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# Nicole Allen shares her Second Nature

by Carole Moulton

From the third floor in the Loft Art Studio of the old Standard Bread Company, 951 Gladstone Avenue, local artist, Nicole Allen, has created some of the most remarkable floral works.

Her recent exhibition, *Second Nature*, gave many of us the opportunity to appreciate just how exceptionally well Allen explores nature's patterns in her art, sharing these findings with her audience. There are still a few remaining days to enjoy the show.

The exhibition, at the Wall Space Gallery + Framing, 358 Richmond Road in Westboro Village, is the perfect venue for the profusion of bright blooms in Allen's captivating paintings. The vibrant flowers pop against the pristine white backdrop of the walls of the gallery. Her paintings allow the viewer to delight in just how the artist plays with not only colour, but form and composition.

How has Allen arrived at a place where the effects of her paintings draw in the observer so engagingly one might ask?

"I don't remember not drawing or painting," notes Allen. She credits her father, a landscape painter,



Nicole Allen at the opening of her exhibition at the Wall Space Gallery + Framing. Her beautiful art work includes L-R: *Let it Be*, 48 in x 48 in. Acrylic on canvas; *Nothing Left Behind*, 48 in. x 30 in. Acrylic on canvas; *Unapologetic Beauty*, 30in. x 36 in. PHOTO: PHOEBE SAMPEY

with the encouragement he provided when she was still at quite an early age. He also passed on his appreciation for the Canadian landscape and this is evident in Allen's work.

Nicole Allen has an undergraduate degree in Art History from Queen's University, and an hon-

ours diploma in Applied Museum Studies from Algonquin College. Over the years, she has consistently developed her painting skills through her studies at the Ottawa School of Art and with local artist groups.

In 2010, Allen began exhibiting her work around the Ottawa re-

Her paintings allow the viewer to delight in just how the artist plays with not only colour, but form and composition.

gion and now paints full time at her studio as a member of The Loft Artists collective. She is continually inspired by the random yet organized beauty of our natural world.

Her paintings are held in private collections within Canada, the United States and Europe.

The opening evening was May 12 with a show that lasts until May 30. Nicole Allen's web site shares the abundance of colours that greet the viewers of her very upbeat collection.



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## Red dresses in the neighbourhood: Emmanuel honours Missing and Murdered Indigenous Women, Girls and Two-Spirit People (MMIWGS+).

by Areta Crowell

May 5 has been set aside to remember and mourn the ongoing epidemic of violence against Indigenous Women, Girls and Two-Spirit people (MMIWGS+). The Truth and Reconciliation Commission (TRC) heard about the abuses of Indigenous children in the Residential Schools. The nation also learned about the confirmed 1200 missing and murdered women, girls and 2-spirit people whose deaths have never been accounted for. (Many think the number is much higher.)

Following a recommendation from the TRC, a National Inquiry into Missing and Murdered Indigenous Women and Girls was established in 2016. It found that “persistent and deliberate human and Indigenous rights violations and abuses are the root cause behind Canada’s staggering rates of violence” against Indigenous women and girls. ([www.mmiwg-ffada.ca](http://www.mmiwg-ffada.ca))

Over 10 years ago, a Métis artist, Jaime Black, started the REDress project, hanging empty red dresses in open spaces to evoke the missing women and girls. The REDress project has since evolved into a national movement formalizing our remembrance. May 5 was established as National Day of Awareness of Missing and Murdered Indigenous Women and Girls (REDress Day) and red dresses became the symbol.

Emmanuel United Church, 691 Smyth Road, honoured that remembrance these past two years with an installation of red dresses hanging in the trees on its front

lawn. You may have seen the dresses as you drove or walked by, starting on May 1.

Lest this awareness fade away too quickly, REDress pins have been created to wear year-round. In addition to the wearer’s awareness and remembrance, they can lead to educational conversations and even pressuring the government to honour and follow through on

their responsibilities! REDress pins were available at Emmanuel United Church after May 1, for anyone who wanted to pick one up.

We were glad that some of our neighbours were able to join us in remembering and honouring Missing and Murdered Indigenous Women, Girls and 2-Spirit people on May 5 and hopefully they will continue to remember year round.



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# Trinity Church of the Nazarene has met its goals and more

by Pastor Franklin Chouinard

It has been said many times by members of the congregation: Trinity Church wants to be a church *of* the Riverview Park community, not just a church *in* the community. Hosting the Alta Vista Nursery School, the Eglise Pentecotiste Pouvoir de Dieu en Action, the Riverview School of Music, and the Trinity Community Garden has helped in meeting this goal. The primary function of the building remains as a church, though, encouraging people to grow spiritually from a Christian perspective.

Although COVID regulations restricted church activities, the congregation continued to meet Sundays during the pandemic

in-building, and streamed the services on Facebook and on YouTube, and will continue to do so in the future. Members and friends of the congregation also met on ZOOM to gather for available ministry programs, and that too will continue.

Now that pandemic guidelines have eased, new ministry programs are being planned for the near future. The Friday youth program that has been on hiatus since March of 2020 will begin again soon, and a children's program is being initiated and will start this coming summer. Annual activities such as a Motorcycle Riders service with a "Blessing of the Bikes" and a (late) spring celebration of music have been scheduled.

Now that pandemic guidelines have eased, new ministry programs are being planned for the near future.

Change is inevitable, in life and in church life. After almost 28 years serving at Trinity, Pastor Frank has

resigned from leading the church. While not retiring from all pastoral ministry he will be moving from Ottawa to Alberta at the end of the summer – his last Sunday at the church will be June 26.

While resigning was a difficult decision for him to make, the church is well positioned for new leadership. A pastoral transition team has been formed and the search for a new pastor will begin shortly. During the transition the church will be led by Matt Charlebois and Johania Steele who are locally licensed ministers of the church, and by Pastor Lloyd Rodriguez.

More information about Trinity Church can be found at the church web site ([www.ottawatrinity.ca](http://www.ottawatrinity.ca)) or Facebook page, 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.

# How to avoid 7 dumb mistakes even smart investors make

by Eric Cosgrove SRES®

Many people want to invest in real estate because they think it's an easy way to make money. That isn't necessarily the case. Here's a list of common mistakes even smart investors make:

- Mistake #1: Not Doing Your Homework
- Mistake #2: Not Finding The Right Property
- Mistake #3 Failing To Get An Inspection
- Mistake #4: Being An Absentee Owner
- Mistake #5: Having Inadequate Insurance

You can avoid these mistakes and be a savvy investor by following these tips to get the positive cash flow and tax benefits you want from your real estate investment.

**Before you make an investment, evaluate your financial situation.** Ask yourself if the tim-

ing is right. Don't just go with your gut. Learn the basics about cash flow, appreciation, and loan amortization. Work with a knowledgeable Realtor® who is familiar with the market and can help you make sure you've got all your bases covered.

**Do a thorough search, including "off MLS" deals and best buys, to find the right investment property for you.**

An experienced Realtor® will help you find and buy the property you want, and work with you on all documentation, including rental and lease applications, title policies, purchase contracts etc.

**Have a professional inspection before you buy.** Make sure there aren't any major problems – such as pests, leaky pipes, and mould. If there

have been problems, make sure they've been properly addressed. You're investing your hard-earned money, so use sound business judgment.

**Be a hands-on owner.** Visit the property often to ensure everything is going as expected. Talk to your tenants to get feedback on things that need repairs etc. It's less costly to take care of little problems before they become big problems. If you bought the property as a "passive" investment, hire a property management company. A little up-front setup with tenants and possibly a property management company will go a long way, and it really doesn't eat into your cash flow that much.

**Have adequate insurance.** When you own property, you have the potential for liability. Work with

an insurance professional who will see that you are well covered.

**Charge fair rent.** A skilled Realtor® can help you determine the amount of rent that is reasonable for the condition of the property, its amenities and location. What you DON'T want to see is a vacant property.

**Be selective about your tenants from the start.** Check all references, including previous AND second last landlords, payment history, employers, and credit history. Good renters will help you generate positive cash flow that you can use to reinvest back in the property and speed up the amortization schedule. This decreases your debt load and increases your equity.



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**INTERESTING CANADIANS**

**When the U2 Spy Plane dropped in for a Timmies**

by Bruce Ricketts

It was 15 March 1960. Capt. Roger Cooper of the United States Airforce was flying his spy plane over the USSR looking for stuff to photograph. On his way home, flying over central Canada, he ran into some trouble.

Cooper's plane was the legendary U2 high-altitude reconnaissance aircraft. Designed in 1953 as part of Lockheed Martin's secretive Skunk Works division, the light and sleek craft was capable of a flight range of 5,000 km, could carry up to 350 kilos of photo gear and cruise at an altitude of over 21,000 meters. It was so light that during its initial test rollout, at the equally secretive base at Area 51 in Nevada, it unexpectedly took to flight while only doing 130 k/hr.

The first active flight of the U2 was 4 July 1956, when Hervey Stockman flew his U2 deep into the Soviet Union and returned safely with a treasure trove of photo, film and data. The Soviets were able to follow him on radar, but their planes and missiles could not reach him.

On 1 May 1960, Francis Gary Powers, on his flight over the Soviet Union was hit by a surface-



Ken Murphy on guard.

to-air missile. He bailed out, was captured, and spent two years in a Soviet labour camp, until he was exchanged for spy, Rudolph Abel.

During the Cuban Missile Crisis in October 1961, a crisis that nearly sent the world into World War III, the U2 played a pivotal role in identifying Soviet missiles in Cuba. The crisis was finally defused when the US agreed not to invade Cuba if the missiles were withdrawn.

But back to Roger Cooper and his leisurely flight home via Canada. Cooper was flying U2 tail # 66717 at the time, on Operation Crow Flight. He had been flying over Russia and was returning to his base when he suffered the failure that forced his



Joe Callaghan with the protective tarp pulled back.

Saskatchewan. An immediate alert was sent to U2 home base in Minot, North Dakota.

The radar station at Cranberry Portage, part of the Mid-Canada Line, a few miles south of Flin Flon, Manitoba, was alerted and sent airmen, Ken Murphy and Joe Callaghan, to guard the site. A few days later an American C-119 landed on the lake and repaired the plane. When repairs were complete, the Royal Canadian Air Force sent in snow removal equipment to create a runway on the ice. The U2 then lifted off and completed its mission.

But the incident was not without a bit of humour. Shortly after reaching Minot, someone altered



Joe Callaghan resting on the U2 wing. PHOTOS: FROM THE PHOTO COLLECTION OF KEN MURPHY

the nose art on the plane. The image of mascot El Loco Oscar was now wearing a pair of skis, a red and white scarf, earmuffs and carried ski poles. Not to be outdone, the RCAF waived all costs for the guarding and rescue of the U2 by requiring a large Maple Leaf to be painted above Oscar's head.

The U2 is a remarkable aircraft. It was expected to have a two-year operational life but sixty-six years later, it still does its rounds on behalf of the USAF.

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



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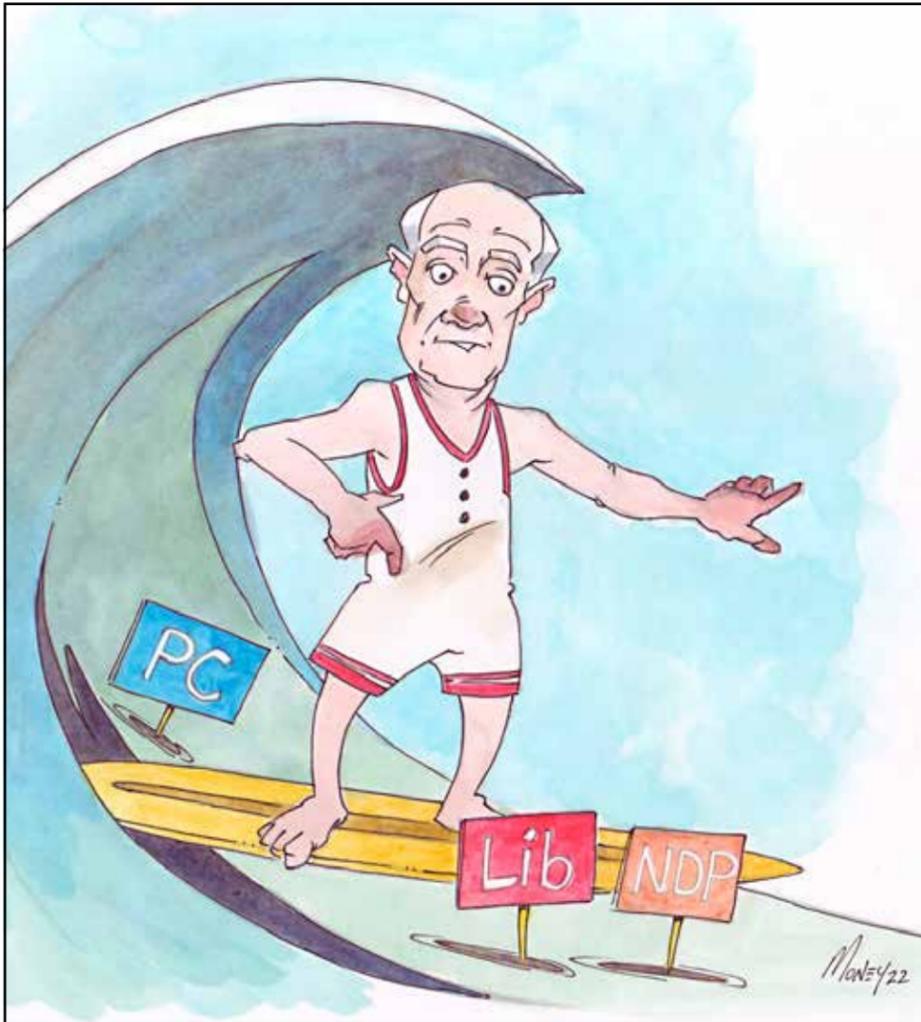
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This issue of the RPRReview hosts many promotions from provincial, federal and local politicians. They all have their platforms and are trotting out funding for various projects and communities. Readers better hope their platforms are surf boards and are ready for the coming Great Grey Wave.

According to Statistics Canada, by 2040 a quarter of the Canadian population will be over 65. Currently there are approximately 6,000 centenarians. By 2030 that number will be near 17,000. Easily preoccupied by the pandemic, climate change and rising inflation, the needs of the aging population are sneaking up. All parties are going to have to identify and make the necessary investments in health care, housing, recreation and other basic services. Boosting home care will be essential to keeping seniors in their homes. This is a far more cost-effective way of ensuring they have proper care rather than moving them into nursing homes.

Finding a way to make sure seniors can afford their homes on a fixed income is going to take some financial gymnastics. This aging cohort also had fewer children than their parents, and those children moved away for school and career opportunities at a rate not seen in previous generations. This is adding up to few family networks being able to provide unpaid care for older family members. This silver tsunami is going to swamp the staff and finances of health care and seniors facilities. One geriatric specialist noted “Canada actually holds the international record for having the highest proportion of deaths occurring in long-term care homes. We’re about double the OECD average.”

Preparing for Canada’s aging population should be an important topic for election debates. Ask our leaders and candidates whether they take this social crisis as seriously as any other social crisis. Are they ready to surf the Great Grey Wave, or get swamped by the Silver Tsunami?

## About the *RPRReview* community newspaper

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

**TO OUR READERS: Every effort was made to connect with the Ottawa South candidates for the upcoming June 2 Provincial Election. This paper has been published early and prior to the June 2 Ontario election.**

### Submission formats

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

Got an opinion to share? Please send letters to [editor.riverviewrpr@gmail.com](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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# Becoming better at time management

by Rojo Rakotoharisoa

How many of us have suffered from procrastination, asked to have deadlines extended and ended up frustrating ourselves? I believe that one soft skill that will save many of us from excess stress and anxiety is better time management.

One day, as I was close to the deadline in writing my thesis to complete my degree I still had not finished the whole body of my work. During a split second, I thought about the hard work I had done during the year. I then thought of all the consequences that might ensue if I did not finish my work in time, such as spending another year doing the same things and watching my peers on Facebook enjoying their paycheques at the end of the month. That thought alone gave me a boost of energy. I submitted my thesis right on time and I successfully obtained my degree. As I reflected on my whole work habit, I realized that no matter the time I might be given, I will never have enough of it.

I am a strong believer that we can achieve anything we set our mind to if we know how to plan well. The first step in making the most of our time is identifying



our goals. Our goals need to be SMART: Specific, Measurable, Attainable, Relevant and Timely.

Before we take on a project, we need to make sure how relevant it is for us so that we can give it time. Next, we must make sure we have the necessary resources and skills to achieve these goals. There is

no point in trying to climb a tree when in fact we are fishes.

After we have identified all the tasks we need to do, one effective technique that enables us to have control over our time is to have a journal where we can write a limited number of tasks to do for the day. At the end of each day, we will have the chance to reflect on each task and make some adjustments. It gives a feeling of achievement and improves our level of confidence each day.

The worst enemy for time management is procrastination. Procrastination is the small voice you have in your mind that tells you it is okay to do it tomorrow, that

you have time. And, like a drug, although it might give you a temporary satisfaction, there can be long-term misery.

One thing we need to remember is that starting something is the hardest part, and that at the beginning of each task we may have an unpleasant feeling, however it is better to acknowledge it, work on it, and believe that the outcome will be great.

By joining Toastmasters, I have had the opportunity to learn how to improve not only my communication skills but also develop my leadership skills.

Through a supportive environment, it gives me the ability to improve my own timing, and most of all the chance to learn by making mistakes. Time management is a valuable skill to learn in which I have been struggling, and through educational materials, speeches and projects inside and outside of Toastmasters, I have made a great leap towards better organizational skills and higher productivity.

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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# New stamp raises awareness of organ and tissue donation

**OTTAWA** – More than 4,400 Canadians are waiting for a donation of a life-saving organ, and many more, for healthy tissue to recover from a potentially fatal illness. Today, Canada Post released a new stamp to raise awareness of their need and encourage more people to register as organ and tissue donors.

A single organ donor can save up to eight lives, and a tissue donor can help save or improve the lives of up to 75 people. While the majority of Canadians support organ and tissue donation, fewer than one third have registered to do so. Registration usually takes minutes. Visit [organ-tissuedonation.ca](http://organ-tissuedonation.ca).

The stamp illustration, created by artist Christopher DeLorenzo, features two figures who form a heart connected by a pair of hands, each cradling a glowing star. Within the heart are abstract representations of the spirit of life, including flowers in bloom, a droplet of water and a bird in flight. Green, the official colour of organ and tissue donation, symbolizes hope and appears in various shades on the stamp design.

The stamp is sold in a booklet of 10. The Official First Day Cover is cancelled in Ottawa. The booklet and Official First Day Cover were printed by Lowe-Martin.

These stamp products are available at [canadapost.ca](http://canadapost.ca) and at postal outlets across the country.



## You don't know how good you can feel

Most people forget how good their bodies are supposed to feel. Instead, they get stuck in the mindset that “growing pains” are normal. Whether it’s back pain, neck pain, headaches, or lack of energy, they think that their age is the reason for their suffering.

What’s worse, is that most people learn how to cope with their declining health, and own it as their new reality, as they turn to numbing drugs and coffee to get them through life. The reality is that most people let poor health habits and unresolved injuries go untreated. They tend to forget about their aches and pains because they’ve become numb to them, or accept them as their reality.

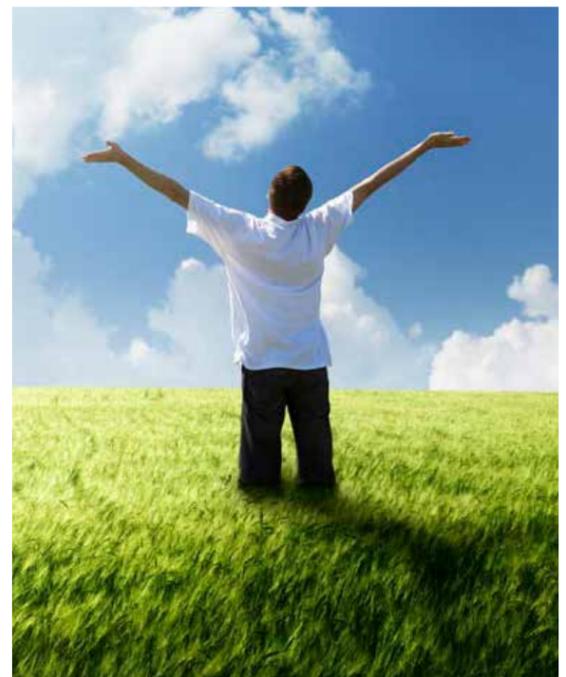
It’s time to shed that mindset, and pay attention to your body. Putting up with or numbing your pain, or changing your lifestyle around your discomfort is no way to live this one life you have.

Chiropractic care unleashes the body’s inner ability to heal itself. While chiropractic care can address chronic pain and discomfort, it goes much further than that. Through chiropractic care, nerve energy can once again reach your vital organs uninterrupted, and start the process of healing at its source.



## Simply Chiropractic

A Tip from Dr. Stéphane Chillis



**Don't wait to have pain before consulting Dr. Stéphane Chillis. He will advise you in order to develop a preventive lifestyle and a permanent solution to add quality to your health.**

**1569 Alta Vista Drive, Ottawa Ontario K1G 0E9  
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# Peter Dent

The visionary who turned a local brownfield site on Industrial Avenue into a focal point of our local community.

by Carole Moulton

Friends from his days at Fisher Park High School here in Ottawa would have said, “Peter Dent liked sports, in particular football, playing on both the junior and senior teams. He was an important part of the Key Club, a group that raised funds for good causes. And he was very smart.” Peter’s early years spent working at his father’s sawmill in Northern Quebec also helped shape the young man’s mind and instilled a serious work ethic. He graduated in 1966 to study Industrial Engineering at the University of Toronto.

Classmates from his years at U of T would remember Peter as, “Someone who was an extremely hard worker but ‘liked a good time’ with fellow engineering classmates. Breaks between classes were not always studious.”

Some might recall that during these university years Harvard expressed an interest in this exceptional student. The oldest higher learning institution in the United States reached out to him to attend their Cambridge, Massachusetts campus. Instead, Peter remained at U of T and graduated with his second degree: a Masters in Business Administration. Accomplishing this in record time, he completed the two year degree in only one and a half years. Peter never did work as an engineer instead he used his business acumen from that second degree. Notably, he completed both degrees while continuing to work at the mill.

Graduating in the early 1970s, Peter worked the usual Monday to Friday week for a Crown Corporation. He also married his high school sweetheart Susan Purvis in 1972. Lessons from the mill came in handy when Saturdays were spent with friends or colleagues fixing up rooming houses. Starting with a building in Centretown, another was to follow in Centretown and then in Sandy Hill. He bought his own apartment building a few years later, again in Centretown. Eventually, Peter would become President of Controlex Corporation, a real estate development and property management company. His wife, Susan Purvis Dent joined as the Chief Executive Officer making this a family-owned business.



Peter Dent



In 2007 the Dents sold their apartment buildings to better concentrate on their commercial real estate. In May of that year it was reported in the media that “Ottawa real estate company and developer Controlex Corporation sold 14 Ottawa high rise buildings for \$107 million in a deal characterized as ‘one of Ottawa’s largest multi-residential sales ever’”.

In 2007, Peter also set the foundation of his local legacy. It had been years in the making since Peter originally bought the first parcels of land along Industrial Avenue. And the landscape changed for both our community and the surrounding area when the Ottawa Train Yards officially opened on November 15. The anchor store and first structure built was the Walmart. And today, there are over 150 shops and services plus two government buildings are part of the Ottawa Train Yards.

After Mr. Dent’s sudden death on July 17, 2020 his wife, Susan Purvis Dent became the sole owner of the Ottawa Train Yards. She has the task of taking care of her husband’s extraordinary vision and maintaining ‘Ottawa’s Premiere Shopping District.’

Ottawa Train Yards’ tenants remember Peter Dent as “supportive and encouraging, very generous and very genuine”. One business owner described how Peter gave him an opportunity when nobody else had. “I was a young entrepreneur looking to open a restaurant and he gave me a chance. It was the start of this establishment. During the pandemic he helped a lot.” Today, Omer Abdallah, owner of Chickpeas, is preparing to open his third restaurant in Ottawa. He believes that Peter deserves credit for helping him succeed.

Incorporated into the City of Ottawa’s proposed Official Plan is the idea of compact, well-connected places clustered around a diverse mix of land-uses or as they are referenced, “15-minute neighbourhoods.” Riverview Park does not have a Bank Street, Elgin Street or Richmond Road around

which to build one of these. Having the Ottawa Train Yards should help qualify our Riverview community as a truly great 15 minute neighbourhood.

Ahead of his time with this relatively new concept, Peter Dent saw a need, and in the late 1990s embarked upon putting together what would eventually become 107 acres of land for the Ottawa Train Yards.

Perhaps one of the best kept secrets of the Ottawa Train Yards is the Medical Centre which backs on to Terminal Avenue. Not only is there a family practice and walk in clinic service, but also included is on site pediatric and chiropractic care, physiotherapy, registered massage, an on-site pharmacy, an infusion clinic plus Dynacare Lab.

Family and friends would say that Peter Dent lived a life ‘behind the scenes’ the way he wanted it. With his remarkable business vision he followed the lessons of the Key Club and the Lumber Mill. He didn’t look for recognition or accolades, which many could have given him. Instead, this quiet, gentle man taught himself to sail a boat with just a compass and a book. He enjoyed scuba diving for wrecks, and had just started taking flying lessons. With a soft spot for animals and people he enjoyed helping from behind the scenes.

Being successful didn’t stop Peter Dent from “being a really great guy” someone recently noted. How fortunate were those who had the opportunity to share their time with him.



# Laura brings the 'Independent' to Elmvale Acres

by Geoff Radnor

Friday April 22 saw the grand opening of Laura's Independent at the Elmvale Shopping Centre. Yes, and it was Laura in person who was welcoming customers to her beautiful new store.

Laura Dubois had been the very popular owner of Laura's Your Independent Grocer at the Hazeldean Mall. That store is closing and we are fortunate to have her relocating to our end of the city.

Dubois began her grocery career at 15 as a cashier at the IGA on Ogilvie Road. Then working her way up she became service manager, assistant manager, and manager. In 2006 she bought her own *Your Independent Grocer* franchise in Kanata. By the age of 21 Dubois had already realized that her life's interest was in retail and never looked back.

On June 25, 2014 Mayor Jim Watson and Councillor Allan Hubley presented Laura Dubois the Mayor's City Builder Award for her outstanding contributions to the Kanata community. She had been a tremendous and hands on advocate, and over the years her support of dozens of schools, charities



Laura Dubois welcomes the community to her new store and we welcome Laura Dubois. PHOTO: GEOFF RADNOR

and other community organizations had become legend. Here in Alta Vista she has already reached out to a local school

When asked about the primary aim of her management style, Dubois replied, "Customer Care". She also sees the potential for growth

with the planned developments all around Elmvale. At her new store, Dubois quickly noted the great opportunity to serve a rich diversity of customers and has already created a multicultural isle to incorporate offerings of what her new community would appreciate.



By the age of 21 Dubois had already realized that her life's interest was in retail and never looked back.

Of the over 100 employees in her new store many are local hires and a few worked at the previous Loblaws. She hired 67 new employees in just two weeks and is truly excited about this new endeavour. Our community is indeed fortunate to be able to welcome Laura Dubois.

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TRINITY COMMUNITY GARDEN

# Spring cleaning at Trinity Community Gardens has yielded success

Story and photos by Rhonda Turner

The garden's spring clean-up took place on Saturday, May 7th. It was a perfect day, quite cool in the morning but warmed up as the morning progressed. There was a turnout of at least 20 gardeners performing various tasks.

All the dead vegetation from the perimeter pollinator garden was cleaned up, bagged and put to the curb. The water tanks checked, made ready and filled so the early gardeners have water access for their seeds and seedlings. Any equipment that required maintenance was looked after, sharpening of shears, pumping up the tires on the wheelbarrows. Pathways between the plots were cleaned up of any weeds and grasses growing.

One team worked on the never ending invasive buckthorn bushes using a buckthorn extractor which pulls the bush out by the roots. It is an expensive tool, but very effective. Others helped by turning over and levelling the soil in both



the donation plots. Compost bins were cleaned up and worked on. Generally, the whole garden was spruced up, cleared of any garbage lying around after the winter.

A truck load of organic mushroom compost was delivered in mid May. Each plot being allowed three wheelbarrow loads of compost, then, if there is any excess compost more can be added if desired.

Gardeners are returning to the garden checking out how their plots fared over the winter. Those who

planted garlic last fall may be happy to see the sprouts popping up through the ground. Plots are dry enough to turn the soil over, remove any weeds and grass and add some compost and get busy planting.

Cold loving or hardy plants may be planted very early in the season. Some examples are broccoli, Brussels sprouts, cabbage, peas, kale, kohlrabi, leeks, radishes, spinach, turnips and lettuce. One lesson learned is that gardeners should not be too eager to plant any seed-

lings that are not considered hardy. Last year the whole garden was planted and then in early June we had three consecutive nights of near 0 degrees overnight. Most of us covered up everything that we could with sheets, buckets and towels. Those that did not cover up suffered some loss of plants.

Plots have been turned over and compost added; time to put that garden layout plan into reality. Whether or not the plan is strictly followed is always subject to last minute change. Often gardeners go back to the garden centre to buy just one more packet of seeds or one more flat of some vegetable. However, we plant our seeds or seedlings and hope for another wonderful summer with lots of sun and some nice natural rain to help us once more get a welcomed bounty of fresh organic vegetables.

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

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PHOTOS: RHONDA TURNER

# Rain Rain, Go Away!

by Brian McGurrin

Rain can be a good thing. It can be a soothing “pitter-pattering” kind of rain. I mean, *April showers bring the flowers that bloom in May*, right? And even a heavy downpour couldn’t dampen the spirits of Gene Kelly in *Singin’ in the Rain*. But still, let’s face it: most of us prefer to get our water from a faucet, and even our kiddies tell the rain to *Go Away! Come Back Another Day*.

So why do *Raindrops Keep Falling On My Head* in so much popular music? You know... *Who’ll stop the rain? Rainy Night in Georgia. Stormy Weather. Early Morning Rain. Don’t Rain on My Parade. A Hard Rain’s A-Gonna Fall*.... literally hundreds of rain-soaked songs, mostly signifying failed relationships and loneliness and despair.

Of course, rainwater is vital for all known forms of life. (Ask any farmer.) But it’s also possible to get too much of a good thing. (Ask any farmer.)

Or ask Mahalia Jackson. When the great Gospel vocalist appeared on the outdoor stage of the Newport Jazz Festival in July 1958, the weather was uncooperative. It began to rain in the midst of her performance, but the audience encouraged her to carry on, so she treated them to a stomping version of a traditional black spiritual titled *Didn’t It Rain?* – a retelling of the Gospel story of Noah’s Ark and the Great Flood – how God destroyed a sinful world by sending a heavy rain that continued for 40 days and 40 nights. **“Just listen, how it’s rainin’... Just listen, how it’s rainin’...”**

In 1842, the famous New England poet, Henry Wadsworth Longfellow composed a dreary little poem titled *The Rainy Day*: “*Be still, sad heart! and cease repining... Into each life some rain must fall...*” and, believe it or not, a hundred years later it inspired a couple of New York songwriters to create a song that became a hit record for the young Ella Fitzgerald in collaboration with a popular male vocal group called The Ink Spots. The Ink Spots made their big breakthrough in 1939 with a song titled *If I Didn’t Care*, which reputedly became, “the 8th-best-selling single of all time, selling over 19 million copies. The Ink Spots may have been inspired by the Mills Brothers, but they had a very distinctive sound and style, beginning many of their ballads with the high tenor voice of Bill Kenny (by the way, Elvis Presley did a close imitation of Kenny on his very first recording, made for his momma: *That’s When*



Rain, rain,  
go away,  
come again  
another day

*Your Heartaches Begin*). Kenny sang with very precise diction, and was always followed by the contrasting bass voice of Orville Jones, who just spoke the lyrics in a comically conversational way.

When Ella teamed up with the Ink Spots in 1944 to record *Into Each Life Some Rain Must Fall*, she was just 27 years old, but already a veteran performer, because she’d begun singing with one of the top swing bands when she was still a teenager. I think she adds a lot to that recording, sharing the verses with Bill Kenny, but singing in a jazzier style, and then scatting unobtrusively behind the spoken lines of Orville Jones.

You can find both of these recordings on the internet, and they’re well worth a listen.

1. **Didn’t It Rain?** [Trad. Gospel] (Mahalia Jackson, Newport Jazz Festival, July 6, 1958)
2. **Into Each Life Some Rain Must Fall** [Allan Roberts/Doris Fisher] (Ella Fitzgerald & Ink Spots, 1944)

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## Best of Riverview Park The Real Estate Edition

by Pat Lawlor

As a Realtor by trade, I thought it would be a great opportunity to explore the spring real estate market in Riverview Park. I thought the readers might appreciate a snapshot of the market in their neighbourhood. So, here are the best real estate statistics for Riverview Park!

Although there is some debate about the location of the southern border of Riverview Park (hydro corridor or Smyth Rd?), for this article, I am including all the properties up to Smyth Rd. The stats I am sharing are for houses that sold through the MLS system. Any house sold privately or off market are not included.

- We have had 5 houses sold for over \$1 Million dollars in Riverview Park. Four of those sales happened in the last year.

- There were seven properties for sale on May 9, 2022. As you have heard, there is a shortage of houses for sale in Ottawa. This is the main reason we find ourselves in a seller's market. If you are looking to sell this year, you are likely to get more money for your house than ever before. It is also very common for houses to sell with no conditions.

- One of these homes has been on the market for 21 days. Most houses in Ottawa do not stay on the market for more than a week in this sellers market.

- The price range for houses currently for sale is from \$395,000 to \$759,900. Riverview Park has always been a hidden gem. This means prices are not as high as other popular neighbourhoods. Riverview Park offers great value!



- As of May 9, 34 houses have sold in 2022 between the prices of \$351,100 and \$1,199,000.

- Last year, 39 houses had sold in that same period with prices between \$340,000 and \$945,000

- Between May 8, 2021 and May 8 2022, there were 89 houses sold in RP. Seven of those houses sold within a day. Ten of those houses sold within two days. It is a fast market! Decisions have to be made as soon as the property appears on the MLS system.

- Longest time it took to sell a house in Riverview Park last year was 89 days!

- Over the last 5 years, prices are up by about 60% in Riverview Park.

- Average home price in Riverview Park in the last year is around \$685,000.

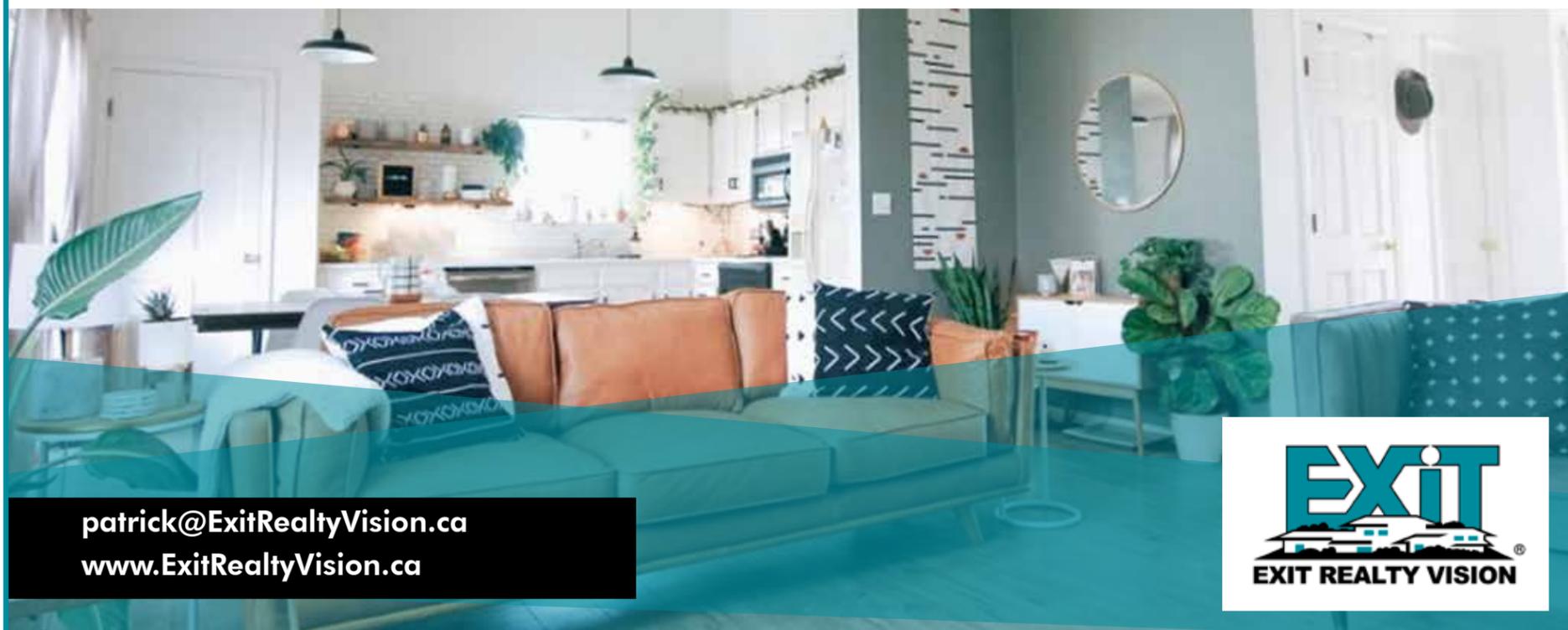
In the next edition of Best of Riverview Park, I will be highlighting the best gardens in our neighbourhood. Feel free to email me (patrick@exitrealtyvision.ca) and point out a great garden. Also, there is a new Facebook group for celebrating all the great things in RP. It is called "Best of Riverview Park", just like this article. Join and point out all the great people and things in the neighbourhood!



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# To crate or not to crate

by Jonathan Sumner

Dogs have evolved from working animals to a human equal member of the family. A common mistake is assuming a dog's needs and feelings are the same as humans. In other words, we "Anthropomorphize" our dog's existence.

Crate training often faces resistance from owners who think it is cruel, or say, "I wouldn't put my fur baby in a cage." This line of thinking will create a long list of unwanted behavioral side effects.

Correctly and humanely used, a crate can have many advantages for both you and your dog:

## 1. Great training tool

Crates are great for house training where you can quickly teach your dog to control their movements and to associate elimination only with the outdoors. You can encourage control, and establish a regular routine for outdoor elimination.

No more accidents in the house when the crate used with age appropriate intervals.

## 2. Provide a safe space

Remember the comfort of your bedroom as a kid? Dogs also have the need for safe space. Dogs have a natural 'denning' instinct and will benefit from a space they can go when they are stressed or tired or simply need some downtime

The crate can also be used as a time out zone when your dog is over-excited by company or stressed by too much activity.

## 3. Safety

Puppies can get themselves into a lot of trouble! Having a safe spot that your dog enjoys is such an amazing tool. When you are occupied you don't have to worry about your dog eating something dangerous or chewing on an electrical cable!

Crate training is worth your peace of mind!

## 4. Avoid household damage

Avoid all situations that put your dog or your house in danger! Every destroyed item could have been avoided. Your dog can learn to be calm and enjoy a chew in their crate without sacrificing the furniture.

Another key point by avoiding damage is you won't have to express disappointment, or anger with our pups.

## 5. Family travel?

Planning a trip? Staying at a hotel? A crate trained dog is far more likely to take family trips. It is much safer to travel in a crate while some hotels will require a crate to accept dogs.

You can bypass dog sitting or kennel costs while enjoying your dog's company. When you head out for

dinner you can crate them at the hotel in complete comfort and safety.

## 6. Vet and grooming visits

Guaranteed your dog will need various vet visits over their lifetime. In addition your groomer may also require a crate to hold or dry dogs.

Crate training your dog means you will minimize your dog's stress in these events.

Do you and your dog a favour! Crate train them and give them the gift of comfort for life! If you want to purchase a crate or talk to a professional trainer about crate training call the Ruff House at 613-260-7833 or email [info@ruff-house.ca](mailto:info@ruff-house.ca).





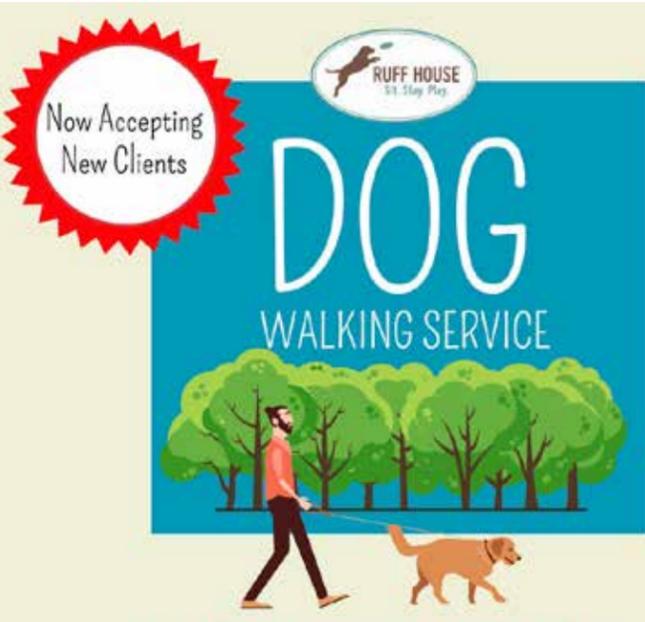
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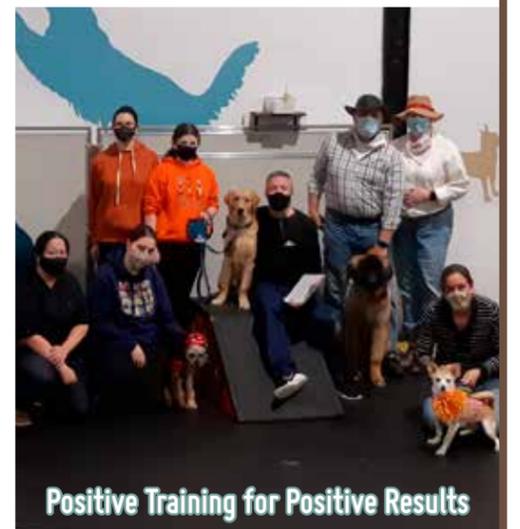
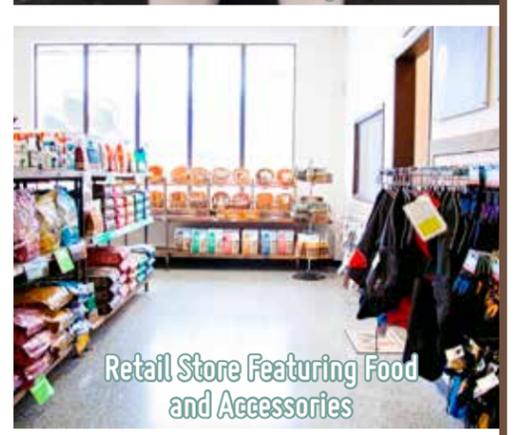
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## TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

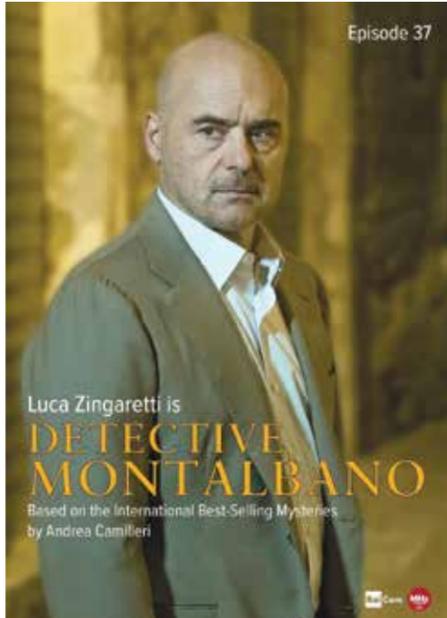
# Navigating the summer viewing waters

by Peter Thompson

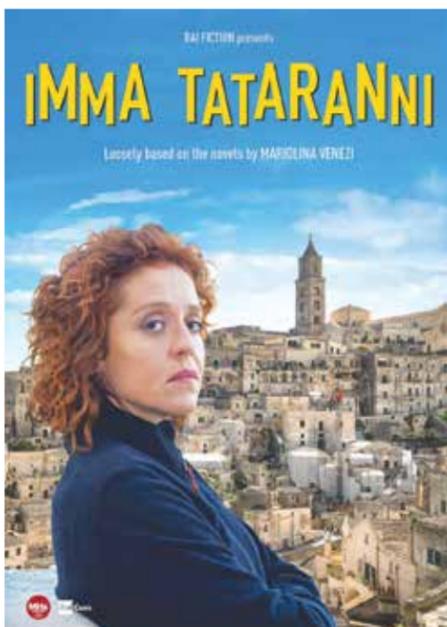
A h summer...the best time of the year for a myriad of reasons, but once you've done your frolicking outside and it's time to sit down with a drink and watch something, that's where things can get very confusing and very annoying. So let's see if we can find you some quality shows and movies to help you unwind at the end of a hot summer day.

### 1. Detective Montalbano

Montalbano takes the pole position this summer and you might be asking why. Well, out of seemingly nowhere the 37th and apparently final episode released. So if you're a fan of this wonderful Italian series (and if you're not, you should be!), then this is joyous news. So make some pasta, get some nice red wine and enjoy!



Montalbano



Imma Tataranni

### 2. Manhunt

A sharp, 2 series British detective show starring Martin Clunes of Doc Martin fame. This is everything you want to see out of the modern detective series; smart, well-acted and shows a different side of Clunes. A must!

### 3. Succession

Most have seen Succession - or at least, they've seen the first two seasons, but as Season 3 arrives, there's sure to be a lot of renewed interest in the Roy family.

### 4. Imma Tataranni: Deputy Prosecutor

Wonderful new show out of Italy!

The main character attacks each of her cases like a dog with a bone, unwilling to give an inch - even to her shy assistants. Reminiscent of the also fantastic British series Vera.



Manhunt

### 5. Under the Vines

An easy to watch New Zealand comedy about two city clickers who inherit a vineyard. The problem is, they despise each other and they don't know what in the world they're doing. A nice, breezy option for a summer evening.

### 6. The Vinland Club

In 1949, a teacher decides to get his students to help him do an archaeological dig to prove there was once a Viking settlement along the shores of the St-Lawrence River. Inspiring and moving Quebec film that's not to be missed!

### 7. Only the Animals

When a woman goes missing in a remote part of France, the police link 5 people who may have been in the vicinity at the time. What we don't expect is how these 5 people are connected - and that's where this becomes a twisty, winding drama/thriller for the ages. When it all comes together, you'll know exactly what I mean.

### 8. The Thick of It

The source material for "Veep", this is one of the most dry and genuinely hilarious shows ever made about the inner corridors of politics and some of the schlubs who make it run. If you like dry British humour, this is the one for you!

### 9. The Outfit

Mark Rylance, who gained esteem in Bridge of Spies, stars as a master tailor who makes beautiful clothes for the people in Chicago who can afford them. Unfortunately for him this is made up mostly of mobsters. When they knock on his door late one night and ask for a favour, he's drawn into a dangerous game. Worth the time!

### 10. Beck

This series has been over for a while, but I still talk to a lot of people who haven't seen it. Like Montalbano, it takes about 3 or 4 episodes to really get into it, but once you're in, you're in. It's a smart detective series with characters you grow to care about and mysteries that are really well conceived.

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One of the most efficient ways to help you get back to your normal, is to combine massage therapy and physiotherapy treatments.

**Massage therapy** manipulates soft tissue of the body to reduce muscle pain and soreness, relieve stress/anxiety, and improve range of motion and flexibility of tissues.

**Physiotherapy** improves or restores function and range of motion through rehabilitative exercise, manual therapy, and health education that gets you involved in your recovery through homecare.

One of the biggest challenges with rehabilitation is the fear that movement and exercise will cause more pain or discomfort. This fear can limit us into thinking we "can't do" something because we might aggravate or reinjure ourselves. This often results in people suffering unnecessarily through pain.

Alternating both modalities helps to efficiently stimulate your body's healing processes to improve or restore normal function and range of motion and to decrease pain to help you get back to normal.

The human body is a complex mechanism that requires all parts

to function together to make things work effectively. Maximizing the benefits of massage and physiotherapy might look something like this:

An injury occurs causing pain and dysfunction. You book an appointment with a physiotherapist who assesses the injury, provides manual therapy and an exercise program. You want to do the homecare, but muscle soreness and tightness make the exercises challenging. Then you book a massage that focuses on loosening up the soft tissue, (muscles, ligaments and tendons), and breaking up adhesions preventing you from doing your exercises. After your massage, you're better able to do the exercises, getting even more out of your next physiotherapy appointment!

This approach to recovery is more comprehensive and gives you the opportunity to develop better body awareness regarding pain and injury and allows for faster recovery.

Essential Health Massage Therapy has added physiotherapy to our roster of services. Please visit our website to book your appointment.

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 or physiotherapy might be able to help you, or about psychotherapy, please email [info@essential-health.ca](mailto:info@essential-health.ca).



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# Serving up pizza the *Super Duper* way

by Carole Moul

Pizza is one of the world's most popular foods. This should be of no surprise when chefs such as Elie Nakhle are the ones creating one of your own favourite dishes.

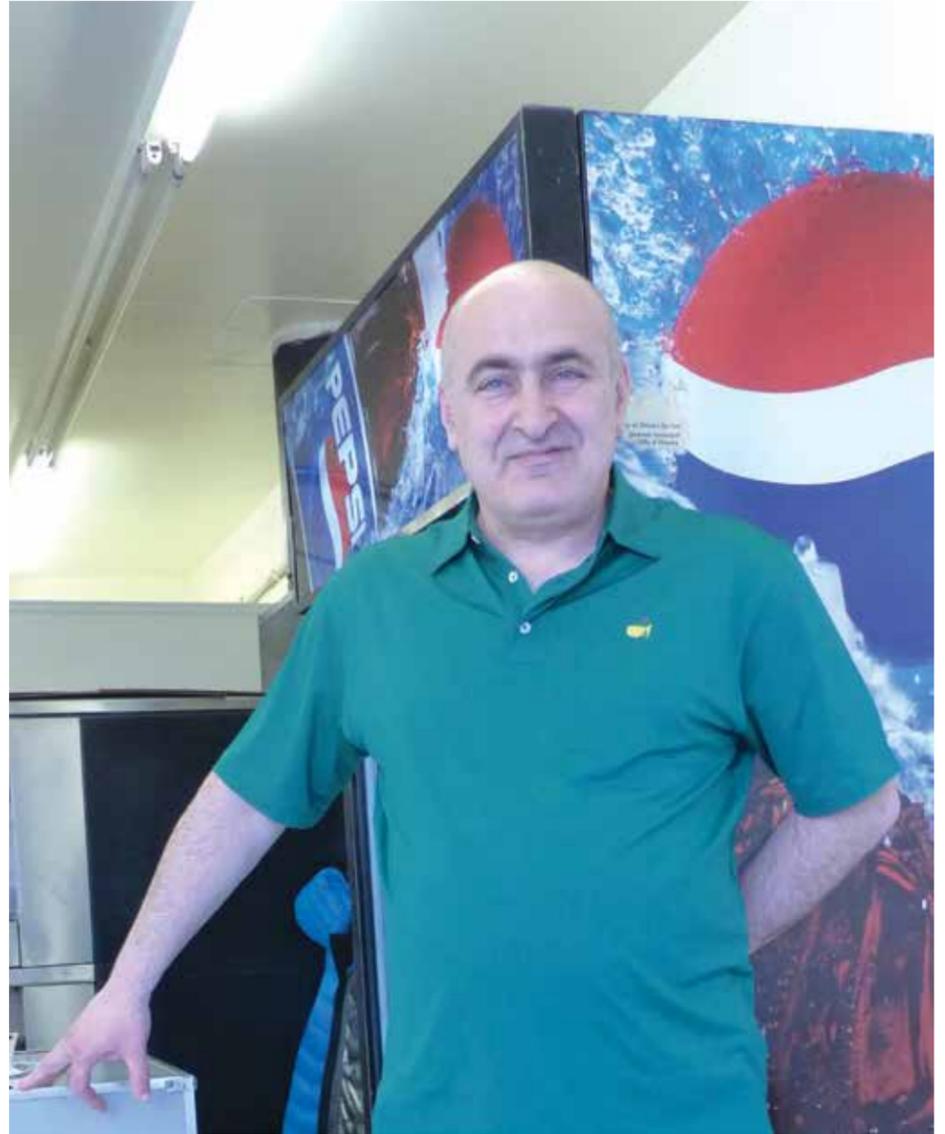
It was in 1990 that the two Nakhle brothers, having recently arrived from Lebanon in 1987, opened up Super Duper Pizza at 1018 Pleasant Park Road. Today, thirty-two years later, this family owned business continues to thrive with its many

regular customers – and new ones too.

“Everything is made fresh daily and from scratch,” they note, “including the dough and sauces.” And shopping is done each day to make certain that the customers are always eating fresh ingredients. “The Super Duper Special is the #1 choice at Super Duper,” Elie Nakhle responds when asked. For himself, he thinks the ‘Chef’s Special’ tastes the best, and perhaps that is just as well.



You may recognize this family-owned business at 1018 Pleasant Park Road. PHOTOS: GEOFF RADNOR



Elie Nakhle has been greeting customers at Super Duper Pizza for 32 years.

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# Jean CLOUTIER

## Message from Councillor Cloutier

Dear Neighbours of Alta Vista,

I hope everyone is spending as much time as possible outside and enjoying the warm weather. As summer steadily approaches, please don't forget to stay hydrated, stay in the shade, and apply sunscreen. As the temperature outside continues to warm up and social gatherings become more frequent, please continue to be wary of COVID-19. The ongoing pandemic continues to be a threat to our more vulnerable communities and loved ones. I encourage everyone to enjoy and take advantage of the next few warmer months but stay safe while doing so.

As always, if my office can be of assistance to you in any way, please do not hesitate to reach out.

Best Regards,

Jean Cloutier



Ottawa has grown into a city of one million residents. Over the next 25 years, that number is expected to grow to more than 1.4 million. With that kind of growth, we need to revisit how people, vehicles and goods move through our city.

As we set the vision for our updated Transportation Master Plan, we have important decisions to make as individuals and as a city. While some might be easy, others will require more thought. We need to have thoughtful and meaningful discussions to ensure Ottawa becomes the most liveable mid-sized city in North America.

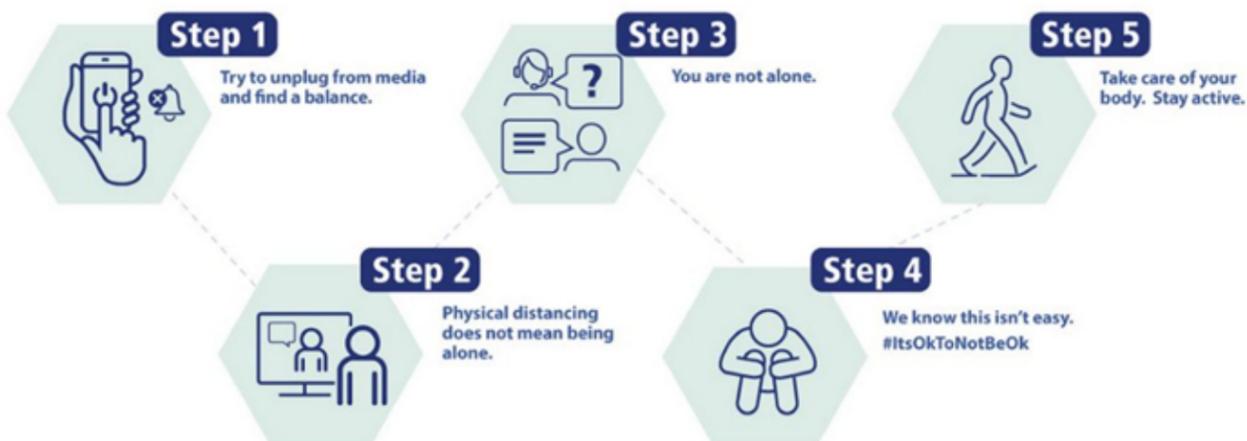
Transportation decisions affect all of Ottawa's residents and businesses. No matter if you walk, drive, cycle, bus, take the light rail transit or scoot, whether you ship products or have them delivered, or whether you own or share a car, how people and goods move through the city affects you. All the choices we make moving forward will require some give and take. Tell us what's important to you and how our transportation system can move us in the right direction for decades to come.

<https://engage.ottawa.ca/transportation-master-plan>

**USE YOUR LAYERS**

- Monitoring yourself for symptoms & staying home when sick
- Being vaccinated with all the doses you're eligible for
- Wearing a mask
- Washing your hands (yes, still)
- Avoiding crowded indoor spaces

## Take Care of Your Mental Health, too!



OttawaPublicHealth.ca/COVIDMentalHealth



Conseiller / Councillor Jean Cloutier

# John Fraser

## Your Community Voice



### Dear Neighbour,

For the past 23 years, I have had the privilege of working for the people of Ottawa South, and for the last 8 years, I have had the honour of serving as our community's voice at Queen's Park.

I am proud that over the years together, we have made Ottawa South stronger – including expanding CHEO, the Ottawa Hospital and St. Patrick's Home. At Queen's Park and at home I have worked hard to expand access to palliative care and bring vision screening to our children's schools. I have also introduced legislation aimed at protecting vulnerable workers, increasing paid sick days for workers, and ensuring accountability for patients in our health care system.

I have worked along non-partisan lines to deliver the kind of change that is needed in our communities, being part of the team that brought forward Rowan's Law, concussion legislation that protects our young athletes; as well as a bill that will establish a registry for defibrillators so they can be easily accessed in an emergency.

The global pandemic has shown us just how important working together is and that strong representation in the community and at Queen's Park is important. That is why I am running again to be your MPP.

In the last 8 years, my priorities have remained unchanged. I want to continue to fight for the things that matter most to our families:

- Protecting the world-class health care in our community
- Excellent schools and student success
- Good jobs and a strong economy
- Support for our most vulnerable neighbours
- A clean and safe environment

Ottawa South has been my home for my entire life. My wife Linda and I raised our three children here, and now they are raising their own families here. I care very deeply about this community and about the people that live, work and raise their families here. I want to continue to make a difference for the people of Ottawa South as your MPP.

I am asking for your support on June 2nd so that together, we can continue to build a strong, vibrant, successful community. I will continue to work hard for you and for your family.

Sincerely,

John Fraser

For more information, or if you would like to volunteer or would like a lawn sign, please contact us.

613.515.0450
 1846 Bank Street
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 @JohnFraserOS
 [info@votejohnfraser.ca](mailto:info@votejohnfraser.ca)
[fb.me/JohnFraserOttawaSouth](https://fb.me/JohnFraserOttawaSouth)



Authorized by the CFO for the John Fraser Campaign.

# Classic Theatre Festival relaunches in Ottawa

by Matthew Behrens

Riverview Park Review readers will enjoy “Summer Theatre in the City” with August’s relaunch of the award-winning Classic Theatre Festival, renowned for its productions of hits from Broadway and the London Stage featuring some of Canada’s top theatre talent.

Playing at their new Arts Court home (2 Daly Ave.) will be *The Fourposter*, a beloved Broadway favourite that follows a couple through 35 years of marriage from a nervous wedding night through childbirth and parenting, mid-life crisis, empty nesting, and the realities of aging. The show will run August 5 to 28, Wed. to Sun at 1:30 pm, and Wed. Thurs. & Sat. at 7:30 pm. Pre-show talks situating audiences in the context of the play occur a half hour before each performance. Tickets can be purchased at (613) 695-9330 and classictheatre.ca For everyone’s safety all theatre staff and audience members will need to wear masks inside the theatre.

The Festival spent a decade in Perth before moving to Ottawa, a difficult decision brought upon us by the pandemic. As we emerge from this hiatus, the Festival con-

tinues to make theatre accessible through its Save-a-Seat program, which distributes free tickets to low-income individuals through area social services agencies. The Festival also accepts donations of used books, the sale of which supports Save-a-Seat. Meanwhile, to get involved with the theatre by hosting a visiting performer or volunteering as an usher, contact them at (613) 695-9330 or info@classictheatre.ca.



Alison Smyth and Scott Clarkson, who played husband and wife in the thriller *Wait Until Dark*, reunite this summer in *The Fourposter*.



Rachel Fischer and Lana Sugarman wowed audiences in the 2019 production of *The Voice of the Turtle*. PHOTOS: JEAN-DENIS LABELLE



## Classic Theatre Festival

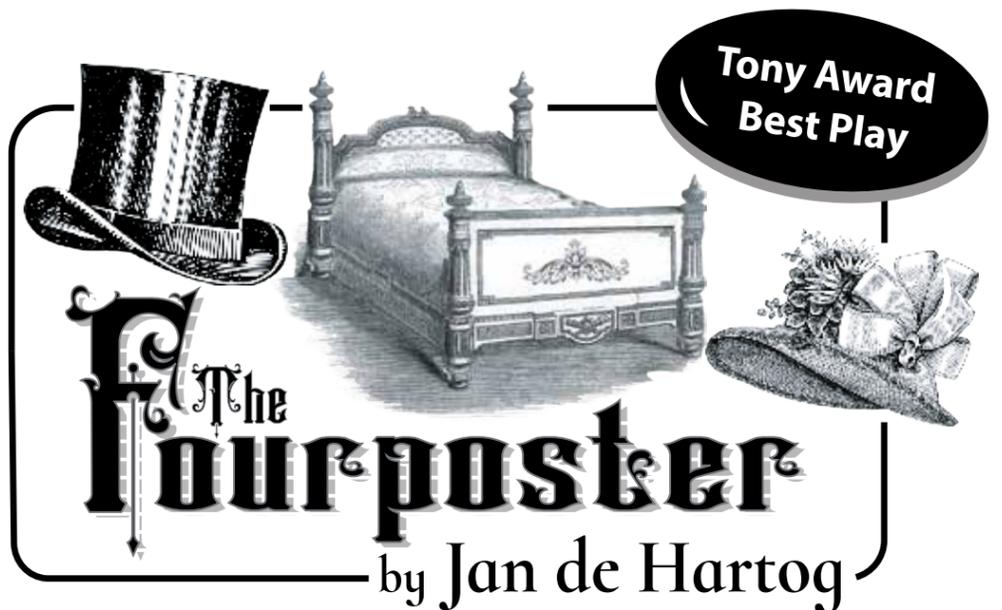
Enjoy  
 “Summer Theatre in the City”  
 with the relaunch of the award-winning  
 Classic Theatre Festival,  
 renowned for its productions of hits from  
 Broadway and the London Stage!

**August 5 to 28**  
 Wed. to Sun. at 1:30PM  
 Wed., Thurs. & Sat. at 7:30PM

**Arts Court Theatre**  
 2 Daly Avenue, Ottawa

Tickets: classictheatre.ca or call (613) 695-9330

PLEASE NOTE: For everyone’s safety, all theatre staff and audience members will need to wear masks inside the theatre.



**The Fourposter**  
 by Jan de Hartog

**Tony Award Best Play**

*The Fourposter* is a beloved Broadway favourite that follows a couple through 35 years of marriage, from a nervous wedding night through childbirth and parenting, mid-life crisis, empty nesting, and the realities of aging. It will leave you laughing in the aisles, elbowing your partner with gentle, knowing digs, and reveling in the return of live theatre.



Mention Riverview Park Review when you call and enjoy 10% off!

## VINCENT MASSEY PUBLIC SCHOOL

# Dynamic SOLES and SOLE Connection are working hard to create more opportunities for the community of Russell Heights!

by Amelia Patacairk, Benedicte Banderembako, Allie Graham and Rachel Atchinson-Lee

After developing our ideas, SOLE has planned a bike tune up day, where the students will fix the bikes brought to them by community members of Russell Heights. The groups have been hard at work completing bike sessions at school, where they have learned the steps of repairing and maintaining a bicycle.

Because of the great interest in this program, students are also creating training videos for next year's participants. There have been many bikes donated this year, giving the groups lots of opportunities to learn. Thank you to all members of the community that gave to this initiative. We are expecting a wonderful turn out, with Safe Roads Ottawa being on hand to bring in mechanics and bicycle safety. Students have also prepared a flyer to distribute to the community of Russell Heights and they will be in the mailboxes in a few weeks.

Along with this idea, the groups



PHOTO: KIM MACDONALD

are planning on hosting a dance flash mob. With the help of a ballet teacher they have choreographed a dance routine! The group members have been practicing during recess times and will be working with the community after school to teach the youth the routine that they will later perform. The dance flash mob will take place in

the community at a time to be set later. They are extremely excited to teach it to the youth of Russell Heights!

Finally, they have prepared to work on a landscaping project with Ottawa Community Housing by updating and adding to the outdoor gardens. This will take place on June 8th. Both classes

will spend the day working the landscaping team, to revitalize the garden project installed four years ago.

With so much preparation they are excited to help the community during the month of June. They plan to keep "soulfully connected" and remember that "it's always a sole adventure."

elect - élevez



Nira  
Dookeran

[gpo.ca](http://gpo.ca)

Authorized by the CPO for the campaign to elect Nira Dookeran  
Autorisé par le CPO de la campagne pour élire Nira Dookeran

Parti **vert** **green**  
de l'Ontario Party of Ontario

I believe the Ontario Greens offer the best plan to address the most pressing issues of our time.

Our platform is based on 3 key pillars:

 **Rebuild Communities:** by adding more affordable housing, electrifying transit and connecting communities so people can live, work, and play in strong, sustainable, and safe neighbourhoods.

 **Improve Health Care:** by expanding professional mental health services covered by OHIP, making them accessible, affordable, and comprehensive.

 **Embrace the New Climate Economy** by reducing energy costs with programs like green retrofits for your home that will save you money and create thousands of jobs.

Please visit our website at [gpo.ca](http://gpo.ca) to see our full platform and learn more about us and our outstanding leader, Mike Schreiner.

I hope you'll feel inspired to join us. Visit [ottawasouthgreens.ca](http://ottawasouthgreens.ca) for more information.

On June 2nd, vote Green. Vote Nira. I thank you for your support.

Parti **vert** **green**  
de l'Ontario Party of Ontario

# The health benefits of an bike

Never underestimate the health benefits of an e-bike. Cycling is considered to be one of the healthiest activities we can do, good for both our physical and mental wellbeing. It is recommended that we get at least 2.5 hours of moderate exercise a week and e-bikes are known to provide us with the moderate exercise we need.

Using an e-bike for your daily commute to work could likely see you meet this goal easily. You can switch between the different modes on your e-bike depending upon how much you want to exert yourself. Changing from riding without using the battery to using the throttle means your trip doesn't have to be tiring.

Recreational cycling with an e-bike is another approach to helping us stay fit. With Ottawa's more than 800 kilometres or almost 500 miles of multi-use pathways what better way to improve cardiovascular health than taking out an e-bike?



What is cardiovascular health and why is it so important? Cardiovascular health refers to the health of the heart and blood vessels. Not only does cardiovascular health help in preventing heart disease, it can also assist in reducing stress levels, plus improve both sleep and digestion.

Energy levels are also improved and the benefits of physical activity are usually noticed within the first week of taking on your new activity. Workouts using an e-bike are a great form of 'cardio' because they get the heart rate going.

What about actual heart health? Riding an e-bike regularly can help improve heart health. An efficient heart can pump more blood into the muscles with fewer beats per minute. As your heart works a little harder when you perform a physical activity, it beats faster and stronger to keep your blood pumping around your body.

Electric bikes can help you stay fit without putting as much strain on both your joints and muscles. You can move faster and take the strain away from your knees with the pedal-assist feature rather than having to pedal too hard.

E-bikes provide you with the opportunity to burn calories and fat almost as effectively as a regular bike, including when you have on the pedal-assist mode. Your e-bike trip can be a pleasant way to tackle weight loss as well, as you explore the local urban and rural spaces around the National Capital.



# bike

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# Is Canada ready for the World Cup?

by Geoff Radnor

How good is your memory? Back in 2014 our regular contributor, Maria CampbellSmith, gave the readers of the June edition of the *Riverview Park Review* the complete history of the FIFA World Cup. Even that many years ago it was known that the 2022 World Cup would be played in Qatar. That country has had eight years to prepare to host the biggest sporting event in the world.

In the recent April-May edition of this paper, the long-time contributor and everlasting journalist, Bill Fairbairn, welcomed Canada's participation in football's FIFA World Cup finals in November. He is right in saying that football, or soccer as it is known in North America, is the world's game. Canada's win against Jamaica, that advanced Canada to play in the group of 32 countries in Qatar, was watched by a crowd of 29,000 at the BMO field in Toronto.

I played football when I was at high school in England. The school was boys only. The girls went to a different school not even near ours. There was little or no co-operation between the two schools of higher learning. The girls played rounders, a gentler kind of baseball plus tennis. The boys played football in the winter and cricket in the summer. There was also time for track and field. Football was a man's sport and the weekend crowds at the first division league games were



Jessie Fleming celebrates winning the Gold at the Tokyo Olympics

90% male.

It is very different today.

In March this year there was a crowd of 91,553 to watch Real Madrid women's team play Barcelona in a women's soccer match. How things have changed since those days when it was a 'men only game'.

Today there is a FIFA Women's World Cup. The big breakthrough was back in 1971 when the international women's tournament was held in Mexico. In the final, Denmark defeated Mexico and there were over 110,000 people in the stadium to watch the game. England was one of six teams, but lost all four games. Leah Caleb aged 13 and Chris Lockwood aged 15 were

part of the English team there in Mexico City. The first FIFA Women's World Cup was in 1991, played in China.

Today there are women's soccer leagues in many countries and many games are on TV. So when along with Bill Fairbairn, we watch the men play in November in Qatar we must look forward to watching the women play in 2023. The matches take place in Australia and New Zealand. There will be more teams there, 32 up from 24: the same amount as in the Men's World Cup. Don't forget that the Canadian team is the current Olympic women's champions.



Tajon Buchanann does the flip, as Canada qualifies for the FIFA World Cup.

## “Densification!” How will it change Riverview Park?

by Geoff Radnor

Many of us have become familiar with the various plans recently proposed for the west side of St Laurent Blvd. stretching from the Petro-Canada gas station to the Burger King. There have been three proposals and that includes the addition of two lower rise apartments for Everest's AV Ridge.

Canada's population is currently close to 40 million. With the federal government's aim to have 430,000 new residents in this year of 2022 we will be a fast growing country. There are similar amounts of newcomers planned for future years. Thus there will be an increase in the demand for housing. This adds to the challenge of finding housing for all who are currently here.

Until 2019 we had been residents of Riverview Park for 43 years, but

the day came when we decided to sell our home and move into an apartment. No more mowing the grass, no more shovelling snow and no more up and down the stairs for a couple getting closer to their 90s. Our house has a new family living in it. No new houses on the street have been built in all those 43 years.

The most recent development in Riverview Park has been the AV Ridge on Russell Road. There have been about five major residential developments in those 43 years that we lived there. Names such as San Remo, Santa Cruz, Sienna, Renova and Pixley, Remembrance and Freedom and Sonata Place are just some of the new street names in our neighbourhood. They even managed to squeeze two apartment blocks in front of the Faircrest Apartments on Frobisher Lane.

I don't think that there is any

vacant land left to build houses on although there is still the huge National Defence property. That would be a great opportunity to create a 15 minute neighbourhood.

The choice today for residential development is a location close to public transport. OTranspo and the LRT are the two magnets. There are lots of buses on St Laurent Blvd. and the LRT crosses St Laurent Blvd. at the shopping centre. My guess is it won't be long before Morguard, the St. Laurent Shopping Centre owner, announces changes similar to those at Elmvale.

The answer to finding housing for some of the 430,000 new residents will be shared by all regions of Canada, mostly the big cities and towns. Most new arrivals will occupy rental housing and a percentage of that total will come to Ottawa. Thus the City of Ottawa will be

faced with the challenge, “Where will we be able to house those new arrivals, find housing for those currently without homes, plus those in overcrowded housing?”

The proposed towers on St Laurent Blvd. will be part of the answer. Apartment living in the city will soon become the new normal. A separate individual house is possibly affordable only if it is miles from the city centre, and that comes with the expense of the commute and the work/life balance that all families need.

In 2011 home ownership in Canada was enjoyed by 69% of the population, but five year later in the 2016 census it had dropped to 67.8%. What will it be in the 2020 census? My guess is the percentage will be less. This causes a rise in the percentage of rental families, and they are the next occupants of those towers on St Laurent Blvd.



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*Medical Centre*

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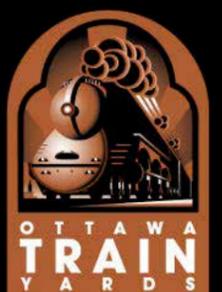
ADDITION ELLE 14+	CIBC	FARM BOY	La Vie en Rose	NEWLOOK eyewear	SAIL	SUPPLEMENT KING
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artemano	CHATTERS HAIR BEAUTY SALON	Magnacharge BATTERY	LD SHOPPE BY LECLAIR DECOR	Penningtons	Shepherd's	terra 20
BANANA REPUBLIC FACTORY STORE	Chickpeas	FIVE GUYS BURGERS and FRIES	MAGNACHARGE BATTERY	petvalu your pet - your store	THE SHOE COMPANY	Tim Hortons
Beaudry	THE CHOPPED LEAF	Marshalls	Mark's	NORDSTROM rack	SKECHERS	TOMMY HILFINGER
BED BATH & BEYOND	CHUCK'S DEAL & CONVENIENCE BROWNS	GAP	Michaels Where Creativity Happens	Reitmans	SleepCountry	TRAIN YARDS DIGITAL CENTRE
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carter's OSHKOSH	DSW DESIGNER SHOE WAREHOUSE	Healthy Planet	Macho burrito	RICKI'S FASHION THAT WORKS	STRUCTUBE	Thai express
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The Ottawa Train Yards is located just off Industrial Avenue, close to the junction of Highway 417 and Vanier Parkway.

The site also enjoys easy access from St. Laurent Boulevard either by Belfast Road or Industrial Avenue.

The Ottawa Train Yards  
Industrial Avenue at Trainyards Drive  
Ottawa, ON

[www.ottawatrainyards.com](http://www.ottawatrainyards.com)



TAKE A LOOK... EXPLORE LIFE AT MAPLEWOOD

# Upcoming Maplewood highlights for May to October

**MAY**  
**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 a.m. to 2:00 p.m.

**High Tea Jubilee & Jazz**  
 Thursday, June 2nd High Tea from 2:00 p.m. to 3:00 p.m.  
 Jazz band from 7:00 p.m. to 8:00 p.m.

**Caribbean Sail-ebriation**  
 Friday, June 17th from 3:00 p.m. to 4:00 p.m.

**Keep your "Gin" Up!**  
 Summer's Here! With entertainment  
 Tuesday, June 21st from 7:00 p.m. to 8:00 p.m.

**JULY**  
**Canada Day Barbeque Lunch**  
 Celebrating 155 Years  
 Friday, July 1st from 11:30 a.m. to 2:00 p.m.

**Strawberry Social Garden Party**  
 Thursday, July 7th from 7:00 p.m. to 8:00 p.m.

**AUGUST**  
**Tex Mex Barbecue**  
 Thursday, August 25th from 11:30 a.m. to 1:30 p.m.

**Shake and Stir Casino Royale**  
 Wednesday, August 17th from 6:30 p.m. to 8:30 p.m.

**SEPTEMBER**  
**Sunset Serenade**  
 Thursday, September 1st from 7:00 p.m. to 8:00 p.m.

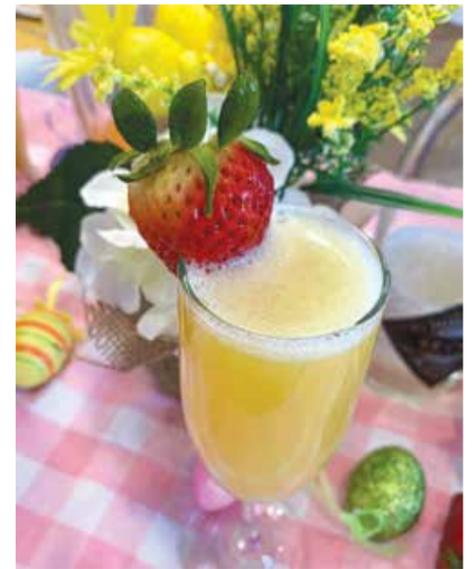
**Jazz Festival**  
 Thursday, September 8th from 7:00 p.m. to 8:00 p.m.

**Apple Fest**  
 Friday, September 23rd from 3:00 p.m. to 4:00 p.m.

**OCTOBER**  
**Oktoberfest**  
 Thursday, October 6th from 7:00 p.m. to 8:00 p.m.

**Chili Cook Off Dinner**  
 Thursday, October 13th from 4:30 p.m. to 7:00 p.m.

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



## Taco' bout a great time!

*shared by Rosal Yade, Activity Manager, | Maplewood Retirement Community*  
**W**e're in the swing of spring at Maplewood! Never a dull moment at Maplewood whether it's Cinco de Drinko or hopping into our various springtime events. Our residents have so much to choose from. We look forward to having you join us in all of the fun!





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- Offering a full continuum of care including: Independent Living, Assisted Living and Memory Care
- Flexible meal plans prepared by our talented in-house chefs
- A variety of daily activities and planned group outings to keep our residents happy, healthy and connected



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MaplewoodRetirement.com

  
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Beechwood | 613-327-9655  
RiverpathRetirement.ca

# Riverview Park Review

## SECTION TWO

JUNE 2022

A Voice of Riverview Park

JULY 2022

### Let's check out some new library information

by Geoff Radnor

Elmvale Acres Shopping Centre is the current home of our local branch of the Ottawa Public Library. Rio Can, who owns the centre, is in the process of the re-development of the whole centre.

There is a nine storey apartment building on the Smyth Road end of the centre that is close to completion with some retail stores on the ground floor. Three other residential towers are in the planning stage.

The lowly strip of retail stores backing on to Othello Avenue seems to be replaced by new retail in the plans, but it is unclear exactly what form it will take. This includes our Elmvale Acres Library, the Beer Store, the Rexall drugstore, Care Medics, Home Hardware and others. Can we expect a new library to be included in this new development? The current one is in a very convenient location with lots of free parking and with a very attractive kids section too. However



Halifax Central Library

on my last visit it was almost empty. We trust that with the eventual ending of the pandemic, people will start to visit the library again.

The Main Branch of the Ottawa Public Library will be in a new building shared with Library and Archives Canada, on the western edge of downtown Ottawa and close to the famous LeBreton Flats. Some new libraries in Canada are identified by having outstanding



Calgary Public Library

architecture, Halifax and Calgary are just two recent examples. The new Ottawa library looks like it is in that league too.

Andrew Carnegie and his financial support of libraries around the world has been written about previously in the Riverview Park Review. Here is a little update on that.

The possibility of a new Elmvale branch of the OPL made me do a little research on building new libraries in Ottawa. The Carnegie Foundation financed the original public library on the corner of Metcalf and Laurier. That build-

ing was demolished and the present "Brutalist" architectural style building opened in 1974.

In the first decade of the 20<sup>th</sup> century there was much growth in the city of Ottawa and the citizens on the western edge of the city deserved a more convenient location, thus the city decided to build the first branch of the Carnegie Library on Rosemont Ave. Even that choice was not easily made and there was a lot of discussion about all aspects of the new branch.

For a very interesting story one can read all about the Rosemont Library on Dave Allston's blog "Kitchissippi Museum". The library has had another restoration in the last year or two, and again is now open. The Carnegie lives on.

Let us hope that if we do get a new library at Elmvale it will be a building that we can be proud of, plus hopefully well used.

Cover photo: New Ottawa Public Library



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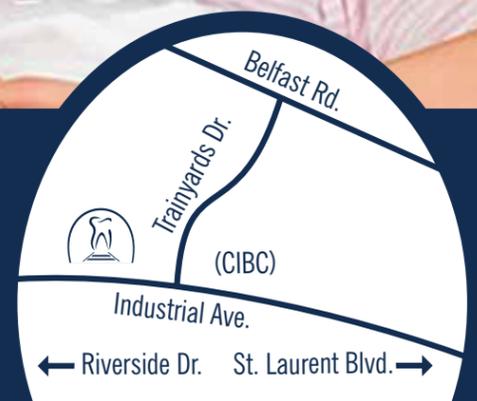
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# Befuddled but unabashed

by David Knockaert

With the announcement of more delays on Stage 2 LRT construction, the continued judicial enquiry and renewed debate over fares, transit continues to be a hot topic of discussion. Yet, City Hall continues to avoid discussion of fundamental contradictions in transit design.

While City officials planned a multi-billion expenditure for creating/expanding two train lines, they also committed to a vision of 15 minute communities which allow residents to meet most daily needs via bike or on foot. If delivered, that vision will significantly reduce usage of the LRT, and with it, the utility of the most expensive capital project this city has ever undertaken.

A prominent promotional slogan for the LRT has been that upon completion “70% of Ottawa residents will live within five (5) kilometers of a LRT station”. This highlights the very basic problem that Ottawa is too large for two train lines to stimulate dramatic change in how people travel. Studies gauging how far people will



PHOTO: CAROLE MOULT

walk in order to take public transit tend to settle on 400 metres (5 minutes) to a bus stop or 800 metres (10 minutes) to a LRT station. We are only kidding ourselves if we believe the proximity of stations to population will be adequate to promote a significant rise in ridership.

The most dedicated users of transit are those without access to a vehicle, typically youth and those of lower income. But the City's commitment to intensification will not only congregate high rise rental (and consequently, lower income residents) in urban areas but also drive up land values, forcing non-office employers (e.g.

Amazon) into less expensive areas. Such employment hypothetically attracts lower income earners. But the lack of suitable transit linking urban and suburban/rural areas will either close the door to those employment opportunities or encourage core transit users to find other mobility options.

Our bus system was designed to bring people in and out of 'downtown'. This led to so much downtown congestion that City fathers chose to replace buses with the LRT. But they still designed the LRT to serve a downtown node. The decentralization of the public service started by Trudeau senior,

continued by Harper and locally highlighted by NDHQ's move to Kanata has been accelerated by COVID. Federal public servants will not return to their offices in previous numbers, precipitating the loss of downtown private sector jobs and leaving us with far fewer residents who need or wish to travel “downtown”.

Alan Hubley has now suggested that underutilized urban buses be re-positioned to the suburbs where they are needed. He's right, but this acknowledgement that transit service should correspond with travel demands should have arrived long before our unmoveable LRT tracks were laid.

Watson's badgering of the Treasury Board for a full federal return to the workplace arose out of belated recognition that our future transit design is unlikely to match travel needs. In this context it is perhaps not a surprise that instead of seeing new residential developments being proposed around Hurdman, north Alta Vista or Riverside Drive, developers are planning to build along Bank, Elmvale and Heron, quite far removed from a LRT station.

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## EnviroTips for the summer

by Kris Nanda

**Avoid the drive-through fast-food option when ordering** – You will reduce traffic congestion, air pollution and greenhouse gas emissions from idling cars waiting in line, which is particularly bad in hot summer weather. (You might even get served faster sometimes if you go inside)

**Put your food compost in old cereal boxes** – You can fill them up and put them in the green bin as the containers are compostable.

**Water your plants and yard in the evening or early in the morning** – More moisture will soak in. (You can get a rain barrel as well)

**Hang your laundry on a clothesline rather than using a dryer** – You will save money and energy and your clothes may smell fresher.

**Re-purpose bird seed and yard material bags (potting soil, peat, small stones, etc.) as garbage bags** – Instead of simply throwing the bags away let them serve a secondary purpose as bags in your garbage can

**Check your car or van tire air-pressure before you head on a long trip** – You will get better gas mileage and save money by using less fuel

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



# Promises, promises

by David Knockaert

“A promise made is a debt unpaid”  
(Robert Service)

Last year in an article for this paper, I lamented the City of Ottawa’s failure to ever provide Ward residents with a financial accounting for the Canterbury Outdoor Rink. So I recently spent two months seeking answers from the Recreation Department and City Treasurer. This leaves me with more questions than answers, but at least those questions are more informed.

In April 2016 Councillor Cloutier proposed and received approval from both the Finance and Economic Development Committee and City Council for the construction of a refrigerated outdoor rink in Canterbury Park. The proposal estimated a capital cost of \$5,850,000. The Recreation, Culture and Facilities Services Department has confirmed costs actually came in \$855,000 below estimate, at \$4,994,650. The Cloutier proposal also estimated operational costs of \$15,000 in 2017 and \$90,000 in 2018. Seven sources of funding were identified to offset these capital and operational costs:

1) An unspecified amount was to be fund-raised to defray operational costs. However, the City is not reporting any money having ever been collected/deposited.

2) Canterbury Community Association (CCA) was to contribute up to \$150,000 from program revenue in accordance with their “draft business plan”. The City is neither reporting any money contributed nor is it now even acknowledging this being a funding commitment. [Cloutier’s proposal assumed the CCA would manage the rink. While the CCA had proposed community events realizing annual revenue of \$50,000 it is not known if any events were organized].

3) CCA was to also contribute \$15,000 per year over 10 years for another \$150,000 total. The City Treasurer has confirmed that over the past six years, CCA contributions total \$30,000. The agreement has apparently been extended by 2 years but since the original agreement was only valid for 5 years, the last annual payment will seemingly now be October 2024.

4) Sponsorships were to bring in \$300,000 but have fallen \$100,000 short.

5) Parks, Buildings and Ground Services were to cover operational costs in 2017 and 2018. It remains unclear who paid. It is also unclear what the costs were with the Recreation Department writing “we have a hard time accurately representing



PHOTO: CAROLE MOULT

utilities, FTE’s, and fleet equipment use... for this site as all the services are shared with the existing Canterbury complex.” Two years later, in 2018 the CCA/City signed a management agreement for the rink through which the CCA agreed to be responsible for “staff levels and all related costs (maintenance, care-taking)”. There is no indication from City responses that the CCA has covered these costs.

6) The City committed to pay \$2,500,000, sourced from Area wide development charges. The amount debited to date against that fund is \$2,102,700.

7) Ward rate payers were to be assessed a supplemental tax for up to 10 years for a maximum of \$2,900,000. Resident tax remittances as of the end of 2021 amounted to \$2,490,000.

If not already the case, by the end of June the City will have collected more funds than the rink cost to construct. Though Ward rate payers were the only non-voluntary source of funding, they are the only source held fully to account. And despite capital costs coming in 17% under budget, ratepayers have not been granted a corresponding reduction from the initial tax assessment.

And....from here the situation worsens.

The special levy is not being treated as a City expense for which we are being taxed. To my surprise, the City’s is claiming ratepayers were signed up for a loan. As per the Treasurer, “The Local Area Levy is in place to recover the principal and interest component of the capital requirement and operating requirement over the 10 year period”. So since the City advanced the \$2.9M ratepayer levy, rate payers are being charged interest. Yet, since the rink cost \$855,000 less than estimated, the City did not need to apply the full \$2.9M to rink construction. Ratepayers should not be responsible for more than \$2.045M in principal and perhaps interest - a total exceeded

by the end of 2021. Also note the odd amount attributed to development charges. It almost appears as if the City’s commitment of \$2.5M is being drawn down as our tax remittances roll in.

That same statement from the Treasurer also holds ratepayers responsible for ongoing rink operating costs. But as per the preceding, the Cloutier approved proposal bound the City initially, and his fund raising subsequently, to cover operating costs. The City’s 2018 agreement then transferred obligations to the

CCA. We ratepayers never bore any operating cost commitment.

Though the amount ratepayers are asked to remit annually is nominal, our collective obligation is far from nominal. It has been made abundantly clear over the past six years that while we owe money, other “partners” in this community endeavour owe ratepayers nothing, not even an explanation for how our money has been spent nor why funding promises were broken and re-imagined. Perhaps this is a measure of self-declared entitlement.

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# Friends of Riverview Park Green Spaces May/June Update

by Ron Ridley

Following on our first two Speaker sessions on Pollinator patches and Champlain Park's award winning regeneration of a parking lot, we finished up the 2022 Speaker Series with sessions from the Rideau Valley Conservation Authority on a new pollinator meadow being established on 15 acres of land on Cambrian Rd., followed by possibly our best presentation to date on re-imagining utility corridors to bring nature back to city living. This was an inspiring presentation on Toronto's Meadoway where they transformed a hydro corridor in Scarborough into a vibrant 16-kilometre stretch of urban greenspace and meadowlands. We plan follow-up meetings with our Meadoway contacts to learn more. We have recorded the last three presentations and they are available to view by e-mailing FoRPGSOttawa@gmail.com

Work on naturalizing portions of the hydro corridor with the Councilor's office and Hydro One continues very slowly. FoRPGS remains optimistic and is working to involve other groups to move this important environmental initiative forward.

Some limited progress has been made with the city on our Healthy Communities grant scope of work approvals. The city did not really have a process in place for reviewing and approving community lead improvements, but this is being worked out now in steps and we are optimistic on having a permit in the near term.

By the time you read this, the Cleaning the Capital – Riverview Park edition will be com-



Ron Ridley and Mary Lou Trappitt tackle the brush of the Hydro Corridor. PHOTO: CAROLE MOULT

plete. Resident work crews cleaned the rail line, hydro corridor, hospital link road, forest trail, Riverview Park, Coronation Park, Dale Park and Balena Park. Thank you very much to everyone who stepped up to clean up our community!

On behalf of FoRPGS, Lynne Patenaude has begun discussions with both Franco Cité and Hillcrest to reach out to students and help edu-

cate them in community environmental efforts. So far, we have had good feedback and identified champions at both schools, so hopefully we bring some young environmentally aware youth on board. Once our pollinator garden is complete, we hope to involve younger students from the local schools.

We do have an ambitious spring/summer plan for 2022 and will need lots of volunteer help to complete the workplan. Our preliminary work plan includes:

- Invasive species mitigation including buckthorn, and dog strangling vine particularly where these are choking valuable native species;
- Pollinator planting in the Toboggan Hill meadow;
- Implementing our Healthy Communities grant scope of work (trail improvements, fitness stations, tree planting, pollinator planting, etc...)

This is a great opportunity to get out and meet your neighbours while improving our community. Please consider joining our group by contacting us at FoRPGSOttawa@gmail.com or following us on Facebook – Friends of Riverview Park Green Spaces. More information on our work plan, scope of work and schedule will be posted on our Facebook site as it develops.

**Cover Photo: Mary Lou Trappitt shows one of several strange discoveries she made while helping clean the Hydro Corridor brush.**

PHOTO: CARLEEN RIDLEY

**SEE MORE PHOTOS ON PAGE 42**

**Doug Ford** and **Steven Del Duca** let down our community and our province

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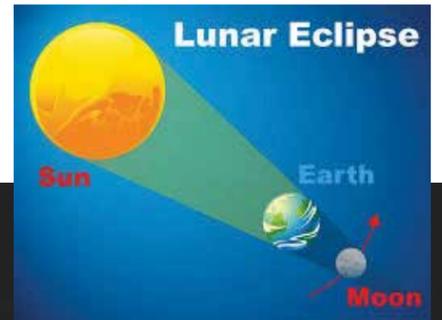
40 seats  
40 sièges

7 seats  
7 sièges

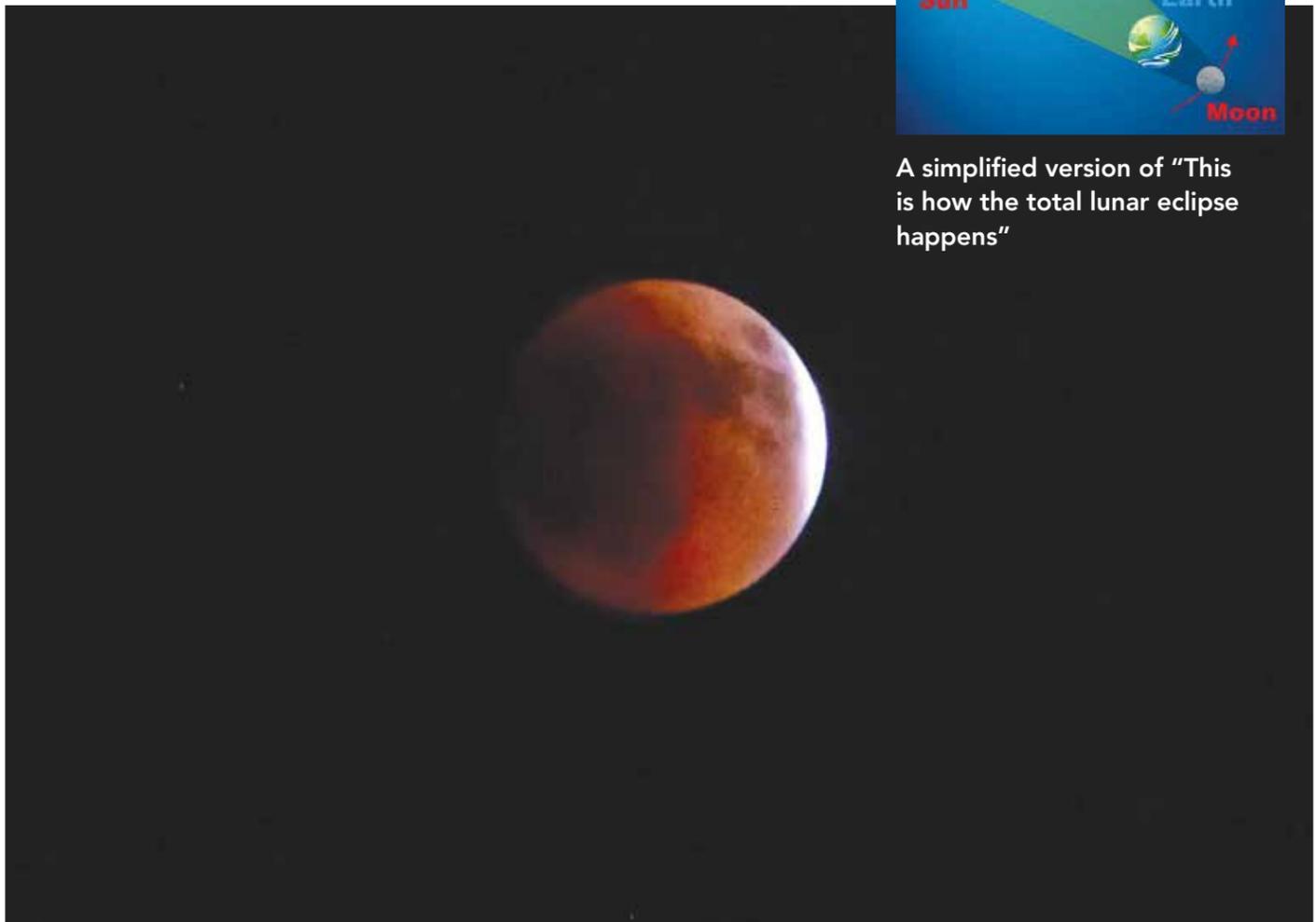
Authorized by the CFO of the Ottawa South NDP

by Geoff Radnor

# That red moon



A simplified version of "This is how the total lunar eclipse happens"



The red moon, photographed from the balcony of my 6th floor apartment, using my Panasonic FZ200 camera that zooms to 600mm and resting on the rail of the balcony to keep it steady. (1/15 sec exposure at f2.8 on the Leica DC Vario-Elmarit lens at 11:28pm Sunday night.) PHOTO CREDIT: GEOFF RADNOR

Did you stay up and watch the total lunar eclipse on Sunday the 15<sup>th</sup> May? It was a rare opportunity to see the red moon. We do not get many chances here in Ottawa to see a total eclipse. I am not an astrologer and only think about the moon and stars if there is something special going on, and this was something special.

The readership numbers for newspapers have been going down and down for the past few years, and this has led to less news in print. To remedy that, I have taken to reading a lot online: CTV news, CBC, the *New York Times* and the *Guardian* from London.

Wow! Reading online! I didn't know this was going to happen. So I was very lucky to read about the red moon. Briefly, this is how it happens:

We have a little moon that goes round the Earth. On some rare occasions the moon will be in the shadow of our Earth. When that happens it starts when the moon enters the Earth's central shadow, this is called the umbra. It seems like a small slice has been taken off from the moon. As the moon goes deeper into our shadow it enters the penumbra and starts to glow red. The lunar eclipse lasted for several hours over late Sunday

night and into the early hours of Monday morning. It was the longest total eclipse visible in Ottawa since 1989. We might have to wait awhile before it happens again.



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Authorized by the CFO of the New Blue Ottawa South Constituency Association

# THE NEW BLUEPRINT

The New Blue Party of Ontario **will fight to end all COVID-19 mandates**, including: a complete repeal of Doug Ford's emergency measures; a ban on COVID-19 vaccine passports; a reduction in the powers of local bureaucrats; and restitution for those harmed by emergency measures applied by the governments of Justin Trudeau or Doug Ford. **We will:**

- ✓ **Renew political accountability**  
 by scrapping the \$100 million taxpayer subsidy of political parties, banning lobbyists from party politics, and cracking down on voter fraud in internal party elections.
- ✓ **Defund the establishment media & promote a free press**  
 by canceling the Toronto Star's \$500 million online gambling licence (gifted by the Ford PCs) and taxing all corporate media that receive any of the \$600 million federal government taxpayer "bailout" subsidy from the Trudeau Liberals.
- ✓ **Grow Ontario's economy**  
 at 5% annually by taking down wind turbines to reduce electricity rates and slashing the regulatory burden to improve productivity.
- ✓ **Provide tax relief**  
 with a 3% cut in the HST and axe the Doug Ford carbon tax.
- ✓ **Reform education**  
 by reducing administrative costs, introducing alternative schooling tax-credits, and stopping "woke" activism with the removal of critical race theory and gender identity theory from our schools.
- ✓ **Restore dignity & transparency in our healthcare**  
 by expanding early treatment for COVID-19, and clearing the backlog of procedures by rehiring healthcare workers and offering choice in services.

Because the PC Party isn't blue and they aren't for you.  
**Let us stand up for you with the New Blue!**



## ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

### ALTA VISTA & ELMVALE ACRES LIBRARIES – SUMMER 2022

The Alta Vista & Elmvale Acres Libraries are open, and many in-person services are now available. For the most current updates as well as information about available services, please visit [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.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, the Library's 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, July 1st – Canada Day.**

**Monday, August 4th – Civic Holiday**

Most of the provincial Covid-19 restrictions have been lifted. Please note the UPDATED following measures in place for your safety when visiting:

You can place holds online at [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca) or by calling InfoService at 613-580-2940.

Masks are recommended inside the branch.

More public computer stations are now available. Public computer use is currently limited to two hours 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.

Meeting and program rooms are now available for booking.

Please visit our website for the most up-to-date information with regards to programming. Outdoor book drops are 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.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca) for the most up-to-date information.

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

### ELIMINATION OF OVERDUE FEES

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

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

### FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

The Friends of the Ottawa Public Library Book Sale is back on at the Alta Vista Branch. Books, music CDs and DVD movies are available for children, teens and adults in both English and French. Prices are as follows:

Children's Books - \$1.00.

Adult and Teen Mass Market Paperbacks - \$1.00

Adult and Teen Soft Cover Books - \$2.00

Adult and Teen Hard Cover Books - \$3.00

CDs and DVDs - \$2.00 per disc.

The price of certain items may be different than shown here. Prices are subject to change.

### PROGRAMMING

#### Sleuth Hounds Mystery Book Club (Alta Vista Branch)

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30 - 8:00 p.m. **All are welcome.**

Thursday, June 16<sup>th</sup> **Keith McCafferty – any Sean Stranahan mystery (Western)**

Thursday, July 21<sup>st</sup>

**Summer Social Event.**

**Location TBD**

Thursday, August 18<sup>th</sup> **Ben Aaronovitch – Rivers of London series**

Please visit <https://biblioottawalibrary.ca/en/program> for the most up-to-date information about programming as well as registration or visit the branch in-person for more information.

### TD SUMMER READING CLUB 2022

The TD Summer Reading Club is Canada's biggest, bilingual summer reading program for kids of all ages, all interests, and all abilities. This free program is co-created and delivered by public libraries all across Canada. In partnership with Library and Archives Canada and generously sponsored by TD Bank Group, the Club celebrates Canadian authors, illustrators and stories and is designed to inspire kids to explore the fun of reading their way – the key to building a lifelong love of reading.

The theme for the 2022 TD Summer Reading Club is **Once Upon a Time: Myths and Legends.**

The Library will be hosting a weekly Storytime over the summer months as well various programs for children of all ages. Stay tuned in our branches for details about the 2022 TD Summer Reading Club, which kicks off in June.

### ONLINE COLLECTIONS AND SERVICES

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

These resources include: **Digital eBooks and Audiobooks** via Overdrive and CloudLibrary for English titles and Cantook Station for French titles.

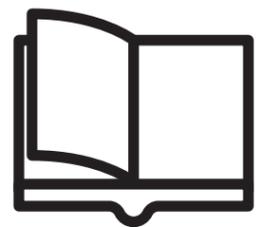
**Language learning courses** via Mango Languages.

**Streaming movies** via Hoopla, the Kanopy Collection, Kanopy Kids and Access Video on Demand.

**Free magazines and newspapers** via Flipster, Overdrive Magazines or PressReader.

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

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



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# Promises, promises!

## Compare five of the Ontario party platforms

by Janina Nickus

As I write this article, four of the major party leaders were squaring off debat-

ing issues that face Ontario voters on June 2. The usual suspects were there: Rob Ford (PC), Steven Del Luca (Liberal) and Andrea Horwath (NDP). For the first time in a

televised province-wide debate, the Green Party had a presence with Mike Schreiner.

In case you didn't get a chance to see the debate or don't have

time to research their platforms, here's what the PCs, Liberals, NDP, Greens and the New Blue Party of Ontario are promising on major issues.

ISSUE	PC	LIBERAL	NDP	GREEN	NEW BLUE
<b>HEALTH CARE</b>	<ul style="list-style-type: none"> <li>- hire more doctors, nurses &amp; personal support workers (PSW)</li> <li>- will produce vaccines &amp; more PPE in Ontario</li> </ul>	<ul style="list-style-type: none"> <li>- hire 100,000 new nurses, doctors &amp; other health care workers</li> <li>- clear the surgical backlog &amp; set maximum wait times</li> </ul>	<ul style="list-style-type: none"> <li>- hire 10,000 PSWs &amp; 30,000 nurses</li> <li>- repeal a law currently limiting wage hikes &amp; raise pay for PSWs by at least \$5 per hour</li> </ul>	<ul style="list-style-type: none"> <li>- increase training/staffing of nurses to meet target of at least 30,000 additional nurses</li> <li>- fast-track credential approvals for 15,000 international health-care workers</li> </ul>	<ul style="list-style-type: none"> <li>- expand early treatment for COVID-19</li> <li>- clear backlog by hiring healthcare workers &amp; offering choices in services</li> </ul>
<b>LONG TERM CARE</b>	<ul style="list-style-type: none"> <li>- offer \$1 billion over the next 3 years to expand &amp; improve home-care services</li> <li>- continue building long-term care homes, adding up to 30,000 beds by 2028</li> </ul>	<ul style="list-style-type: none"> <li>- end for-profit long-term care</li> <li>- create 58,000 new public spaces</li> <li>- guarantee home care for everyone who needs it</li> </ul>	<ul style="list-style-type: none"> <li>- begin building 50,000 new &amp; modern beds</li> <li>- end for-profit long-term care</li> <li>- establish standards for home &amp; community care services</li> </ul>	<ul style="list-style-type: none"> <li>- build 55,000 long-term care beds by 2033 &amp; at least 96,000 by 2041</li> <li>- phase out for-profit long-term care &amp; stop licensing new for-profit homes</li> </ul>	<ul style="list-style-type: none"> <li>- no promises</li> </ul>
<b>EDUCATION</b>	<ul style="list-style-type: none"> <li>- investing \$14 billion over 10 years to build more schools</li> </ul>	<ul style="list-style-type: none"> <li>- build &amp; repair schools with \$10 billion funded by scrapping Highway 413</li> <li>- hire 10,000 more teachers</li> <li>- cap class sizes at 20 per class</li> </ul>	<ul style="list-style-type: none"> <li>- increase special education funding</li> <li>- hire 20,000 teachers &amp; education workers</li> <li>- cap class sizes at 24 for grades 4 to 8</li> </ul>	<ul style="list-style-type: none"> <li>- improve funding models for education</li> <li>- support children with disabilities</li> <li>- cap grades 4 to 8 class sizes at 24 students &amp; kindergarten at 26 students</li> </ul>	<ul style="list-style-type: none"> <li>- reduce administrative costs</li> <li>- introduce alternative schooling tax credits</li> <li>- remove race &amp; gender identity theories from schools</li> </ul>
<b>ENVIRONMENT</b>	<ul style="list-style-type: none"> <li>- promise significant funding in mining and electric vehicle (EV) production</li> <li>- add to the Greenbelt &amp; create 1 new provincial park</li> <li>- pledged \$91 million for EV chargers</li> </ul>	<ul style="list-style-type: none"> <li>- cut Ontario's carbon pollution in half by 2030</li> <li>- expand the Greenbelt &amp; create 5 new provincial parks</li> <li>- plant 1 million trees a year for 8 years</li> </ul>	<ul style="list-style-type: none"> <li>- plant 1 billion trees by 2030</li> <li>- expand the Greenbelt</li> <li>- ban non-medical single-use plastics by 2024</li> <li>- expand recycling &amp; composting services</li> </ul>	<ul style="list-style-type: none"> <li>- protect at least 25% of lands &amp; water in Ontario by 2025 &amp; 30% by 2030</li> <li>- double the size of the Greenbelt</li> <li>- increase access to electric vehicles &amp; charging infrastructure</li> </ul>	<ul style="list-style-type: none"> <li>- take down wind turbines to reduce electricity prices &amp; improve productivity</li> </ul>
<b>TAXES</b>	<ul style="list-style-type: none"> <li>- cut the gas tax by 5.7 cents per litre</li> <li>- end licence plate renewal fees saving people \$120 per vehicle</li> </ul>	<ul style="list-style-type: none"> <li>- eliminate HST on more food purchases</li> <li>- support small businesses hit hard by the pandemic by eliminating their corporate taxes for 2 years</li> </ul>	<ul style="list-style-type: none"> <li>- freeze taxes for low- &amp; middle-income families</li> <li>- encourage Ontarians to take a vacation in the province by extending the staycation tax credit for 2 more years</li> </ul>	<ul style="list-style-type: none"> <li>- give tax incentive to companies that install EV charging stations</li> <li>- add a 1% climate surtax to income taxes of province's top 10% of earners to fund a \$6-billion "climate bonus" for low-income families</li> </ul>	<ul style="list-style-type: none"> <li>- cut the HST from 13% to 10%</li> <li>- scrap the \$100 million subsidy of political parties</li> </ul>
<b>MINIMUM WAGE</b>	<ul style="list-style-type: none"> <li>- increase of 50 cents to \$15.50 effective Oct. 2022</li> </ul>	<ul style="list-style-type: none"> <li>- increase to \$16 an hour in 2023</li> </ul>	<ul style="list-style-type: none"> <li>- raise by \$1 an hour every year until it hits \$20 an hour in 2026</li> </ul>	<ul style="list-style-type: none"> <li>- increase each year by \$1, starting at \$16 in 2022, with a top-up in cities where the cost of living is higher</li> </ul>	<ul style="list-style-type: none"> <li>- no promise</li> </ul>

# Ticket to ride

by David Knockaert

Stuck with declining transit ridership and user revenue, City Councillors are considering “free transit”. Well, actually they don’t mean ‘free’. It is just that somebody other than users will pay for it. Three principal justifications are offered for discontinuing user fees.

One, touted by Councillor Menard, is that public transit is a public service which should be treated no differently than the Ottawa Public Library (OPL) where user fees do not apply. Sounds attractive but the argument does not really hold up. Firstly there is the issue of affordability. OPL has a budget of \$55M while OC Transpo has a budget of \$695M. Secondly, most of OC Transpo’s expenses are already treated as a tax-funded public service with transit revenue to account for only 15- 23% of current year expenses. Most importantly, there are essential ‘public services’ which are fully funded through user fees - like water, natural gas and electricity (plus internet, phone, garbage collection). If we are to liberate ourselves from user fees, I suspect most of us

Well, actually they don’t mean ‘free’. It is just that somebody other than users will pay for it.

would prioritize heat, water and power over transit.

A second argument put forward by activist groups is that transit is just too damn expensive for those on lower incomes. While I am not at all unsympathetic to this argument, I have to wonder how it justifies giving free transit to everyone. According to the Ottawa Neighbourhood Study, less than 12% of Ottawa residents qualify as low income. Even if low income earners warrant free transit, extending it to everyone is excessive. I do agree the discounted low income monthly pass (less

than \$2 per day) may warrant further adjustment. All seniors, regardless of income, are currently entitled to a lower cost pass than low income earners, which seems not right.

The third argument is that free transit will take vehicles off the road, saving the planet. This is an appealing but false hope. Free transit has been practiced in Europe extensively enough to allow the Center for Urban Research in Brussels to state “free public transport cannot significantly reduce car use and traffic, or improve air quality”. Similarly the Institute for Transport Economics in Norway concludes that free transit fails to achieve economic, social or environmental goals and comes at a high cost. While European ridership increases, those gains principally have come from the pre-existing cadre of walkers or bike riders. But will that apply to Ottawa?

The Ottawa Community Foundation reported that in pre-COVID 2016, 17% of local greenhouse gas emissions (GGE) came from passenger vehicles while 14% of daily trips were by transit and 70%+ by vehicle. I will be extremely gener-

ous and assume none of those vehicle trips were commercial. I will also generously assume that free transit can bring transit ridership to 50% above pre-COVID levels. I will further extend this generosity and assume, unlike Europe, that half those gains will come from vehicle users and that the complement of electric vehicles will not increase from 2016 levels. Even if all four of those assumptions were realized we would see but a 0.85% decline in local GGE.

One last comment. When Councillors voted to consider “free transit”, a number, including the Mayor, simultaneously announced this could only be afforded through a tax increase. Obviously that is not true. The City projected transit revenue of \$166M for this year. Even if they realized this amount (they won’t), it would account for just 4% of the City’s budget. The fact that Council has spent billions on the LRT and consider free transit a critical election issue, indicates that transit is a priority. But if transit is a priority, why treat it as the lowest possible priority by refusing to consider re-allocating money to offset lost user revenue?

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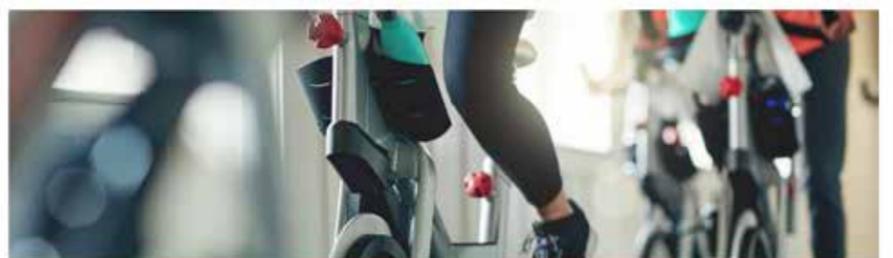
Malcolm and John Harding



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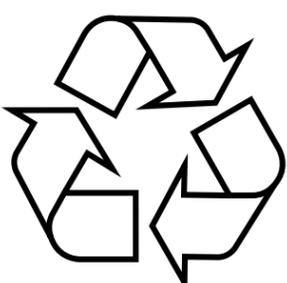
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To learn more, please contact the Research Coordinator:

mmistura@ottawaheart.ca  
613-696-7000 x15944

Note: This research study has been approved by the Ottawa Health Sciences Network Research Ethics Board



Please recycle this newspaper

## COMPUTER TIPS &amp; TRICKS

by Malcolm and John Harding, of Compu-Home

Sometimes we think we are being bossy when we are telling you what to do with your computer. Here instead, for a change, is a list of things NOT to do.

Don't call the number on your screen when you get a "virus discovered" popup. If your installed anti-virus utility ever does discover a virus, it will simply report that it has done its job and quarantined it. No high-tech company will ever call you uninvited or urge you to call them and so "Call this number now!" is always bogus or an advertisement.

Why does a 2-metre computer-to-printer cable cost \$2.50 at the Dollar Store and \$18.95 at the specialty stores? According to the CBC, which sponsored a laboratory study a few years ago, the answer is simply "profit." The study found no correlation between the quality of the signal carried and the price of various cables.

# Don't go there!

AdBlock for your Chrome, Firefox or Edge web browser is free, and it does a perfectly fine job. Take a few moments to learn how to make it cope with websites that will not let you view their content unless you turn the AdBlock off. Don't pay for ad blocking service.

Don't increase your mobile phone plan simply because you have to pay a bit to exceed your talking or data limit once in a while. Paying for overage occasionally is cheaper than locking in every month for an upgraded plan that will be more than you usually need.

Avoid optimizer or tune-up utilities. The best of them are just busybodies that waste your time and your computer's resources and the worst can make a mess of legitimate software installations.

Don't buy extended warranties for desktop or all-in-one comput-

ers. For a laptop, consider your intended use before deciding; if you're going to keep it on a desk, you don't need the extended warranty but if you will be throwing it the trunk of your car, that might be different. Cell phones and tablets might be candidates, depending on your habits. An extended warranty on a printer is often a good idea because their parts are so delicate.

Virtual Private Networks (VPNs) are expensive add-ons from the commercial anti-virus companies. They slow down the function of your computer and don't provide all that much security. Furthermore, they no longer can do what many of us used to hope they would, which was to fool Netflix into thinking we were in the USA and would be allowed to view American content.

Don't assume that the effective-

ness of virus protection is related to how expensive it is. Smartphones, tablets and Macintosh computers usually don't need an anti-virus. Microsoft Windows 10 and 11 computers have the built-in *Windows Security* which is very satisfactory.

Don't buy "too much" computer. When you have trouble with your system it is natural but a mistake to assume that you would be better off buying a more expensive one the next time. It is very rare indeed for someone in 2022 to need a computer that costs more than \$1000. Do your research first, which could include consulting our blog webpage.

We hope our readers keep these things in mind while they are having a WONDERFUL summer!

Contact Compu-Home at 613-731-5954 to share your opinions and suggest future columns. Our email address is [info@compu-home.com](mailto:info@compu-home.com) and our website, with our blog, is [www.compu-home.com](http://www.compu-home.com).

## Did you know there is a National Holiday Calendar?

### June 18 is ...World Juggling Day, International Picnic Day and International Sushi Day

by Carole Moulton

Most of us here in Canada and many other parts of the world use the Gregorian calendar. This particular calendar has been part of what helps keep people organized since 1750.

According to our web encyclopedia there are currently about 40 types of calendars in use today. These calendars fall into four main categories: lunisolar, solar, lunar and seasonal. Most are lunisolar meaning they are a hybrid timekeeping method taking into account both the moon's orbit around the earth and the earth's 365-day orbit around the sun.

Frequently our familiar calendar is adapted for other uses. One very different calendar on the web uses our Gregorian calendar to include special international or national days or months that have been created over the years. We may frequently hear the names of these special days mentioned on the radio, receive mailings about them for fundraising, or see these noted on TV. Some contain serious messages and are health-related. Others hope to bring awareness about a particular topic. Still others are quite light and bound to bring a smile to our faces. June 2022 has 284 special days listed on this National Holiday Calendar at: [nationaldays.com/national-day-calendar/](http://nationaldays.com/national-day-calendar/)

John Ke who owns 168 Sushi on St. Laurent Blvd. was not aware that there is an International Sushi Day coming next month. Neither would most of us know, however someone, somewhere took the time to include a special day for sushi plus the reasons for celebrating June 18 as International Sushi Day. This sushi celebration began in 2009. Eleven years later Japanese food was 'crowned' Canada's most popular food of 2020.

The first Canadian sushi restaurants actually opened in the 19<sup>th</sup> century, although it wasn't until the 1960s that diners had far greater opportunities to enjoy this Japanese favourite of many choices. Today there are thousands of restaurants across Canada serving Japanese food. The California Sushi Roll, invented in Vancouver, B.C. is one of the most popular sushi rolls across North America. Vancouver alone has over 600 sushi restaurants.

Sushi lovers would tell you there are three main reasons for celebrating International Sushi Day.

Taste ranks as number one because of the endless possibilities of having some of your favourite combinations of ingredients in one small bite. The idea that sushi is so very healthy ranks high as well.

Seafood lovers know that you can't get a much more nutritious food than seafood. Then add vegetables, plus seasonings and sauces and you

are looking at quite a healthy snack or meal. Sushi contains protein, vitamins, antioxidants and omega 3 fatty acids, while the carbohydrates give your body the energy it needs.

There probably isn't any other food that provides the selection that sushi does. It is said that there are hundreds of sushi roll varieties, limited only by the imagination of sushi chefs. The way sushi is made and the ingredients the chef uses determine its name.

International Sushi Day is on a Saturday this year. The simplest way to celebrate this dish of rice, seasonings and vinegar will be to either dine in or take out from your local sushi restaurant.

Isn't it about time you once again enjoyed the wonderful creativity of a sushi chef? Then, like many others, experience the benefits of one of the world's most nutritious foods.

*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 and Sunday: 11: a.m. - 8:55 p.m.; Friday and Saturday from 11: a.m. - 9:55 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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# New stamps bring attention to Canada's endangered whales

## Stamp issue highlights five magnificent animals that have endangered populations

VANCOUVER – Canada Post is issuing a set of stamps this week to raise awareness about the plight of five whale species that have populations assessed as Endangered by the Committee on the Status of Endangered Wildlife in Canada (COSEWIC).

Canadian waters are home to a remarkable diversity of whales, with more than 30 species. Sadly, some whale populations are at risk. Whales continue to die from ship strikes or entanglement in fishing gear and debris. Pollution, climate change and ocean noise also threaten their populations.

Featured in this set of stamps are the five whales, listed with their Endangered populations in Canada:

- **Beluga whale** (*Delphinapterus leucas*) – St. Lawrence Estuary, Cumberland Sound, Ungava Bay
- **Blue whale** (*Balaenoptera musculus*) – Atlantic and Pacific
- **Killer whale** (*Orcinus orca*) – Southern resident in the North-east Pacific
- **North Atlantic right whale** (*Eubalaena glacialis*)
- **Northern bottlenose whale** (*Hyperoodon ampullatus*) – Scotian Shelf

“It’s really important to have these whales recognized as Endangered. This recognition can lead to legal protection. It can also lead organizations and people to act voluntarily to stop activities that harm the whales,” says Dr. Hal Whitehead, a biologist and professor at Dalhousie University and co-chair of the COSE-



WIC Marine Mammals Specialist Subcommittee. “Thirdly, it raises awareness that we have a problem here, and we need to do something about it.”

### About the stamp issue

Illustrations by artist David Miller capture the grace and beauty of these five magnificent mammals swimming in their underwater environments. The stamp issue is cancelled in Halifax, Nova Scotia,



home to many whale rescue, stewardship and research efforts. Printed by Lowe-Martin, the stamp issue includes a booklet of 10 Permanent™ domestic rate stamps, an Official First Day Cover, a souvenir sheet of five stamps, an un-

cut press sheet of 25 stamps and a framed uncut press sheet.

The stamps and collectibles will be available for purchase at post offices starting on May 20 and are available now for pre-order at [canadapost.ca](http://canadapost.ca).

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# THE MAINSTREETER'S SPECIAL REPORT...ON COMMUNITY NEWSPAPERS

## Ottawa's community newspapers have emerged healthy and vibrant from COVID

John Dance

Despite the pandemic, climate change, political divisiveness and social media focused on virtual communities and individuals, local physical communities continue to thrive through their newspapers. *The Mainstreeter* is just one of the non-profits that regularly entertains and enlightens residents.

Over the last two decades, mainstream commercial media have reduced local coverage or simply gone out of business in the face of Google and Facebook gobbling up advertising dollars. While *The Ottawa Citizen/Sun* and several television and radio stations still have several reporters who focus on local matters, they tend to deal with broad city or regional issues. Meanwhile what happens in, say, Old Ottawa East doesn't get reported on except in *The Mainstreeter*. Readers get to see pictures of their kids' winning hockey team, something that doesn't happen with the city's daily newspapers.

To get a sense for the state of nine nearby community papers, *The Mainstreeter* canvassed their editors, seeking information on their papers' histories, status, operations, and challenges.

What emerged was a picture of vibrant community-based and business-supported enterprises produced with the talent and energy of about 1,200 volunteers and with direction from editors and a few others occasionally rewarded with limited honoraria. What follows is a summary of what their editors shared.

The papers covered by this survey were: the *Glebe Report*, the *Centretown BUZZ*, Alta Vista's *VISTAS*, Old Ottawa South's *The OSCAR*, the *New Edinburgh News* (NEN), *Lower Town Echo de la Basse-Ville*, the *Manor Park Chronicle*, Sandy Hill's *IMAGE*, Overbrook's *ConneXions*, *Perspectives Vanier*, *Riverview Park Review*, and *The Mainstreeter*. These papers cover the urban core and the next communities beyond.

### History

The oldest local community paper is the *Manor Park Chronicle*, now 70 years old. The youngest is *ConneXions*. The OSCAR, NEN, The Glebe Report, IMAGE and VISTAS are almost 50 years old. *The Mainstreeter*, *The Buzz*, *Riverview Park Review*, *Perspectives Vanier* and the *Lower Town Echo* are younger at 36, 26, 26, 19 and 10, respectively.

The origins of the papers vary but some are quite distinct. For instance, says editor Christina Leadlay, "The



*New Edinburgh News* began in 1976 when the community was fighting the so-called Vanier Extension... *New Edinburgh* won this battle, and the extension was never built. Since then, the NEN has continued to be the voice of the community." One outcome of the 2003 City amalgamation was that the funding was provided for key Vanier institutions, including seed money for what would become *Perspectives Vanier*.

All of the papers have evolved with changing technology and have become longer and more readable – and they tend to have readily accessible electronic versions. *The Echo*, which was the predecessor of *The Mainstreeter*, had just four black and white pages when it hit the streets in 1981, while now *The Mainstreeter* often runs to 44 pages, with the majority of them in colour.

Many papers are independent of community associations, however, *The OSCAR*, *The Buzz* and NEN are owned or operated by the related community association. Nevertheless, all papers have fiercely independent editorial policies.

### Circulation and Financing

The combined circulation of the 12 papers is about 73,000, a sizeable number in light of what *The Citizen's* circulation may now be. In 2015, *The Citizen* had a circulation of about 93,000 but it undoubtedly has declined since then.

Two fundamental differences between the remaining mainstream newspapers and non-profit community papers are: the former charges readers an ever-increasing amount and, generally, publish six times a week while the community papers are free of charge and publish be-

tween five and 11 times a year. About half of the community papers publish 10 to 11 times/year. The others publish just four to six times.

Both for-profit and non-profit papers depend on paid advertising. The former are also now receiving some support through a new federal \$595 million program, but community papers have historically received little government support aside from some political advertising.

### Content

"News with a local angle," is how NEN describes the content in their newspaper. And this is common to all of the community papers. All of them have regular columns from such parties as community associations and activities groups, schools, churches and elected officials.

Community association columns and articles deal with their range of efforts including transportation, development, public safety, environment, trees, heritage and housing.

*Perspectives Vanier* has a unique filter for its news: "We cover positive stories that happen in Vanier or happen to Vanier residents. If it has a cherry on the rooftop of the vehicle - we don't cover it," says Christian Marcoux, journalist-coordinator of *Perspectives*.

All of the community papers have regular reporting or columns on such matters as technology, indigenous issues, health matters, book and film reviews, food, disability issues, local sports, travel, and, in one case, "decluttering." Arts and community events also regularly are reported on. "There is something for everyone," says the *Echo's* editor John Chenier.

One common feature is regular reporting on business, often with profiles of new businesses. NEN's "Burgh Business Briefs" section runs five-six pages every issue. *The OSCAR's* "Business Beat," is a prominent standard feature that reports on new businesses and changes with other businesses.

"We have some exceptional contributors of various types of articles and there are approximately 20 plus regular columnists," says Carole Moul, editor of the *Riverview Park Review*. "Some columnists pay for an ad if they are supporting their business. Probably the most well-read column of the RPR is the Planning and Development column for the Riverview Park Community Association by Kris Nanda."

Some papers have particularly unique features. For instance, the *Glebe Report's* back cover alternates between "a striking photo and a piece of art by a local artist," says Editor Liz McKeen. NEN has its "Breezy Bits" on the back page with its "little announcements like birthdays, weddings, anniversaries, condolences, welcomes and farewells, and other happy little announcements to share with neighbours." *ConneXions* profiles interesting people through features called "Humans of Overbrook." In *The Mainstreeter*, unusual, diverse and fun activities in and around Old Ottawa East are often featured on its "Eclectic Events" page.

"We try to balance the challenges that our readers must respond to with successes and upbeat stories," notes *BUZZ* editor Alayne McGregor. "It's always an interesting challenge to find enough rele-

vant photos.”

Most of the papers welcome letters to the editor and op-eds. Many editors include their own editorial on relevant matters. “[W]e print what comes in (after checking and editing) so it depends on the energy level of community activists and writer,” says *IMAGE*’s Jane Waterston. “We follow the community association but if there is nothing interesting going on we don’t print anything. Anyone who lives or works in the neighbourhood is welcome to submit.”

### The Monthly (or Bimonthly) Task

The volunteer-based operations gear up for each issue with core teams and the volunteer writers, photographers and artists who produce an avalanche - or trickle - of copy that may or may not meet the deadline. The core team, usually including the editor, copy editors, the advertising manager, and a layout expert, then make order and, occasionally, beauty out of the deluge.

The single largest expense - one that has recently grown much faster than the rate of inflation - is the cost of printing the newspaper, including the mounting costs of ink and paper. Once the paper is printed the copies are generally distributed to volunteers who deliver to specific streets or multi-unit buildings. This vital volunteer role makes it possible for the papers to be distributed throughout the communities free of charge. In a few instances, papers contract with Canada Post or others to deliver the copies to large multi-unit buildings, but this is costly.

To augment distribution, several papers have bought newspaper boxes so that passers-by may readily get a paper. Given that their readerships overlap, the *Glebe Report* and *The OSCAR* share boxes. Like those two newspapers, *The Mainstreeter* had its five newsboxes painted by local artists who incorporated local landmarks into their designs.

### Challenges

Aside from the relentless need to get advertising to keep going, community papers face a raft of issues beyond just the production of each issue.

In terms of news, with their infrequent publication, community newspapers face the challenge of being timely, relevant and actually “news.” But given that many of their stories aren’t reported elsewhere, they often provide readers with information they haven’t seen elsewhere or, at least, provide a level of local details that wouldn’t otherwise be available.

“Reliance on volunteers has its upside, but means the product is not always at the peak of professionalism,” says McKeen. “Sometimes [it is] hard to find writers to cover stories. [You] need to walk a fine line between saccharine boosterism and hard-hitting gocha journalism (an exaggeration but hopefully you get what I mean — community building vs writing hard truths about, for example, neighbourhood conflicts).”

“Tackling issues with journalistic rigour, when the vast amount of our contributors are from volunteers with (quite understandably) no professional writing experience, is also a challenge,” notes Wes Smidlerle, *Manor Park Chronicle* editor.

The constant turnover of volunteers is always a challenge too. Similarly, filling key positions, especially the editor, advertising, financial, distribution and social media managers, is critical for the operation of the paper.

“We include both hard news and features, and both more detailed-oriented planning stories and profiles of people important to the area,” says McGregor. “We try to balance the challenges that our readers must respond to with successes and upbeat stories. It’s always an interesting challenge to find enough relevant photos.”

For Lorne Abugov, who edits *The Mainstreeter*, “the biggest challenge is to produce a newspaper that all of our readers find engaging, that tries to find the sweet spot or the right mix of news and features. When I took on this role, I worried whether a small community like ours could generate enough interesting stories. I now know there is no shortage of great stories in our community — they’re out there just waiting to be uncovered.”

One pet peeve of volunteers is the difficulty of getting information from the City of Ottawa. While the City provides staff for interviews with mainstream media, often community papers get only limited email responses from the City’s media relations group. “The City, our city, should be less guarded and closed about information,” says Brendan McCoy, *The OSCAR* editor. “Getting information or anything from the City of Ottawa is a challenge,” says Marcoux. “We can never get e-mails from City employees directly. It goes through communications and that rarely meets our deadlines. We have missed many stories over the years because of City of Ottawa practices. We still find a way mind you.”

All community papers face the challenge of how to distribute the paper to closed apartment and condominium dwellers. And there is the broader and related issue

cited by the Echo’s John Chenier: “The disintegration of community, started by the dissection of neighbourhoods by major transportation arteries, is now further being exacerbated by more highrise buildings whose residents are transitory — Lowertown is somewhere where you might live three to five years of your life— and live insulated from the community and their neighbours.”

“[P]eople in the high density housing may/may not be allowed to even receive our publication-or even feel connected to the community while those in single family dwellings may feel quite connected,” says Moul. “Then, do we even drop off the community paper at some locations? With some yes, others no. In Old Ottawa South, the Glebe or Manor Park the community paper will be created for a fairly homogeneous group of readers.”

“Maintaining a healthy advertising base,” is also a key challenge, Leadlay notes. This became even more challenging during the pandemic when businesses closed and those that remained open often were stretched in many ways.

The pandemic also resulted in a few papers producing just an electronic version but this wasn’t satisfactory to the editors that their readerships. “We believe in paper,” says Marcoux. “We tried an electronic version back in the early days of COVID-19 and it just wasn’t the same.”

One troubling trend that RPR faces is that “Corporate businesses are generally not allowed to advertise and there are many businesses in Riverview Park owned by corporations,” says Moul. “Even some businesses who could previously advertise can no longer do so. The managers may want to [but] now not allowed. Or, there are businesses where there is no allegiance to the community where they are located. We did have a number of restaurants advertising, pre-pandemic. Today that is a problem. Fortunately, we have a good number of dedicated independent businesses who advertise.”

The pandemic threw a number of other challenges to community papers. In a few cases papers were not produced or distributed, particularly to businesses within the various communities that were mostly closed to the public. In all cases, there were fewer events to cover. On the other hand, the pandemic itself became a dominant story.

“Looking back, it has been a pretty happy era for the paper with people having more time on their hands, so we have a few new writers,” says Waterston. “And we have done some good work.”

### The Future?

Despite these challenges and given the success of community papers over the last few decades, their future looks secure, at least relative to the commercial print media.

As VISTAS’ editor Karen Johns notes: “In VISTAS’ four-plus decades, it has made a recognized place in the community. The VISTAS board of directors is confident that its newspaper is growing in popularity and readership and believes that the future for it is bright.”

“The BUZZ sees community newspapers as increasingly important as the space for news and community concerns in the dailies and on radio and TV continues to shrink,” says McGregor. “More money, more ads, and more volunteers would help keep the paper vital.”

“I see no loss of interest in them [community papers] — the readers want them, and they can help local businesses,” comments Waterston. “If it is sustained by a volunteer base, it will continue. The important thing is to encourage good writers and be welcoming to all who show an interest. We are not hampered by bureaucracy, have no assets and nothing to lose. If things go wrong, we will just cease publishing.”

Although all of the community papers operate entirely independently of each other, there may be opportunities for collaboration and sharing of efforts. For instance, a case could be made that greater government advertising in community papers would be beneficial in many ways. Similarly, a united front to seek greater government responsiveness in dealing with requests for information could be worthwhile. There is a provincial association of community newspapers based in Toronto, however, membership is restricted to for-profit papers, thus excluding most of Ottawa’s community newspapers.

While an organization comprised of local non-profit newspapers could be “hugely beneficial” to their operations, according to The Mainstreeter’s Lorne Abugov, he and other editors readily acknowledge that they are already stretched, so that another effort and more meetings would be a challenge.

American political scientist Robert Putnam has argued that the decline of newspapers contributes to the erosion of “social capital” and of democracy. In Ottawa, at least, the strength of our local non-profit community newspapers may contribute to building social capital and may strengthen local

CONTINUED ON PAGE 42

# Riverview Park's green spaces are cleaned and enjoyed



Piper and Livia got right to work collecting garbage. PHOTO: CAROLE MOULT



Green spaces were part of the spring cleaning too. PHOTO: GEOFF RADNOR



Olivier helped clean his neighbourhood Coronation Park. Thank you. PHOTO: CAROLE MOULT



Dale Park made ready for visitors by a great clean up group. PHOTO: GEOFF RADNOR



Annalys and neighbour Tim brought back a great haul from Balena Park. PHOTO: LYDIA TONELLI



Walking the path is easier with this bridge. PHOTO: GEOFF RADNOR



Balena Park had some additional help. PHOTO: GEOFF RADNOR



A beautiful photo was taken in one of our Riverview Park's green spaces. PHOTO: GEOFF RADNOR



Casey, Kalinda, Carol and Christian were a great clean up team at Coronation Park. PHOTO: CAROLE MOULT

## Community Newspapers, CONTINUED FROM PAGE 41

democracy. Perhaps our community papers are really important.

### Wanted: Volunteers!

Volunteers are the lifeblood of community newspapers, and each of the nine papers that responded to The Mainstreeter's survey rely on the various contributions of community members without whom these papers could not exist.

The vital roles that community newspaper volunteers play vary

from newspaper to newspaper, but generally include writing, photography or illustration, copyediting, translation, distribution or a seat on the board of directors.

Some of the benefits associated with volunteering with your local newspaper include learning more about your community, mastering new skills or re-discovering old ones, meeting interesting new people, being a member of a productive team and learning to love deadlines.

If you would like to learn more about volunteering with your community newspaper, send an email to the paper at:

Alta Vista's VISTAS:

Editor@vistas-news.ca

Centretown Buzz:

editor@centretownbuzz.com

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# At Oakpark Retirement Community it is true what they say, “You really can feel the energy of a place”

shared by Josh Dubovie

One of the compliments we often receive is that people seem to feel an overwhelming sense of warmth and welcoming when they enter Oakpark. Many people choose to make our community their home - but this year, we had a very special resident.

The beautiful American Black Duck had given us the honor of returning to Oakpark to give birth to her adorable brood in a planter on our Memory Care floor’s private patio. The ducklings were safe and sound and were escorted safely to our pond, to enjoy the beginning of the hot weather.

Now that restrictions continue to ease, our residents have also been taking advantage of the season change and have been out and about on the Oakpark bus, going to some fun locations including Smith’s Falls, St. Albert’s Cheese Factory and plenty of ‘Mystery Drives’.

We’re excited to share that Oakpark also celebrated Staff Appreciation Week to honor the hard working team that work to provide hot meals, care, cleanliness, fun and moral support to our residents. Each staff member received a gift bag and had the opportunity to attend special events throughout the week including: Ice Cream Day, Funfare Festival Game Day (including fresh popcorn!), Pizza Day, Tim Horton’s Day and also a free meal ticket on Friday. We also had a raffle with plenty of prizes and happy winners.

Some of our staff have been with Oakpark for 13 years and are a huge contributor to the success of our established and well maintained community. It was our pleasure to thank them for their service.

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 Dubovie today and book your appointment to see what Oakpark has to offer - 613.260.7144 or email [jdubovie@riverstoneretirement.ca](mailto:jdubovie@riverstoneretirement.ca)  
We look forward to connecting with you!

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



## THE PLANNING AND DEVELOPMENT UPDATE



### KRIS NANDA Chair, RPCA Planning & Development Committee

The Riverview Park Community Association (RPCA) tracks and advocates for the community on planning and development matters in and around the local community, most recently the series of high-rise residential units proposed for St. Laurent Blvd, south of Industrial Avenue. The Board is also providing input into the Transportation Master Plan (slated for completion in 2024) which is intended to guide transportation decisions and networks to 2046. <https://engage.ottawa.ca/transportation-master-plan>

#### 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 which would be located along St. Laurent between Smyth Road and Industrial Avenue that would see well over 1000 new units and additional vehicles. 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)

Since fall 2021 applications have been received to construct four high-rises (12-15 storeys) on the current site of the Petro Canada gas station and St. Hubert and 168 Sushi restaurant, and to permit two high-rise apartment buildings (20- and 25-storeys) on 1802-1804 St. Laurent (presently occupied by a Tim Hortons and Burger King). The RPCA has submitted comments, raising concerns about traf-

fic impacts, sufficiency of public transit, and diversity of unit size. (The comments can be found on the RPCA website). Most recently, a new development application to add three 17-storey residential buildings has been received for 1971 and 1975 St. Laurent Boulevard at the intersection of Russell Road and St. Laurent across from Elmvale Acres.

Taken together with the new residential developments at Elmvale Shopping Centre 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. City officials have not yet accepted an invitation to meet with the RPCA Board to provide information and answer questions about the overall vision and impact for these high-rise developments.

#### Pedestrian and Cycling Matters

The 2022 City of Ottawa budget funded an Environmental Assessment for the proposed multi-purpose link between the Ottawa Train Yards (Terminal Avenue) and Tremblay Station (preferably an overpass across the VIA Train Tracks). This link would fill in a gap in the City's long-term Cycling and Pedestrian Plan network and fulfill a condition of the 2000/2001 approval for the Ottawa Train Yards

Development. The RPCA is seeking an update on the status of the assessment, including more information on when community consultation will take place.

In May, citing concerns about cyclist safety, the RPCA Board passed a motion requesting that Councilor Cloutier ask City staff to explore options for installing traffic safety measures along Smyth Road to protect cyclists.

The Riverview Park Community Association (RPCA) tracks and advocates for the community on planning and development matters.

#### Other Developments

The nine-story residential building along Smyth Road next to Elmvale Acres Shopping Centre is scheduled to open for occupancy in spring 2022. The first tenants are expected to move into the building in June.

A development application proposal to construct a continuing care facility on the Ottawa Hospital Riverside Campus surface parking lots at 1967 Riverside Drive is currently receiving comments. The new facility would include an eight-storey building with 256 long-term care beds and a 15-storey building with 270 retirement dwelling units, to be connected by a town square building. The long-term care home structure would be built-out in the first phase and the retirement dwelling structure and town square

connection would be built-out in the second phase, by 2026. A public engagement session will be held but the date has not been confirmed yet.

The well-used historic Hurdman railroad bridge across Rideau River (just south of Hwy 417/Queensway) is due to be replaced by another bridge approximately 100 metres south of its present location, although some heritage advocates are calling for the bridge to be refurbished rather than torn down. City staff initiated the design project for the new bridge this year given concerns about the age and state of the existing structure. Plans are to complete design work by early 2024 with construction tentatively slated for later that year. Public consultation dates have not yet been set.

While several trailers are currently being stored on the parcel of land in the Ottawa Train Yards that is proposed for the first phase of a high-rise rental apartment complex along Steamline Street, across from the Post Office building on Sanford Fleming, the project itself is on hold.

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.riverview-parkca.com](http://www.riverview-parkca.com) or email the RPCA at [riverviewparkca@gmail.com](mailto:riverviewparkca@gmail.com)*



## Wanted

The Riverview Park Review needs a Volunteer Distribution Manager

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

For further information and/or to apply:

[distribution.riverviewrpr@gmail.com](mailto:distribution.riverviewrpr@gmail.com)

\* cool van not included

## RIVERVIEW PARK PRESIDENT'S REPORT

# Shaking off the rust



**BRYAN ORENDORFF**  
RPCA President



Summer is finally back and I hope everyone is taking full advantage of all that our beautiful green spaces have to offer. A lot of work has been done recently to help clean the parks and I want to thank all the volunteers for their hours of dedication making it happen. Without your efforts, this community would be a very different place.

But, there is still much we can do. The field house at Balena is in need of repairs (as are many other park facilities.), road works are needed, and investment in active transportation is also warranted. Many of these are City issues, but not all of them are. There is a lot that can be done at our community level through simple, hard-working volunteering. For those who have difficulties with labori-

ous volunteer work, there is also a lot we can do to help convince the City that more investment is warranted in our community. The 'squeaky wheel gets the grease'. We need volunteers for those tasks, too, and all that takes is a phone or email address. If we want to shake the rust off our swings, we need to first shake it off of ourselves and get back out there.

But the Riverview Park community Association is short not just on volunteers to help with these tasks, but also on members to help co-ordinate them and fund them. This summer we will be engaging with the community on a

large scale to find both. The last couple of years we haven't been going out in large numbers door to door to gather membership and solicit volunteers, and with good reason. But, that time is past us now and if we want to keep our association productive and pushing forward in a helpful way in the community, we need more hands to share the work.

The community association offers significant value to the community. Membership for the household or rental unit is a mere \$10. and unlike most things these days it isn't increasing with inflation. While we are always looking at ways to increase the value of membership through partnerships with local merchants, the base value to the community with nothing else added is significant and unique. Membership supports community-level information sharing through the website, it helps clean our parks and other green spaces, and it helps to put on community events all through the year to keep people connected and having fun.

Most importantly, it gives the community a voice in what happens around it. We are a community that is changing. That's not going to stop. Without an active chorus of voices we won't have

nearly the same impact on making sure that change happens in the best way possible for the community. The community association has access to City services far above what an individual resident does. And we are connected to the broader group of community associations across the City where, together, we have a powerful voice to help shape major City policies. No, it doesn't always work out the way we want it to, but to speak and be ignored is surely better than not to have spoken at all when it is a matter of importance.

We will be coming by to your residence at some point over the summer, but in the meantime I'd encourage you to visit our website and apply for membership with your local community association. We are here to help as best we can. That help is easily worth the equivalent of a Subway sandwich.

*For more information, check out our website at [www.RiverviewPark.ca](http://www.RiverviewPark.ca), 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 June 8. 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.*

# Art Lending of Ottawa

## June Show and Sale at the R.A. Centre

by *Christiane Kingsley*

Art Lending of Ottawa (ALO) invites you to its next "in-person" art show and sale on Saturday June 11, from 10 am to 4 pm at the R.A. Centre in Ottawa. There will be free admission, free parking, wheelchair access, no sales tax and door prizes. Drop by to browse, rent or buy artwork by some of our 28 carefully selected and juried local artists.

Did you know that the ALO rental fees for an artwork are applied against the purchase price if you decide to buy it after three months? What a great and risk-free deal. Also, if you are planning on preparing your house for sale, the right work of art can truly add so much appeal to any room.

ALO offers a wide variety of art. There is certainly more than oil, acrylic and watercolour paintings on display at our shows. Some of our artists work in photo-based art, pastel, encaustics, mosaics, printmaking, batik and art wood-working. Marie Leger, for example, who has been with us for many,

many years, is now working with encaustics. This medium, which goes back to antiquity, is becoming more and more popular. It involves using molten beeswax mixed with resin and pigments. For Marie, the unexpected textures and results of encaustics keep the painting process exciting and fresh. Drop by our June 11<sup>th</sup> show to see examples of this intriguing medium that allows the creation of layers, tex-

tures and great luminosity. Shown here is a 26x22 inch framed encaustic painting by Marie entitled *Early Spring Pond*.

John W. Walsh, another of our members, also embraces the uncertainty and unexpected nature of his art process, but this time using water-based mediums such as acrylic and watercolour. John is one of our newest members, but has painted for over 25 years. He served as pres-

ident and board chair from 2010 to 2015 of the Orangeville Art Group, one of the oldest art associations in Ontario.

All our artists are passionate about their work and hope you will drop by our show on June 11<sup>th</sup>. If you miss this show, our fall show will be on Saturday, September 24.

### Next Art Lending of Ottawa Show\*

June 11, 10AM-4PM

R.A. Centre,  
Outaouais Room  
2451 Riverside Drive, Ottawa

\*If you miss this show, note that ALO will hold another show on Saturday, September 24 from 10 am to 4 pm at the same venue.

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 five years.*

## DEAR FRAN

*Helianthus* – Sunflowers, the daisy family

FRAN DENNETT

When one mentions sunflowers most people think of the large flowered seed producing summer annual, but there is a large genus of plants that are called sunflowers that do not resemble the much loved modern sunflower.

**History**

The *indigenous* peoples of Arizona and New Mexico cultivated sunflowers as early as 3000 BC for food, dye and ornamental uses and continue to do so to some degree today.

It was the Spanish explorers of the 1500s that brought sunflower seed back to Western Europe where it was mainly used as an ornamental until the English took a patent out for pressing sunflower seed for the oil. Around the mid 1800s Russian geneticists, with the help of Peter the Great, developed a hybridizing program to increase the food value of sunflower seed. In 1880 Russian Mennonite immigrants and later Russian seed companies brought the sunflower back to North America where farmers took over production to supply European needs for sunflower oil. That is why sunflowers are now such an important agriculture crop as well as an ornamental crop.

This also explains how the Ukraine adopted the sunflower as their national flower.

What about the rest of the genus alluded to in the beginning? I refer to the native North American wild flowers commonly called sunflower with the botanical genus name of *Helianthus*. This genus of over seventy species of annuals and perennials is in the Asteraceae or daisy family and are native to North and Central America. For this article I will discuss a few perennial sunflowers native to Ontario that have ornamental value to the home gardener.

**In general**

The native perennial sunflowers are tall with pithy to hollow stems. Flowering in mid to late summer they bring cheerfulness to the garden. These are plants for the back of the border. There are ones requiring sun and others for semi-shade to woodland requirements. The soil can be sand, loam, clay

or boggy. Just find the right one for your garden. If you are starting *Helianthus* from seed you have to plant them in the fall so they can go through a stratification period. They need to go through a winter before they will germinate.

**Why grow *Helianthus*?**

Besides food value for humans and animals and its ornamental value, this genus is a host plant to about seventy different butterflies and insects. The caterpillars eat the leaves, which means more caterpillars for the birds to eat and thus more birds to enjoy in your garden. In Ontario, *Helianthus* are *keystone* plants. That means they are an important food source for specialist insects and support more species than any other perennial. The National Wildlife Federation says that *Helianthus* is the Number 1 host plant for pollen specialist bees feeding 50 different species. *Helianthus* is the only plant genus that supports specialist bees in the genus' *Andrena*, *Melissodes* and *Colletes*. So without sunflowers, these bees will go elsewhere or starve.

Both specialist and generalist bees hollow out the stems to lay eggs and over winter, which is why you should always leave at least a one foot of stem standing for the bees. Ideally you leave these stems for a whole year, or forever, this isn't so bad because *Helianthus* are tall enough the stems disappear by early March. The generalist pollinators include caterpillars, bees, flies, and butterflies. Birds are also attracted to the bright yellow flowers. Sunflowers are a huge contributor to the diversity in you garden.

They are picky as to site requirements so do your homework and choose the right sunflower for your garden. Remember there is a sunflower for almost every site, thus you just have to get the right one.

**Ontario Native Sunflowers**

*Helianthus divaricatus* (*woodland sunflower*) loves semi-shade to full sun in any soil and will grow to about six feet. The large yellow daisy combines well with black-eyed Susans and bee balm

*Helianthus giganteus* (*giant or swamp sunflower*) loves sun but prefers a moist soil location. It can

*Helianthus annuus* PHOTO: MARY ANN VAN BERLO*Helianthus annuus* PHOTO: ANNA TJEPKEMA

grow to ten feet high with bracts of as many twelve 3" wide flowers. It would be an impressive plant for the back of the border.

*Helianthus strums* (*pale leaved sunflowers*) prefers semi-shade with moist soil where it will grow 6-8' high. The flowers are composite and may be as wide as 4".

*Helianthus tuberosus* (*Jerusalem artichoke*) loves sun but will grow in semi shade in a well drained loam. It

will grow 3-9' high. The single flowers are not showy, but the tubers are excellent eaten in early spring.

I realize these native sunflowers might be taller than we are used to in the average home garden, but adding them will give you another layer of depth to your plantings

I hope you enjoyed this topic and it encourages you to introduce these plants into your garden.

- 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.

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## Riverpath answers the call

Shared by Alexandra Chevalier, Riverpath resident

Aware of the recent atrocities being committed in Europe and grateful for life in Canada, residents of the Riverpath Retirement Community in Ottawa launched a weeklong fundraiser in aid of the efforts of the Canadian Red Cross in Ukraine.

Organizer, ninety-three year old Mrs. Pauline Trudel, a retired teacher, and her team encouraged everyone including staff to contribute. On Friday, March 18<sup>th</sup> a Red Cross representative, Mrs. Victoria Deans, was invited to a small ceremony to accept our donation. We were delighted, as was she, to learn that the funds collected amounted to \$18,775.00. It was a good feeling to know that our effort will be able to assist in easing the suffering in Ukraine.

Shared by Giorgina Bodea, Activity Manager

Baudelaire once said, "An unbroken string of small acts of will, yields great results." This is the case with the Riverpath Retirement Community.

In 10 days, the residents, along with their families and Riverpath employees, raised an impressive amount of \$18,775.00 in their immeasurable kindness, to help the peoples from Ukraine.

Throughout history, people have been valued as great because of their positive traits. On behalf of all Riverpath employees, I would like to thank our resident, Mrs. Pauline Trudel, for her initiative and dedication, as well as Mrs. Suzanne Dorais, Mr. Gilles Hurteau and Mr. Claude Sequin for helping Mrs. Trudel with this wonderful project, as Mrs. Trudel was facing a difficult health issue at the time. We all learned from her that if you can't do big things, you can try to do small things in a wonderful way with great results.

Many thanks to Victoria Deans from Red Cross Canada and Lucille Collard - our MPP in Ottawa Vanier.





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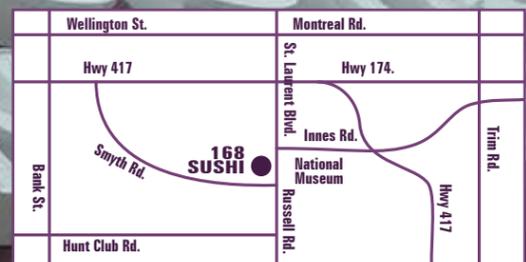
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