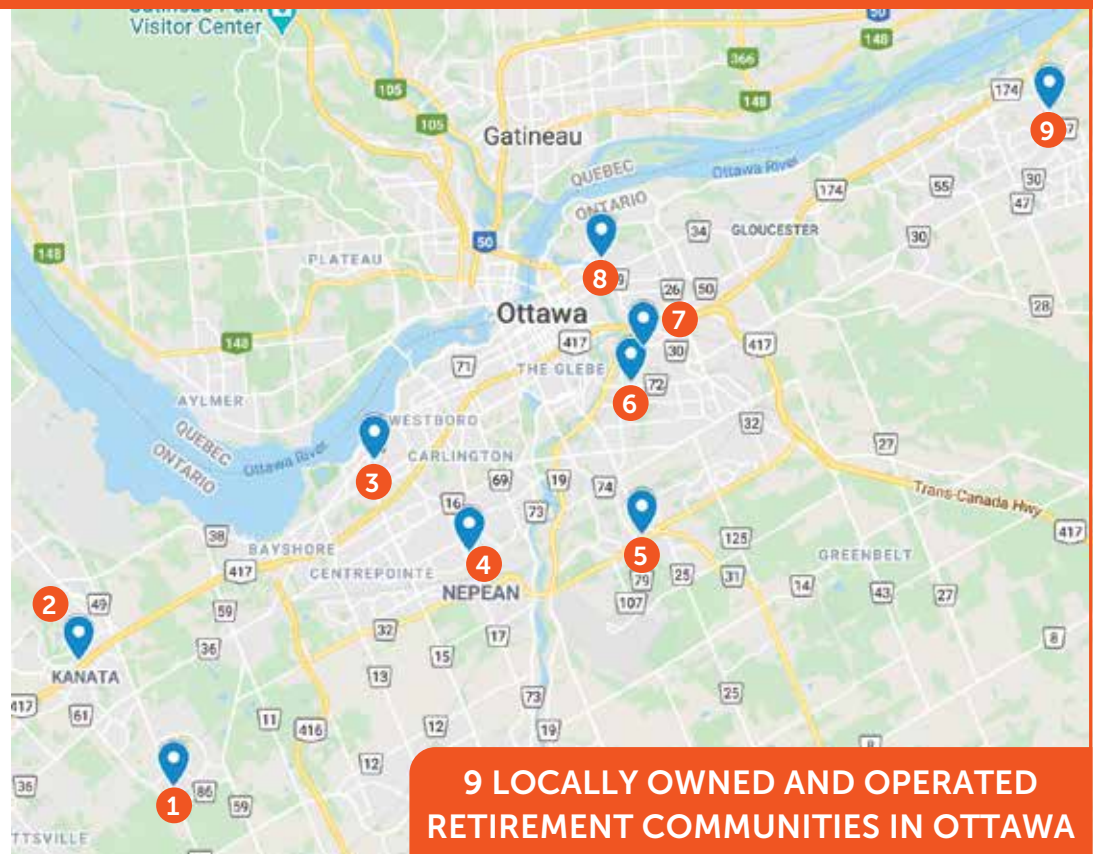
**In-person tours are now available!**  
**Call Brian at Maplewood, Josh at Oakpark, or Sabine at Riverpath to book your's today!**

**Come out and explore everything Retirement Living has to offer. Please join us Saturday, April 30<sup>th</sup> for Riverstone's Spring Open House from 10am-3pm.**

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- A variety of activities and events to keep our residents healthy, happy, and connected

**Space is limited Contact the Riverstone community in your neighbourhood to RSVP**

- 1 Bridlewood Trails Retirement Community  
Kanata | Contact Karen at 613-595-1116
- 2 Timberwalk Retirement Community  
Kanata | Contact Anita at 613-903-6136
- 3 Carlingwood Retirement Community  
Carlingwood | Contact Brenda at 613-656-0333
- 4 Stirling Park Retirement Community  
Nepean | Contact Patsy at 613-656-1450
- 5 Foxview Retirement Community  
Upper Hunt Club | Contact Catherine at 613-903-9441
- 6 Oakpark Retirement Community  
Alta Vista | Contact Josh at 613-260-7144
- 7 Maplewood Retirement Community  
Riverview Park | Contact Brian at 613-656-0556
- 8 Riverpath Retirement Community  
Beechwood | Contact Sabine at 613-327-9655
- 9 Willowbend Retirement Community  
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**9 LOCALLY OWNED AND OPERATED RETIREMENT COMMUNITIES IN OTTAWA**



# Riverview Park Review

## SECTION TWO

APRIL 2022

A Voice of Riverview Park

MAY 2022

### Art Lending of Ottawa Art Show and Sale at the R.A. Centre

by *Christiane Kingsley*

On Saturday, March 12, Art Lending of Ottawa (ALO) held its popular Spring Art Show and Sale at the R.A. Centre on Riverside Drive. In spite of the cold, snowy weather, the colourful artwork displayed aimed to chase away winter blues for all the visitors.

Art Lending is a rather unique not-for-profit art organization. Its goal is to make high quality artwork affordable by offering it not only for purchase, but also for rental. Those who want variety in their homes and businesses have the opportunity to rent art for a minimum of three months and the cost could be as little as \$12 per month. Rental payments can be applied toward the purchase price. There are many reasons to rent original art from Art Lending of Ottawa :

- Change art when you are ready for something new
- Enjoy art at a more affordable price than purchasing
- Enjoy art before committing to purchase on our rent-to-own

- plan
- Support local artists in our community
- Increase buyer interest using art when staging a home for sale

At the ALO shows in March, June, September and December, there is always beautiful art for every taste and budget. ALO's artists are all from the National Capital area and are carefully selected through a jurying process. They work in various mediums such as painting, photography, batik, mosaics and woodworking.

Mark your calendars! Art Lending's next show will be on June 11<sup>th</sup>, from 10am to 4pm, at the R.A. Centre. There will be free admission, lots of free parking, no sales tax and door prizes for its visitors. Until then, visit our website to view examples of the artwork created by our talented artists.

#### Next Art lending of Ottawa Show

June 11, 10AM-4PM  
R.A. Centre,



Outaouais Room  
2451 Riverside Drive, Ottawa  
Website: <https://www.artlendingofottawa.ca>  
Facebook : /artlending613  
Instagram: /artlending613

*Christiane Kingsley is an Ottawa artist living in the Riverview area. She has been showing her artwork and volunteering with Art Lending for over 5 years.*



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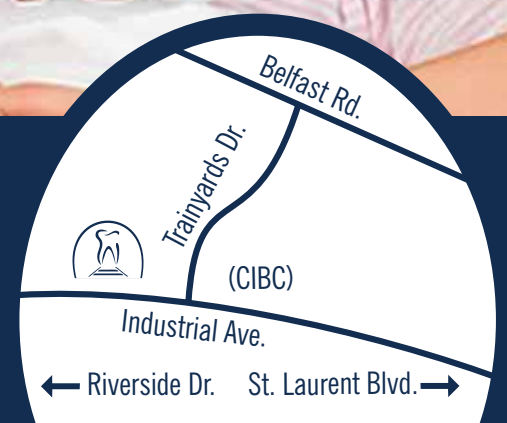
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# Growing milkweed for monarchs



Author and photographer Fatima Matar stands among her amazing home grown milkweed plants. PHOTOS: FATIMA'S PHOTOGRAPHY

Story and photos by Fatima Matar

Gardening has been an important activity passed down to me by my family, and when I first started gardening, I quickly learned about the connection between plants and butterflies. As a curious child, I wanted to know more, so I dug in deeper.

The monarch has four distinct life stages: egg, larva (caterpillar), pupa (chrysalis), and adult. In the wild, female monarchs lay 300-400 eggs in just a few weeks. They normally lay a single egg (*only 0.9-1.2 mm big*) per milkweed plant by gluing it to the underside of a leaf to try to keep it safe. It's not uncommon, however, for several females to lay eggs on the same plant and sometimes even on the same leaf.

It takes somewhere between 3-8 days for them to transform into caterpillars, at which point they are ravenously snacking on milkweed to gain energy. Sadly, only 10% of all caterpillars reach the next stage, falling victim to predators or parasites. To avoid this, I find monarch caterpillars and introduce them to their new safe and temporary home to give them the best chance at survival in their stages of growth.

In a well-camouflaged spot high off the ground, they weave tiny silk pads to create an anchor during the pupal stage. Some 8-15 days later, the adult butterfly emerges and within just 5 hours, their wings unfold, and they can finally take flight. First stop: nectar buffet on the Milkweed Plant.

You see, milkweed is one of the most important host plants for monarchs. It's also the only plant caterpillars will eat, and the only place female butterflies will lay their eggs. Just like bees, butterflies are plant pollinators and help plants as much as plants help them. This is why I started this passion project: saving monarch butterflies has become part of who I am.

## Want to tell if that butterfly is male or female?

*Males have a small black spot on the top surface of the back wing; females do not. Males also have slightly thinner wing veins, whereas the female wings tend to be slightly darker than males.*

In 2021, I researched, bought, and started planting different types of milkweeds to do my part in helping sustain the monarch population. In the Ottawa area, there are three types of milkweed plants that are native: Common Milkweed, Swamp Milkweed, and Butterfly Weed Milkweed. There are a few differences among them, namely the appearance of their



flowers, leaves, and their seed pods, as well as their soil preference.

- Common Milkweed quickly grows to 2-4 feet and produces fragrant clusters of pink-purple flowers in late spring to mid-summer.
- Swamp Milkweed produces tall, beautiful pink flowers. As the name might suggest, it grows best in wet or clay-like areas, but it also prefers full sun.
- Butterfly Weed Milkweed produce clusters of bright orange, yellow, or red flowers all summer long. It thrives in bright sunlight and poor, dry, sandy, or gravelly soil with a slightly acidic or neutral pH.

Every year, I plant all three types of milkweeds to help increase the growth of this magnificent plant. This is especially important because monarch populations are declining, and I know we can help. With even the slightest increase of milkweed around the city, we can impact the monarch population for the better. Just a single milkweed plant in your garden will make a difference.

I hope you'll consider adding a milkweed plant or two to your own yard. If you would like free milkweed plants for your garden, please contact me at [naturewithfatimam@hotmail.com](mailto:naturewithfatimam@hotmail.com). You can also follow my journey to support the monarch butterflies on Instagram at @naturewithfatimam.

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# Who can afford to buy a house today?

by Geoff Radnor

In the February edition of this paper David Knockaert lamented the lack of opportunity for new home owners. He suggests that housing has become a market for corporate investors to exploit. My thoughts on this are there must be a reason and we have to go back about a hundred years to start to understand this.

The population of Canada in 1922 was about nine million. It was after WWII when the immigrants from war-torn Europe really started to flow into Canada. In the 15 years after the end of WWII Ottawa's population increased by almost 25%. The 2021 census says that there are 37 million Canadians, the largest proportion of us live in the 41 large cities and towns: just as the readers of this paper do.

People really started to congregate in the cities with the return of the thousands of armed forces to civilian life. Many wanted a home of their own.

Here in Riverview Park it started in the 1950s, on Alta Vista Drive, with small individual homes on Caledon Street and Dale Avenue. There was lots of land available for single homes of all sizes all over the city. Some very small ones must have followed a design by the CMHC, such as those that still exist in Overbrook and along Carling Ave.

Early planning by the city created the Green Belt, so new homes were built a few more km. from downtown Ottawa. Today these suburbs are being expanded not only with detached homes but blocks of homes with up to four storeys. Greater density, more homes per acre, more homes for families, more profit for the developer/investor.

The draft Official Plan due to be part of our lives for the next 25 years is calling for limited building



Is this the new family home? PHOTO: GEOFF RADNOR



Or, is this the new family home? PHOTO: GOOGLE

of individual homes. It wants to encourage 4-plex and 6-plex buildings in residential neighbourhoods to avoid building on important farmland many miles from downtown Ottawa. This will increase the housing density compared to single family homes.

We have seen the increase all across Canada in high rise condo building. It is cheaper to buy a condo than a detached home. Will these condos become the "new normal" home? With the lack of

land to build new detached homes prices will be higher.

We have already seen that happening in the last two years. A 15 year old detached house on Bathurst Street was going for over \$1,000,000. Just a few yards away a house that sold two years ago for less than \$500,000 sold for just under a million this year. Can young couples afford these prices? I do not think so. Are they being forced to look for something way out of town? Or maybe buy a condo for

\$550,000?

With the federal government's aim to maintain immigration at over 430,000 a year there is going to be a heavy demand on housing at all levels. Ottawa is the second fastest growing city in Canada according to Stats Can. "the arrival of many permanent and temporary immigrants played a key role in their growth."

Ottawa's population today is about 1,040,000 and the estimate for 2046 is 1,500,000. That is a growth of about 44%. There is no more land so housing will have to be built higher.

There are several recent examples of building higher close to us in Riverview Park. Two residential towers are planned on Othello Ave. to join the adjacent four towers proposed on the parking lots of the Elmvale Shopping Centre. The Burger King and the Tim Horton's on St Laurent will be replaced by residential towers, as will the adjacent 168Sushi restaurant, St Hubert Rotisserie and the Petro-Canada gas station. More units are planned also for the Everest AV Ridge.

No plans of any single homes have been announced in our area as there is no space available for such luxuries. Thus the prices of any existing homes will increase. That is of obvious interest to investors with millions at their disposal. This is a basic law of economics: supply and demand. To afford a detached home today a couple must consider buying an hour's drive from downtown, however there are the increased costs of having a car, (gas is now \$1.80 a litre) and the commute time effects on family life.

So I guess that answers the question as why our elected officials of the City of Ottawa have avoided conversation about the corporate entry into the family home housing market. It was inevitable.



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# Oakpark gets a facelift!

by Josh Dubovie

Who said aging couldn't be fun? As Oakpark enters its 14th year in the Alta Vista area, the Retirement Community have been very busy with Spring Cleaning this year and have already enjoyed some major improvements in the home:

Residents now benefit from a brand new dining room floor, luxurious maroon carpets in the residential floors, 60 High Definition cameras, 16 HEPA filters, a fresh new memory care floor and many other improvements throughout the community. Not only that, but as we begin to safely open up to visitors, day trips and entertainment again, our calendar has also had a lift of its own!

For example, Oakpark hosted the Swing into Spring concert with Marketing Manager Josh Dubovie and will also host an Open House (by appointment) on April 30th to show off its new and improved look. We've also added some fun new activities like 'Drumming Circle', and have reinstated some resident favorites like our Paint Night and Lunch entertainment.

Whether you're considering Oakpark for your Respite needs, or

are interested in coming for a tour to see if we are the place that you could call home, we welcome you to contact us and inquire about the lifestyle that Oakpark provides. From cost effective studios to fully furnished 2 bedrooms, you can be sure that we have some great suggestions for your personal needs.

Contact Josh today and book your appointment for the Open House event -613.260.7144 or email [jdubovie@riverstoneretirement.ca](mailto:jdubovie@riverstoneretirement.ca)

Can't make it on April 30th to our Open House event? Do not fear, you can book a private appointment using the contact details above.

We look forward to connecting with you!

Oakpark Retirement Residence is located at 2 Valour Drive, Ottawa, ON, K1G 3T5



## Vaccines Work

As restrictions ease and end, 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.

All individuals aged 5 and older can book an appointment to get the COVID-19 vaccine.

All Ontarians aged 18 and over can book an appointment and receive a booster dose of the COVID vaccine.

### 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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# Anyone for a Toast?

by Penelope Turnbull

Toasting is not what it used to be. Our use of single words like Cheers! Sante! or Prost! have displaced the elaborate use of heartfelt words in honour or celebration of a person or event. But every now and then, often at a large wedding, we can still make use of the Toast in all its glory!

Consider the Toast to the Bride. Someone, often the bride's father, stands to give a heartfelt dissertation on the recipient's history. Next comes the well wishes for the future – health, wealth, happiness, a long life ahead, etc. Then, the father of the bride raises his glass, looks at his daughter, and says 'to — (insert their name)'. All the guests rise and raise their glasses, look at the bride, repeat the Toast, clink their glasses together and take a small sip of their libation.

The use of a Toast goes back eons. We know that the citizens of the ancient world drank to honour their gods. The wine or blood was offered in exchange for a desire or wish. Bacchus, the Greek god of wine, is well known for making Toasts. Even Ulysses is document-



ed toasting Achilles in the Odyssey. The Romans, not to be outdone, passed a decree that stated that all citizens must drink to their emperor at every meal! By the 18th century toasting had become so common that the most popular recipients were referred to as the 'Toast of the Town'.

There is a legend as to why the word 'Toast' was used for this action. It is said that hard scorched bread (toast) was put into the wine kegs and tankards to soak up the sediment or to counter the bitterness or sourness of the wine. It would definitely soften the hard bread allowing it to be eaten.

Rumour says that by clinking glasses small amounts of the wine can pass from glass to glass which countered any urge to poison the wine. The small sip would also less-

en the amount of poison drunk if the wine was indeed poisoned. The noise of the clink was thought to scare off any present evil spirits, but others suggest that the sound of the clink enriched the occasion by adding the fifth sense to the event after sight, touch, smell, and taste.

Interestingly the customs of making a Toast have varied over time. Customs to emerge ranged from bending on one knee, standing on a chair with one foot on the table, drinking from a woman's shoe, wearing ceremonial cloths or even turning to face a picture on the wall. To counter these often drunk and reckless activities a movement in the 16th century was introduced to ban all Toasts. But Toasts didn't go away, they instead became more polished. Printed books and pam-

phlets were used to guide the proper Toasting etiquette providing the knowledge for all emcees of gatherings to conduct and referee any size of meeting.

This etiquette of a Toast has considerable differences in various countries. When you travel to another part of the world, perhaps research their expectations and variations. At least learn the latest Toast word before leaving home. To raise your glass (no requirement for it to be an alcoholic beverage), look your host (or the bar staff member) in the eye and use their toast word. It will be a great way to make a good impression.

To learn more about writing, preparing and delivering a Toast, consider looking into Toastmasters International – a Not For Profit organization helping people around the globe learn to communicate – including those of you who will, one day, be fathers of the bride.

*Toastmasters 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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# Tempting your taste buds

by Geoff Radnor

In the February- March edition of this paper June Coxon reminisced about her days going to Nate's Deli on Rideau Street. Over the past while we have all been looking forward to when we can gather and enjoy a chat and a bite to eat, without wearing masks or sanitizing our hands. It seems that the day may have finally arrived.

It has been two years since the virus interrupted our lives and our routines, some say permanently. However, now we are starting to see some of the restrictions relaxed that forced us to do things a little differently. And, at last, it may also be possible to go out for lunch, and sit and enjoy being with family and friends.

For so long we have had to decide, "Shall we call and order dinner and get it delivered? Or, do we go and pick it up ourselves?" Or there's a possibility that we may decide to make dinner at home, although now there's another option.

Let's look at our choices for dining out. Living in Riverview Park, there are well over 30 places that can provide you with just about every kind of meal and are not more than a 15 minute drive from home.

The busiest place may well be 168 Sushi, conveniently located on St. Laurent Blvd. There is a huge choice and the quality is great and the price reasonable. The restaurant is also near two of the biggest burger chains with their drive thru windows busier than ever.

The Chopped Leaf in the Ottawa Train Yards is a specialty food provider like no other. This is not the same type of food served at regular fast food places. There are many other places too in the Ottawa Train Yards if you get a bit hun-



gry while shopping. Roger's Italian Bistro, SCORES and Five Guys are just three restaurants you might want to visit.

Subway is there, almost within a 15 minute walk from most homes in the neighbourhood. One interesting fact is that there are more Subways in the world than McDonalds.

The Lebanese Palace on the corner of St. Laurent Blvd. and Industrial Avenue was the home of a very enjoyable social evening with the Riverview Park Community Asso-

ciation a few years ago. Isn't it time to go back and enjoy their food?

O'Brien's Roadhouse that opened just before the virus arrived has been welcoming guests on their rapidly-built patio, although these days we can enjoy their food sitting comfortably inside.

The Indian themed restaurant, Aahar, is just a few steps away if your taste buds rule your life, and you enjoy eating delicious home cooked Indian food.

In the Elmvale Shopping Centre, besides Kara Mia, there are

several other places to try. Starbucks, Capital Shawarma, and the Fried Chicken Club are there to name a few. On nearby Pleasant Park Road, there is Super Duper Pizza. And, before being replaced by condo towers, St. Hubert too is still in operation on St. Laurent Blvd.

So, with the really hard times that restaurants in Canada have had to endure in the last two years isn't it time to say, "Here we are. We are glad to be back!" and "Enjoy!"

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# Remembering Sheerah, a Great Pyrenees gentle giant

by Amanda Wilson

When we moved into this neighbourhood more than three years ago we were excited to put down roots. We hoped we would befriend neighbours; but mostly we hoped our dog wouldn't cause problems. Used with life in the country, Sheerah was adjusting to the noises and happenings of city life. As a 90-pound Great Pyrenees with a booming bark, she could make her presence known. Luckily, not only did Sheerah not cause any problems, she became a beloved resident of Hutton Avenue.

She was hard to miss – a large ambling white fluffy dog, always looking for the next potential belly rub or pat on the head. People often joked she looked more like a polar bear than a dog, but she was a gentle giant, as sweet as they come (unless you were a German Shepherd or Golden Retriever). We once found an abandoned kitten under our car in the dead of winter. When we brought the kitten inside Sheerah immediately took over mothering duties letting the kitten burrow into her fur as they curled up on the couch.

It wasn't long before we couldn't take Sheerah on a walk without at least one of her admirers greeting her. Something about her temperament and welcoming eyes drew people in and made them fall in love with her. At Christmas, two neighbours dropped off presents for Sheerah. She had an amazing ability to modify her behaviour on approach. When greeting a small timid dog or a young child, she would move slow and stay calm. When faced with a young rambunctious pup, she was ready to play.

Traditionally, Great Pyrenees are known as livestock guards. They protect flocks of sheep, monitoring and walking the perimeters of



their territory for signs of threats. While Sheerah was never actually a working dog, she took her duties seriously, assessing threats based on how fast or slow a person or vehicle was going. We lived in the country when she was younger and Sheerah loved nothing more than to chase after the scent of a coyote. She once took on three coyotes and chased them across the field in front of our house. Rather than run straight after them she trotted in circles, slowly pushing them further and further away, while making sure she kept a close eye on the house she was protecting.

She provided guard services in other ways too. A neighbour up the street was dealing with a groundhog that kept digging up her garden. At her request I saved Sheerah's hair from her weekly brush and this neighbour would leave it around her garden. The groundhog was seen no more.

She was stubborn to a fault. I'm sure neighbours often witnessed my partner or I standing on the sidewalk while Sheerah sat or lay next to us, refusing to move. Perhaps we had had the audacity of trying to turn left when she wanted to turn right, or perhaps she was



waiting to see if one of her admirers was home. If Sheerah didn't feel like doing something, there wasn't much you could do about it but wait her out.

Part unofficial therapy dog, part couch potato, part neighbourhood watch, Sheerah lived by her own rules. She was fearless in the face of almost anything, except fireworks, stairs, hardwood floors and narrow doorways. She loved rolling around in the snow, sunbathing and digging her nose in the dirt. She was happiest getting a belly rub then dozing off in the grass or snow, raising her head once in a while, to bark at a noise (or imaginary threat only she could perceive).

When our daughter August was born this past June, Sheerah was not initially impressed (she prefers to be the one making noise, not on its receiving end). However, she eventually came around and in the last month before her death she didn't mind when August crawled up to her to inspect her fur. I think she figured out that her daily tally of belly rubs increased the more she allowed August to play with her.

Sheerah taught us patience, humility and what it means to love unconditionally. She helped us to build a community and she made this neighbourhood feel like home.

We had nine amazing years with her, and we are so very thankful for all the memories we made with her. For those lucky enough to have known her, we hope your memories of her bring joy and a smile to your face.

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# Are algorithms beyond us?

by Maria CampbellSmith

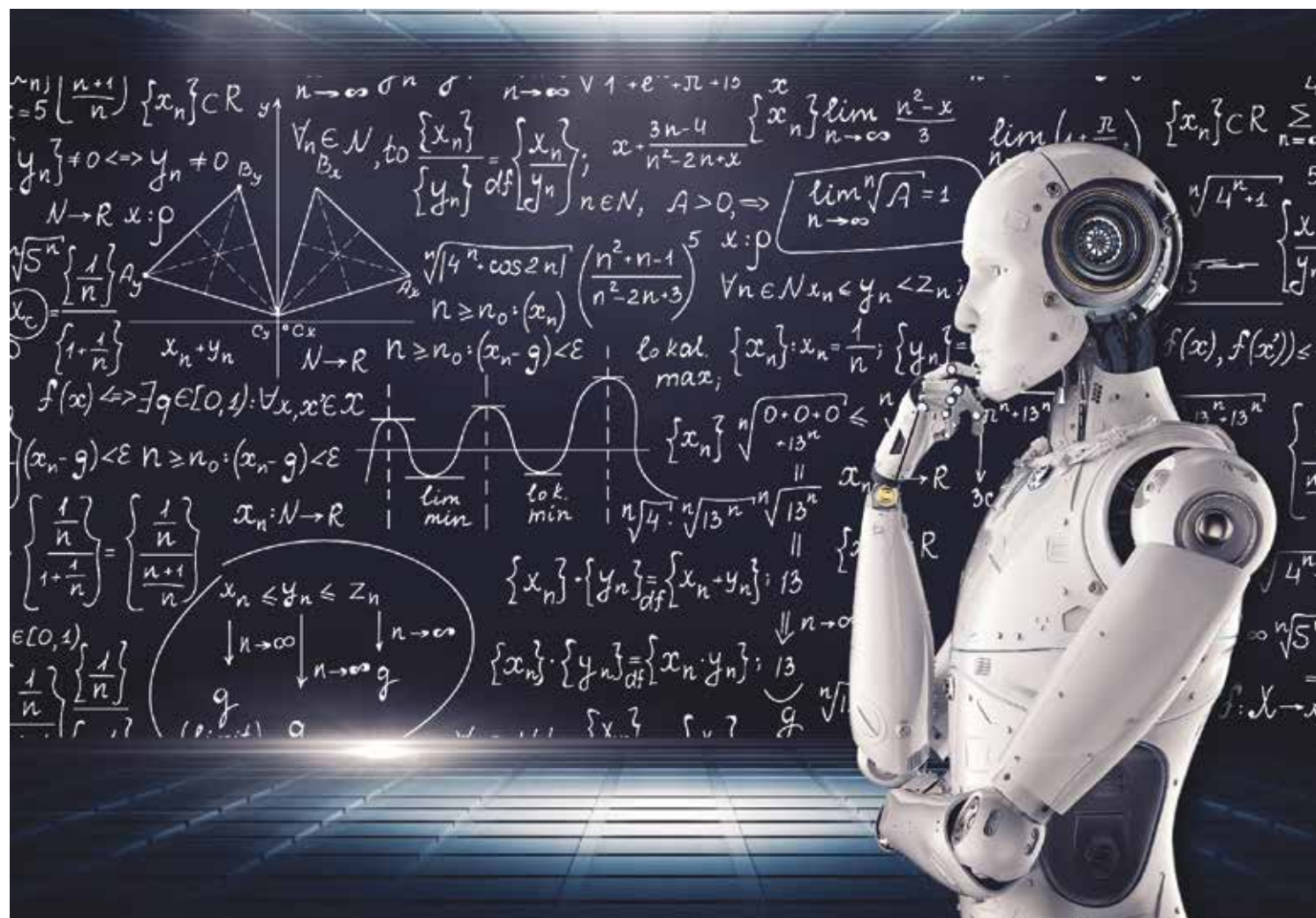
Algorithms are essential to our increasingly digital, technological age but we have always used them. An example of a simple algorithm is sorting laundry; so is planning a trip or following a recipe. Algorithms are merely problem-solving procedures. It's a fancy term for step-by-step determination. Humans use algorithms every day to make decisions and complete tasks. They are also a key component in Information Technology (IT) and Artificial Intelligence (AI). Do you know where they are? Do you know they have problems?

IT algorithms have become highly complex, sophisticated calculations that now anchor a myriad of different and pervasive systems: the internet, finance, trade, health care, employment, manufacturing, immigration. Data collection, security, and processing are all rooted in the multi-levelled decision making of AI algorithms. As Aldous Huxley foretold, it's all part of our "brave new world".

Some might be oblivious to it, but algorithms now determine the TV or movies we stream, which dating, profile, shopping apps, on-line learning, games, and quizzes we're offered. Algorithms connect us to certain networks and opportunities - and restrict us from others. Increasingly, software algorithms determine the job opportunities and interviews we receive, which financial products and bank loans are offered, even international travel and immigration options.

Life in the digital, robotic age is appealing. The *Roomba* vacuums for you. The car that can navigate and drive itself. You may have *da Vinci*-assisted surgery, digital or 3-D printed implants, or an interactive smart home. The internet of things and the acceleration of computer processing capability have us feeling powerful, pampered, more efficient, more advanced. Our world and procedures are much more interconnected because of AI. However, the more that it does for us, the less we understand exactly what it is doing and how it might be biased or flawed.

In companies and processes worldwide, the expanding rate of Artificial Intelligence is dizzying and their multi-levelled algorithms exceed the control or understanding of any individual. People expect new devices and robotics to be less flawed and cumbersome. We assume that circuitry and ma-



chines don't "manipulate" or "feel" like humans do. They merely function 24/7. However, AI software can only function the way that human programmers design it to, and there are inherent problems at that stage. Limits and bias get built into the initial data and decisions - intentionally or not.

Furthermore, as AI "learns" to make new decisions based on its previous patterns and outcomes, skewed results and lop-sided systems grow to be the new norm and develop well beyond our knowledge and plans. Despite being digital and mathematical, AI can still be incorrect. It induces or replicates bias and discrimination in data and outcomes based on gender, race, age, wealth, and your on-line history.

Consider some possible costs or dilemmas. The more that you use *YouTube* or *Netflix*, the more their algorithms determine content for you rather than you searching for yourself. Their automated decision systems predict, decide, recommend (and limit) your viewing options. This is also true for search engines like *Google* or *Amazon* and the different options that they provide to different users.

*Uber* or *Google Maps* might improve your life by determining the best route to get you to a destination. They are also redirecting traffic patterns and can influence or isolate entire neighbourhoods. Artificial Intelligence can personalize education and curriculum, but then what happens to commu-

nal knowledge and experience? AI systems, like America's *COMPAS*, use algorithms to determine which prisoners should get paroled. Regrettably, it's been proven biased and incorrect in its predictions and decisions.

## Question of bias

What happens when the initial data used to train machine-learning algorithms is itself historically biased or lopsided? Voice recognition software can misinterpret intonation or accents and misidentify people. Facial analysis tools can "misread" expressions, "mislabel" darker complexions, and "red flag" or filter out otherwise perfectly-qualified candidates for jobs or travellers at airports.

If the original data pool favours one race, gender, background, or set of skills, then eliminating, accepting, or promoting future candidates gets biased because of it. Underrepresented or disadvantaged individuals are overlooked or automatically excluded long before the stage of in-person interviews. This is certainly not the goal, but can still be the reality.

Canada has already received AI solution options for managing *Immigration, Refugees, and Citizenship Canada* procedures from American tech giants Amazon, IBM, and PwC. What if similar faults or problems come with their AI? Will one nation's AI solutions translate cohesively to another nation's system or situation? Should we use automated algorithms for such

important and individual decision-making?

We are too far down the technological road to turn back. Artificial Intelligence and machine learning are here. Perhaps the bigger concern is that there is little in the way of standards, legislation, and oversight for AI. The algorithms developed and used are proprietary. Privately-owned companies and multinational corporations fiercely protect and even obscure their intellectual property.

Public access and scrutiny or government auditing could help standardize algorithms and encourage better, bias-free software development but profitable companies do not want to share or disclose their actual code. This infringes on their "trade secrets", research and development plans, confidentiality, and proprietary rights. Some claim to audit internally, as a move to make their AI systems more efficient, effective, and competitive, but they still refuse to reveal or share their code.

Decision-making algorithms already anchor our social and economic systems. They'll grow increasingly complex as Artificial Intelligence "learns" to use and alter information and procedures on its own. The irony? It will likely require automated, algorithmic auditing to effectively address and standardize the complicated and inherent flaws of AI algorithms. Perhaps that is the next tech company to develop or invest in? I'll let you determine that choice for yourself.



# ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

## ALTA VISTA & ELMVALE ACRES PUBLIC LIBRARIES – APRIL/MAY 2022

The Alta Vista 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.bibliottawalibrary.ca](http://www.bibliottawalibrary.ca) or call 613-580-2940.

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

- Monday and Wednesday: 10 AM to 6 PM
- Tuesday and Thursday: 1 PM to 8 PM
- Friday: 1 PM to 6 PM
- Saturday: 10 AM to 5 PM
- **CLOSED**  
Friday, April 15th – Good Friday  
Sunday, April 17th – Easter  
Monday, April 18th – Easter Monday  
Monday, May 23rd - Victoria Day

**Many of the provincial restrictions have been lifted while others are still in place. Please note the UPDATED following measures in place for your safety when visiting:**

- You can place holds online at [www.bibliottawalibrary.ca](http://www.bibliottawalibrary.ca) or by calling InfoService at 613-580-2940.
- Masks are required inside the branch as per the most current provincial regulations.
- No proof of vaccination is required to visit the Library.
- We have made available five more public computer stations on the main floor, as well as the public computer stations in the children's room. Public computer use is currently limited to one hour per user per day. There are no exceptions. Reservations can be made either at the branch or online from home.
- We have added more seating for your convenience on both levels. Masks must be worn, at all times, when seated at tables and chairs. No food or drink is allowed.
- Meeting and program rooms are now available for booking.
- In-person programming is still suspended until further notice. Please visit our website for the most up-to-date information. 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 are available once again on a first-come,



first-serve basis. Please contact the museum in question before you visit to inquire about hours, closures, protocol etc.

**Please visit [www.bibliottawalibrary.ca](http://www.bibliottawalibrary.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@bibliottawalibrary.ca](mailto:infoservice@bibliottawalibrary.ca)

### ELIMINATION OF OVERDUE FEES

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

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

### PROGRAMMING

In-person programs are currently not available due to the COVID-19 pandemic. We continue to offer a limited selection of virtual programs, listed below. Please visit <https://bibliottawalibrary.ca/en/program> for information and registration links or visit the branch in-person for more information.

### CHILDREN'S PROGRAMMING

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.

### ADULT PROGRAMMING

**Croisée des mots avec Louis L'Allier** – mercredi le 13 avril 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.bibliottawalibrary.ca/isolation-recreation](http://www.bibliottawalibrary.ca/isolation-recreation)*

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## RIVERVIEW PARK PRESIDENT'S REPORT

# The joy of spring



**BRYAN ORENDORFF**  
RPCA President



Spring is upon us once again. I hope everyone had a delightful winter, but I think most of us are now quite pleased to see it end. I don't know about the rest of you, but this winter my family and I got great enjoyment out of the sliding hill as well as the trail through the woods. I only managed to get in a little skiing, but I saw the trails have been well used, which is always great.

And with various policy changes, I've also managed to see more of my extended family which is always nice. It has been a long time for many of them. That's not to say that Covid is all in the past. Some provincial health mandates have ended, but not all have been dropped (at least not at the time of this writing). And Covid is still

raging through the city, the province, the country, and indeed the world.

Thankfully, fewer people on average are being hospitalized for treatment, but many are still getting very sick and many people are still vulnerable. So, even if the mandates all end, I encourage everyone to continue to exercise caution as well as to have patience with those around them. Just because a mandate ends doesn't mean everyone is going to put those masks away or want to queue up right next to each other at the store.

Many are still vulnerable or are caring for the vulnerable. Please be

respectful of one another in what continues to be our time of need.

It is also with a heavy heart that we learned about the passing of Alan Landsberg in March of this year. Alan was a staunch member of the community and had been for many decades. He had been a member of the board of the Riverview Park Community Association (RPCA) for a long time and served as the treasurer for a number of years. He was a caring man and a tireless supporter of those in need. He was always available to help clean Balena Park and he was a thoughtful and considerate board member. He will be very much missed, as will be the jujubes he used to bring to the board meetings.

As we look to spring, the next RPCA event is the park cleanups which need to be done as part of the Adopt-a-Park Program. We've already had a number of people volunteer to help do the clean up, but we are always in need of more volunteers. Many hands make light work. There are a number of parks that need a thorough cleaning, not to mention the green spaces that are not parks which are seeing so much more use lately. The cleanups will be done as part of the Clean Up

the Capital annual event that is hosted by the City which provides some materials to help make the cleanups easier. If you wish to volunteer, please drop us a line and we will match you up with a park champion to get you going.

Our green spaces really are a treasure in our community. If we want to keep them, we need to cherish them and help take care of them. It is in times like these that I think of how fortunate we are. There are so many people in the world, particularly now, who don't have these peaceful, open spaces. And, there are so many who are in dire need of the spaces.

I think of how quickly things can change. Spring, however always brings about new hope and new life. Here is hoping that this spring brings about tremendous joy in a world that so desperately needs it.

*For more information about the RPCA, check out our website at [www.RiverviewParkca.com](http://www.RiverviewParkca.com), drop me a line at [riverviewparkca@gmail.com](mailto:riverviewparkca@gmail.com) with your questions or thoughts, and/or come to our next RPCA Board meeting on April 13<sup>th</sup>. The meetings are virtual (though this may be changing soon), 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 and Development Committee

*by Kris Nanda, Chair RPCA Planning and 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)**

Concerns continue to be raised about the cumulative effects from several proposed high-rises along St. Laurent between Smyth Road and Industrial/Innes Road that would see well over 1000 new units and additional vehicles (based on number of new parking spaces envisioned in planning documents for these projects plus those in the recently approved phase II for Everest Private). In addition, there are plans for a planned traffic signal at the intersection of Everest and St. Laurent (only about 100 metres south of the intersection of St. Laurent and Industrial Avenue/Innes Road).

Taken together with the new residential developments at Elmvale shopping mall and the proposal to erect 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.

### **355 and 374 Everest Private (across from Perley Health)-**

City approval has now been received for the plan to construct two 8 storey mid-rise apartments at 355 Everest Private and 374 Everest Private (total of 293 units and 354 parking spaces.) Concerns had been raised about the impact of the additional vehicular traffic and the level of public transit along Russell Road to service the new residents.

### **Transportation Master Plan (TMP)**

In December 2021, the City launched consultation on its next

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CONTINUED ON PAGE 35



## THE PLANNING AND DEVELOPMENT UPDATE, continued

### CONTINUED FROM PAGE 34

TMP which is being developed in line with the Official Plan (OP) approved in fall 2021 and which is intended to guide transportation decisions and networks to 2046. The current consultation is focused on TMP Policies and propose Active Transportation projects. The deadline for comments was extended to March 31, 2022.

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. Part 2 of the TMP is now scheduled to be completed in fall 2024. More information can be found at <https://engage.ottawa.ca/transportation-master-plan>

The RPCA 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 imple-

mentation of planning principles consistent with Council's 2019 decision to recognize a Climate Emergency (including promoting active transportation and 15-minute neighbourhoods).

### Pedestrian and Cycling Matters

The 2022 City of Ottawa budget includes funding of an Environmental Assessment for the proposed multi-purpose link between the Ottawa Trainyards (Terminal Avenue) and Tremblay Station (preferably an overpass across the VIA Train Tracks). This link could be a possible 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. No exact date is yet available.

As part of **the redevelopment complex for 529 Tremblay Road**, the Canada Lands Corporation (CLC) has applied for permission to temporarily close Tremblay Road near the intersection at St. Laurent Blvd. to install services and make adjustments to that intersection. No details on exact timing were available.

The CLC held a consultation workshop on **the redevelopment of the Federal Study Centre complex at 1495 Heron** on February 10 <https://www.youtube.com/watch?v=8jixZ-t4ZnIs> followed by an on-line questionnaire period that ended on February 28. Input has been provided by the community on four concepts and the CLC will refine the preferred concept and use it as the basis for the master

plan. The Ottawa heritage planner and CLC are determining which of the existing buildings (dating back to the 1960s) will be maintained. The development is expected to be a low- to mid- rise community consistent with what has been developed across the street at (Herongate).

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

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

# Interesting days are ahead for Trinity Church of the Nazarene

by Pastor Franklin Chouinard

At the time of writing there is sunshine. There are blue skies and there is snow and mud and a bit of green on the ground. And quiet... mostly quiet. Which might be surprising, considering that today almost all COVID restrictions have been lifted, including the mandatory wearing of face coverings (the sounds of mass cheering are surprisingly lacking). It was just a short time ago that members of the so-called "trucker's convoy" loudly registered their displeasure with the mandates. And now, people have begun to find their way (slowly) into a renewed interpersonal existence.

Through the pandemic people talked about what life would be like "after". They wondered what the "new normal" would be like and how much life would return to what it was two years ago and how much life would change – or be changed. We are in the process of discovering that: while some want everything to go back to what it once was, others have come to realize that it never can – and never will. In the midst of this continuing change it would be good to continue to reflect on what is important and what isn't.

It is unfortunate that some relationships fractured during the pandemic. Discussions became debates between pro- and anti-vaxers and between those who were in favour of government regulations (such as the mandated wearing of face coverings) and those who were opposed to them. Sadly, some family members stopped talking with others over the issues. Now is the time for healing and for bitterness to end.

Trinity Church continued to support and encourage people in their walk with God throughout the difficult time. At the beginning of the pandemic the church transitioned to on-line services (and Sunday services continue to be streamed on both Facebook and YouTube). Discussion groups that transitioned to an on-line format will continue as such for the foreseeable future. The congregation is glad to be participating in Sunday services in person, and welcomes all to attend.

Trinity Church weathered the COVID "storm" well. The core of the congregation remains committed to serving the Riverview Park community and looks forward to starting new ministry programs in the near future. The Friday youth program has been on hiatus since March of 2020 but should begin again soon. As well, a children's program is being initiated and will start this coming summer.

This year marks the tenth anniversary of the community garden the church hosts. A suggestion that the unused property owned by the church could be better put to use has developed over the years into what the area has now be-

come: a garden that members of the local community can enjoy. The garden started with a small communal planting area and has evolved into 42 individual plots with a communal herb garden, a pollinator garden, a shared perennials plot, two plots that have been designated community food where the produce is given to the local food bank, a bee house, and an urban meadow. There are thoughts of building a bat house in the future.

Although a smaller congregation, there is a core group of young leaders giving the church direction. Change is inevitable, and these young people are sharing their passion and vision for the future of the church, and have been given the freedom to lead. Interesting days are ahead for the church.

*More information about Trinity Church can be found at the church web site ([www.ottawatrinity.ca](http://www.ottawatrinity.ca)) or Facebook page, by following Pastor Frank on Twitter @TheFrankPastor; by e-mailing the church at [ottawatrinity@rogers.ca](mailto:ottawatrinity@rogers.ca), or by calling the church office at 613-731-8926. Past services can now be found on the "Ottawa Trinity" YouTube channel.*

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## TRINITY COMMUNITY GARDEN

# Getting ready for another successful summer at Trinity Community Garden

Story and photos by Rhonda Turner

Trinity Community Garden celebrates its 10th anniversary this year. We offer gardeners 42 plots for personal use gardening. There are two additional plots worked by volunteers to grow produce for the Blair Court Community House Food Bank.

The whole garden process has become a very successful garden space with gardeners going about their business, chatting with other gardeners and sharing some of their produce with our local food bank.

Community gardens are definitely still a hot commodity as many people are wanting to take up the gardening experience. Once again most available plots have been scooped up, including Trinity Community Garden (TCG). TCG did have a turnover and several plots became available. Five gardeners on our waiting list got good news with the availability of plots. Many had been waiting for quite some time. We're not sure whether they are seasoned or first time gardeners. We will get to know them once we are all preparing our plots, probably in mid to late May.

For those unable to acquire a plot, go online to find examples of "small space vegetable garden ideas". Photos show gardens where you can use existing pots and planters. There are examples of simple projects where you can lean a planter against the wall of your home. Some have also used pallets, closed off the rungs and filled them with soil, creating a vertical garden space. A fence is a great support for hanging all kinds of plant holders.

For those who preserved their

produce last season, consideration should be given into how to use up some of the carefully preserved veggies from last fall. Start thinking about making freezer or cupboard space for the upcoming season's bounty. Another consideration is to purchase and stock up on canning supplies. There always seems to be a shortage of those things just when you need them.

Many have started seeds in our homes, some with grow lights, while others rely on the sun coming in a south facing window. Personally, things started off pretty slow for me in the germination process. I planted pepper seeds on January 10, and had just about given up when I finally saw tiny little green sprouts poking out of the soil four weeks or so later. I was disappointed that my little sprouts weren't advancing. There were just the first two little leaves and they weren't getting any bigger. Patience is apparently what is needed with pepper plants. Finally, my pepper seedlings decided to grow, showing their second set of leaves which are called "true" leaves. I planted some tomato seeds and after just seven days there were all kinds of little tomato seedlings. Last year was my first year planting at home and things worked out well.

I am not alone in saying that I can't wait to be at the garden and tend to my plot, planting, watering and weeding and then be able to savour the rewards of wonderful fresh home grown organic produce.

*If you would like more information about Trinity Community Garden please contact us at [trinitygarden@rogers.com](mailto:trinitygarden@rogers.com).*



Tomato plant at eight weeks.



Tomato seedling at four weeks.

## EnviroTips<sup>©</sup> for April 2022

by Kris Nanda

**Plant clover in your lawn** – Clover brings nutrients to your soil and does not need fertilizer. When mixed with other grasses, clover can reduce or eliminate the need for regular fertilizing. Clover is drought tolerant unlike traditional lawn grasses. It also helps pollinators like bees!

**Plant small native trees or**

**bushes in your yard.** Using native plants saves water because they are more accustomed to their habitat

**Pick up at least one piece of litter per day** – and either recycle it or throw it into a trash can.

**Join a local network for getting and giving away items for free** – There are several non-profit on-line groups that are free to join where you can pick up or get rid of

unwanted items for free. (In Ottawa try – TrashNothing – <https://trash-nothing.com/beta/browse> ) It's a good way of saving money and keeping items out of the landfill. "One person's trash is another person's treasure."

**Bird-proof your windows to prevent birds from colliding.** – Environment Canada estimates that in Canada window collisions kill 16 to 42 million birds a year. Ac-

cording to SafeWings Ottawa, the conservative estimate in this area is 250,000 per year and residences are responsible for 44% of collision. For more information – <https://safewings.ca/strategies/small-scale-solutions/>

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



DEAR FRAN

What is a bog garden and why would I want one?



FRAN DENNETT

A bog garden is a natural or created permanent damp/wet area that has slightly acidic pH and about six hours of sun. Plant species to grow include *Chelone* (turtlehead), *Lobelia cardinalis* (cardinal flower), *Ilex verticillata* (winterberry), ferns, insectivorous plants, *Asclepsia incarnata* (swamp milkweed), *Caltha palustris* (marsh marigold), *Rogersteria*, *Eriophorum latifolium* (cotton grass), and many wild flowers.

Creating a bog garden

**Size:** can be as big or as small as you want, although the size of a bale of peat moss is ideal in an average size garden.

**Position:** locate the garden in the damp spot or position it where a downspout empties. If the latter, you must keep the area damp at all times. The site needs 4-6 hours of sunlight.

**Depth:** the "hole" can be 12-14" deep x 4' long x 2' wide or the depth of a bale of peat moss which you can drop in including the plastic. Or dig a hole any area you wish but 12-14" deep. line with butyl or pond plastic liner, amend the excavated soil with compost and sand (containing no lime), and peat moss, back fill, moisten and allow to settle for a week. Finish by placing rocks around the edges anchor-

ing and hiding the liner.

**Plant** your selected plants.

N.B. There is a difference in degrees of wetness. Some plants prefer damp but not wet soil and others vice versa. If there is too much water it becomes a pond. Select your plants based on how wet your bog will be. This will guarantee success.

Benefits

The main benefit is to divert storm water from your house, create a habitat for wild life, provide an opportunity for the pollinators to rest and drink, and an oasis for your enjoyment.

Creating a bog is a fun, simple process but a bit labour intensive. This garden will thrive as long as there is a steady supply of moisture and balance between plants and water such that algae is kept at bay. If you are lucky and all your ducks line up, in time you may have frogs, toads and other wild life take up residence in your bog garden.

So do a bit of research on bog gardens before jumping into the experiment.

As always I hope you find this useful information and think seriously about making a bog garden.



Siberian Iris pond. PHOTO: GILLIAN BOYD



Midsummer bog garden PHOTO: REBECCA LAST



Bog garden. PHOTO: REBECCA LAST



Chelone oblique Colocasia esculenta in a bog garden. PHOTO: REBECCA LAST

- Master Gardeners of Ottawa-Carleton (MGOC): check the website for gardening information <http://mgottawa.mgoi.ca>.
- Meet the Monarch -- A Family Day, Saturday June 18, 2022, 10:00am-3:00pm at Kitchissippi United Church, 630 Island Park Drive, Ottawa. Check MGOC website for more information.
- To receive TROWEL TALK, our free monthly electronic gardening newsletter, contact: <troweltalkeditor@rogers.com> to be added to the list.



## 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. April 12, 13, 26, 27 May 10, 11, 24, 25 There is ongoing registration for new program users. Please bring identification when visiting for the first time. For further information or to book your appointment please call 613-736-5058. The food bank is happy to accept the following highly requested items; sugar, flour, jam, school snacks, tomato paste, just add water pancake mix, baby wipes, size 5 and 6 diapers. Please note that we can only accept non-perishable items with best before dates that have not passed.

### Bottles for Bellies – Wine and liquor

**bottle collection** – Blair Court continues to collect cans, wine and liquor bottles in an effort to support the Food Bank during these difficult times. Please give us a call before dropping off at 1566 Station Boulevard. For 40 or more bottles, we can collect them from your home within the Riverview and Alta Vista community.

### Saint Aidan's Anglican Church

955 Wingate Drive, Ottawa, Ontario, K1G 1S9  
Call or email the office at 613-733-0102 or [staidans@bellnet.ca](mailto:staidans@bellnet.ca) for further details.

### Celebrate Holy Week at St Aidan's:

Palm Sunday April 10th at 9:30 am  
Maundy Thursday April 14th at 7:00 pm  
Good Friday April 15th at 9:30 am  
Easter Sunday April 17th at 9:30 am

### Rideau Park United Church

2203 Alta Vista Drive, 613-733-3156 ext. 228 or [info@rideaupark.ca](mailto:info@rideaupark.ca)

Welcome in the springtime! Worship with us, either in-person or on-line, your choice.

Those wishing to worship in-person at the services must register on the church website, [www.rideaupark.ca](http://www.rideaupark.ca) by the day before. Attendees must be fully vaccinated (except children under 5) and follow Ottawa PH Guidelines re. wearing masks, distancing, etc.

We will gradually re-open for more in-person activities, but some will remain on-line for now. Watch the church website, [www.rideaupark.ca](http://www.rideaupark.ca) or phone the church office for the latest information.

**Easter Services at Rideau Park**, in-person and on-line

Sunday April 10, 10am, Palm Sunday  
Friday April 15, 10am, Good Friday  
Sunday April 17, 10am, Easter Sunday

### WEEKLY ACTIVITIES

#### AT RIDEAU PARK:

– Sundays, 10am, **Worship Service**, in-person and on-line, with joyful hymns, supportive prayers and a thoughtful presentation. Please join us!

– Sundays, **Children's Christian Education Classes and Youth Drop-In** are happening online via Zoom meetings. Newcomers welcome. We have 4 groups: Ages 3,4,&5 - 10:20am; Grades 1,2,3 - 10am; Grades 4,5,6 - 10am; and Youth Drop-In (Grade 7+) - 11:30am.



For more info. on programs and how to connect, see [www.rideaupark.ca](http://www.rideaupark.ca) or contact us at [sciflton@rideaupark.ca](mailto:sciflton@rideaupark.ca)

– Sundays, 11:15am, **Healing Circle** offers a time of healing prayer online after the Worship Service for about 10 minutes through our Rideau Park YouTube channel. Full description at [www.rideaupark.ca](http://www.rideaupark.ca)

– Thursdays, 10am, **Group Meditation Online** is shared together through Zoom. Join us for 20 minutes of quiet, peace and mindfulness. See [www.rideaupark.ca](http://www.rideaupark.ca) for information, and contact [sciflton@rideaupark.ca](mailto:sciflton@rideaupark.ca) for the Zoom invite.

### OTHER CONNECTIONS WITH RIDEAU PARK:

– **Healing Pathway Ministry:** Trained practitioners are available for healing prayers over the phone. For more info, contact [healingpathway@rideaupark.ca](mailto:healingpathway@rideaupark.ca) or [sciflton@rideaupark.ca](mailto:sciflton@rideaupark.ca)

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

– **OASIS and Alcoholics Anonymous:** The OASIS AA group meets online on Mondays, 8pm. Go to [Ottawaaa.org](http://Ottawaaa.org) for the Oasis Zoom coordinates.

### 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](mailto:office@emmanuelunited.ca);

Website: [www.emmanuelunited.ca](http://www.emmanuelunited.ca)

Welcome! Join us for our Sunday Worship service. Please wear a mask in the church. Many of our services and activities for spiritual and social connection are also available online. For information or meeting details (including how to join us by Zoom), contact our office or visit our website. Visit us on Facebook at [www.facebook.com/EUC.Ottawa](http://www.facebook.com/EUC.Ottawa) to find out our social action groups and how you can help.

Previous Services & Sermons: These are available at [www.emmanuelunited.ca/worship/sermons.php](http://www.emmanuelunited.ca/worship/sermons.php)

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

**Seniors' Exercise Program:** Take Time to be Wholly [TTtbW] is resuming. It's a series of exercises designed to maintain or increase fitness in most body muscles. Contact our office for details and to reserve a spot on Monday or Friday from 10:30 to 11:30 am. (TTtbW is cancelled for Good Friday and Easter Monday.)

### WEEKLY EVENTS AND ACTIVITIES:

– Sunday, 10 - 11 am: **Worship Service** in person or online. This includes a welcoming message, prayers, and a thoughtful reflection.

It's online at [www.emmanuelunited.ca/worship/webcast.php](http://www.emmanuelunited.ca/worship/webcast.php). Afterwards, join us for a virtual period of Coffee and Conversation (by Zoom).

– Monday, 7 - 8 pm: **Meditation.** Jesus says, "When two or three pray together in my name, I am there among them." In a world filled with activity, find space to be quiet and be with God within ourselves. To learn how to meditate and find quietness, join fellow meditators (by Zoom).

– Wednesday, 10 am - 3 pm: **Active Artists** are resuming. Drop in to paint, knit or do your craft.

– Wednesday: **Faith Study** continues. All are welcome and there is no homework (April 6, 13: 7:30 - 8:30 pm; April 20, May 4, 11, 18: 7:00 - 8:15 pm; by Zoom).

– Thursday, 10 - 11:30 am: **Thursday Morning Discussion Group** is currently discussing "A People's History of Christianity" by Diana Butler Bass. And you don't need the book to join us (by Zoom).

– Friday, 10 - 11 am: Join **Roxanne Delmage**, our Pastoral Care Provider, as all share thoughts and a different scripture reading and topic each week. Contact her at [Roxanne.delmage@gmail.com](mailto:Roxanne.delmage@gmail.com) (by Zoom).

**Easter Services** - Join us for one or all of: a Maundy Thursday Service, April 14, 7:15 pm; on **Good Friday**, April 15 at 10 am, a joint Service, hosted by Rideau Park United Church; and, on **Easter Sunday**, April 17, 8 am a Morning Service outside, followed by our usual Service at 10 am. Check the website for details.

### APRIL EVENTS AND ACTIVITIES:

– Wednesday, April 6, 7 - 7:30 pm: **Lenten Service** (by Zoom).

– Wednesday, April 27, 7 pm: **Teleos** - A group for all women, meeting to discuss current issues from a theological perspective. Tonight Roxanne Delmage, our Pastoral Care Provider, will provide an overview of the Enneagram as a Spiritual tool (by Zoom).

### MAY EVENTS AND ACTIVITIES:

– **Guest Speakers:** Sunday, May 1, 10:00 am, Rev. Dr. Peter Bartlett will talk about social justice work in the United Church; Sunday, May 22, 10:00 am, Henry Reinders will talk about Canadian Foodgrains Bank's work to end global hunger.

– Saturday, May 14: **Spring Garage Sale.** Rent a table for reusable treasures. To register for a table, or for more information, contact [welcoming@emmanuelunited.ca](mailto:welcoming@emmanuelunited.ca) or our office. Come and meet your neighbours and pick up some bargains.

– Wednesday, May 25, 7 pm: **Teleos** - A group for all women, meeting to discuss current issues from a theological perspective (by Zoom).



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## Is the World Cup ready for Canada?

by Bill Fairbairn

The clap by 29,000 spectators when Canada defeated Jamaica 4-0 to qualify for the men's World Football Cup finals for the first time in 36 years went on and on more and more intensely just over a week ago. Watching the play on television, I got some sense what it meant to be a sports star at the moment of complete tour de force.



Canada has never before given me a feeling like that on home soccer soil. Until that Sunday. Our team needed to win or draw to qualify for Qatar 2022. The team had slipped up against Costa Rica 1-0 a week previous. Yet the team had at the same time impressed even when down to 10 men against 11. The Jamaican game, on the other hand, was oh so lopsided and Canada so sure with their goals.

Football claims to be the one true global game. It is played in almost every populated country. North Americans may call it soccer, but their soccer fan base and skills for both men and women have grown rapidly. More than 200 nations now enter to qualify for the World Cup finals. Did

you know there is more than one World Cup trophy? One was stolen and its whereabouts remain a secret. What's more! The trophy was hidden from ransacking Nazis during WWII. Originally, in 1930, 13 teams competed in the first World Cup in Uruguay. From 1934 to 1978, 16 teams battled for the cup. The numbers have increased incredibly ever since.

Twenty-five years ago in Canada this was a sport for men from the old country like me reflecting critically whenever someone said soccer instead of football. So soccer (abridged from association football) is here today competing as a national sport and that's what I call it! It counts even if Canada go to Qatar only to wave the Maple Leaf. From watching those ovations a short time ago you never know.



## Our church is fully opened Masks or no masks

Sanitize your hands upon entry  
and sit where you please

### Regular weekday Masses

Mon, Thurs and Fri – 7:30 a.m.  
Novena Mass Wed – 7:00 p.m.  
Sat morning – 9:00 a.m

### Regular Sunday Masses

Sat at 4:30 p.m.  
Sun at 9:00 and 11:00 a.m.

### Come one come all to our Easter Triduum



Holy Thursday (April 14) at 8:00 p.m.  
Good Friday (April 15) Way of the Cross  
inside the church at 10:00 a.m.  
Good Friday (April 15) at 3:00 p.m.  
Holy Saturday – Easter Vigil (April 16) at 8:00 p.m.  
Easter Sunday (April 17) at 9:00 and 11:00 a.m.

Immaculate Heart of Mary 1758 Alta Vista Drive



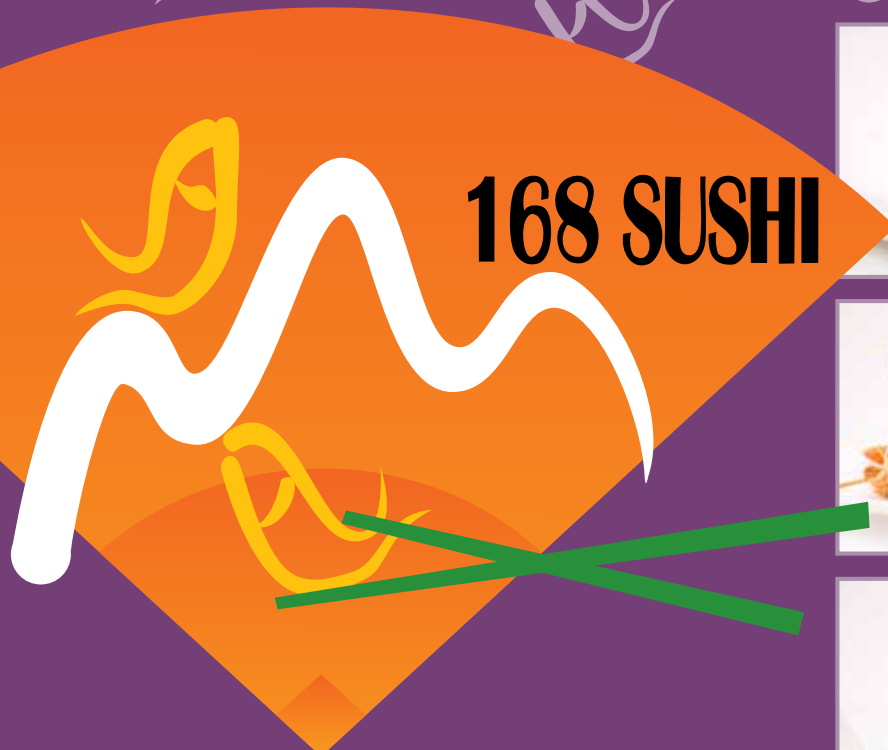
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### Dine In

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

### Take out & Delivery

Daily: 11:00 am - 8:55 pm



1760 St. Laurent Blvd., K1G 1A2

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