



OCTOBER 2022

A Voice of Riverview Park

NOVEMBER 2022



LEFT: Four year old Taleen joined her family for her first corn roast. It certainly didn't take her long to figure out what the fun was all about that day. Great corn and delicious burgers! Thank you to all the volunteer cooks! RIGHT: How does he do it? The empty pool at Balena Park was the place to be when Jon Lockart, from Orbital Talent, captivated the audience with his unusual talent as an amazing fire juggler. See page 3 for more photos and story. PHOTOS: CAROLE MOULT

Read how
municipal
councillor
candidates
answered our
questions.
Pages 14-15

David
Knockaert
on changes in
the OCDSB
boundaries
Page 8



Red letter day for Mollypenny and her Beetle Bug. See page 3 for more photos and story. PHOTO: CAROLE MOULT

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Come prepared to enjoy and appreciate the unusual

by Carole Moul

Wall Space Gallery, 358 Richmond Road is proud to present Drew Mosley’s Deimatic Behaviour and Dauma’s Creatures of Habit. The upcoming exhibitions will run October 8 - 27 with an opening reception Saturday, October 15, 3 - 5 pm. Drew Mosley will be present to give an artist talk at 3:30 pm.

In these concurrent solo exhibitions the artists plan to share with you how they explore evolutionary traits in nature and their metaphorical connection to human social and biological patterns. The exhibition promises to captivate the audience.

Drew Mosley lives and works in Ottawa where he has established himself as part artist and part carpenter, achieving exceptional results in both. His work is well known and has been viewed by many, in particular around the Ottawa area.

The two sides of Mosely’s creativity often come together in distinctive and delightful portraits of wildlife — though not your typical wildlife. “Rich with symbolism, Mosley’s humanization of predatory creatures asks us to examine our role in the decimation and exploitation of the natural world and build empathy for the earths most vulnerable.” We look forward to his return visit.

Wall Space Gallery is also proud to host Dauma in her debut co-solo exhibition. “Through darkly comedic human figures and otherworldly porcelain creatures, Dauma explores nature as a metaphor for the human condition and the ways in which human and



False Sense of Security, acrylic on canvas, 35 x 48, by Drew Mosley

nature are interconnected.”

Daumante Stirbyte (Dauma) was born and raised in Lithuania and moved to Ireland in 2007. She graduated from the National College of Art and Design in Ireland in 2016 with a Bachelor of Design, specializing in ceramics. Dauma was a long-term international artist-in-residence at the London Clay Art Centre in Canada from 2017 to 2020, where she



Way out, porcelain glaze underglaze, 24 K gold luster, 12 x 11 in. by Dauma

Mark your calendars for this upcoming event
October 8-27

also taught sculpture classes.

Dauma is currently represented by galleries across Ontario and since July 2020, has been working independently from her home studio in London, ON.

Do mark your calendars for this upcoming event, although this co-solo exhibition may just have you wanting to come back for a second visit.



David Lidbetter Nov 3 - 24



Marianne Chenard Nov 3 - 24

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Alta Vista Corn Roast returns — to the excitement of everyone

by Carole Moul

After a two year hiatus, hundreds of excited community residents came out to the recent Alta Vista Corn Roast. “There was a great turn out of between 600-700 people,” noted Councillor Jean Cloutier after the event.

Anticipation ran high as families and friends took advantage of the Ward 18 tradition of burgers and hot dogs, and yes, there was plenty of corn on the cob for everyone. About 1500 cobs were husked in ready for the annual event and approximately 1,000 burgers and hot dogs were cooked for the hungry guests. “Anything left was donated to the Food

Bank”, added Councillor Cloutier. Enthusiasm was evident for the various activities, and thanks to Andrew Fleck Children’s Services, Mynott Construction, Rio Can, Eagle Automotive and the Riverview Park Community Association there was something for everyone that Sunday at Balena Park.

With sincere appreciation to Councillor Jean Cloutier, his team, and all the many wonderful volunteers who made the afternoon such a tremendous success. The Corn Roast is always a welcome community get-together however it seemed even more important this fall because we missed the last two years of this twenty year tradition.



Vilbert Enviye, owner of Eagle Automotive, 730 Industrial Avenue, shown on the right, was one of the sponsors this year of the Alta Vista Corn Roast. Councillor Cloutier (L), his team, plus all the guests were very grateful for all the generous sponsors. PHOTO: CAROLE MOULT



Working at the Riverview Park Community Association (RPCA) booth throughout the Corn Roast were: Carol McQueen, Craig Cormier, Ron Ridley, Kris Nanda, Bryan Orendorff and Sam Kazak. Thank you to the team for all your help and for your donation to the Corn Roast. PHOTO: CAROLE MOULT



About 20 very helpful high school students earned volunteer hours working at the Corn Roast. Pictured here are Jack (R) getting out the popcorn, Samuel (L) in the white shirt pouring the necessary powder for the candy floss, and Rustom, in front, expertly swirling the candy floss for the afternoon line ups. Rustom’s father, Sam, owns Kazak’s Creations Party Service, and generously provided the cotton candy and machine, popcorn and the machine plus the Bouncy Castle. The company does small festivals, birthday parties, school events and party rentals. PHOTO: CAROLE MOULT

Mollypenny deserves jolly retirement

by Carole Moul

It would have been hard to miss the bright and shiny trucks, diggers and other fascinating vehicles as you drove down Alta Vista Drive on a recent Saturday morning. There were over 40 of them and they dazzled as they lined the Hospital Link Road ready to be part of the National Capital Heavy Construction Association (NCHCA) second annual parade.

What gleamed even more, however, was the red Beetle Bug convertible on the very last flat-bed truck. And in that convertible was a special guest of honour; the precious cargo of CHEO’s own fun-loving clown, Mollypenny.

Why you might ask was a clown in a Beetle Bug being given such a tribute? After over 20 years, sad-

ly, CHEO clown, Mollypenny, is getting ready to retire. Happily, people thought it only fitting to honour this much-loved clown in some special way. And the NCHCA did!

It was in 2001 that an operating room nurse named Ruth Cull retired from CHEO. Later that very same year a colourful clown with electric blue hair, a red nose and big floppy shoes and who looked amazingly similar to that OR nurse took on the important role of CHEO clown.

Twenty-one years later and many visits to the CHEO kids, Mollypenny will be putting away her floppy shoes and retiring on October 31. Mollypenny. You did an incredible job in bringing smiles to many! Thank you.



Esma (holding the sign) and her brother Rhys (keeping watch) came from Morewood to enjoy the parade. PHOTOS: CAROLE MOULT



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After the vote learn to have your voice heard

by Kathy Lanoue

Once the votes have been counted and the signs are taken down, the newly elected councillors for our fair city will get down to the business of running Ottawa. But our voices shouldn't stop at the ballot box.

A good representative needs to hear from their constituents, but time constraints make effective communication essential. Toastmasters International would like to make sure your voice is heard by teaching you how to communicate effectively.

Have you ever wondered why you have to repeat yourself sometimes? People just don't listen, you assume. Meanwhile, the person on the receiving end of your words is wondering why you didn't just say what you wanted the first time. Communicating effectively is harder than you think.

Problems with time travel

Jumping around through time, for example, is a common area of miscommunication and easy to fix. You're trying to convince someone to change the way something is done: *"We did Y three years ago, and Z before that, but now we do X, and we would like to go back to doing Y."* It makes perfect sense to you. You're starting with Y, your strongest point and then laying out the history, letting the person know you've thought about different times and things you've done in the past and present. Finally, you have concluded that doing Y will be for the best.

But when you're dealing with time, laying things out in chronological order is easier for someone else to follow. You can jump around because you know where you want to go. Remember that



your intended audience (city councillor, colleague, sibling) isn't in your head. They're jumping around with you, but for them it's like being on a roller coaster of thoughts without being able to see where the tracks are going!

Style or substance? Both!

In many areas, there is a debate of style over substance, or vice versa. When it comes to communication, substance tends to take priority, but many people don't realize that style plays a bigger role than you may think.

My communication style is fast: I speak quickly and want people to get to their point just as quickly. Others need to hear more, digest what I'm saying and would appreciate me slowing down. Thanks to the feedback I receive at Toastmasters, I realize that when I forge ahead too quickly,

I may lose my audience along the way, which means I have to repeat myself later.

At Toastmasters, we spend each week learning about communication. From ways to talk to people with different styles of communication, to organizing our own thoughts so that they're easier for others to follow, we practise that tricky art and science of effective communication.

The order in which you make your points is important. The style in which you make your points is important. And those are just two things to consider. If it seems like a lot to think about, practising each week at a local Toastmasters club makes it a lot easier. Whether communicating with your city councillor, your boss or your spouse, communicating effectively can make sure your voice is heard.

First-time buyer meet first-time seller

by Eric Cosgrove SRES®

The purchase or sale of a house can be intimidating, exciting, or mysterious; usually all of the above.

Many experienced buyers and sellers having gone through the process before, set about a new buying/selling adventure with good information, tips and tricks, and a good amount of caution.

First-time buyers and sellers, however, are in new territory and face steep learning curves to successfully navigate their way through the process.

The millennial buyer typically searches for their first purchase online- looking for those special properties that tick most or all of their boxes: location, condition, size, upgrades, age of the property, etc.

You already know that millennials are a force in the housing mar-

ket. Moreover, this generation, numbering over seven million, represents Canada's fastest-growing population, according to the 2021 census. That said, the cost of living and the rising interest rates have caused many millennials to feel discouraged about achieving home ownership. They are among nearly half of Canadians who have put their home buying plans on ice for a bit, according to a recent Scotiabank poll.

That pause is a chance for you to make your home more appealing to this wave of buyers when they return to the market.

Research suggests it's a good move to incorporate green features to attract them. It's important to know that millennials' expectations for their homes differ from those of other generations. For example, quartz surfaces, induction cook tops, indoor air

quality and water conservation are all priorities.

Among the significant home upgrades members of the millennial generation say it's worth paying for include:

- a heat pump HVAC system
- a solar photovoltaic system with battery storage
- high-performance windows
- an integrated Smart Home System

Still, some features on their wish lists – smart thermostats, LED lighting, energy-efficient appliances, and security cameras aren't difficult or unreasonably expensive to incorporate into your home.

The first-time seller has cared for their family home for over 20, 30 or more years. Pride of ownership is evident from the curb appeal to the long list of mainte-

nance items faithfully completed such as the roof, eaves, furnace, air conditioning, windows, etc. When they decide to put the home on the market they wisely invest in "polishing the apple" with a good paint job and perhaps sprucing up the curb appeal. Good start.

But the secret to a quicker sale for the most money is not to just compete on the same terms as similar listings but to *stand out* in significant ways. Taking heed of the millennials' wish list will give you an edge that can make all the difference.

In addition to making your home more marketable, another advantage to green upgrades is the added enjoyment you'll have while living in your home. You may find lower utility bills, greater comfort, and a healthier indoor environment.



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Stamp celebrates shared experience of millions of Canadians

Special video also released with prominent Canadians sharing their Summit Series memories

OTTAWA – Canada Post has marked the 50th anniversary of the 1972 Summit Series with a stamp that celebrates the experience that millions of Canadians shared in as they watched an unprecedented clash of hockey titans – and Team Canada’s dying-seconds victory in Game 8 – on television.

The stamp’s design, depicting a faceoff in the frame of a 1970s-style television, recalls Canada glued before its TV screens as our best professional hockey players went up against the Soviet Union’s national team for the first time. For nearly a month, Canadians rode an emotional roller coaster together, from confidence to sobering defeats.

Canada Post has also released a special video in which several prominent Canadians recall their experience and the impact it had on the country. They include:

- Television journalist Lisa Laflamme
- Retired television journalist Peter Mansbridge
- Sports broadcaster Pierre Houde
- Paralympian Rick Hansen
- Montreal Gazette editorial cartoonist Terry Mosher (a.k.a. Aislin)
- Five-time women’s world hockey champion France Saint-Louis
- Scientist and broadcaster David Suzuki
- President and CEO of Historica Canada Anthony Wilson-Smith
- Canada Post President and CEO Doug Ettinger

On September 28, 1972, an estimated 13 to 15 million Canadians (out of 21 million) tuned in for that decisive game. They watched in their living rooms



and panelled basement rec rooms. They watched in bars and Royal Canadian Legion halls. They watched in factories and offices. They lined up shoulder to shoulder in front of televisions on sale in department stores. Schoolchildren watched on boxy TVs on stands wheeled into their gymnasium or classroom. Businesses closed to let employees watch.

With a mere 34 seconds left in the game, Paul Henderson scored the series-winning goal. He later said, “When I saw it go in, I just went bonkers.” So did the country.

About the stamp issue
The Summit Series stamp was designed by Jim Ryce, and illustrated by Gary Alphonso of Toronto. The illustration is inspired by a faceoff between Team Canada’s Phil Esposito (7) and a Soviet player in Game 3 at the Winnipeg Arena on September 6, 1972. The stamp issue is cancelled in Winnipeg. Printed by Lowe-Martin, the stamp issue includes a booklet of 10 Permanent™ domestic rate stamps and an Official First Day Cover. Stamps and collectibles are available at canadapost.ca and postal outlets across Canada.

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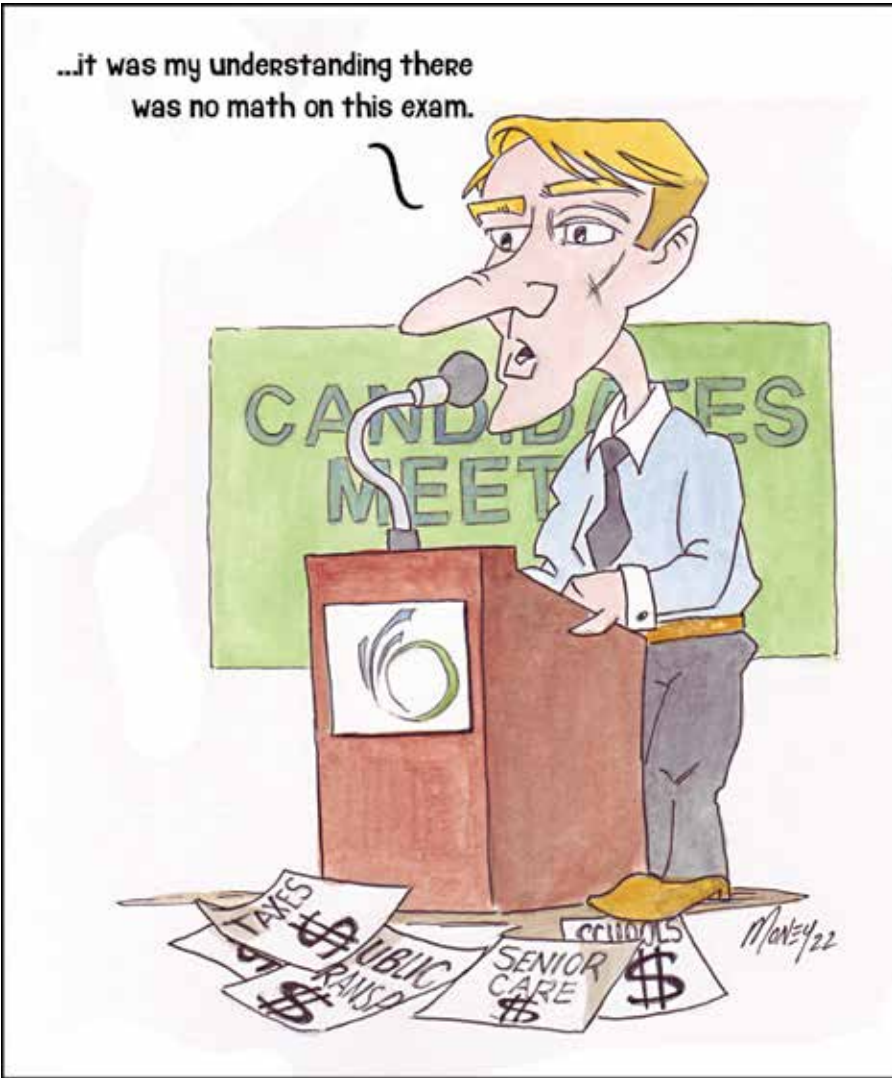


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Is everybody ready for the return to the new normal? Kids are going to school and are able to take music lessons in person for the first time in a couple of years. And like the mouse and crow in our masthead, some are going to want to turn the amplifier up to eleven. Others have had their social skills turned off for and are going to have trouble being around others.

Adults are having the same types of issues, and our October municipal election reflects this social shift. Long time representatives like Eli El Chanteri and Mayor Watson are stepping away leaving room for more new faces than any Ottawa election has seen in a long time. Any newly elected representatives are going to have to deal with an uncertain environment. Inheriting a failing public transit system, avoiding urban rot, reigning in suburban expansion and accommodating mayoral super powers would be difficult at the best of times, but with a recession and inflation as well, it will take some real imagination.

We will doubtless hear about many shiny items on the wish lists. Everything from bike lanes that connect east to west, to social justice best practices. But it will be the less than glossy topics that will get us through the next fiscal cycle. Keeping taxes within reach is top of mind. Paying off existing debts, like the Cloutier arena over in Canterbury, continuing to update the waste water system so we do not have fecal counts in the summer and remembering the Senior’s homes that still do not have adequate air conditioning or nursing personnel.

It is fair to assume that this fall will be unlike any other. The rush to refresh our lives is in the air for young and old alike. Something as mundane as an election is easy to dismiss, but in order to keep ahead of our own future issues, asking tough questions of our local representatives is really relevant. Check out pages 14 and 15 for answers to questions the *Riverview Park Review* put to our local candidates.

About the *RPReview* 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 Ward 18 Councillor candidates; the Zone 9 Trustee candidates for the Ottawa Carleton District School Board; and the Zone 8 Trustee candidates for the Ottawa Catholic School Board for the upcoming October 24 Municipal Election.

Submission formats
Contributions can be emailed to editor.riverviewrpr@gmail.com in **Microsoft Word** or **RTF**. Please *do not format* your documents. Photographs must be sent as attachments (not embedded in the email body) in **jpeg format** to editor.riverviewrpr@gmail.com. Photographs are to be accompanied with the **name of the photographer and a caption** describing the subject.

The word count of article submissions has had to be revised and limited to **750 words maximum**. Material will have to be returned to the author to self-edit if a contribution is above this word count.

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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Ottawa Carleton District School Board trustee election has boundary changes

Ottawa Catholic School Board boundaries remain the same

by David Knockaert

The Ottawa Carleton District School Board (OCDSB) has amended its Trustee boundaries in advance of the upcoming election. Our Riverview Park schools (Riverview Alternative, Vincent Massey elementary, Hillcrest High School) are now included in Zone 9 where they are joined by 8 other Alta Vista schools and 5 schools from Capital Ward (Old Ottawa South, Old Ottawa East, the Glebe). There is no incumbent candidate seeking re-election as Trustee in our zone. The three new candidates in Zone 9 are:

Dr. Nili Kaplan-Myrth, a family doctor who has garnered media attention due to her advocacy for more expansive Covid precautionary measures. Her trustee election platform can be found at nilikm.ca.

Josh Rachlis, a self-described stand-up comedian who has previously put himself forward as a candidate for various levels of public office. At the time of candidate registration he did not provide a link to his election plat-

form, not could one currently be located.

Jessie-Lee Wallace describes herself as being in community development work. Her election platform can be found at jlw613.nationbuilder.com.

The Ottawa Catholic School Board (OCSB) candidates for Zone 8 (St. Patrick's, St. Gemma, St. Luke) include the incumbent Mark Mullan as well as Christopher Andrew John Kelly (Chris Kelly). At the time of registration, neither candidate provided a link to their platform nor could one currently be found.



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A new health care company comes to Alta Vista

by Geoff Radnor

The Canadian Medical Association building on Alta Vista Drive was the first one to go. That group vacated their office building and it was demolished in 2016. That site is now a weed filled vacant lot.

The Conference Board of Canada, a long time resident on the corner of Alta Vista and Smyth, vacated their office building over a year ago and it is now the home of Nova Networks.

On the opposite corner the MD, the Medical Association’s investment arm was sold to Scotiabank for \$2.585 billion in October 2018.

The latest change just announced, is the departure of the Canadian Pharmacists Association from 1785 Alta Vista. The building was the home of the pharmacists for the past 36 years. Its new owner is a branch of the Harley Street Healthcare Group (HSHG) PLC of London UK. It seems that the pharmacists are maybe all working from home, as their new address is just a box number at the Dymon storage building on Industrial Avenue.

Amita Kuchar is the Chief Executive Officer of HSHG Canada, the new owner of the building on Alta Vista. She is a member of the



The building on Alta Vista Drive is the former home of the Canadian Pharmacists Association.

Kuchar family, owners of Phoenix Homes of Ottawa. Sanjeev Kumar is the President and Chief Vision Officer of HSHG Canada. He is a motivational speaker on wellness and related subjects. Neither Kuchar or Kumar are medical doctors.

Harley Street in London is famous for having all the prominent doctors’ offices where royalty and the wealthy go to see their doctors and pay for their services as they are not part of the free National Heath System team.

About Harley Street Health Group, Canada

HSHG Canada is part of the Harley Street Healthcare Group PLC, London. A diverse and consolidated healthcare group based in the heart of the city of London. The company started its journey over 33+ years ago as Harley Street Healthcare clinic serving over 10,000 + premier clients



Today there is just a box number at Dymon on Industrial Avenue for contact. Are the people who formerly worked there now working from home? PHOTOS: GEOFF RADNOR

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We know that the Ontario Health System is under great strain following the Covid epidemic. There is a shortage of nurses and many people are not able to get a family doctor because of the shortage of doctors as well.

It is rumoured that the Ontario government is looking into measures to rectify these problems by

adding more private health care options. So it is no surprise to see that the new occupants of 1875 Alta Vista Drive are a for-profit organization starting business in Canada.

Meanwhile, back on Alta Vista Drive, there is still the Canadian Dental Association next door at 1825 Alta Vista Drive while on the opposite side of Alta Vista is the headquarters for the Canadian Blood Services.

How Stress Affects Your Body

Whether you’re facing a tough deadline at work or feeling the pressure from handling too many family functions, stress can take a toll on your body. In ways you may not even realize, stress begins to show up. Consider some of these common side effects of stress overload:

- Headaches
- Heartburn
- Heart palpitations
- Higher risk for depression
- Insomnia
- Stomachaches

While organizing tasks and checking items off a “to-do” list may help reduce some of the mental fatigue, your body needs a different treatment for stress. Chiropractic care adjusts the spine into proper alignment. That realignment relieves the pressure that’s felt in other parts of the body, like we mention above.

The signals of stress you feel even after a dreaded meeting or tension-filled conversation is over are remnants of a spinal misalignment. With personalized care, your chiropractor reduces the tension built up in your spine, allowing for a feeling of well-being. When a subluxation / spinal misalignment is addressed through chiropractic, the proper signals are sent to your nervous system. Your doctor will concentrate on specific areas of challenge for you, as each body handles stress differently



Simply Chiropractic

A Tip from Dr. Stéphane Chillis



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BEST OF RIVERVIEW PARK

The Garden Edition

Growing gardens and home values in Riverview Park

by Pat Lawlor

The Best of Riverview Park column highlights what makes the neighbourhood such a great place to live. As the real estate market turns from a wild sellers’ market, the things that I highlight in this column add curb appeal, which is essential for getting top dollar for your home, especially when the market shifts toward a neutral or buyers’ market.

When you take a walk in Riverview Park, you see an array of excellent gardens of all sizes and styles, truly making this one of the most beautiful neighbourhoods in Ottawa. One of my favourites has to be the glorious hosta garden on Haig Drive near Smyth Rd. It features custom stone walls that contain each section of plants. This passionate gardener’s oeuvre shines as one of the nicest yards on the street (even if we include the Elmvale part of Haig).

Patrick Hamel on Pullen Avenue was recognized by the Ottawa South Eco-Action Network for creating a garden that provides plants for pollinators throughout each season. His yard really comes alive when his crabapple tree blooms in springtime. Bees and butterflies love Patrick!

When I asked our residents on the community Facebook pages about their favourite gardens, people pointed out the stunning colourful displays at the corner of Caverley and Weyburn, at the corner of Alta Vista and Balfour, and on the North side of Shelley near Botsford.

However, the most engaging message was



Nice example of corner garden at Caverley and Weyburn. The neighbourhood has so many great gardens like this. PHOTO CREDIT: PATRICK LAWLOR

from Leah Gilbert Morris. She spoke about her neighbour, Denise Kennedy, who has shared both her plants and gardening knowledge with her neighbours on Knox Crescent. Thanks to Denise’s gifts, this little street boasts a concentration of beautiful, large gardens. Denise is a member of the Gloucester Horticultural Society, the Ottawa Horticultural Society, and the Ottawa Rock Garden Society! Not only has she created her own marvellous garden, she has also further contributed to the community by spending the last five years cultivating a long strip of colourful flowers and verdant perennials on the east side of Riverview Alternative School.

I met Denise at the school to chat with her

about her gardening projects. At the school she was working hard with her fellow gardener Anna Tjekema to replace some hostas with Echinacea flowers. This effort has helped teach students about flower species while beautifying the school yard. If you would like to lend a helping hand, feel free to contact her at denisekennedy@rogers.com.

There are so many more fine examples of eye-catching landscapes and gardens in Riverview Park (I’m sorry if I missed mentioning yours!). Each time I walk through the neighbourhood, I am deeply impressed by the work and care of all the people who cultivate the genuine pride of home ownership that defines this corner of Ottawa!



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RIVERVIEW PARK GREEN THUMBS SHINE



Denise Kennedy and Anna Tjepkema tending to the garden at Riverview Alternative School.

PHOTO: PATRICK LAWLOR



Flowers are blooming in September at Denise Kennedy's house on Knox Crescent.

PHOTO: PATRICK LAWLOR



Beautiful Hosta Garden on Haig.

PHOTO CREDIT: ADAM GIBBS



Chadburn has nice gardens too!

PHOTO CREDIT: PATRICK LAWLOR

Celebrating the Riverview Alternative School garden beautification project

by Carole Moul



From left: Katie Hicks, Riverview Alternative School Outdoor Education/Science Teacher; Denise Kennedy, Project Leader; Candace Dressler, President of Gloucester Horticultural Society; Anna Tjepkema, team member; and Fran Dennett, project mentor to Denise Kennedy since 2015, the year Ms. Kennedy began working in the gardens at the school.



As part of the project, Ms. Hicks took Grade 2, 3 and 4 students to the gardens where they chose their own plants, then followed the plant's progress on a weekly basis as part of the curriculum. On June 15, the students gave Thank You notes and happily shared their plant journals with the team of gardeners that had planted and maintained Riverview Alternative School's beautiful flower gardens.

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On his 95th birthday Felice (Felix) Sossi shares a secret recipe

by Marina Bannan

Local Alta Vista resident, Felice (Felix) Sossi, turned 95 on Monday June 27! Felix celebrated this wonderful milestone birthday with his daughter Marina, his grandchildren Stephen and Adriana (and her husband Stuart), and the newest addition to the family, great granddaughter Charlotte. A number of good friends were also there to take part in the festivities.

Felix was born in Trieste, Italy in 1927. He moved to Australia in 1956 for a chance at a better life and spent 27 years in New South Wales. He finally ended up settling in Canada when he followed the woman of his dreams to Ottawa, Ontario in 1993. He has lived in Alta Vista with his daughter Marina for the past four years.

House builder, type writer technician, sous-chef - Felix has had an interesting and varied career. He is also a very talented and self-taught artist who works in oil paints. He has done hundreds of paintings on a variety of surfaces, including canvas, wood and metal.



It was all smiles for Marina Bannan and her father, Felix Sossi, on his 95th birthday.

When asked his secret for a long and happy life, Felix responded that there are four things that one must do: 1. take a serving of apple cider vinegar with honey once per day; 2. walk at least 2.5 kms per day; 3. drink 1/2 glasses of red wine per day; and 4. find a reason to laugh and enjoy life every day.

And from the Riverview Park Review: Mr. Sossi, your formula for longevity appears to be a good one. Thank you for sharing your very own recipe with our readers.



LeRoy Blake (L) shares a plate of delicious food with his friend, Felix Sossi. Several of the others joining in the 95th birthday celebration for Felix are his grandson Stephen Bannan and neighbours Bill and Jack.



Winter's Wonderland Snow Home is just one of many of Felice Sossi's beautiful oil paintings.



Morning Mist, one of the beautiful oil paintings by Felice Sossi.

PHOTOS: MARINA BANNAN

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My book review

Once a soldier twice a child

by Bill Fairbairn

I accept that my life is almost over. Physically, and mindfully, the best years lie in memories. Reversion to second childhood, at age 87, is upon this once soldier in the British infantry and long-time journalist.

The theory of retrogenesis is easy to understand. We start as children and grow into adults. As some reach old age, they lose abilities and cognitive and become children again.

I've written countless headlines and news stories in many parts of the world including for the *Riverview Park Review* back to and beyond Africa and the London Sun. When Australian Rupert Murdoch took over as publisher in 1969 I left Britain for Canada.

Today I proof-read my latest of five books, *Lies Love Blood*, for publication by Austin Macauley of New York. It had come through initial stages when production slowed. What may have upped the anti on my book is Vladimir Putin's war on Ukraine.

You see my novel treats a young Vladimir favourably when he worked in East Germany after World War II.

Western governments feared Soviet power when the Soviets dominated eastern European countries they had freed from Nazi occupation. And when the Soviet Union, under Gorbachev, lost power to become a Russia devoid of its war-time gains, Putin's dismay was profound. He feared NATO (North Atlantic Treaty Organization) had a hand in it. The NATO alliance led by the United States, had rejected Soviet membership in 1954.

An extract from my manuscript starts when my African protagonist Daiga, one of few black people in communist-ruled East Berlin, is picked up by the Stasi. He is arrested while walking with

his West German wife's East German relatives, whom they are visiting at the time of West German Chancellor Willi Brandt's East-West rapprochement. A biting interrogation ends.

"By the way, I am Vladimir," Daiga's interrogator confides. "I am an interpreter here from East Germany's Dresden. You should visit Dresden to see Soviet-German progress since war left Dresden in ruins. You told us you sing—then give us a closing song."

Daiga put hands to lips, not in fright or shock but in wonder and relief from his long interrogation. "I shall sing Lili Marlene. I'll sing in English of this German soldier's sweetheart."

Vladimir frowned, eyes narrowing, regretting he had encouraged Daiga. The Cameroonian began.

*Outside the barracks,
by the corner light
I always stand and wait
for you at night
We will create a world for two
I'll wait for you,
the whole night through
For you, Lili Marlene...*

"You sing well," Vladimir ad-

mitted through rousing support in the room for Daiga's song. The Stasi officer beside him hums the tune. Guards sing the chorus. One produces a harmonica.

*"Wei einst Lili Marlene.
Wie einst Lili Marlene."*

Vladimir whispers to the Stasi officer, who nods, then, to the German functionaries who had brought Daiga in, the officer orders: "Take this man back to where you picked him up. He is a student come to East Berlin by way of Stuttgart to learn a thing or two about socialism in the German Democratic Republic. But, first!"


The Stasi officer delves into a drawer to adorn Daiga's lapel with an East German metal pin then suggests: "Not yet 10 o'clock in Berlin on a Saturday night, Daiga. Will you drink with us to East German-African relations?"

Daiga agrees.

The officer finds in the drawer a key to a cupboard and brings from it glasses and a bottle of vodka. "There is enough here from the officers' *kasino*," he says. "So, Daiga, tell West Germany, then tell Africa, you were well treated in East Berlin. Tell the football world: 'Go, go, Cameroon, in the World Cup!'"

Daiga will reflect time and again his good luck to escape the Stasi with a glass of vodka!





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- Reflect on what is driving your decision to sell

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MEET YOUR CANDIDATES

WARD 18

ALTA VISTA

All Councillor position candidates in Ward 18 were provided the opportunity to participate in this publication.



Marty Carr

1 Many Ottawa residents feel that developers have too much power and influence on planning decisions. How would you balance new development in our ward with protecting tree canopy and neighbourhood character in Alta Vista/Riverview Park and elsewhere?

We need to grow the technical solutions; every new lot approved and every application to intensify an existing lot must have a plan to improve canopy. If it can't be done at lot level, it must be done on the street or within a certain distance of the lands. As we put more housing in an existing area, developers will be required to come up with solutions to allow trees to thrive (e.g. Silva Cells, Tree Guards, integrating storm water management and planting plans, enhanced investment in tree protection during construction). As a Councillor, I will work hard so every application improves canopy coverage. We also need to ensure as new developments occur (e.g. Trainyards and St. Laurent), that new parks are developed and not take the cash in lieu.

2 How will you ensure that the City takes real action to address the climate change emergency that Council recognized in 2019?

I have commitments to re-building the tree canopy, improving bike and pedestrian connectivity and local OC Transpo routes to incentivize active transportation; and promoting greater urban agriculture (going beyond community gardens). City-wide we also need to electrify all fleets, and promote

building retrofits.
3 What is the most important issue facing Alta Vista/Riverview Park?

As development increases (along St. Laurent, Trainyards, Coronation), transportation and traffic issues must be solved, whether it is cut-through traffic, new pedestrian connectivity (including bridge to Trainyards), and better bike infrastructure. Residents must be able to travel safely and reliably in their neighbourhood.

4 What is your top priority action item for Riverview Park?

Applying continuous innovation - whether it is exploring ways to utilize non-city public lands (e.g. hydro corridors), upgrading recreational facilities (e.g. Balena Park fieldhouse) and working with community to find solutions to existing issues (e.g. Tim Horton's drivethru).

5 How would you improve the ability of individual citizens and community groups to have meaningful input?

Greater use of multi-pronged communications from Councillor and more town halls. I will also work with City staff to ring more project managers and leaders to meetings on development, traffic and transportation.

6 If elected you can apply to serve on Council committees. Which two committees will be your priority and why?

This is difficult. My knowledge and experience with planning & development would make the Planning Committee ideal, however as a transit user committed to local route improvement and someone passionate about climate change, Transit and Environment are also appealing.

7 How are you going to address the issue of violence/crime in the Alta Vista Ward?

As city council cannot direct the activities of the police, as councillor I would work closely with the neighbourhood constables to ensure patrols increased in areas when required and that police were responsive. I would hold greater bi-and multilateral meetings with neighbourhood police and the community. I would also

advocate for more public realm lighting in some areas.



Carolyn Kropp

1 Many Ottawa residents feel that developers have too much power and influence on planning decisions. How would you balance new development in our ward with protecting tree canopy and neighbourhood character in Alta Vista/Riverview Park and elsewhere?

I will pursue innovative urban planning approaches and advocate and defend community needs at all stages of a project proposal to ensure neighbourhood interests are always put first.

Alta Vista has a tree canopy of only 28 per cent while the City of Ottawa target is 40 per cent.

We must continue to review bylaws to ensure adequate protection for trees, including sufficient penalties that will deter deliberate destruction across the City.

2 How will you ensure that the City takes real action to address the climate change emergency that Council recognized in 2019?

I will work to improve our cycling and transit infrastructure in order to reduce our carbon footprint. I will actively champion increasing:

- tree canopy,
- energy retrofits,
- recycling/waste reduction initiatives.

I will work collaboratively at Council to make sure Ottawa continues to reduce it's greenhouse gas emissions by:

- focusing on the complete electrification of its fleets (bus and car),
- adding more EV charging sta-

tions across Ottawa to reduce barriers/encourage drivers to switch,

- ensure that the LRT and public transit are functioning properly so ridership increases.

The City must continue to work together with organizations and governments to access climate change expertise and funding.

Expand education initiatives and grants to homeowners. They have a part to play and must choose alternative ways to heat and cool their homes.

3 What is the most important issue facing Alta Vista/Riverview Park?

Intensification is the most important issue in our ward. Developers and builders have the upper hand across the City. Council must right that imbalance. A strong Councillor will advocate and defend for a more balanced and thoughtful approach to development and utilize all tools at hand to extract cash in lieu and concessions so that communities can invest in the infrastructure renewal that is so badly needed in our ward such as roads and aging parks and recreational facilities. We must ensure community interests are always put first in the face of intensification.

4 What is your top priority action item for Riverview Park?

Priority - Essential infrastructure renewal for Riverview Park.

This can be in the form of roads, sidewalks, sewers or parks and recreation centres, fieldhouses.

Roads need to be repaired across the neighbourhood. Parks like Hutton, Alda Burt and Dale need to be upgraded. Balena Park has only one basketball hoop.

Dempsey Community Centre's programming for seniors and youth in Russell Heights and beyond needs to return to normal capacity and increase.

5 How would you improve the ability of individual citizens and community groups to have meaningful input?

One of my main priorities is to open a community office in the ward so that those who typically do not get a chance to have their

CONTINUED ON PAGE 15

CONTINUED FROM PAGE 14

voices heard and provide input, have an opportunity to do so.

I would utilize all communication and technological tools at my disposal to maximize community and resident outreach and increase the frequency of public consultations as well.

6 If elected you can apply to serve on Council committees. Which two committees will be your priority and why?

1) *Community and Protective Services Committee:* I would focus on parks and recreation. First, the ward needs to renew its aging infrastructure in order to better accommodate any new growth. As well, new voices need to be heard with respect to emergency and protective services. I want to make sure our front line protective services are allocated sufficient resources while taking a hard look at how we can best protect residents suffering non-police crises and try different practices because the current system is not working.

2) *Planning Committee:* Our ward was the most involved of all over the course of Official Plan public consultations. Having a seat on this committee would allow a direct path for Alta Vista resident's voices to be heard at the committee table as well as an opportunity to be heard for future zoning, site proposals and affordable housing discussions.

7 How are you going to address the issue of violence/crime in the Alta Vista Ward?

Collaborate with community policing constables who attend ward crime calls. Solicit their suggestions on how best to patrol and fight crime. Work with front line organizations such as SEOCHC, Boys and Girls Club, to curb the root causes that fuel crime and ascertain what resources/funding they need. Deploy crime prevention programs that have a proven track record of success.



Bob Perkins

1 Many Ottawa residents feel that developers have

too much power and influence on planning decisions. How would you balance new development in our ward with protecting tree canopy and neighbourhood character in Alta Vista/Riverview Park and elsewhere?

A major priority would be to take a proactive approach to help further plan and execute the development in Alta Vista so that it is responsible and in keeping with the wishes of the residents. Some potential actions which I would spearhead include: (1) Alta Vista representative on Planning Committee (2) A review of the "development footprint" of Alta Vista (including ownership, densities) to establish the best possible outcome of future growth (ie encouraging the growth to be in areas which the residents want) (3) Coordination of the Community Stakeholders (community associations, residents, city planners), to agree to a development plan for the greater Alta Vista area. (a proactive plan) (4) Seek professional (volunteer) expertise to assist the Ward with their proactive plan (urban planners, real estate experts, lawyers). We need a professional team to coordinate this effort and I have the decades of experience in real estate and planning to effectively lead a plan on behalf of Alta Vista.

2 How will you ensure that the City takes real action to address the climate change emergency that Council recognized in 2019?

I will prioritize funding of two initiatives which are direct contributors towards the greening of Ottawa: (1) the further greening of all City of Ottawa buildings and look to work with the major owners/occupants of buildings towards greening their portfolios (2) An increase in ridership of public transit and the promotion of other modes of transportation which are less detrimental to the environment (e.g. more cycling infrastructure).

3 What is the most important issue facing Alta Vista/Riverview Park?

There are many items which are the priorities of the residents of Alta Vista/Riverview Park of which Public Safety will be one of my key focuses. Public Safety encompasses many elements including; serious crime, safe streets, break and entry, etc. A material increase in crime has occurred and needs to be addressed /solved - localized crime has increased substantially (including speeding

in local streets) and needs a comprehensive Ward-wide plan to address these issues.

4 What is your top priority action item for Riverview Park?

The establishment of three Ward-wide taskforces which will have Riverview Park residents as key members consisting of: Public Safety taskforce, Responsible Growth (intensification) taskforce, Public Infrastructure taskforce (roads, bike paths, parks, etc.).

5 How would you improve the ability of individual citizens and community groups to have meaningful input?

There are several ways to promote meaningful input including: (1) Greater access to the Councillor (more community meetings, addressing all correspondence, face-to-face or virtual meetings at resident's request, longer office hours with dedicated "resident time" (2) Involving residents in proactive initiatives which are important to the community. Input is most effective when it is ahead of the issue(s) rather than reactionary.

6 If elected you can apply to serve on Council committees. Which two committees

will be your priority and why?

Alta Vista needs a strong experienced voice at Planning Committee in order to effectively deal with a plan for intensification of the Ward. My 30 years experience in dealing with planning and real estate projects will be well served on this committee and for the residents of Alta Vista. A presence on the Ottawa Police Board will enable a capable councillor to: determine the service levels which are being achieved for Alta Vista and where there may be shortcomings, have a deep understanding of the funding requirements of the Police service and ensure that dollars are spent wisely and that the police service is properly funded.

7 How are you going to address the issue of violence/crime in the Alta Vista Ward?

I have provided a 4-point action plan to address this important item at bobperkins.ca which includes; (1) An Alta Vista representative on the Ottawa Police Services Board (2) An audit of public safety spending in AV (are we getting our fair share) (3) Establishment of a public safety taskforce with local stakeholders (4) Reinvigoration of Neighbourhood Watch and Crime Stoppers networks.

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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Warm up fall with these hot movies!

by Peter Thompson

As the weather starts turning to cooler temperatures, what was hot during the summer in terms of movies? Well, there was that little movie that came out in the theaters and proceeded to completely rejuvenate them. Yes, we all know about *Top Gun*. However, as usual, people in the areas around Alta Vista are always looking for a movie that won't just serve as a time-waster, but perhaps something they can remember — maybe even recommend to friends. It's a novel concept in this day and age of films being dumped into streaming with seemingly no care given, so in celebration of that — let's look at the movies that were the biggest renters this summer at Movies 'n Stuff.

Delicious

A gentle French film about a master chef (the scenes of him preparing the food he makes are wonderful) who is unfairly scandalized and is forced into relative exile. While there, he befriends a surprising woman who helps him rekindle his passion for cooking. Together they aspire to open the first restaurant ever, but it isn't without obstacles. Warmly acted, well written and a nice story made this the movie of the summer.

The Vinland Club

How nice to see a Canadian film on this list! Follows Brother Jean, a passionate, exceptional teacher, who is also an amateur lover of ar-



Delicious



The Duke

chaeology. He's convinced there's a Viking settlement buried along the St. Lawrence River and together with his students, they aim to find it! Same as *Delicious*, this is well acted, well written and very warm. Wonderful!

The Duke

Hooray for Jim Broadbent and Helen Mirren! Two of the most

wonderful British actors team up for this intriguing comedy/drama about a 60-year-old taxi driver who steals Goya's portrait of the Duke of Wellington from the National Gallery in London. He sends ransom notes saying he'll return the painting if more money is spent caring for the elderly, and although this is a whimsical film, the message is clear. Great!



The Vinland Club



The Outfit

The Outfit

The first of two Mark Rylance films on this list. A mild-mannered tailor must survive a night with a dangerous group of mobsters, but this isn't the typical mobster movie — it's filmed like a play and unfolds slowly until the twists start coming. The second part of the film is drenched in delightful tension.

The Phantom of the Open

Mark Rylance does it again — this time with another great, Sally Hawkins. Rylance plays a golfer who is so full of dreams and optimism that he wills himself into the 1976 British Open. The problem is...he's never golfed professionally in his life! What could go wrong, you might ask? Check this movie out and have a great laugh when you find out.

CODA

When this won Best Picture at the Oscars, a lot of people were wondering what the heck just happened. However, when you see it, you will know that the Oscars got it right. Ruby is the only one in her family who isn't deaf, and when the family fishing business is threatened, she is torn between leaving for college and helping them navigate the tough dealings — which they can't do properly. Truly great performances up and down, including the Best Supporting Actor winning performance by Troy Kotsur.

So, sit by the fire this fall (as always, please ensure you have a fireplace before setting a fire) and enjoy each one of these movie treasures. I don't think you'll regret it for one second!

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Tendonitis



VERONICA ROGOVSKY
PT

You may have heard this word get tossed around, but what does it actually mean? Tendonitis is an acute (sudden onset) inflammation of the tendon. A tendon attaches muscle to bone. This differs from a ligament, which attaches bone to bone.

Now there are a few other terms that are used when talking about tendonitis, so let's define them. Tendinosis is a chronic (persistent/reoccurring) inflammation of the tendon, and tendinopathy is an overall encompassing term to describe conditions related to tendons. Tendinopathy symptoms can include tenderness, redness, swelling, warmth and pain.

While it may seem as if the symptoms appeared one day randomly, it is usually due to a gradu-

al build up of negligible repetitive movements. It can however be also caused by a one-time forceful event.

Tendinopathy can occur at any tendon, but some more common sites include:

- shoulder (rotator cuff)
- elbow (tennis/golfer's elbow)
- thumb (De Quervain's)
- hip (hip flexor), knee (patellar tendon)
- ankle (achilles tendon)

There are a couple of strategies used to treat tendinopathy. For starters, it is a good idea to rest and to avoid the activity that is causing you pain. You could use ice, heat and bracing to manage the symptoms as well. However, these shouldn't be the only strategies. We have to think about how the pain got there in the first place. Pain can arise from certain

Your physiotherapist has specific techniques to help you figure out which muscles need to be stretched and which ones need to be strengthened.

muscles overworking and other muscles under working. To treat the root cause we need to figure out where these muscle imbalances lie. These muscle imbalances can occur due to the nature of your job, prolonged postures, old injuries and/or previous surgeries. When you are constantly in the same prolonged posture, or using the same muscles over and over again, or healing from an injury, the body will start to create compensation strategies to help it move, some of which aren't helpful and can actually cause pain!

So how do we find and fix these imbalances? Your physiotherapist has specific techniques to help you figure out which muscles need to be stretched and which ones need to be strengthened. Since all

bodies are different, no two treatment plans will look alike, even if two people have pain in the same area!

Let's talk prevention. Because we now know pain can arise due to muscle imbalances and poor compensation strategies, we should be working towards creating balance. Let's say you find yourself frequently in one position or overusing certain muscles. Make sure you are a) changing positions frequently, and b) strength training the muscles opposite to your overworking ones.

The goal is to bring the pain down now, but also to prevent the pain from returning in the future. By treating your tendinopathy at the cause, we do both.

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

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Art Lending of Ottawa: looking forward to holiday giving

by Christiane Kingsley

Art Lending of Ottawa (ALO) Fall Show and Sale was on September 24th and ALO is now looking forward to its Winter Art Show on December 10, at the R.A. Centre on Riverside Drive. There will be free admission, free parking and door prizes. This September we invited a dozen excellent local artists to join ALO and know that these members will add greatly to the diversity of the artwork that we offer.

ALO is a not-for-profit artists' cooperative established in 1970 in Ottawa with a very unique mission: to make high quality art affordable for more people. To achieve this, it offers artwork not only for sale, but also for rental. For a small fee, our clients can create beautiful change in their own space with new original art every three months if they wish and apply the rental fees against the purchase price if they decide to keep an artwork.

For holiday giving, ALO is offering its patrons something very special this December. Why not rent a painting for a friend and make their home more beautiful with this thoughtful gift? At the end of the three-month rental, you or your friend may decide to

Mission:
To make high-quality art affordable for more people.

renew the rental, buy the painting or return it to ALO.

Our patrons can feel confident regarding the quality of the art since all of the ALO artists have gone through a jurying process and have been carefully selected. These artists are from the Ottawa area and many of them have won prestigious awards and most have been developing their artistic skills through years of practice or through courses with renowned teachers.

One of these award-winning artists is Anne Remmer Thompson, a watercolour and acrylic painter and teacher. At a young age, she studied at the National Gallery with members of the Group of Seven. Anne went on to study art extensively, to be recipient of many awards, to have numerous successful solo and

group shows. Her paintings are in hundreds of public and private collections throughout Canada, the USA, and Europe. Anne has found time to support many art organizations and in 2022 she is one of the driving forces behind ALO. Anne states that ALO excited her in 1970 and still does since it allows so many people to enjoy the magic of original art.

Like Anne, Linda Bordage is another of our award-winning artists working hard to keep ALO as a thriving, energetic group. This busy artist dedicates a good portion of her time to ensure the running of ALO. She was juried in as an artist member in 2016 and became President five years ago. She was instrumental in allowing ALO to survive through the pandemic by developing our on-line business. Now that we have returned to live shows, Linda continues to astonish us with her boundless support of ALO and her talent for working with people.

In spite of all this work, Linda still makes time to create beautiful art and teach art to children

and new immigrants. Linda's art is a testimonial to the artistic variety at ALO: she works in oil, watercolour, acrylic, pastel, alcohol ink, print making and lately she has been creating stunning mosaics! For Linda, each medium offers another way to express the subject, the light and unique emotions.

On December 10th, do drop by our ALO art show and feel the magic of Anne's simple, peaceful style, of Linda's new exciting creations and the beauty and originality of artwork created by more than 30 excellent local artists. At the same time, think how art may enrich a friend's life.

Art Lending of Ottawa Winter Show

December 10th, 10am to 4pm
R.A. Centre, Outaouais Room
2451 Riverside Drive, Ottawa
www.artlendingofottawa.ca
Facebook: /artlending613
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Christiane Kingsley is an award-winning Ottawa artist who has been showing with ALO for over five years.



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Award-winning artist, Linda Bordage, snapped these two photos, sharing just one small section of the exhibition in September at Art Lending of Ottawa (ALO).



A Message from Councillor Jean Cloutier

Dear Neighbours and Friends,

It has been a privilege and an honour to serve as Alta Vista's Councillor for the past 8 years. I am proud of all we have accomplished together. I look forward to watching our community, neighbourhoods and city continue to grow into the world-class capital we are.

The past few years have been difficult for all of us, but I have confidence in our very bright future. Alta Vista is quickly becoming one of the most dynamic wards in the City. I am proud to live here and to have served my community. I am excited to see what's next for all of us and I look forward to engaging as a resident of Alta Vista once again, as I've done for the past 35 years.

Over my time in office, I have had the pleasure of working with many of you. Participation in city issues has increased significantly over the past term, particularly in Alta Vista, and it continues to increase. I encourage you to continue engaging and to keep having those conversations with your elected officials and neighbours; even when those conversations become difficult. By working together with integrity and commitment we will find the solutions and consensus to our toughest problems.

To each of you who has gotten involved in their neighbourhoods and who has reached out with genuine determination to make their community a better place, thank you. My time as your representative has been so much more rewarding, worthwhile and fruitful as a result of your engagement. Your engagement will be just as important with our next Councillor.

Halloween Safety



With summer in our rear-view mirrors, Halloween steadily approaches. I would like to take a moment to remind everyone how important safety is on Halloween night. As you and your family start to brainstorm what costume you will wear this year, please consider how you can incorporate reflective items into your costume so you can be visible when the sun goes down. Reflective tape, arm bands and glowsticks are excellent methods to increase a child's visibility.

Wishing everyone a safe and spooky Halloween!

Smoke Alarm Battery

Wake Up! Alta Vista - Did you know? Electrically connected smoke and/or carbon monoxide alarms may not work when the power goes out. Have battery back-up it could save your life.



Fall Waste and Leaf Disposal

Did you know that fallen leaves make good mulch for garden beds? They also provide overwintering shelter for many species of butterflies and bees.

For more information on how "leaving the leaves" benefits pollinators, look up "Leave the leaves!" from Xerces Society

Canadians have begun to be much more diverse with their food choices

by Carole Moul

In August 2016, Lindsay William-Ross wrote an article for the Daily Hive, a popular Canadian-born online news source. She titled her story, ‘How Asian food has become the star of Canada’s culinary scene’.

The following year, Statista a statistics portal that integrates thousands of diverse topics of data and facts from a wide range of sources, interviewed Canadians to find out the most popular food they eat both at home and in restaurants. Their Industry Overview reported that when they are restaurant dining the most popular cuisine among consumers in Canada as of March 2017, was Chinese. Statista then added our preferences for eating other restaurant food and learned from their surveys that Japanese, American (our familiar food fare), Thai, Italian, Greek, Vietnamese, Indian, Mexican, Middle Eastern, and Mediterranean cuisine- rounded out the top ten choices when dining out. Indeed there were many more.



Canada’s food scene then could well be described as ‘global’ with options too numerous to list from our ‘culinary mosaic’.

Not surprisingly, the media abounds with countless articles about Canada’s phenomenal global food landscape and the reason the media can do this is simple.

Each year, hundreds of thousands of new immigrants from just about every corner of the globe begin to call Canada ‘home’. And, one of the best things about Canada’s multiculturalism is that we are able to find out about authentic food from almost all over the world. Moreover, we want to experience this culinary mosaic.

As a result, many more Canadians today are immersing themselves in discovering new and de-

licious food choices. Yes, many Canadians like to travel or are living abroad, no doubt bringing back with them the tastes they have acquired. It would appear, however, that requests from Canadians wanting to experience global cuisines is probably much more home-grown because of the people settling here.

The diversity of tastes, flavours, and aromas in the various global cuisines is no doubt a real drawing card for choosing our newly discovered foods. Flavours vary considerably, and with so many possibilities we now have the opportunity to not only appreciate but visit the wide selection of various eating places being introduced to diners with these diverse cuisines. Options one might add, that go well beyond the various foods we probably experience within our own kitchens.

Canada’s culinary history is still unfolding, evolving and adapting. We are a relatively young country and as such are fortunate that many newcomers from older cul-

tures are bringing their time-honoured food influences here.

Unquestionably, we are becoming completely international with our multicultural food offerings and the food on our plates both at home and in our restaurants has evolved into being a dining experience that is the sum of many diverse cultures.

Now, aren’t we fortunate then to be able to say that this is how we like our Canadian food? Moreover, isn’t it incredible how easily this seems to have happened?

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





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TRINITY COMMUNITY GARDEN

Trinity Community Garden celebrates its tenth anniversary

by Bernadette Bailey

Trinity Community Garden is very excited to celebrate its Tenth Anniversary this year. The occasion was marked in June by a gathering of gardeners at the garden to share cake, refreshments and memories. On this occasion a goodbye and thank you were also said to Pastor Frank Chouinard prior to his move away from Ottawa.

The garden is located on land owned by Trinity Church of the Nazarene at the corner of Avalon Place and Braydon Ave. Over ten years ago Pastor Frank and the congregation began discussing their desire to make some purposeful use of the land along with a wish to engage with the community.

In discussions with Kris Nanda of the Riverview Park Community Association, the idea of a community garden was born. A workshop to be hosted by A Rocha, a Christian environmental stewardship organization working in conservation, environmental education and sustainable agriculture was arranged. There was a very good turnout at the meeting, with thanks to the announcement in this community newspaper.

At the commencement of the workshop, participants were given handouts. The first item read was this quote by Margaret Mead. "Never doubt that a small group of thoughtful, committed individuals can change the world, it's the only thing that ever has." This was followed by a list of the benefits of community gardening which included: increased community ownership and stewardship, bringing together people from a wide variety of backgrounds, teaching where food comes from, teaching issues of environmental sustainability, and bringing youth closer to nature.

It was an inspiring workshop and resulted in a volunteer committee being formed to work with Pastor Frank in order to create a pilot project and plan for the next year with the hope of having plots to offer to the community. During this year, members of the committee also attended a workshop of the Community Gardening Network (CGN) on 'Beginning a Community Garden'. The CGN is an initiative of Just Food, a local, non-profit, community-based organization that works on both rural and urban food and farming issues in Ottawa and the surrounding region. A grant was



In the beginning... Trinity Community Garden, May 2012.

received from the CGN, which, along with our own fund raising, allowed us to purchase a shed, tools and water barrels.

In 2012 plots were made available to the community and 11 gardeners joined us, followed by seven and then 13 in the next two years. As there was excess space in the allotted area, some interested gardeners requested and received two plots. By this time this gathering of gardeners was becoming a community. As well as maintaining their own plots, gardeners shared in tasks necessary for maintaining the garden space. They also came together in the spring and fall for work days and enjoyed potluck lunches. In 2014 a communal herb garden was created with a variety of herbs that all gardeners could use.

The following year we began to make donations to the local food bank of surplus from gardener's plots and from surplus plots. As the garden expanded in membership and scope it became apparent that the volunteer tasks needed to be better organized and so work teams were created, with each team being responsible for specific tasks; ensuring the water barrels remain filled, maintaining the compost system, caring for the herb garden, planting and maintaining the donation plots, and controlling weed growth in shared areas of the garden.

In 2016, a specific plot was designated as a donation plot to be planted with the sole purpose of supplying produce to the food bank. A small pollinator plot was also created. During these years, new gardeners continued to join us each year until all of the available plots were occupied.

Each year there is some turnover in membership, however there are many that return year after year. Along with caring for



Pastor Franklin Chouinard, fondly referred to as Pastor Frank, was presented with this unique handcrafted stained glass memento at a retirement celebration in his honour. Designed by Bernadette and Stewart Bailey, and crafted by Carleen Ridley, this keepsake should serve as a reminder of all the gardeners who appreciated his continued support over the past ten years.

their own plots, improvements to the garden as a whole continued. In 2018 a lovely pollinator garden was created along the back perimeter. In 2019 landscape fabric was laid on the pathways between the plots and covered with mulch. This was a much enjoyed improvement as many of these pathways were difficult to maintain. This was also the year that we began to replace the water barrels with water tanks. This greatly reduced the time and effort necessary to refill the supply as well as making filling the watering cans more efficient for the gardeners. There are now three of these tanks located in different areas of the garden.

In 2020, because of a consistent waiting list, and in keeping with the CGN's guidelines of one plot per person, the decision was made to eliminate double plots.

This resulted in the addition of eight available single plots. Another grant was gratefully received from the CGN which enabled us to build uniform wooden borders around the plots with mulch between them, making them more accessible. That year, and in each subsequent year, 42 plots have been used by community members and we maintain a waiting list. In addition to this, there are now two plots that are designated for donation which provide fresh produce for the Food Bank located in Blair Court.

Over the years, the team has altered what is planted based on what has been most enjoyed by the clientele. In addition to the produce from these plots, gardeners may offer excess food from their individual plots. The amount donated has steadily increased over the years, with the last two years seeing an average annual donation of 500 pounds of fresh produce.

In 2020 the pollinator garden was expanded to extend all along the west side. This garden is planted entirely with native plants to support the bees and other pollinators that we all rely on. In addition a new work team was created to control invasive species. Many of these species can very easily invade a natural area and this has been true for the garden, especially Buckthorn.

In 2022, a perennial plot was created for gardeners to share in the harvest of perennial produce such as rhubarb and strawberries.

The Community Garden is a place where people go to grow their own vegetables, but it is also much more than that. It is a place where people meet their neighbours, learn from each other, encounter people not only from different backgrounds but a wide range of ages. It is also a place that cares for more than the individual, having the herb garden and perennial intended for sharing with each other.

The garden cares for those in the community that have limited access to fresh produce through its donations to the food bank. It attempts to care for the natural environment through the control of invasive species and planting of native ones and those attractive to pollinators. We believe the connections made here can serve to strengthen the community as a whole, and that this little garden has become a great asset to Riverview Park.

Trinity Community Garden loses vegetables to theft again this year

by Rhonda Turner

This year's garden season has been very prolific with produce. Many Trinity Community Garden members start seedlings in their homes as early as mid January. They start plants from seeds, carefully tending to them, grow lights and perhaps repotting several times. Once warm weather arrives gardeners take these seedlings and plant them in their garden plots carefully nurturing these plants by watering, weeding and looking after them all summer long hoping for some reward with long awaited vegetables. At this time of the season beets and peppers are ready to be harvested.

Unfortunately, again this year, along with the usual rabbits, squirrels and rodents raiding the garden Trinity Garden has fallen victim to someone stealing beets and peppers. The culprit(s) may not be aware that through donation plots and individual garden-

The culprit(s) may not be aware that, through donation plots and individual gardener's generosity, Trinity Community Garden contributes every second week to Blair Court Food Bank.

er's generosity Trinity Community Garden contributes every second week to Blair Court Food Bank. They are not only stealing from individual gardeners, but, also from a community that is in need. Trinity Gardens contributed 259 lbs. of produce to the Blair Court Food Bank in 2020 and 563 lbs. in 2021. I am sure the thieves will not even see this article, but, perhaps someone within their circle may and hopefully speak up.

Envirotips for October

by Kris Nanda

Re-use old Milk Bags to portion out meat and vegetables and fruit for freezing.

Buy bamboo toothbrushes – They are biodegradable and come from a renewable source, unlike plastic. Plastic toothbrushes are the second largest category of plastic waste generated (after plastic bags).

Drop off extra and unused pet supplies at a local pet supply store. Many pet stores will accept your extra dry pet food or unopened cans, pet toys, shampoo, and so on, and will donate them to local animal shelters.

Re-use or make your own

Halloween costumes instead of buying a new one that will just be thrown out afterwards. You can create a costume out of things that are already around the house or you could re-use, borrow or lend an old costume.

Plant native wildflower seeds that will bloom in the spring. Late fall (before the ground freezes) is an ideal time to plant pollinator-friendly wildflowers that will attract bees and butterflies.

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


Pumpkins for the Planet

From the Ottawa south Eco-Action Network (OSEAN) Plans are in the works to host another 'Pumpkins for the Planet'. Intact pumpkins will go to Food for Thought. Carved pumpkins will go to farmers for their pigs. For more information and a volunteer form: <https://forms.gle/4rxaYuu7qz6Z6Ak7A>

Make your mark in the 2022 Municipal Elections

Vote at any one of the seven in-person voting opportunities:

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**Advance Vote Days**
October 7 and 14

**Voting Day**
October 24



Elections Ottawa



During Special Advance Vote Days, you can vote in person at any one of the nine voting places across the city. For Advance Vote Days and Voting Day, you can cast your ballot at your designated voting place. Use the "Where do I vote?" tool on ottawa.ca/vote to learn where and when you can vote. All voting places are fully accessible.


If you can't make it to a voting place, you can appoint a proxy to vote on your behalf.

Ottawa has new ward boundaries for the 2022 Municipal Elections and 2022-2026 Term of Council. Use the "Who is running in my ward?" tool on ottawa.ca/vote to verify your ward name and number, and to view the list of candidates running in your ward.

For more information about the 2022 Municipal Elections, visit ottawa.ca/vote or contact the City of Ottawa's Elections Office by phone at 613-580-2660 or by email at elections@ottawa.ca.



 Elections Ottawa

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2022-002_31

Life has its own seasons and each season has its own beauty

Shared by Giorgina Bodea –
Activity Manager at Riverpath
Retirement Community

It is never too early or too late to cultivate those qualities in ourselves that help us to be happy and productive during retirement. From our youth we should learn certain habits that will make our lives beautiful as we age: moderation, wisdom, clear thinking, and the ability to enjoy all that life has to offer. At Riverpath we learn with and from our residents how to be happy.

Someone said that the formula of life is very simple: in the morning we wake up and in the evening we go to bed. But in between, we

need to fill our time as usefully as possible. That's exactly what we do here at Riverpath every day.

This summer we had our clubs: gardening, bridge, chess, dominoes, etc. There were picnics on the grass and on a boat and there was entertainment. Successful events included outings and trips out of town, painting and movie nights, rooftop parties, and tasty BBQs. Visits from the city's politicians were also appreciated. If you want to see for yourself our many activities, you are always welcome to visit us at Riverpath.

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Upcoming Maplewood highlights for October / November / December

OCTOBER Oktoberfest Dinner and Dance Thursday, October 6th from 7:00 p.m. to 8:00 p.m.	Witches Tea The Mobile Millinery Museum Presents: "Arsenic and old Hats" Saturday, October 29th, from 2:00 pm. to 3:00 pm.	Holly Jolly Holiday Bazaar Saturday, November 19th, from 10:00 a.m. to 3:00 p.m.	Jazz and Champagne NYE Party Saturday, December 31st, from 7:00 p.m. to 8:00 p.m.
Chili Cook Off Lunch Thursday, October 13th from 11:30 p.m. to 2:00 p.m.	NOVEMBER Sentimental Journey Sing-along Thursday, November 10th, from 2:30 a.m. to 3:30 p.m.	DECEMBER Joy to December Singing; Cocktails; Celebration Thursday, December 1st, from 2:30 p.m. to 3:30 p.m.	<i>Call Brian today to book a personal visit! 613-656-0556 Ext. 701 Catch Up to Our Fun on the Run!</i>

Catch up to our fun on the run!

Shared by Rosal Yade, Activity Manager, Maplewood Retirement Community



Our residents enjoyed first class entertainment as we celebrated taking in the arts once again! A trip to the NAC for the Pops Learner & Loewe Broadway concert was so special for too many reasons to count!



Our monthly "Cooking with friends" nights are a big hit! It's all hands on deck as our residents help out and cook a delicious meal along with our fabulous Activities Team! Cheers to good times and great food!



Hoedown Happy! Another lunchtime party where the grill is hot and centre! Our Residents and staff enjoyed a delicious Tex Mex BBQ of pulled pork, sweet grilled corn on the cob with homemade mac 'n cheese and more!



A night out on the town! We checked out the absolutely beautiful and Ottawa's own "Ottawa Art Gallery". The Classic Theatre put on an incredible production of "The Fourposter". What a beautiful venue right in the heart of Ottawa!



Celebrating the fruits of the season had us enjoying weekly socials from Blueberry Fest, Strawberry Socials, Applefest and this one pictured, our Life's a Peach Social!

INTERESTING CANADIANS

This was where the biggies came to record

by Bruce Ricketts

In 1936, my father, George Ricketts, joined the Canadian Army, Non-Permanent Active Militia (NPAM) under the Governor General's Horse Guard (GGHG). He learned how to march, ride and fire a weapon. He also learned how to be a drummer in the GGHG's marching band. After the war, he joined the RCAF and continued to play the drums.

In the mid 1950s, when we were based in Lachine, Quebec, he met a fellow drummer, a civilian named André Perry. Mr. Perry was at our place for dinner on occasion. When we moved from Lachine to Trenton, I lost sight of Mr. Perry: that was until I read about his connection to the Bee Gees on a website, ottawarewind.com.

Mr. Perry was an extremely accomplished drummer and studio musician. In 1962 he opened a recording studio in the Brossard suburb of Montreal where he recorded and promoted such rising Quebec artists as Jean-Pierre Ferland and Robert Charlebois. A technical wizard, he developed the first ever music synthesizer which he called the Moog. His reputation for innovation was awarded by being tasked to produce the opening and closing music for the 1976 Montreal Olympics, and in 1969 he recorded what became John Lennon's most famous piece: *Give Peace a Chance*.

But it is 1974, upon which I want to focus my attention. In that year he acquired a tract of land on a small lake near Morin Heights, northeast of Ottawa. It was here he built Le Studio, a recording studio like no other.

Up to that time, recording studios were wall-enclosed rooms, usually in city environs with visiting musicians staying in nearby hotels. Le Studio broke all those norms. Le Studio was called an *environmental recording studio*, built in the country with lots of glass and natural light and facilities for musicians in which to live for extended periods.

It should not come as a surprise that musicians loved the place. Artists such as David Bowie, Sting, Roberta Flack, Cat Stevens, Chicago, April Wine, Bryan Adams, the Police, Kim Mitchell, Keith Richards and many more, including the Bee Gees, were attracted by the am-



Le Studio 2010



Bee Gees



David Bowie



André Perry 1956. ALL IMAGES WWW.ANDREPERRYSTUDIO.COM



Le Studio 2020

biance of the locale and the quality of the recording, to work at Le Studio.

Over the years, Le Studio was augmented by video and graphics facilities: all first class. Television productions, such as *The World Challenge* with Peter Ustinov, the *Itzhak Perlman violin special* and many more were produced at Le

Studio.

In 2007 the 235 acres site was sold for \$2.5 million. The new owners intended to convert the area into a retreat and spa, but plans fell through. It remained vacant and in disrepair, when in August of 2017, a fire, probably arson, raced through the residential area of the site, destroying it.

The studio area remained standing until October 2020, when it was bulldozed to rubble.

Le Studio became the model for more modern recording and production facilities around the world and André Perry is still doing his part as President of Fidelio Technologies Inc., still in Montreal.

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Riverview Park Review

SECTION TWO

OCTOBER 2022

A Voice of Riverview Park

NOVEMBER 2022

Anyone remember Bobby Breen?

by Bill Fairbairn

Children in World War II Scotland found American flicks a solace when food and candy rationing went into law in Britain, especially a solace in London where Buckingham Palace was bombed and in Glasgow where its shipbuilding yards were German bomber targets.

The movies my mother took me to featured more than the three-penny Saturday afternoon Hopalong Cassidy and Gabby Hayes western or the not-so-bad Bud Abbott and Lou Costello comedy. She took me to films featuring the late Bobby Breen, the Montreal-born child of poor Ukrainian refugees who, at age four, became a soprano singer and actor of Hollywood vintage. He also was the best wartime tonic for me in war-weary Scotland. My mam said I visually resembled Breen, but could I act or sing like him? No, never.

As the bombs fall in Ukraine today children on the receiving



Bobby Breen

end would, like me, no doubt benefit from a Bobby Breen singing the wartime blues away. That's not just because he was Ukrainian like them. As a child he was also an international star whose singing talent was discovered at age three by his sister Sally, herself an aspiring musical student who was years his senior and who with music teacher help took him to Hollywood.

Little did she know her young brother would soon become a song and act challenge in cinemas all over the world to contemporaries such as Canada's Deanna Durbin and America's Shirley Temple.

Breen was born Isadore Borsuk on November 4, 1927, in Montreal. After Hollywood singing lessons he was signed to RKO Radio Pictures and in 1936 he became a regular performer on Eddie Cantor's weekly radio show. Soon he was known for his vocal abilities as a combination of Nelson Eddy and Al Jolson and still he was a child. His foreign-sounding last name of Borsuk soon had been anglicised to Breen.

When he signed a deal with Decca, Breen, on a run of 78 rpm records became a national hit and he made movies with RKO. He starred in nine films, his first, Let's Sing Again in 1936, to Johnny Doughboy in 1942, appearing opposite Jane Withers. He enlisted in the U.S. Army in World War II and, along with fellow Hollywood actor Mickey Rooney, was soon assigned to entertain troops. For his war effort he was awarded the Bronze Star Medal.

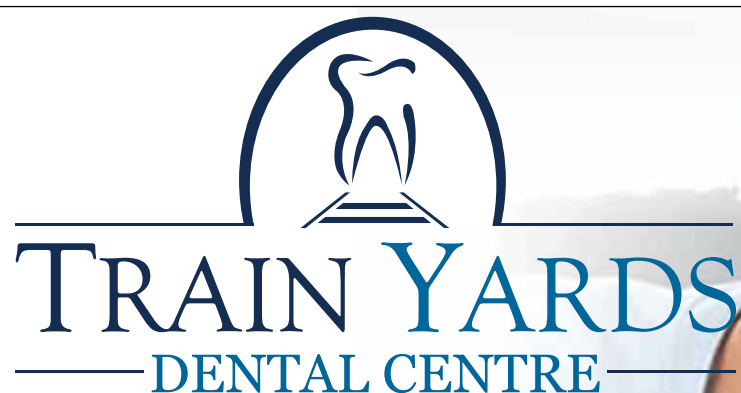
Breen sang in many parts of the world until his voice and his heart

broke reading a 1977 article in my Scottish home town newspaper. His words:

"When you've been a child star and suddenly find yourself with a husky voice, it's hard to convince agents that you're not over the hill. I stopped singing at 16 because of the huskiness and took up the piano. I had a knack for it. But never wanted to be a concert pianist. I just wanted to be back in the world I had known all my life."

Breen tried singing lessons again to reinvent himself by adopting to a new tenor singing style. In 1953, Breen appeared on ABC's reality show The Comeback Story to explain how his career nosedived. In later years he and his wife, Audrey, focused on hiring aged stars of the past including Debbie Reynolds, Mickey Rooney and Ann Blyth.

In 2016, he died aged 90 of natural causes in Pompano Beach, Florida, three days after Audrey's death.



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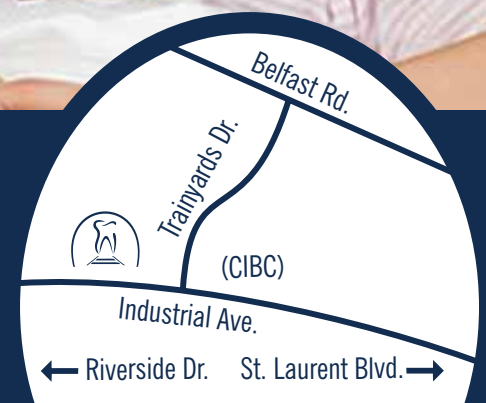
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RIVERVIEW PARK PRESIDENT’S REPORT

Happy fall!



BRYAN ORENDORFF
RPCA President

Welcome to fall, everyone. I hope you all had an excellent summer. Mine was marked by poor vegetable garden performance that was matched only by my determination to grow bigger, better, and more successfully than ever before! Seriously, the vegetable crop was so bad this year that a rogue tomato plant growing in dust beneath a bag of garden rocks beat out every vegetable I had in the garden. But the weather was wonderful and I enjoyed getting outside and talking with my neighbours.

But as fall approaches, it is that time of year again and the Riverview Park Community Association (RPCA) will be hosting our Annual General Meeting (AGM) on Wednesday, October 19th starting at 7PM. Doors will open



at 6:30PM. That’s right, there will be physical doors! Unlike the last couple years, this meeting will once again be in person. There will be a virtual option for those who so prefer, but we will be primarily meeting face to face at the Hillcrest High School cafeteria. (Front door entrance.) It promises to be an interesting meeting where the candidates for City Council will be gathered to say a few words and to speak with those in attendance. If you are interested in joining the association, the AGM is a great time to start. And if you are particularly keen and wish to join the board,

The Annual General Meeting will mark the end of my time as president of the association. I’ve held the position for four years now and what an interesting four years they have been.

please reach out to me. We are always happy to have more help.

The Annual General Meeting will mark the end of my time as president of the association. I’ve held the position for four years now and what an interesting four years they have been. When I started out, I never would have expected events to unroll quite the way they have. There was so much more I had hoped to do and hoped to see done, but ambition sometimes has to take a back seat to events. It is now time for some new leadership to take us on the

next steps of our journey, and I have every confidence that our next president will help push us down the path.

I’m looking forward to the changing of the leaves and I know my children are looking forward to the giant leaf pile they will get to jump into. It is one of the great joyous events of their year. Every year I try to build it a little higher. We’ll see how high I can get it to go this year. I’m also looking forward to Halloween. Our community does such a great job with decorations and I expect this year will be no exception. And I promise, this year I will have enough candy on hand that we don’t close up early for the night!

Sadly, this will be my final opportunity to write this column before it is taken up by someone else. I hope you have enjoyed reading them as much as I have enjoyed writing for you. I wish you all the best and hope you will join us October 19th for the Annual General Meeting.

For more information, check out our website at www.RiverviewPark.ca, drop me a line at riverview-parkca@gmail.com with your questions or thoughts, and/or come to our next virtual RPCA Board meeting on October 12th.

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FRIENDS OF RIVERVIEW PARK GREEN SPACES

October update

by Ron Ridley

It has been a long summer in many ways! The weather has been great for so long, the growing season equally long, the walking season beautifully long, and unfortunately, the time for the City of Ottawa to approve our plans has been overly long!

FoRPGS started working with the City in the fall of 2021 to get approval to plant a pollinator garden by the toboggan hill as part of the Healthy Communities grant we were awarded. Covid spawned a lot of interest in communities to improve their neighbourhoods, but the City did not have a permit mechanism to manage these community lead improvements. Unfortunately, our work got caught up in this same process development and we did not receive the new City Improvement Forms for the process until June. We submitted our plans as soon as possible and have been waiting ever since. The last we heard was that the Transportation department had to be involved because the Hospital Link Road is slated to be expanded sometime around 2030, if it ever even happens, and our garden would have to be removed! We have continued to work with the City of Ottawa Corporate Real Estate department and have recently been told our permit is imminent so there is a light at the end of the tunnel.

The part I find most incredible is that our scope of work is simply to build a raised garden and plant native pollinator plants – no services, no excavations, no structures, etc. that would be of concern – I cannot really imagine more benign improvements.

Through this past winter/spring FoRPGS volunteers nurtured ~1,000 plants to a healthy planting size in expectation of receiving an early permit so an imminent permit would be awesome.

As a trial, FoRPGS has planted some small pollinator gardens in and around Riverview Park to get some plants in the ground and develop some seed sources. The accompanying picture shows our best one so far near the west end of Knox with others near Balena on the hydro corridor.

To continue addressing invasive species in Riverview Park, FoRPGS has applied to the City



for additional “Consent to Enter” permits to address invasive/obnoxious plant/tree species in the following parks: Dale, Rail Line, Riverview, Coronation, and Balena to go with the one we have or the Hospital Link Road woods. These permits are required for any invasives work and are common with community associations wanting to do invasives work around the city.

Elsewhere in the RPR you can read about the great work by the FoRPGS group in conjunction with Browning area residents resurrecting three large oak trees saving them from buckthorn. FoRPGS is looking to project out this “sponsorship” model with other trees on the corridor where a family, group or street could get together and rescue a tree from the ravages of buckthorn which overtime will outcompete and choke the native tree. There are some great examples of beautiful

pine trees near the west end of Knox Crescent that have been saved and are doing great. Similarly, there are two service berry trees and an apple tree that have been saved from buckthorn at the east end of Knox Crescent.

Work with FoRPGS, the councilor’s office and Ontario Hydro pretty much ground to a halt in the spring. Similarly, requests to Ontario Hydro, Ottawa Hydro, and the City to address the poison ivy on the hydro corridor and woods fell on deaf ears – I understand this was because of all the added municipal work to clean up after the derecho. On the plus side, Ontario Hydro did come back and repair the huge truck tire rut damage they did to the hydro corridor.

FoRPGS has applied to the City for the Fall Cleaning the Capital program – our planned date is 16 October with a rain date of 23 October. More information will

be posted on the FoRPGS and RPCA Facebook page/website.

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

Similarly, we are looking for interested individuals to help decide on our plans for outdoor fitness stations in the Corridor woods and path way improvements.

We will be re-starting our weekend FoRPGS work sessions shortly – if you would like more information or to join the group, please connect with us at FoRPGSOttawa@gmail.com



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Did Sherlock Holmes ride a bicycle?

by Brian McGurrian

When I read Geoff Radnor’s fine article on the history of bicycles in the April 2021 edition of the *Riverview Park Review*, I was immediately reminded of a charming old song composed by Englishman Harry Dacre. When Dacre came to the ‘States’ for a visit in 1892 he was shocked that a customs officer charged an import fee for his bicycle; and when an amused friend said it was a darn good thing it wasn’t a bicycle built for two or the fee might have been doubled, that was all the inspiration Dacre needed to create Daisy Bell, a song that quickly became an enduring hit.

*Daisy, Daisy, give me your answer do
I’m half crazy all for the love of you
It won’t be a stylish marriage
I can’t afford a carriage
But you’ll look sweet upon the seat
Of a bicycle built for two*

You may be curious to know why anyone making a trans-Atlantic voyage would bother to bring along his bicycle, but in the 1890s, people were bicycle-mad. Canadian author Peter Newman reminds us that the 1890s was a

time when ordinary folks began to experience a bit more leisure, and that the bicycle “endowed city dwellers with mobility and freedom.”

But there was great concern that the new-style bikes would encourage young women to go out riding unchaperoned - and (horrors!) perhaps even encourage elopements! Believe it or not, in the 1890s, even engaged couples could not appear in public without a chaperone, usually a married aunt, and the bicycle was seen as an agent of social change that would undermine strict Victorian values.

Just as troubling to some moralists of the day, female cyclists often wore bloomers a divided women’s garment for the lower body, which was seen as a bold statement of women’s rights (so

named after women’s rights activist Amelia Bloomer),

The popularity of Dacre’s *Daisy Bell* song in the London music halls was no doubt also due to his choice of the girl’s name, because there was a notorious real-life Daisy who happened to be an attractive English countess who was not only a keen cyclist, but also reputed to have had many extramarital affairs, including even with the womanizing future king of England, Prince Edward (and by the way, Edward was also a keen cyclist.)

The English music hall audiences obviously loved this gossipy stuff, and the song quickly acquired amusing parodies, such as:

*Harry, Harry, here is my answer true
You’re half crazy if you think that*

*that will do
If you can’t afford a carriage
There won’t be any marriage
Cause I’ll be switched if I’ll get hitched
On a bicycle built for two.*

Aficionados of Sherlock Holmes will recall that 1892 was also the year that Arthur Conan Doyle famously decided to kill off his great detective in a violent struggle above Switzerland’s Reichenbach Falls, in which both Holmes and his nemesis, Professor Moriarty, plunge over the edge of the precipice.

But the popular outcry against the demise of Holmes was so widespread that men wore black armbands and more than 20,000 readers cancelled their subscriptions to the popular *Strand Magazine*, in which the Holmes stories were published. And so, by popular demand, Doyle was forced to resurrect Holmes beginning with a story titled *The Adventure of the Solitary Cyclist*, a tale about a young woman who feels threatened by a strange man who follows her on his bicycle.

So, you’re probably dying to know: did Sherlock ever ride a bicycle? I rather doubt it, but only Conan Doyle knows for sure.



Are you “WFH” (Working from home)?

by Geoff Radnor

There are two office buildings on Terminal Ave. And both are now empty, one was never occupied and that one was completed in 2017. That’s five years of emptiness. What is the government going to do about them?

Before Covid the plan was that the buildings would be gradually filled with federal government employees. The first one built was almost full of workers, but early in 2020 all the occupants were working from home, “WFH”.

Not a large percentage of workers want to return to work, it is about only 10%. The largest percentage wants to continue WFH. So, there is the remaining question, “What is, or will be the ‘new normal’?”

Who really likes commuting to Terminal Ave. from Orleans, Kanata or Barrhaven?

Residents of Riverview Park have quite short commute times if their offices are in central Ottawa. But anyone WFH really ap-



There are lots of empty office spaces all around the city.

preciates the better work/life balance it brings. Whereas I am well past employment age and only rely on prompt service from the federal government, my concerns about WFH are not personal. But I do worry about those two empty office buildings on Terminal Ave. Are there many similar buildings in Ottawa that I don’t know about?



John Fraser, MPP

Ottawa South

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PHOTOS: RHONDA TURNER

Slow down just a little and enjoy the beautiful and welcoming gardens of LeRoy Blake

by Rhonda Turner

Next time you are traveling southbound along Alta Vista between Tim’s and the Hospital Link Road please slow down and take a look at the gardens next to the

last house before the power lines. LeRoy Blake’s home garden is wonderful, and when he ran out of space at his home he extended and created a beautiful flower garden along the roadside on what is basically Hydro Ottawa property.

Over the last few years he has spread from just alongside his home to further and further up towards the lights. This beautiful garden consists of mostly perennials with some annuals filling in the gaps. It seems he is constant-

ly toiling in his garden, moving things here and there, all with gorgeous results. He has placed a little bench to take a short break, so please take notice to admire and appreciate the beautification he has created.



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ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

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LIBRARIES –OCTOBER/
NOVEMBER 2022

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

The Library has temporarily adjusted its hours of operation due to 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 **(10 AM to 8 PM effective October 11th)**
- Friday: 1 PM to 6 PM
- Saturday: 10 AM to 5 PM

CLOSED –Monday, October 10 – Thanksgiving Day, and Friday, November 11 – Remembrance Day

Most of the provincial Covid-19 restrictions have been lifted. Please note the following when visiting:

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Most 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.
- All seating is now available.
- 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 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

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.

BOARD GAME AND PUZ-
ZLE SWAP *NEW*

The Alta Vista Branch is now hosting a small, self-serve board game and puzzle swap, located on the shelves next to the washrooms on the main floor. Bring in a complete board game or puzzle and trade it in for one that is “new to you.” Please make sure that any games or puzzles that are brought in are complete with no pieces missing.

■CHILDRENS
PROGRAMMING

Family Storytime
Stories, rhymes and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program.
Wednesday mornings at 10:30 AM until December 14th. (30 minutes – All ages)

Babytime (Elmvale Acres branch)
Stories, rhymes and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program.
Wednesdays at 2 PM until November 30th. (30 minutes – 0 to 18 months)

■ADULT
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, October 20, 2022
John Banville
Thursday, November 17, 2022
LJ Ross

Book Banter (Alta Vista Branch)
Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month 2 PM – 3 PM. All are welcome.
Thursday, October 6, 2022
A Town Called Solace by Mary Lawson
Thursday, November 3, 2022
How To Pronounce Knife (Stories) by Souvankham Thammavongsa

Infusions Littéraires (Suc-

ursale Alta Vista)
Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.
Le lundi 17 octobre, 2022
Kukum, de Michel Jean
Le lundi 14 novembre, 2022 Dr. Antonio Paradis
– Le doux dragon de Claire Trépanier

Conversation Groups / Conversations en français (Succursale Elmvale Acres Branch)
English/anglais - Tuesdays at 7 PM. 60 minutes. All levels welcome.
Les mardis à 19h. 60 minutes. Bienvenue à tous.
French/français - Tuesdays at 6 PM. 60 minutes. All levels welcome.
Les mardis à 18h. 60 minutes. Bienvenue à tous.

Healthy Eating for Seniors (Elmvale Acres Branch)
Join Erin Kropac, a registered dietitian, as she provides some guidance on nutrition for older adults, including some tips and ideas to make healthy eating easy and enjoyable!
Wednesday, October 5th at 11:30 AM. 60 minutes. Registration Required.

Meal Planning on a Budget (Elmvale Acres Branch)
Join Erin Kropac, a registered dietitian, as she provides some meal planning basics as well as some cost-saving tips to ensure you and your family get the healthy foods you need while on a tight budget.
Saturday, October 29th at 2 PM. 60 minutes. Registration Required.

Please visit
CONTINUED ON PAGE 35



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More new towers are planned, but fewer mature trees

by Geoff Radnor

The three new residential towers planned by Starlight Developments on St Laurent Blvd. opposite the parking for Your Independent in the Elmvale Shopping Centre, are to be very close to the curve of St Laurent Blvd. and are to take the place of the many mature trees that are currently growing on the Starlight property. These three additional towers will join the two currently occupying the site that have been there for several years. I am sure that the developers will have plans for planting new trees in the small space left after the new

towers are built, however they do not show on many on the plans. And the replacement trees will be young growth and very different from those that will have to be destroyed if Starlight Developments proceed with their plans. RioCan's redevelopment plans for the shopping centre include Building "B", a 16 storey tower with 134 apartments just across St Laurent from Starlight's new towers. RioCan also has plans for a small park way back next to Othello Ave. One hopes that there will be new trees included in the



Not much space for any new trees on St Laurent Blvd.

plans for this park. The City of Ottawa panel have reviewed the original plans of Starlight and made the following comments: "an area where density is needed"; "add some retail"; "the towers appear to be top heavy"; "too much surface parking, it should be underground"; "this section of St Laurent has the potential to evolve into a commercial street"; "several mature trees could be retained"; and "the small park between the towers has some sun in June but not much in other

months". Whether the residents of the area like any of these suggested changes to the original plan is debatable. How do the residents of St. Laurent Blvd between Elmvale and Walkley Road, feel about commercialization especially as there is Hawthorne Public School on that section? In total there are eight residential towers planned in the area, three at Rio Can's Elmvale Shopping Centre, two on Othello at Pleasant Park and these three by Starlight. If they all get built, there are going to be a lot more people around, that's density for you!

ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

CONTINUED FROM PAGE 34
<https://bibliooottawalibrary.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.

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.

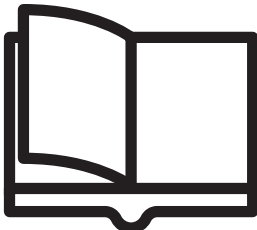
These resources include:

- 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: [https://](https://bibliooottawalibrary.ca/en/databases/search-all)

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The lights are on, but no one's home

Signs your home is unoccupied

by William Humphries
It goes without saying that hanging a sign on your front door letting everyone know your home is vacant while you and your family are sunning yourselves down south is probably not the most sensible thing to do. But as unwise as that sounds, there are some actions people take which come pretty close to doing exactly that.

We're just too excited!!
As close as you can get to putting a sign on your front door is announcing on social media that you're jetting off into the sun for three unfettered weeks of margarita mayhem. You probably have hundreds of Facebook "friends", who themselves have hundreds more "friends", so you can assume that somewhere in that intricate web of social connectivity is someone who would take a keen interest in your absence. And it's not just social media, think who else you may have slipped the news to: work colleagues, cab drivers, garbage men, doctors, dentists, barbers - pretty much anyone you recently chat-

ted with and couldn't hold back the exciting news.
Lights, curtains ... no action!!
As creatures of habit, we have fairly consistent routines while at home. Every day, we wake up at about the same time, we leave the house at about the same time, we go to bed at about the same time, we wish we had done something else with our lives at about the same time. But we're not robots; most days are slightly different from others and generally our daily routines are never exactly the same. When you're absent from your home, it doesn't take a PhD in Home Burglary to figure out the lights are on a timer and the curtains have remained unnaturally stationary over the course of a few days.

Keeping up appearances
Having a stuffed mailbox or a pile of parcels on the front doorstep is not normal "at home" behaviour. Not that they would stay there for too long anyway; after all, why would a thief risk entering a home when the goods are already waiting outside? You

must also think about unshoveled/untrampled snow, cars that never move, missing garbage cans on garbage day (or alternatively garbage cans left out for days after collection), disheveled flowerbeds and lengthy lawns.
So, what can you do?
Let's be honest - one doesn't have to be the brightest spark to figure out you're away for any extended period of time, but don't make it easier than it is. Staying off social media during your vacation is a great start. Wait until your return to talk about your life-changing trip.
Installing a security system is one way to protect yourself, although convicted criminals have said they can easily disarm one or that it didn't faze them since they are generally in and out before you can say "Hey, didn't we used to have a TV?". The presence of security cameras is a decent deterrent, and an alarm activated during the crime will ensure a quick exit stage left. Getting a large dog is another option, although obviously quite the commitment; remember what they say: "Dogs are for life, not just for

Christmas and home security". OK, I added the last bit myself.
At minimum, you need to make sure parcels are left at the back of the house (have a small permanent notice on the front door, or add a note to the delivery), and that either a neighbour collects your mail or the post office holds it and delivers it to you when you return.
Ultimately, non-repetitive change is the key to sowing seeds of doubt. If the curtains are partially open one day but fully open the next, with different lights on at different times, mail collected, garbage put out and taken in on time, pathways shoveled, lawns mowed, and cars moved, the would-be intruder will quickly move on to a safer bet. And as yet, our home assistant systems won't get the job done; the only way to accomplish that is to have someone visit your home on a regular basis, be it a neighbour, a friend, a relative, or a professional house sitter.

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Oaks liberated by gnomes

by Dale Wagner
Thanks to many "garden gnomes" from the community, three majestic oak trees have been rescued from the dreaded Buckthorn. Buckthorn in a non-native invasive species of shrub that spreads aggressively, engulfs and can eventually kill full grown trees. Once you know it, you realize it is everywhere in our neighbourhood. Buckthorn does not support any of our native wild life.
This was a real community effort with gnomes sawing, bun-

dling branches, putting bundles out for city collection, contributing a bench, and clearing away debris. Thank you to all the gnomes who helped out. (Gnomes being elusive creatures prefer to remain anonymous). Many hands made light work.
Check out the three oaks in the power corridor that runs behind Browning Avenue. Stop and enjoy the shade that is now accessible under these wonderful trees.
Is there a tree near you that needs to be rescued? Check out the *Ontario Invasive Plants Coun-*

cil — Best Management Practices for how to remove Buckthorn, Dog-Strangling Vine and other invasive plants from your yard or community.

Fun Gnome Facts:

Gnomes are ageless dwarves of folklore who live in the earth and usually guard treasure. They are always born as twins. The mortal enemy of gnomes are trolls.



Work partially completed. Two of three trees cleared of Buckthorn.



Local resident and Skipper the dog enjoy the shade of newly rescued trees. PHOTOS: DALE WAGNER

Origin | Destination
Survey

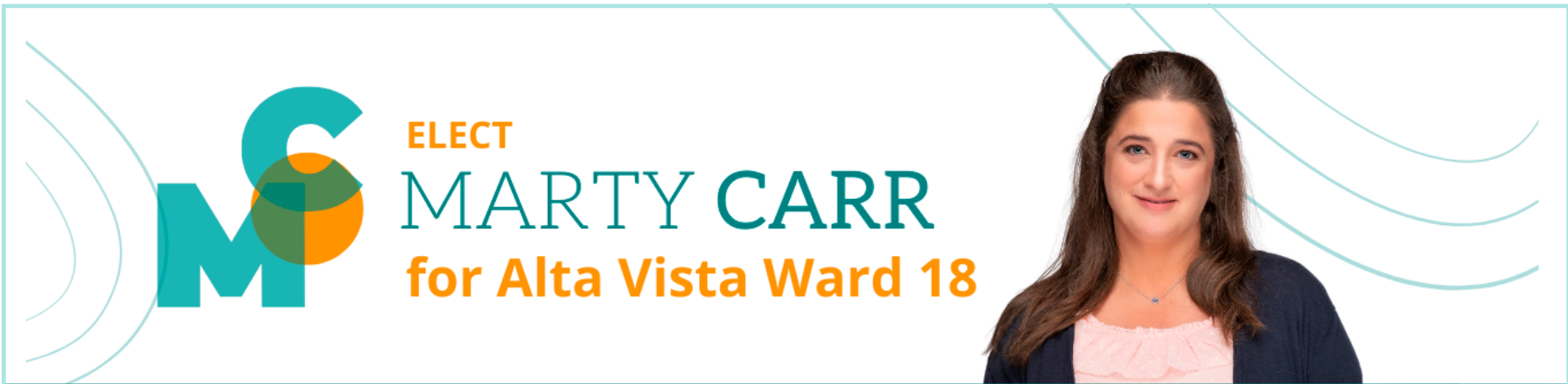
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Marty has been a strong supporter of the Alta Vista community for over 12 years. She delivers results that matter to residents of Alta Vista.

Her accomplishments include:

Community Well-being

- Championed the giving of \$2,500 from the AVCA to the Heron Emergency Food Centre during the COVID 19 pandemic
- Initiated the process for Blair Court Community House to have charitable status that was ultimately successful
- Led efforts to replace the Alta Vista Public School Kindergarten playground structure

Inclusive and accessible services

- Introduced the Alta Vista Farmers’ Market to the community
- Co-led fundraising for the Ridgemont High School prom to ensure over 100 students could attend
- Provided significant input into the Heron Gate Social Contract to ensure protection for existing residents, creation of over 1,000 affordable housing units, and \$350,000 for redevelopment of Sandalwood Park

Creating a sustainable community

- Led the AVCA’s response to Ottawa’s new Official Plan, working with city staff and the Councillor to ensure changes were made to reflect views of Alta Vista residents.
- Presented at City Standing Committee on Environmental Protection, leading to a citywide co-management program for invasive plant removal
- Negotiated a consent to enter agreement with the City of Ottawa to allow volunteers to remove invasive plants in Kilborn and Orlando Parks

Engagement

- Represented the AVCA on the Federation of Citizens’ Associations, Heron Gate Steering Committee, Winter Quality Maintenance Standards Engagement Review, the Alta Vista Drive Redesign Working Group, and at scores of city consultations from 2018–2022
- As AVCA President, hosted sessions to address issues of key interest to residents, including the Official Plan and Heron Gate development, as well as hosting monthly meetings
- Increased engagement with the Alta Vista community through social media, a revamped website and VISTAS articles (2018–22)

Commitments

If elected, Marty will continue to achieve results for Alta Vista residents. In addition to being a strong voice for Alta Vista at City Council and committees, residents are asking for leadership on the following issues—and Marty will deliver.

She will focus on these commitments and more over the next four years:

Community Well-being

- Establish a fenced-in dog park within the Alta Vista ward and work with the NCC to establish a dock on the eastern shore of the Rideau River
- Work with residents and community associations to implement a ward-wide plan for traffic calming measures
- Help reduce speeding through 40 km/hour signage (in consultation with street residents)

Inclusive and Accessible Services

- Improve public transit, including more reliable local service, fairness for Para Transpo users, and advocating for on-demand services in underserved areas
- Initiate a plan to develop a new or redevelop a community centre within the ward
- Work to ensure there are accessible units in all new housing developments

Creating a sustainable community

- Improve Alta Vista’s tree canopy (Ottawa is targeting a 40% tree canopy cover – Alta Vista’s tree canopy was at 28% before the 2022 derecho storm caused significant damage)
- Improve active transportation networks to increase cycling and walking connectivity
- Expand access to local food through partnerships with community organizations, increasing community gardens, and seeking opportunities to increase urban agriculture

Engagement

- Organize engagement sessions with Heron Gate residents to explain next steps to how development will unfold and what benefits the community can expect
- Lead ward-wide consultations on upcoming issues (e.g. Zoning Review, Alta Vista Transportation Corridor) in addition to hosting statutory meetings
- Host regular, open community chats in local parks, libraries, community centres, and coffee shops to increase access to the Councillor for all residents in the ward

No space for kids

by David Knockaert

It is convention to express a desire to live in a “family friendly” community. But is our community family friendly?

One criterion to evaluate the friendliness of Riverview Park is the availability of recreational facilities for children and youth. Riverview Park is fortunate to have green space, with six parks, each with playground equipment for small children, plus the Hydro corridor. However, as children age they commonly balk at using the “little kids” slide or sand box. From that age onwards Riverview Park is decidedly less recreationally friendly.

At one time our community boasted four baseball diamonds. Each has disappeared or fallen into disrepair, with all now recorded as ‘temporarily closed’. I enquired with Little League Canada as to why - their terse response was, “Ask the City”. Rumour has it the City imposed/increased a usage fee, driving the League away. Or perhaps baseball was simply in decline. But in either case abandoning each diamond eliminates any future opportunity for their use. Exacerbating the situation is that little or nothing was offered as replacement.

Apart from winter outdoor rinks, our six parks offer up a single basketball hoop at Balena, two poorly surfaced tennis courts at Dale and a basketball court at Coronation. Despite decades of encouraging youth to exercise rather than engage in on-line gaming or social media, recreational opportunities have declined rather than expanded. I suggest two reasons why.

The first is that for the past 30 years local officials have chosen to centralize recreation at Canterbury. Outdoor facilities at that location match the combined offerings from our six parks, ‘supplemented’ by an indoor rink, an indoor pool, an outdoor refrigerated rink as well as a community centre equipped with a gym and function space. Such centralization may be driven by favouritism but is invariably justified as efficient. Yet efficiency is not possible without effectiveness and if children and youth are the target audience Canterbury is woefully ineffective.

For most adults in Riverview Park, Canterbury is easily a 40-45 minute walk, much longer for children who cannot be expected to wander over at the prospect of hanging out with friends. Rather, Canterbury serves those who either live in the immediate vicinity or have access to a car. It is no coincidence that the initial

refrigerated rink proposal was accompanied by a demand from the Canterbury Community Association for expanded parking. Ward residents would have been far better served had the pool, community centre and the two rinks been evenly distributed across the Ward, allowing more children ready access to recreation.

A second reason we have become less family friendly is that children and youth are no longer our priority for recreation. This year the City will spend almost twice as much money constructing road bicycle lanes as on parks and recreation, virtually all federal infrastructure money allocated to our Ward has been committed to road bicycling while our Community Association advocates for a multi-million dollar overpass to Tremblay Road which will principally serve bicyclists. Yet it is adults who will be the principal users, adults who increasingly perform sedentary work, seek exercise, form advocacy groups, have loud voices and vote. In the competition for funding, children and youth have become our silent minority. If this continues, Riverview Park will become an ever less competitive destination for new families. Just consider what is being delivered in our adjacent Capital Ward. This summer alone their Councillor announced agreement for construction of an additional community centre, replacement of an existing field house, a re-surfaced and expanded basketball court, re-surfaced tennis courts, construction of a parkette with pergola and games table, a new splash pad, a new dock on the Rideau River for boaters, the opening of a public patio and performances of Shakespeare in the Park.

Which outdoor recreational facilities Riverview Park can best use should be up to residents but options could include a skate park in an overgrown quadrant within Dale Park, a full basketball court plus tennis or pickle ball courts at Balena, permanent soccer nets at Riverview and a revitalized ball diamond at Hutton.

It is certainly in our community’s long-term interest to deliver recreational facilities attractive to families. But to get there we need to change our approach, to give voice for our children, identify residents who will effectively advocate on behalf of the community and elect a Councillor who both listens and addresses resident needs with energy and imagination.



Canterbury Recreation Complex



Basketball court at Coronation Park



Tennis courts at Dale Park



The vacated building of Little League Canada at Dale Park.



Balena Park’s basketball hoop



Alta Vista needs a strong Councillor who will listen and always represent the views of residents on Council. Citizens need a strong Councillor who cares for the community and who will work hard to strengthen services that will help improve quality of life. Your Councillor should help you navigate City Hall, find answers to your questions, and solutions to your challenges. I will be that Councillor for Alta Vista Ward.

I am continuously talking to residents, listening to their concerns and identifying possible solutions. I have pursued this passionately through my professional career and my many volunteer roles in the community. These many conversations have formed the basis of my vision for a safe, prosperous, and thriving community.

In recent months I have knocked on thousands of doors. The concerns I regularly hear are:

- Safe streets
- Traffic calming
- The state of our roads
- The climate emergency
- Safeguarding and expanding our tree canopy
- Development and intensification pressures
- Neighbourhood crime
- Fiscal responsibility
- Transit

I want to see Ottawa remain a beautiful, vibrant city. I see real opportunities to boost tourism, attract unique events and take creative new approaches.

I want to work to revitalize Alta Vista’s aging recreational infrastructure for our seniors, youth, children and the community at large to enjoy. New investments will be needed to expand and improve what we already have. We need to reimagine how we use our centres and community hubs and I am prepared to lead those efforts.

We can build on wonderful new ward additions such as the Rideau Winter Trail and expand it for residents and provide even easier access to the trail within the ward at minimal cost.

I will pursue innovative urban planning approaches and advocate and defend community needs through all stages of a project proposal to ensure community interests are always put first.

I will actively help tackle the climate emergency and champion increasing our tree canopy, energy retrofits, and recycling and waste reduction initiatives.

I will work to improve our cycling and transit infrastructure to reduce our carbon footprint while acknowledging the winter challenges we face. I will push for investments in road repairs, balance the needs of drivers and cyclists, and advocate for solutions that put safety first.

Council needs to rebuild trust in our transit systems. I will work hard to ensure our residents benefit from a reliable and well functioning transit system.

I will safeguard our essential services, and advocate for our hard working first responders.

I will continue to work with frontline organizations and individuals to find solutions to the root causes of our City’s problems and find ways to sustain progress. For example, I will champion new funding for innovative and progressive policies to ensure better access to affordable housing, including renovating and expanding our social housing stock while reducing the long Registry waitlist.

My dedication to serving the community, the use of my leadership skills to foster teamwork and partnerships and my experience knowing how to run a community office speaks volumes. I already engage with stakeholders, community associations and work collaboratively with different levels of government on a daily basis. I know this is essential to achieving real results.

I will always be honest and transparent with you. I know that problems are much easier to identify than solutions. You can count on me to work with you to identify a path forward and find solutions that strengthen our community.

I will ensure that all residents are heard. As your Councillor, I will always be there to listen, respect all voices and views, and act in the best interests of Alta Vista Ward at all times.

I care deeply about our community, the community I was born and raised in and continue to raise my family in. I have volunteered and worked in the community for over 20 years. Alta Vista deserves a Councillor who knows its past and can see its future and is willing to work hard and collaboratively in the present to get us there.

I would be honoured to serve the residents of Alta Vista ward.

Sincerely,

Carolyn

The renovation and expansion of the Train Yards Dental Centre:

An interview with Dr. Steven Da Costa by Annalyss Jamieson

As many of you may know the Train Yards Dental Centre has been undergoing some renovations and expansions recently. The building to the left of the original Dental Centre was bought and renovated for the expansion of the dental office. Walls ended up being both built up and torn down to create more space for the new offices and a larger foyer. I recently spoke with Dr. Da Costa, lead dentist and owner of the Train Yards Dental Centre, about the renovation and expansion of the dental office and about his career as a dentist.

Question: What inspired you to become a dentist?
I've always liked art and science and dentistry was the perfect blend of science and art. I love interacting with people daily, getting to know them, and helping through education, prevention, and treatments.

Question: What inspired you to also specialise in orthodontics?
I am a general dentist who also provides orthodontics in my practice. Orthodontics is the branch of dentistry that moves teeth into a more aesthetic and functional position. Orthodontics has a major impact on people's lives and it's a real privilege to be able to offer this service. Early orthodontics (between the ages of 6-9 years of age) is something I am very passionate about. If we can correct crowding issues, breathing issues and help break habits (such as thumb sucking or mouth breathing) early on, the impact is life-changing and will impact a person's whole life.

Question: What services or products do you offer?
We offer a full range of dental services such as implants, dentures, orthodontics, veneers, same-day crowns, fillings, cleanings, and whitening.

Question: What makes you different from other dental offices?
We pride ourselves on treating all of our patients as our own family and friends because a lot of our patients are also friends and family. We also really enjoy getting to know so many great individuals and families from the Riverview and Alta Vista neighbourhoods which are great neighbourhoods. Due to our central location, we also have patients from across the city, from Gatineau to Orleans and Kanata.

Question: What made you choose to locate your dental office in the Train Yards?
I was born and raised in this neighbourhood and so when it was time to establish my practice, the Train Yards mall was just being built and the stars aligned for my practice to be built here.

Question: When did you start your business in the Train Yards?
Our clinic was established in 2012- 10 years ago. It has been a lot of work, and I am so grateful to all of our patients, current staff, and staff who've worked here for some time. It has been a real blessing to work with so many amazing individuals.

Question: How many employees did you have when you first started your dental office?



Dr. Steven Da Costa and his two sons check out the progress during the renovations of the Train Yards Dental Centre.

We first started with four full-time staff working out of 2 rooms. There was one doctor, one assistant, one hygienist and one admin/office manager.

Question: How many employees do you now have in your dental office?
For our tenth anniversary, I decided to expand the clinic to accommodate more dentists and in turn more great patients. The clinic is now almost twice the size and fully updated. Today we have three doctors, three assistants, three hygienists, one floater, one

admin and one office manager.

Question: What qualities do you look for when hiring new employees to work in your dental office?
I like working with people who have a great attitude, and are hard-working. We look for highly trained individuals but also people who get along well with others and always put the patient's best interests at heart.

Question: What was your mission/goal when you opened
CONTINUED ON PAGE 41

Riverview Park Community Association

ANNUAL GENERAL MEETING

Wednesday, October 19, 2022
7:00pm - 9:00pm
Doors open at 6:30

RIVERVIEW PARK
COMMUNITY ASSOCIATION

Hillcrest High School (cafeteria)
1900 Dauphin Road

- Candidates for City Council will be in attendance
- Get answers to your questions and concerns
- Learn about developments in your community
- Offer ideas to improve the quality of life in Riverview Park
- Participate in the election of the Board of Directors

For more information: www.riverviewparkca.com or: riverviewparkca@gmail.com



CONTINUED FROM PAGE 40
the dental office?
To provide the best possible dental treatments in a relaxed and friendly environment. I realise a lot of dental patients have fear and anxiety when visiting the dentist. We try to make every patient feel relaxed, safe, and well cared for. We are here to help and to care for.

Question: Have your missions/goals changed?
We still very much stand by our mission statement.

Question: What do Dr. Kiran Kooner and Dr. Sara Bahnam specialise in?
Currently at Train Yards Dental, all three dentists are general dentists.

Question: How would you describe the reason for the success of your dental office?
We always try to provide the best possible treatment in a friendly

manner and that has translated into many referrals. We have patients all the way from New Zealand! They also happen to travel to visit family here in Ottawa, but that is such an honour that of all the clinics between Auckland and Ottawa, they choose our clinic!

Question: How do you advertise your business?
We have always supported the local Riverview Park Review with an advertisement as we feel it is such a great publication to keep people informed and the community together. Other than that, it is simply word of mouth.

Given that I have been going to Dr. Da Costa for my dental needs since I was very young. I can personally attest as to how great he is and how friendly and helpful the staff members are. My family and I are very fortunate to have found Dr. Da Costa as our dentist and to live so close to such a wonderful dental centre.



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Stamps capture Indigenous artists' visions for truth and reconciliation

Four-stamp issue features work of First Nations, Inuit and Métis artists

OTTAWA – Canada Post unveiled today four new stamps that encourage awareness and reflection on the tragic legacy of Indian residential schools and the need for healing and reconciliation. The stamps – being released September 29 in connection with the National Day for Truth and Reconciliation on September 30 – are the first in an annual series showcasing the visions of First Nations, Inuit and Métis artists for the future of truth and reconciliation.

Between the 1830s and 1990s, more than 150,000 First Nations, Inuit and Métis children across Canada were taken from their families and sent to federally created Indian residential schools. They were stripped of their languages, cultures and traditions. Children endured unsafe conditions, disease, and physical, sexual and emotional abuse while at the church-run schools. Thousands of them never made it home. Residential school Survivors continue to experience trauma from their time at the institutions, and that has been passed down to successive generations.

The four-stamp issue will help Canadians reflect on the injustices and trauma that have been inflicted on generations of First Nations, Inuit and Métis Peoples and calls attention to the responsibility all Canadians have in reconciliation. The stamps are cancelled in Brantford, Ontario, the site of the Mohawk Institute, whose opening in the early 1830s made it Canada's first Indian residential school. The Indigenous languages found on the stamps represent the language and dialect of the artists who created the work.

**Jackie Traverse, First Nations artist
(Lake St. Martin, Manitoba)
– Anishinaabe, Ojibwe**

"This image represents seeds of change. Here we have man and woman, the Elders, their children and their grandchildren. I've put the (unofficial) national flower, the bunchberry, in the centre to represent Canada, with the roots from the seeds reaching to the past. For all of us to experience a good harvest we need to share the sun, water and the land. This is how we bring forth good crops and ensure everyone has the harvest of tomorrow."



The Indigenous languages found on the stamps represent the languages and dialects of the artists who created the work

Traverse's mother died at a young age and her siblings were apprehended in the Sixties Scoop. She grew up in one of Winnipeg's toughest neighbourhoods. Traverse is a multi-disciplined Indigenous artist who works in several media, from oil and acrylic paintings to mixed media, stop-motion animation and sculpture. She draws inspiration from her Indigenous culture and her experiences as an Indigenous woman living in Winnipeg. Her work speaks to the realities of being an Indigenous woman.

Gayle Uyagaqi Kabloona, Inuit artist – Qamani'tuaq (Baker Lake), Nunavut

"I believe each group within Canada has a different responsibility for reconciliation. For Indigenous People, our responsibility is to ourselves and to others within our communities: learning or passing on our language and culture that was attacked only one generation

ago. I created a woman lighting a qulliq (QUL-liq), the traditional Inuit stone lamp used for heat and light to signify caretaking. This woman is carrying on in her culture as she has always done, taking care of herself and others and healing."

Originally from Baker Lake, Nunavut, Kabloona comes from a family of renowned Inuit artists. Art is how she connects with others within her culture, showcases her Inuit heritage, and expresses her Indigenous identity. Kabloona's work puts a modern take on traditional Inuit imagery, and strong women frequently make appearances in her art. She co-founded a small group ceramics studio and has taught art as therapy at an addictions healing centre for Inuit, located in Ottawa. Last year, Kabloona was awarded a residency at the Art Gallery of Guelph, working with an Inuit curator, and created a new piece to be shown alongside her grandmother's and great-grandmother's artwork from the gallery's collection.

Kim Gullion Stewart, Métis artist – Athabasca, Alberta (currently lives in Pinantan Lake, British Columbia)

"Flowers in Métis art remind people to live in a symbiotic way with land, waterways, ecosystems and one another. In this piece I have

placed beaded flowers on top of contour lines representing the Rocky Mountains, twisty lines for rivers and dashes demarking political territories. While maps like this one are a two-dimensional record of historical process and places, they are incomplete until they include elements that are important to the people who are Indigenous on this continent."

Gullion Stewart was born in Athabasca, Alberta. Her father's heritage connects her to the Métis homeland of Red River, Man. She creates metaphorical meaning by connecting Métis cultural art forms (hide tanning, beading, quillwork) with contemporary and graphic art forms. In her art, she searches to uncover the depths of her Métis identity and learn Métis knowledge systems that have been hidden, lost or adapted as a survival mechanism. She is inspired by what Métis leader Louis Riel (1844-85) once said: "My people will sleep for 100 years, but when they awake it will be the artists who give them their spirit back."

Blair Thomson, artist and graphic designer

"A pair of bold hands are held over the eyes and human face. Intended to be cross-representative — those of Indigenous Peoples/Survivors, covering their face in sadness, pain, memories, and those of the settler, masking their view of reality and shame. Tears stream from between the fingers. The background further connects to the school windows, looking out and dreaming of home. The eyes looking out from behind the hands reinforce the message that settlers must 'never look away again.'"

Thomson is founder and creative director of Believe in, a design practice with studios in Canada and the United Kingdom. A harmony between strategic foundation, unique ideas and beautiful outcomes lies at the heart of his approach and creative processes. His work is multi-award winning and has been featured in many leading design publications worldwide. Thomson is the collector, archivist and historian responsible for Canada Modern (an archive of modernist, Canadian graphic design from 1960-85).

Stamps and collectibles are available at canadapost.ca and postal outlets across Canada.

COMPUTER TIPS & TRICKS

What can we learn from a disaster?

*by Malcolm and John Harding,
of Compu-Home*

We do not want to seem to be trivializing the hardship, tragedy, financial hardship and inconvenience that were widespread in Ottawa at the time of the derecho on May 21, but it might be helpful if we focus for a moment on its impact on technology. Our compromised ability to communicate at the time (and for many days afterward) made many of these experiences worse than they might have been. In addition, since May there have been outages to both cable-based and telephone-based Internet services, as well as hydro, driving home to us once again how much we rely on that little modem on the shelf. As we review how we can be better prepared for natural surprises, it might be helpful to think about technological preparedness as well.

Our first suggestion flies in the face of incessant urging from all the providers to “bundle” your landline, smartphone, Internet and television. You may pay slightly more to have your cellular service on a different network (see

below) from your Internet but to do so may possibly mean that one or the other can keep functioning when the others are down. Keep in mind, however, that with the exception of satellite service, which is almost exclusively confined to rural areas, Internet is delivered in only two ways: via telephone lines or cable. In Ottawa, that means Bell or Rogers. If you are using another provider, such as Primus, TekSavvy, Virgin, Fido, etc., all those companies re-brand Bell or Rogers basics and when cable is down (for example) ALL cable-based service will be down, no matter the company that is billing you.

Don't be shocked if you receive a higher than usual bill for your cellular service the month after an Internet outage. Most smartphones are set to revert automatically to the cellular data network if Wi-Fi is not available and you may exceed your limit if you are not careful. Still, a one-time overage charge is preferable to paying every month for a plan you don't need.

We are told that the sales of generators went through the roof

As we review how we can be better prepared for natural surprises, it might be helpful to think about technological preparedness as well.

last summer. If you haven't gone that route, an inexpensive "power bank" starting at less than \$30.00 is a way to keep small devices like phones and tablets running after their own batteries are exhausted. In turn, most power banks can be recharged through the 12 volt outlet in a car or truck nearby. By the way, that same 12 volt outlet can be used temporarily to power an "inverter" to provide 120 volts at low wattage for lights and very small appliances.

Another suggestion relates mostly to email. Whether an Internet provider's entire bailiwick crashes, or just the email com-

ponent, it is common for their servers and call centres to bounce back unclear or incorrect messages. Often there will be instructions for the user to take certain measures, such as rebooting their modem (usually not a bad idea) or trying other strategies that often convey the impression that the problem is with the user and not the provider. Screening and eliminating breakdowns at your end can be helpful but take a moment to reconsider before taking major next steps like changing your passwords. If you have no reason to suspect that the password you are submitting is incorrect, it might simply have happened that a server is sending out a generic cover-all-possibilities message that can lead you into progressively messier territory. Check with friends and neighbours before assuming that this is your problem.

Contact Compu-Home at 613-731-5954 to discuss this column, share your opinions and suggest future columns. Our email address is info@compu-home.com and our website, with our blog, is www.compu-home.com.

A campaign poster for Bob Perkins, Councillor for Alta Vista. The background is red. On the left, the name "BOB PERKINS" is written in large white letters, with a grey checkmark over the first "O". Below the name are three bullet points, each preceded by a small icon of a checkmark in a box. The bullet points are: "Public Safety – Reduce Crime Now! / Sécurité publique – Réduisez la criminalité maintenant!", "Basic Services Quality – Make your dollars count! / Qualité des services de base – Faites en sorte que vos dollars comptent!", and "Responsible Growth – Be proactive on new development! / Développement/croissance responsable – Soyez proactif sur les nouveaux développements!". At the bottom left, the website "bobperkins.ca" is written in red. Below it are two icons: a telephone handset and an envelope, followed by the phone number "(613) 724-7307" and the email address "vote@bobperkins.ca". On the right side of the poster is a portrait of Bob Perkins, a middle-aged man with grey hair and a goatee, wearing a white shirt and a dark tie, smiling.

Councillor for Alta Vista

BOB PERKINS

Public Safety – Reduce Crime Now!

Sécurité publique – Réduisez la criminalité maintenant!

Basic Services Quality – Make your dollars count!

Qualité des services de base – Faites en sorte que vos dollars comptent!

Responsible Growth – Be proactive on new development!

Développement/croissance responsable – Soyez proactif sur les nouveaux développements!

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THE PLANNING AND DEVELOPMENT UPDATE



KRIS NANDA
Chair, RPCA Planning & Development Committee

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

After the RPCA shared these concerns with the Councillor and City staff, a meeting was held in late August with city officials, plan-

ners and the proponent for one of these proposals – construction of two high-rise apartment buildings (20- and 25-storeys **on 1802-1804 St. Laurent** (presently occupied by a Tim Hortons and Burger King whose leases were recently extended to 2028). During the meeting, the RPCA reiterated comments, about traffic impacts, sufficiency of public transit, and diversity of unit size.

The proponent, Manor Park Holdings, explained that both tenant leases could potentially be extended for a further five years through to 2033 which would mean construction would not take place for another 10 years. The site plan application has not been submitted yet.

The RPCA has not received a request for a meeting with the proponents for other proposed developments in the corridor, including four high-rises (12-15 storeys) on the current site of the Petro Canada gas station and St. Hubert and 168 Sushi restaurant (**1740, 1754 and 1760 St. Laurent**) the three 17-storey residential buildings on the parcel at **1971 and 1975 St. Laurent Boulevard** at the intersection of Russell Road and St. Laurent across from Elmvale Acres, and two high rise apartment buildings (27 storeys and 18 storeys) at the corner of St. Laurent and Pleas-

ant Park Road (**2025 Othello**). The RPCA will be liaising with other local community organizations on mutual concerns regarding these developments.

Pedestrian and Cycling Matters

The 2022 City of Ottawa budget funded an Environmental Assessment (EA) 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. Bids for the EA are currently being reviewed with the actual study expected to start in 2023 and be completed by 2024.

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**. Planned 2022 **cycling enhancements near and across the McIlraith Bridge** connecting Smyth Road and Main Street have been postponed until 2023.

Other Developments

The **nine-storey, 168 unit Luma residential building at 964 Smyth Road** next to Elmvale Acres mall has now opened for occupancy.

Construction has now begun on two **8-storey mid-rise apartments at 355 Everest Private and 374 Everest Private** (total of

293 units and 354 parking spaces.), across from the Perley Health Centre.

A development application proposal was received this spring to **construct a continuing care facility on the Ottawa Hospital Riverside Campus’ surface parking lots at 1967 Riverside Drive**. 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 was held in late June and RPCA Board members participated.

The **high-rise rental apartment complex along Steamline Street**, across from the Post Office building on Sanford Fleming is still 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. For more information on this and other activities in Riverview Park, please see the RPCA website at www.riverview-parkca.com or email the RPCA at 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
* cool van not included


ELECT

Jessie-Lee

WALLACE

OCDSB, Trustee

ZONE 9



I will focus on getting students back to learning and thriving. I support in-class learning with the full reinstatement of extracurriculars like sports and music. Let's support children and families to rebuild their lives.

The Ontario Human Rights Commission released a report after ten years of study earlier this year. **The report clearly showed that we are failing our young people.** Before the pandemic, 26% of Grade 3 students* did not meet literacy standards, and 19% of Grade 6 students. **Imagine now?**

Let's centralize access to our administrative resources. Let s help parents navigate a confusing public education system, especially when trying to get help for struggling young learners. Let's resource teachers and educational assistants better. We will need to provide creative and school-specific solutions like group and peer mentoring.

ABOUT JESSIE-LEE WALLACE

I grew up in Heron Park and went to Canterbury H.S. I also live and work in Zone 9. My daughter attends public school in the Glebe, too.

I have an almost 15-year track record of community development work. I am a Director at a large local youth-serving organization. I have an honours degree from the University of Ottawa, and Graduate Studies from Royal Roads University. I have significant experience managing complex budgets, large teams, committees, and multiple relationships for positive community outcomes.

LET'S GET STUDENTS BACK TO LEARNING & THRIVING...


I want to be your Ottawa Carleton District School Board Trustee for Zone 9 (Capital Ward + Alta Vista Ward)

If elected, I will be a tireless community builder.

Let's get students back to learning & thriving...


- **Reinstatement of extracurricular programs** that build school communities and student development, for all students.
- I support **evidence-based learning** resources, and **covid safety protocols**, as per Ottawa Public Health guidelines.
- I believe in the **#righttoread**, championing structured literacy programs to get children back on track after a tough two years.
- **More resources for families with diverse learners**, with policy changes at the School Board level.
- **Improving student transit** options, and making **schools safer spaces**, together.

ENDORSEMENTS




The Rideau Students Union

"Reasons why she is a terrific candidate:... (she is) against discrimination and wants to support student's rights. If you are in Zone 9, consider giving Jessie-Lee your vote."



Tejpreet (Tej) Dulat, Parent, Business Owner & Sikh Community Leader

"Jessie-Lee is a strong candidate who cares about making decisions in the best interests of children."



Tricia Ross, #RightToRead Advocate & Former. City Councillor Candidate, Current Board Chair, BWCH.

"Here is a great OCDSB Trustee Candidate for Zone 9. She understands the crucial importance of #RightTo Read and evidence-based learning that supports ALL students. Families need support now and she is committed to generating the necessary changes."

COMMUNITY NOTICES

■ Immaculate Heart of Mary Roman Catholic Church

1758 Alta Vista Dr.,
Ottawa, ON K1G 0G6
Hours of Mass:
Monday, 7:30 a.m.
Tuesday - No Mass
Wednesday, 7 p.m.
Thursday & Friday 7:30 a.m.
Saturday 9 am
Sunday Liturgies: Saturday 4:30 p.m., Sunday 9 a.m. & 11 a.m.

■ Immaculate Heart of Mary Christmas Concert

Sunday afternoon, December 4, 2022, 1758 Alta Vista Drive In-person concert is back! This event will feature local musical groups: the Ottawa Catholic School Board Chamber Choir, the Harmonia Choir of Ottawa, and the Immaculate Heart of Mary Church Choir, accompanied by the Ottawa Wind Ensemble, a 35-member orchestral group and joined by a soloist for special tributes to the musical season. There will be carol singing for all to join.

This 31st Immaculate Heart of Mary Concert, held in support of the Heron Emergency Food Centre (HEFC), is free. Ample and easily accessible parking is available. There will be collection baskets for voluntary monetary donations (cheque or cash). Tax receipts may be issued by the

charity for donations over \$25. Those interested in an advance donation, purchasing advertising in the concert program or who have any questions, please contact the concert organizing committee at 613-791-9115.

■ Emmanuel United Church

691 Smyth Road, Bus #55,
Ottawa, Ontario K1G 1N7.
Office: (613) 733-0437 (Monday – Thursday, 8:30am-4 pm); E-mail: office@emmanuelunited.ca; Website: www.emmanuelunited.ca
For information or meeting details (including how to join us by Zoom), contact our office or visit our website. Visit us on Facebook at www.facebook.com/EUC.Ottawa to find out all about our social action groups and how you can help. You'll find videos, community news and sharing opportunities.

Sundays, 10 - 11 am: **Worship Services** in person or online. The service includes a welcoming message, hymns, prayers, videos, scripture, and a thoughtful reflection. It's live streamed at www.emmanuelunited.ca/worship/webcast.php.

■ Rideau Park United Church

2203 Alta Vista Drive, 613-733-3156 ext. 228 or, info@rideaupark.ca

www.rideaupark.ca
Office: 613-733-3156 x228

Welcome. Worship with us on Sunday mornings at 10am, in-person or on-line. Our varied programs meet the needs of children, youth, families, adults and seniors. Activities returning this fall cover many interests including Christian education, choirs, bells, drumming, fitness classes, yoga, meditation, support groups, recreation such as euchre, quilting, social gatherings, United Church Women, Scouts, Harmony Club for Seniors, and much more.

A special invitation to our **Christmas (Food) Bazaar** held the first week of November on the church website (www.rideaupark.ca) featuring our deli (frozen mini pot pies & pre-made meals), bake table, jams/jellies, pickles & relishes, and Tea Room take-out. Order online from Oct. 31st to Nov. 4th and pickup your selections at the church on Saturday, Nov. 5th!

■ Saint Aidan's Anglican Church

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

■ St. Aidan's Yuletide Bazaar and On-line Auction

Saturday, November 5
St. Aidan's in-person Yuletide Bazaar is Sat. Nov. 5, 10 am to 2 pm., 934 Hamlet Rd. (behind the Elmvale Acres Shopping Centre). This year's bazaar will feature home baking, jams/jellies/preserves, a silent auction, the Celtic Cross Café, ladies' boutique, books & puzzles, and more.
Come, bring a friend and enjoy the spirit of a traditional Yuletide bazaar!

October 23 to November 1
St. Aidan's **Online Auction** is back. This virtual portion of our Yuletide Bazaar will feature timeless treasures, gift cards, household items, and more. Bids can be placed at www.staidansottawa.com between Oct. 23 and Nov. 1. Pick-up your items at the church (934 Hamlet Rd.) on Sat., Nov. 5, 10:00 am to 2:00 pm. Log in and find the items that speak to you. Get a head start on Christmas shopping.

For more information about our Yuletide Bazaar and Online Auction, Weekly Services, Outreach, or Ministries, visit our website (www.staidansottawa.com) or call the church office at 613-733-0102.

October is library month

Welcome to October — and Library Month. We have fun and thought-provoking activities lined up in all of Ottawa Public Library's 33 branches and online. We hope you will join in and spread the word about what you enjoy most about the Ottawa Public Library. (OPL)

We also want to show our appreciation to all of you: readers, learners, makers, writers, artists, researchers, gamers, researchers, seekers and explorers of all kinds. OPL is here for you to help you stay curious, connected and well-informed.

This October, Ottawa Public Library (OPL) will be highlighting its important role in countering misinformation and disinformation and to support information literacy skills. OPL's theme this year is a reminder and call to action: "Read between the lines/ Lire entre les lignes".

Given the sheer volume of mis- and disinformation in a

world characterized by "fake news" and information overload, libraries can help customers of all ages to become more information savvy, to think critically and upgrade their skills for seeking, finding and interpreting information.

All month, in various ways, OPL will be reaching out to promote the abundance of high-quality resources available at the Library with a free OPL card. OPL is a trustworthy source of credible information, diverse informed perspectives and helpful expertise.

Let's flag the importance of information literacy as a crucial

The Library is a place that brings people together and helps forge connections.

skill in flooded and frantic media landscape of today. Share your thoughts, questions and experiences with us. Join this timely conversation and participate in Library Month activities online (on OPL social media channels or website) and in-branch.

During Library Month you could win a limited-edition "thinking cap" emblazoned with the "Read between the lines!" message.

An additional bonus during Library Month, any new customer to sign up for a library card will receive their choice of a locally-made OPL fanny pack or book bag and so will the person who referred them (while supplies last). Remember, Ottawa residents can register online or in person for an OPL library card – always FREE.

In so many ways, the Library is a place that brings people together and helps forge connections that build stronger communities, so we hope you carry your OPL card with pride and use it often. We hope to see you and hear from you very soon and celebrate Library Month together.

Special thanks to the Friends of Ottawa Public Library Association for their support to Library Month! Ottawa Public Library



Global warming and heat islands

A case for urban trees

by Patrick Hamel, MSc Biochemistry; MSc Epidemiology; BSc Biology

Mature trees: fear or nurture?

With countless wounded trees, the derecho storm in May did not help the goal of the City of Ottawa to have 40% tree coverage of its territory in the future. Actually, it was said that the derecho that went through our city is the most impactful natural event our trees have faced in many decades. Global warming creates conditions making these extreme events more likely.

City trees also face very different challenges than their counterparts in forests. Urbanites are under constant pressure from urban development and intensification, limited space for root growth, pruning, air pollution, invasive species (e.g., buckthorn, Norway Maple, dog strangling vine), and soil alterations causing lack of irrigation and drainage (City of Ottawa Urban Forest Management Plan). These factors have been contributing to the degradation of the tree canopy in Ottawa, and made it more vulnerable to storm damage.

Tree canopy

According to the map of the 2017 Ottawa canopy, Riverview and Elmvale score towards the bottom of the pack in the Gatineau-Ottawa area with a tree canopy of only 23%. The Industrial Park bordering our neighborhood on the East side scores poorly as well at only 13%. Other neighborhoods near us with low % canopy are Centertown and the Byward market, averaging 15%. On the other end of the spectrum, Rockcliffe Park is at 48%, which is higher than the Green belt at 40%. A difference of 1% represents a massive amount of trees.

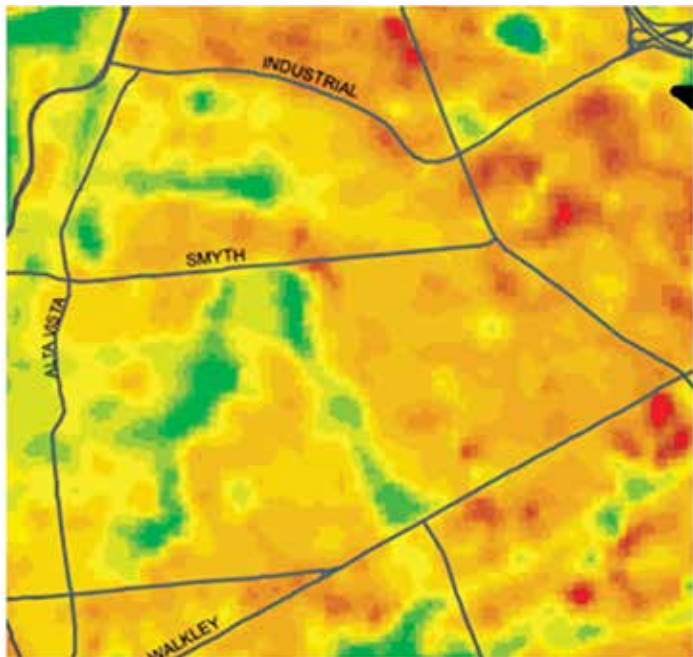
Heat island effects and environmental justice

Due to high population density, extensive impervious surfaces, and building structures increasing heat island effects and droughts, urban areas are particularly vulnerable to global warming (source: USDA, 2021). And within cities, areas with fewer trees have higher ambient temperatures. With temperatures projected to rise by 3.2 degrees and days above 30 degrees to increase 4-fold by 2050, heat islands are worsening the impact of global warming.

The City of Ottawa Heat Island Urban Map shows partic-



An Alta Vista area street by Lynda Lane Park. PHOTO: PATRICK HAMEL, MAY 22, 2022



City of Ottawa Heat Island Urban Map (Green=cooler; red=warmer), on July 18, 2019

ularly high temperatures along St-Laurent and Industrial Avenue. Some of them are even higher than 36 degrees, while 25-29 degrees is more common inside the neighborhood. Greener areas, such as those along power lines, rivers, and parks see their temperature decrease to the 20-25 degrees range. This shows that the temperature can vary by approximately 15 degrees within Alta Vista alone. Across Ottawa, temperatures as low as 15 and as high as 38 degrees were measured on that same day! Heat waves affect everyone; unfortunately, vulnerable populations are more at risk. According to an investigation by the CBC, lower income homes tend to be located in areas where there is a reduced tree canopy, larger roads, and higher temperature due to the heat island effects, increasing the burden on these

Benefits of mature trees

As they grow in size and their canopy expands, the benefits provided by mature trees to humans increase exponentially: by reducing heat islands, UV exposure, noise, stress, flooding, and air pollution. Given this, mature trees play an important role in improving wellbeing in urban areas. Various studies have shown associations between living in proximity to treed areas and better physical and mental health outcomes, also translating into lower health care costs (source: Pataki et al. 2021). Explaining factors include better walkability and reduction of stress. CHEO researchers are also actively investigating the impacts of nature-play in children. Other benefits include more desirable neighborhoods, higher property value, and decreased heating and cooling bills. Their contribution

to biodiversity is also essential. Ottawa is fortunate to have an Urban Forest Management Plan. It suggests ways to successfully plant and protect trees in urban areas, such as pruning while considering the tree's natural growth habit, planting in a way that avoids root girdling, removal of invasive species, and selecting species that can withstand the challenges of global warming.

Don't fear the next derecho — get dirty, plant a tree!

Considering these challenges and that 92% of Ottawa respondents (source: City of Ottawa survey) are concerned with global warming, it is important to establish a resilient tree canopy. Despite the challenges they face, it is in urban areas that trees have the highest potential of direct benefit to humans. Two good things to note: there is a bylaw protecting trees with a diameter of 10 cm or more and check out the Ottawa city website for free tree planting in your own yard!



Aerial view of the tree canopy in Riverview Park, General Hospital, and Elmvale Acres area (green=tree canopy). PHOTO: TREE CANOPY ASSESSMENT BY THE NCC (2017)

DEAR FRAN

Gardening activities for winter



FRAN DENNETT

Most of us garden both outdoors (summer) and to some degree indoors (winter). The following activities have kept me busy gardening indoors over the past decades.

I first tried forcing bulbs in Montreal over forty years ago when a lovely old gentleman came to my rescue when to my horror I had mold on the peat moss that I buried my pots of bulbs in – then the recommended practice. He assured me all would be fine just carry on and it was. Over the years I have adapted techniques to fit my way of gardening with fairly reliable results. The following activities will keep you as busy as you want to be.

Forcing Bulbs

September-October is the time to start forcing hardy bulbs and the trick to success is to mimic the growing conditions in nature.

There are basically two steps:

1. **Rooting period** of bulbs in a pot takes 6-8 weeks at below 10°C (no roots will form above 10°C). Plant 5-7 bulbs per 13cm pot using pre-moistened promix making sure there is soil between each bulb. Plant tulip bulbs with the flat side of the bulb against

the pot. Tulips and Hyacinths should have their growing tips level with the rim of the container, while Narcissus should be 1.25 cm. above the rim. Minor bulbs should be covered completely. Place in cool place for 6-8 weeks (old refrigerator works well if is too warm outside). When the roots have filled the pot drop temperature to 2°C.

2. **Second cold period** of another 6-8 weeks in a refrigerator or unheated garage. This compares to our long cold winter. About six weeks before you want the bulbs to bloom and the shoots are 5cm high gradually introduce the bulbs to warmer temperatures of 15-17°C (not in direct sun). Keep the soil damp. This is about 12-16 weeks plus 4-6 weeks to bring into bloom from when the bulbs were planted.

3. **Choosing bulbs:** Early or short stemmed tulips are best; early small headed Narcissus such as, Mt Hood, or Cheerfulness; any Hyacinths, crocus, Muscari, Iris reticulata are good.

Cuttings from the Garden

Taking cuttings of summer flowering annuals now and growing them during the winter can save



Impatiens cuttings in water. PHOTO: CANDACE DRESSLER

you money next year. Cuttings of Pelargoniums (bedding geraniums) 8-10cm long are best rooted in soil with bottom heat. Do not be surprised if black areas appear on the stems as this indicates the presence of black leg (a root fungus disease). Discard these immediately. I prefer to over winter geranium plants and take cuttings in January-February for next summer's plants.

Annuals such as, Argyranthemum, impatiens, or any vine type houseplant are good cutting candidates to grow over the winter for next summer's garden or containers. Grow in water with some activated charcoal to keep the

water sweet and plant cuttings in damp soil as soon as water based roots appear. Then grow in good light.

Houseplants

Repot any pot bound houseplants if necessary, going up only one pot size. Large floor plants can be root pruned and repotted in the same pot with fresh soil in January when the sun is getting stronger.

Also check for pests and disease as our hot dry houses can lead to infestations especially of spider mites. In fall, check plants for whitefly, aphids, thrip and mealybug that can hitch hike into your house on your clothes from the garden.

Other Activities

Peruse catalogues, order seeds, plan next summer's garden projects, or just read about the history of gardening and its relationship to commerce.

If you want some unusual annuals or perennials consider growing them from seed.

I hope this helps you fill the long winter days with some gardening activities.



Pictured is a forced bulb show of the Gloucester Horticultural Society. PHOTO: GLOUCESTER HORTICULTURAL SOCIETY

■ Master Gardeners of Ottawa-Carleton (MGOC) check the website for gardening information <http://mgottawa.mgoi.ca>.
■ To receive TROWEL TALK, our free monthly electronic gardening newsletter, contact: troweltalkeditor@rogers.com to be added to the list.

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If not us, then who?

by David Knockaert

Effective community recreation demands more than fields and equipment. It requires broad-based appeal and supportive infrastructure. If Riverview Park is to host attractive recreation we residents need to get in the game and be active participants. A critical starting point is to elect a City Councillor who is informed and attentive to our needs.

One example is the Elmvale public library. That building is under lease by the Ottawa Public Library (OPL) until January 2027. However, the owners, Rio Can, intend to renovate the retail space in which the library is located. When construction will occur and its duration remains unknown, with an information request to Rio Can having gone unanswered. While OPL has advised Rio Can they wish to remain within the community during/following renovations, it is unclear whether either will happen. Since the library's presence benefits our community it would be prudent for any/all residents to express to Councillor candidates that we expect them to open communication with Rio Can and OPL to ensure continued library services within our area.

Another example is the Balena Field House, a structure long the focus of renovation/expansion conversation, but talk which never evolved into action. The field house is equipped with a changing room, storage and washrooms. That is good especially given that young children are not known to plan washroom needs far in advance. But for most of the year none of those services serve their purpose since the field house remains locked. It does so because the City will not hire a custodian. Certainly we can question why our field house decays while that in Capital Ward gets re-built. But should we not set a minimum ex-

pectation that our field house serve the function for which it was built? For that it needs to be open. Let's encourage our new Councillor to arrange with City administration for custodial services.

A third measure of recreational support is Cash-in-lieu of parkland. These are fees paid by developers in partial compensation for the negative impacts of intensification. Each Councillor manages their own Ward allocation. Unlike many other Councillors, ours consistently chose not to disclose details of the fund nor consult residents as to its potential use. What we do know is that while developers paid millions, over the past eight years only around \$35,000 in playground equipment for Hutton made its way to Riverview Park (further money was spent designing a still non-existing splash pad at Coronation). To new Counsellor candidates we need to express a firm expectation that cash-in-lieu funds be managed with transparency and consultation, then disbursed in an equitable fashion.

Perhaps most importantly is the situation of the Dempsey Community Centre. This centre represents our principal recreational (and meeting) facility. Yet for two years it has been closed to the community. Exchanges with officials reveal the City has no intention of returning the facility to us in the immediate future. It was taken from the community to support a women's shelter (euphemistically referred to as a Physical Distancing Centre). While the need for shelters is undeniable, questions have gone unasked far too long. The main question is why Dempsey?

After four months of being used as a shelter, our Counsellor wanted to re-open the Jim Durrell arena for community use. An alternate facility was sought. The City could have chosen a vacant



Hutton Park



school but officials state they "focused mostly on city assets". Yet of all City assets why Dempsey? On 02 September 2020, the Riverview Park Community Association reported that Dempsey was chosen since "the community centre's proximity to Jim Durrell allows for easier transition for clients and services". Yet that rather farcical explanation conveniently ignored the fact that every other City facility in our Ward (Heron Gate CC, Canterbury CC, Brian Kilrea arena) is closer to Jim Durrell than Dempsey. Moreover, could the City really not have looked outside the Ward? Of the 54 community centres managed by the City across Ottawa how many other than Dempsey were taken over by the City for shelter purposes? The answer is one - Heron Gate - and that just for a couple of months. Dempsey's closure was advertised as a "short-term temporary solution". It is

now 2 years and counting. Certainly the City's decision to utilize Dempsey was calculated. The City terms it a "building assessment". Most likely they mean a community assessment. Would they have evaluated each community across Ottawa and concluded those residing in the vicinity of Dempsey were best placed to leverage personal resources to secure alternative recreational opportunities for their children? Or is it far more plausible that the City concluded that residents along Russell Road were those least likely in Ottawa to possess the capacity to mobilize opposition to the closure? Drawing upon Orwellian Newspeak, the City officials who have deprived residents of the Dempsey community centre belong to the "Human Needs Task Force". Should you have something to say to them, they can be reached at HNTF_GTBH@ottawa.ca.





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