



DECEMBER 2022

A VOICE OF RIVERVIEW PARK

JANUARY 2023



Tania Kohl (L) has been the hostess extraordinaire in welcoming Mariana, Valentyna and Vlasta (front) into her home. The teamwork has been exceptional as they plan out the various types of art work. PHOTO: MANSOLO

Ukrainian family finds a new life in Riverview Park

by Carole Moulton

Last June, unknown to most of us, three new arrivals came to our neighbourhood. No moving van loaded with household goods appeared. No boxes of clothing or the usual personal items showed up either. What this three-generation family did bring with them was resilience, perseverance and courage — and lots of it. They had arrived from war-torn Ukraine by way of Poland.

Coming to Canada was not easy for our trio of Valentyna, Mariana and Vlasta as they didn't

arrive under normal circumstances. What the family lacked in belongings, they made up with their determination and endurance.

Glitches dragged out what was supposed to be a short stay in Poland into a three month delay. Even then, only Mariana and her daughter, Vlasta, were allowed to leave ahead of Valentyna, Mariana's mother. A kind Polish family welcomed them into their home for those three months while the family waited for their documentation to be processed. Then the three could leave for Canada.

On June 12, Mariana's brother, **Continued on page 15**

Local organization sending veterinarians to help dogs and other animals across Canada's North

Shared by Veterinarians without Borders

This past October, Veterinarians without Borders/ Vétérinaires Sans Frontières (VWB/VSF) Canada, an Ottawa-based non-profit, completed 10 remote veterinary clinics across communities in the Northwest Territories and Nunavut. Made possible by partnering with local community members, VWB/VSF runs these northern clinics in the spring and fall and, through them, provides life-saving vaccinations, spay and neuter surgeries, general animal health check ups, and training for local lay vaccinators.

Marieke van der Velden is VWB/VSF's Northern Canada Program Manager. Together with

Dr. Michelle Tuma, a veterinarian based in Yellowknife, NT and VWB/VSF's northern Canada liaison, van der Velden was joined at each clinic by three other volunteer animal health professionals who provided care to dogs and cats throughout the remote areas.

"For many of these communities, access to veterinary care is simply not feasible," said van der Velden. "The nearest animal clinics are plane rides away." Van der Velden adds that, in fact, many of the young people who VWB/VSF team members encounter in the remote North, particularly when they have just started a new community partnership, have never met a veterinarian. "It's really exciting to provide them with the opportunity to connect with

Continued on page 3



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Far left: *Keep It Together Baby (We Love You)*, oil on canvas, 18 x 26 in., by Yomi Orimoloye

Centre: *Le jardin de Mackandal*, acrylic and oil on canvas, 36 x 48 in. by Laurena Finéus

Near left: *Disseminate*, woodburn and acrylic on plywood and canvas, 54 x 14 in. by Ranajit Sinha

Origins & Futures

The exhibition of three intriguing artists:
Laurena Finéus, Yomi Orimoloye, and Ranajit Sinha

Written by Tiffany April,
Wall Space Gallery, Curator.
Edited by Carole Moul

Wall Space Gallery will be closing 2022 with the group exhibition of three captivating artists: Laurena Finéus, Yomi Orimoloye, and Ranajit Sinha. All three artists express the ways in which their lived experiences as part of Haitian, Nigerian and Indian diasporic/dyasporic communities have shaped their personal development.

Deep research into historical figures and rich Haitian cultures, processed through the act of painting, becomes a means for Laurena Finéus to reconcile her connections to multiple origins. Finéus’ construction of imagined spaces draws from a distinctly non-Western approach which she has linked to a tradi-

tion of Haitian artworks. Her depictions of familial and community resilience are much needed reminders that our anchoring roots traverse space and time.

The work of Yomi Orimoloye, a Nigerian-born painter, turns toward introspection. His figures seem to be in constant transitions, often having many faces and forms. Deeply interested in inter and intra human relations, Yomi’s distinguishing figures tell stories of intimacy between the self and others and at times, his figures transmute into almost pure geometric form. His chimerical or mythical-like figures bring together the multiple faces and internal turmoil that encompass the navigation of daily life.

Ranajit Sinha pushes the boundaries between painting and sculpture to explore the spiritual and social constructions behind the Indian- Canadian identity. Sinha seems to be

hunting for the origins of our inner world—where is it that we harbor the self? In *Life Comes From Life* the artist has included a digital print rendition of his own DNA scan in blues, reds, and greens. Sinha’s charred figures, surrounded by the unsteady pace of torn canvas, become emblems of the transitory self.

“Finéus, Yomi, and Sinha offer personal reflections on identity formation and growth within their multi-national backgrounds, drawing from experiences both lived and passed down through generations. Through painting, each artist uniquely unravels the threads of race, spirituality, and familial and colonial histories that create the delicate knot of the self.”

This promises to be a truly intriguing exhibition. Saturday, December 3, 2022–Friday, December 23, 2022. Artist reception: Thursday, December 15@ 5-7 p.m.



Erica Hawkes, *Romantic Sunset*

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CONTINUED FROM PAGE 1

veterinarians and veterinary technicians. It gives them the chance to ask questions and learn about ways they can help keep animals happy and healthy,” added van der Velden.

In fact, to help promote more animal health experts in the North, VWB/VSF recently launched the Access to Care Awards program, which includes a scholarship for one veterinary student and five bursaries for students pursuing animal health-related studies. “The goal is to help a northerner train in an animal health-related field, and then hopefully return to the North to provide greater access to veterinary care, for example,” explained van der Velden.

During the 10 clinics in 2022, the VWB/VSF team treated approximately 680 patients. “Rabies prevention in the North is becoming increasingly important,” said Tuma, explaining that, like COVID-19 and Ebola, rabies is a zoonotic disease, which means it can pass from one species to another. The rabies virus is highly deadly, however, also highly preventable with proper vaccinations. “In the North, rabies is endemic to foxes,” said Tuma. “As climate change draws fox populations closer to communities in search of food, encounters between foxes and dogs are also rising, which is in turn, putting dog owners at risk of rabies exposure.” Fortunately, by raising awareness about the importance of animal vaccinations, and training lay vaccinators to administer rabies vaccines when animal health workers are inaccessible, communities can further protect themselves and their animals.

As VWB/VSF’s northern clinics continue, requests for support are also increasing – something that the organization is hoping to keep up with in 2023. “Our Northern Animal Health Initiative (NAHI) program is really picking up speed,” said van der Velden, adding “and we’re eager to commit to both continuity of care to our current community partners, while building new partnerships throughout the north.”

This holiday, you can help the VWB/VSF team continue to provide animal health services to communities in need through programs like NAHI, along with VWB/VSF’s emergency response work in Ukraine, Pakistan, sub-Saharan Africa, and southeast Asia. Visit vetswithoutborders.ca/holidays to learn more.

The headquarters of Veterinarians without Borders is located at 700 Industrial Avenue, Unit #410, Ottawa, ON K1G 0Y9. Telephone: 613-857-0521

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Making a speech and how to get there

by Erin Wray

Does the idea of giving a speech at a wedding or making a presentation at work make your blood run cold? Me too! Or at least it used to.

According to the US National Institutes of Mental Health, approximately 75% of people have some degree of anxiety around public speaking, so those of us who struggle with speaking in public are far from alone. My desire to be a better public speaker, particularly in my professional life, was what initially drew me to Toastmasters in March 2021.

During my first few meetings I was content mostly just to observe. Within a few weeks, with encouragement from my fellow club members, I started to take on meeting roles, starting with the smaller roles and working my way up from there.

But there was one role that seemed more daunting than most: Toastmaster. One of the more visible and active roles at



I thought there was absolutely no way I could ever work up the confidence to take on the role of Toastmaster.

any Toastmasters club meeting, the toastmaster acts as a master of ceremonies of sorts, greeting guests, keeping the meeting running smoothly and on time, and introducing participants and speakers, all the while keeping club members engaged and entertained.

I thought there was absolutely no way I could ever work up the confidence to take on the role of Toastmaster. Well, spoiler alert- I

could and I did.

The first time I took on the role of toastmaster I was incredibly nervous. In the days leading up to the meeting, my inner critic nagged at me constantly. But as soon as the meeting started, something unexpected happened: my fear started to melt away.

My fellow club members listened, nodded along, and laughed at my jokes. They made liberal use of their “jazz hands” - our virtual equivalent of clapping - to encourage me. During the evaluation portion of the meeting, I received lots of useful feedback, including great advice on how I could be even better the next time around.

As time went on, the more I took on different roles, the more my confidence grew. Over time I noticed that my pesky inner critic wasn’t quite so talkative anymore. This increased confidence brought huge benefits not only at Toastmasters, but in my professional life as well. I was more comfortable speaking up at meet-

ings, more likely to bring forward ideas, and less likely to panic when called upon to speak.

As cliché as it may sound, there truly is no such thing as failure at a Toastmasters club meeting, only opportunities to learn and improve in a safe and supportive environment. There are still certainly roles that I find more challenging than others, but even on some of what I would consider my less than stellar turns at the virtual lectern, I have received nothing but encouragement and thoughtful feedback.

My takeaway so far: join Toastmasters in the hopes of improving your public speaking skills; stay for the boost of confidence, supportive feedback and so many other surprising benefits beyond what you’re expecting!

Toastmasters meet on ZOOM, weekly, every Thursday morning at 7:15am. If you are interested in taking part in a Toastmaster’s session, please contact us at: <https://goodmorning.toastmastersclubs.org?contact>

Seven end-of-year financial to-dos

by Eric Cosgrove SRES®

With inflation, the price of goods and services seems to rise week by week. Plus, stock market losses are mounting for many.

The change in the financial landscape makes it more important to do an end-of-year financial review to see where you stand and what changes you can make to keep your long-term goals on track.

Here are seven steps to improve your financial picture.

Budget and spending
Do a complete review of your bud-

get. Are you on track? Do you have extra money every month, or are you in a financial bind? Look at where your money is going and what you can do to adjust to the new realities.

Emergency savings
If you don’t have an emergency savings account, now may be an excellent time to start setting money aside for unexpected expenses: a car repair, a medical event, or a home repair.

Debt picture
Work on reducing debt. Start by paying off credit cards with high interest rates.

Retirement planning
Have you maxed out all your TFSA (<https://bit.ly/2HYycaY>) and RRSP? You have until March 1, 2023, to contribute to your RRSP and save on your 2022 taxes.

Portfolio check-up
Reviewing your stock market losses is probably painful, but it’s important because your investment mix may not serve your long-term goals or risk tolerance. It may be worth calling your financial advisor to discuss rebalancing your portfolio and other strategies to improve your long-term financial outlook.

Extra mortgage payment
If you’re able to afford it, make an extra mortgage payment to pay off your mortgage more quickly and save money on interest payments.

Insurance review
Check to see if you’re appropriately protecting your home and auto, if you’re eligible for discounts, or if there are other ways to cut your insurance costs.

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by Brian McGurrian

It's not widely understood how the short distances between the front lines and the often static nature of the trench warfare of WWI, enabled and even encouraged the opposing forces to relieve their boredom during quiet periods by shouting greetings, or taunting, or exchanging news or even visiting the enemy trenches. It was a common practice for many units to sing popular songs in the evenings, to entertain themselves and the enemy soldiers, and to be serenaded in turn, perhaps with many choruses of the German anthem *Deutschland Uber Alles* (trans. Germany Above All).

British Captain Edward Hulse later described a 1915 singsong that ended up with *Auld Lang Syne*, “in which we all joined in: English, Scots, Irish, Wurtembergers, Prussians, etc. It was absolutely astounding, and if I had seen it [in a movie] I should have sworn that it was faked.”

With the approach of December 25th in 1915, soldiers ventured out into no man's land between the trenches to recover bodies, and to exchange greetings and little gifts of food and drink and souvenirs, and to entertain each other with Christmas carols and even to compete in pickup football games.

Richard Schirrmann, a German

Christmas 1915



Christmas Truce, a sculpture in Mesen, Belgium

L'IMAGINAIRE, VIA WIKIMEDIA COMMONS

soldier positioned in the *Vosges* [“*vauge*”] (a hilly region south of Strasbourg) recalled that, “when the Christmas bells sounded from the villages... something fantastically un-military occurred. German and French troops spontaneously ceased hostilities and exchanged wine, cognac and cigarettes for Westphalian black bread, biscuits and ham”.

Not surprisingly, these friendly encounters were much less fre-

quent in the later years of the war as hostilities became more bitter and also because such behaviours were so strongly opposed by senior officers (such as the 25 year-old Captain Charles de Gaulle who, as early as December 1914, had begun to angrily complain about the lamentable practice of French infantrymen *leaving the enemy in peace*).

Fast forward to the late 1990s,

when Cormac MacConnell, a regular at The Crane, a musical pub located in Galway, Ireland, happened to watch a TV documentary about the incredible Christmas Eve truce of World War I, and “inside of two hours” had composed “a song of peace and goodwill,” which he titled *Christmas 1915*.

.....Their singer was a lad of 21

We begged another song before the dawn

And sitting in the mud and blood and fear

He sang again the song all longed to hear

Stille Nacht, heilige Nacht.....

Cormac's first opportunity to perform the song at the Crane was on December 24th, 1998. “The bar was crowded and I normally would not be listened to with much interest but, in seconds, I knew I had a good song because there was a hush throughout and several middle-aged Germans in the cosmopolitan gathering came up to me as soon as I'd finished, tears streaming down their faces, and hugged me.”

There are many versions of *Christmas 1915* freely available on You Tube, mostly by Irish tenors, but if I were to recommend just one version, it would be the performance by the amazing Celtic Thunder, recorded in 2010.....and let me warn you, in advance, that this song is an emotional roller coaster.

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Wishes for the new councillor

This *Riverview Park Review* comes out as the new city council settles in. With our councillor also being new, it is fitting that a wish list should accompany our new Councillor Carr downtown. It's obviously a short list of items and none are easy, but it's that time of year for new hopes, wishes and ambitions.

1. Wish we knew when the Canterbury Rink levy was going to be paid off. We should have a party when it's paid; like a mortgage burning party where we also find out how much less our taxes are going to be!
2. Wish the limits on developers in our ward counted. With new Queen's Park rules removing some guardrails for development, we are in for more large sun-blocking buildings. Our councillor should help mitigate the paving of our paradise.
3. Wish there were more sidewalks for our "15-minute neighbourhood". These are trouble for those not wanting to lose front yards, but try walking on some of our busy streets. Rush hour never stops!
4. Wish the new councillor would have face time in the ward. Previous councillors had "coffee time with ..." Knock on doors and see what is important. This is a great way to raise your visibility, and get a real sense of what local concerns are. We also need a place to meet.

As our elected representative you should be commended for putting yourself forward, and getting elected. Neither are small feats. In the next four years you will get more than your share of arrows, and hopefully many laurels as well. Keep your chin up, and your stick on the ice.

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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.

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WALL SPACE GALLERY CHEO Jewellery Gala

by Carole Moul

Wall Space Gallery (Westboro Village) 358 Richmond Road was the place to be on Friday, November 18 from 6-9 pm when they held their annual fundraiser in support of CHEO Family Support Services. The gala event featured jewellery, art, fashion, a silent auction and raffle, as well as delicious refreshments and drink - all from local businesses and artists.

With the purchase of your entry ticket guests received one raffle ticket to win prizes from local Ottawa businesses — a one month free pass to Pure Yoga, gift cards for Tallow clothing, Gezellig, and Wall Space.

Visitors to the event were also able to bid on Fine Jewellery by Andrea Mueller, Lirical Jewellery by Brenda Wong, and Galili Ellis Jewelry. The silent auction offered an opportunity to collect a stunning original floral painting by artist Nicole Allen.

Wall Space will be donating the money raised, as well as 20% of all jewellery sales to CHEO.



Stephen Ellis from Galili Ellis Jewellery enjoyed the David Lidbetter painting “beside the lake”, oil on panel, 48 x 18 in. With him are Laura (L) and Joan (R) who attended the evening event to show their support for CHEO.



When Andrew Tardif heard from a friend about the CHEO Jewellery Gala at Wall Space he thought it important to support the worthwhile event.



Tom and Brenda, nearby residents of Wall Space, attended the Gala because of how appreciative they are of CHEO. Both of their children were well looked after at the hospital when they were under one. Seen here, they are appreciating two of David Lidbetter’s paintings.



Andrea Mueller has been designing and crafting beautiful handmade jewellery. Her studio is at the Rectory Art House in the Byward Market in downtown Ottawa.



Brenda Wong, who lives in Ottawa, launched her exquisite jewellery collection, Lirical, in 2006. Each piece is meticulously hand-crafted with attentive detail.

PHOTOS: CAROLE MOULT

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A young paper carrier helps out his community

by Carole Moul

It was while watching a neighbour deliver the *Riverview Park Review* that seven year old Dillon came up with what he thought was a good idea to earn a little extra spending money. Perhaps he too could have a paper route and his parents would pay?

Realizing that his intentions were serious his family suggested that he print a letter to this effect to apply. And Dillon did.

It was a lot to think about requesting a job such as this one and there were a few longer words involved, however it wasn't much later when there was a knock on the Distribution Manager's door. Dillon explained his request.

"Is there an opportunity for me to do something like that?" he asked. "Yes" came the reply. Then a contract was drawn up and Dillon's name was put on the list for a nearby street.

Today Dillon is probably one of our youngest newspaper carriers of the *Riverview Park Review*. His dad and frequently his sister, Harlow, accompany him.

"The mailboxes are low on the route I have, so it's really good," explained Dillon.

The papers are dropped off to Dillon's home by Peter and Greg five times a year and then he is out delivering as soon as he can because, as he notes, "It's a fun experience, there's lots of exercise, and I'm glad to help out the community."

As a Grade 3 student, there are no volunteer hours for Dillon as yet, however we certainly appreciate his wonderful initiative.

And yes, he has already requested a second route for his family. Way to go Dillon! We thank you for what you are doing for Riverview Park.



Eight year old Dillon planning out his newspaper route. PHOTOS: CAROLE MOULT

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Chiropractic Care can be a great way to manage and relieve pain caused by Rheumatoid Arthritis and Osteoarthritis. Routine chiropractic visits can provide arthritis patients with a non-invasive, all natural, and safe alternative to prescription drugs and pain medications that are commonly prescribed to help manage arthritis pain. Chiropractic Doctors are highly trained in understanding the joints and musculoskeletal system.

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BEST OF RIVERVIEW PARK

Best of Riverview Park – Halloween Edition

by Pat Lawlor

I find it interesting how Christmas and Halloween are the two holidays that generally inspire the most participation and the best home decorations. It sort of makes you feel sorry for April Fools’ Day and St. Patty’s Day. The subject of this article somehow managed to combine both holidays into one extraordinary dramatic display.

Those of you who have been reading my articles in the Riverview Park Review this past year may remember Jim Leger from my piece in the January issue featuring the 2021 Christmas lights award winners. Jim and Andrea Leger along with their son Alex came in second place for their outstanding outdoor Christmas display.

As I drove around the neighbourhood a few weeks ago to explore this year’s exceptional examples of Halloween cheer, it came as no surprise that Jim and his family had done it again. It was not until I had stopped by the house as Jim and Andrea were dismantling Halloween that I found out just how committed they are



Leger home on Lennox Park Avenue. PHOTO: PATRICK LAWLOR

to the craft.

Every year, the Legers choose a different theme for Halloween. They construct the props with foam, pool noodles, fabric, wood and metal. Some of their previous themes have been Pirates of the Caribbean, Game of Thrones, Harry Potter, and even an Indiana Jones theme, which featured a huge rolling rock just like in one in the debut of the movie franchise.

This year, they chose to decorate based on the theme of The Nightmare Before Christmas.

Their lawn featured all the main characters from the Tim Burton movie musical. Jim and Andrea even dressed up as Sally and Oogie Boogie from the film, and like every year, they stood outside to hand out the candy.

If you get a chance in future and upcoming seasons, I suggest you check out their incredibly crafty skills on Lennox Park Avenue. They are sure to delight in December for the holidays. I can’t wait to find out their theme for Halloween 2023. Maybe, if we ask nicely, we can convince them



Dramatic view of Halloween prop on Lennox Park Avenue. PHOTO: JIM LEGER



Jack Skellington from The Nightmare Before Christmas. PHOTO: JIM LEGER

to put something together for April Fools’ Day, if they aren’t too tired from Halloween and Christmas, of course!



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Christmas and holiday stamps illuminate the season and add cheer

The Nativity star and holiday birds capture sacred and secular images

OTTAWA – Canada Post has released new Christmas and holiday stamps that will help Canadians make their mail merrier at this special time of year.

Since 1964, the annual Christmas and holiday stamps have been adding a festive touch to cards and letters throughout the season. For the 2022 stamps, Canadians will once again have their choice of stamps featuring either sacred or secular holiday imagery.

This year, Canada Post is also sharing images of Christmas and holiday stamps dating back decades so Canadians can see how they have evolved over the years, while still capturing the fun and magic of the season.

2022 Christmas and holiday stamps

The majestic new Christmas stamp – designed by Paprika and illustrated by Fanny Roy – is inspired by the Nativity, with an emphasis on the star that led the Magi to the infant Jesus. In biblical accounts of the birth of Je-



sus, the star of Bethlehem served as both a guide that led the Magi to find the young child and a sign that the prophecy of the coming of a saviour had been realized. The Permanent™ domestic rate stamp is available in booklets of 12. The Official First Day Cover is cancelled in Star City, Saskatchewan.

This year's secular holiday stamps – designed by Hambly & Woolley Inc. and illustrated by Sandra Dionisi – feature three birds that overwinter in Canada: a cardinal (Permanent™ domestic rate), a blue jay (U.S. rate) and an evening grosbeak (international rate). The colourful stamps provide a festive and wintry look, emphasizing the beauty of the natural world

during the holiday season. Domestic rate stamps are available in booklets of 12, with the U.S. and international rate stamps offered in booklets of six. A festive souvenir sheet of the three

stamps is also available, along with a souvenir sheet Official First Day Cover, cancelled in Cardinal, Ontario.

Images of stamps dating back several decades

For nearly 60 years, the annual Christmas and holiday stamps have reflected the magic, landscapes and cultural traditions that make the season so special. This year, Canada Post is sharing images of some of those stamps from decades gone by. While the artwork and designs have changed significantly over the years, the stamps continue to capture the meaning, memories and cherished moments of the season that Canadians hold dear. Sharing Christmas and holiday stamps on cards and letters remains a time-honoured tradition for many people across the country.

The 2022 stamps and collectibles are available at canadapost.ca and postal outlets across Canada. Christmas and holiday stamps from past years are not being re-issued.

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New stamp celebrates the Jewish Festival of Lights

The contemporary illustration reflects the joyful spirit of Hanukkah

OTTAWA – Today Canada Post launched the fifth stamp in its ongoing series celebrating Hanukkah, the Jewish Festival of Lights. The new stamp reflects the joyful spirit of the festival through a vibrant, contemporary interpretation of the flames on an eight-branched menorah.

Hanukkah is one of the more widely embraced celebrations in the Jewish calendar. An opportunity for reflection and a celebration of triumph and tenacity, it commemorates the rededication of the Temple in Jerusalem after the Jewish people reclaimed it from their oppressors around 165 BCE.

According to Jewish tradition, the Temple's menorah was to burn continuously, but there was enough oil to last only one day. Miraculously, it lasted the eight days needed to harvest, press and transport a fresh supply of oil.



This miracle is commemorated through the kindling of a special Hanukkah menorah known as a *hanukkiyah* – a candelabrum bearing a row of eight candle or oil holders. Each evening an ad-

ditional light is kindled using the *shamash* (helper candle).

Designed by Andrew Lewis, the stamp was cancelled in Montréal on November 7, in advance of Hanukkah, which this year takes place from nightfall December 18 to nightfall December 26.

The 2022 Hanukkah stamp is available at canadapost.ca and postal outlets across Canada.

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TRINITY COMMUNITY GARDEN

Reflect on the past, but look toward the future

by Rhonda Turner

Trinity Community Garden (TCG) flourished this summer with all plots overflowing with vegetables. Gardeners were busy watering frequently during the super hot spells. A few rains gave them a break. Weeding and watering and socializing with others is all part of the gardening enjoyment.

Personally I had maybe too many tomatoes to handle. I made soup, tomato sauce and froze some tomatoes chopped up. I ate tomatoes it seemed day and night, harvesting bowl full after bowl full of red ripe beautiful tomatoes pretty well every week. Oh, that I could have a bowl of them right now when the tomatoes are pricey and have very little taste.

Every second week fresh organic vegetables from the two donation plots were donated to Blair Court Food Bank on Station Blvd. TCG donation plots plus individual plot contributions added up to 229.97 kgs. (507 lbs) of fresh organic vegetables. At each delivery my car smelled like a combination of so many fragrances, the nicest



A few of TCG gardeners at work day. PHOTOS: RHONDA TURNER



A typical donation day trunk load.

time was when we donated lots of basil and parsley.

Fall clean up took place in mid October with a good gathering of gardeners willing to help. Usual tasks consisted of the ongoing effort to control the invasive buckthorn bushes which are so persistent and difficult to eliminate.

The aisles between the plots were cleaned up. We tidied the pollinator gardens and cut down any perennials that needed to be tended to. Compost boxes were turned. Water tanks were drained and winterized. Two new plots were created, one to be used as a communal usage plot plus share

some extra space for more donation produce.

Now that the season has come to an end, gardeners won't be taking trips to the garden to check on its progress. They will be putting thoughts to bigger and better ways to improve their vegetable garden next year.

The season may be over but many have already dug into seed catalogues and started ordering seeds for the next year, planning their gardens and considering what veggies to start at home. Still too early to start indoors, but, it won't be long.

Pepper plants take forever to

grow. I started mine last year on January 10. They took four weeks to germinate, finally poking little shoots out of the soil. Then they took forever to grow, finally showing their second set of leaves (true leaves) and then they were on their way. Patience is necessary when growing pepper seedlings.

I started my tomato seedlings in mid March: a very different germination experience. After just seven days I had little tomato plants. Then it was a constant either topping up the container with soil or re-potting into a larger container. I chose the topping up method. It works well with less effort. Consideration when starting plants indoors is having a very sunny south facing window or a set of grow lights.

Keep thinking of what will be for the next year and plan accordingly. Don't let the time pass by and not be ready to start the growing process all over again. Good luck to those who choose window sill germination.

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

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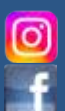
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For over 40 years we have welcomed the Gloucester Lions Club to sell their Christmas trees 🌲 in our parking lot at 1877 Innes Road. The lot, completely volunteer run, will open November 26th. 100% of proceeds go to local charities- including Food Aid and Ottawa Food Bank, Salvation Army, Ottawa Treatment Centre, Eastern Ottawa Resource Centre, Rideau Perly Health Centre, Make a Wish, F.G & Doris Barrett Scholarship-Gloucester High School, Foundation Fighting Blindness and many more. If you are considering purchasing a fresh tree this season, please consider supporting the Gloucester Lions Club. Serving Gloucester since 1968.

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Ukrainian family finds a new life in Riverview Park

CONTINUED FROM PAGE 1

Roman, who lives in Ottawa, picked up Mariana and Vlasta at Toronto’s Pearson International Airport. On June 29, he made the same return trip to Toronto, and the family, with great relief, collected his mother, Valentyna.

It was one of those ‘friend of a friend’ stories that had the family eventually make their way to Riverview Park. Roman ‘knew someone who knew someone’ who had spent a short time at a local Airbnb, and one of our Riverview Park residents was the host.

Tania Kohl has lived in Riverview Park since 2018 when she bought her house and began some massive renovations. The results are beautiful, and as part of her project she turned the lower level into an Airbnb.

Earlier this year she generously allowed a Ukrainian couple to use the apartment until they found a place to stay. It was through this connection that Roman discovered the same attractive apartment might be available for his family.

The new arrivals did in fact become the temporary residents of this charming Riverview Park Airbnb, and if anyone can help these three newcomers it is Tania Kohl with her exceptional giving nature. “I closed the airbnb to host the Ukrainians and it will remain closed with this wonderful family staying with me,” she said recently.

A realtor by profession with Keller Williams, Ms. Kohl has taken an immense amount of time to ensure that the trio wants for nothing for their needs in living in a new country.

This family’s spirit is completely amazing and, as it turns out, their creative bent is remarkable and incredibly similar to Tania’s.

In Ukraine, Mariana worked for a large company in marketing and graphic design; a talent she brought with her expressing itself in a variety of ways. Her unique mixed media artwork is already being admired by many people. The crafts she creates are without a doubt distinctive.

Here, in our community many are asking, “Are any of these items for sale?” “Yes,” has been the reply from a very appreciative Mariana who is currently taking English classes in Ottawa’s west end. Her goal these days is to become more proficient in English and become a graphic designer here in Ottawa.

Her daughter, Vlasta, meanwhile, is attending high school daily with English classes over



As part of the team, 19 month old Louie, Tania Kohl’s pet has played an important role in the family’s conversations. He doesn’t do artwork. However he does cause everyone to break out in smiles. Here he is shown with Mariana (L), Valentyna and Tania. PHOTO: MANSOLO

two grades to catch up with her peers. In Ukraine she attended an art’s high school similar to Canterbury. She had been taking English in her former high school, although admittedly the family says “Vlasta learned much of her English from her favourite band ‘Queen.’” Vlasta now claims she would like to be a drummer some day.

Valentyna was a high school teacher of Worldwide Literature in Ukraine. Her teaching career spanned over 43 years, and in 2000 she was awarded Teacher of the Year. She’s also an exceptional cook, well known for a number of her Ukrainian dishes, so much so that neighbours have asked to buy several of her specialties. Now the family has even created a menu for Mama’s Kitchen. A business, the three of them call *Krashche Dodomu* or Better Home, is just getting off the ground. Valentyna’s English consistently improves through conversations with others.

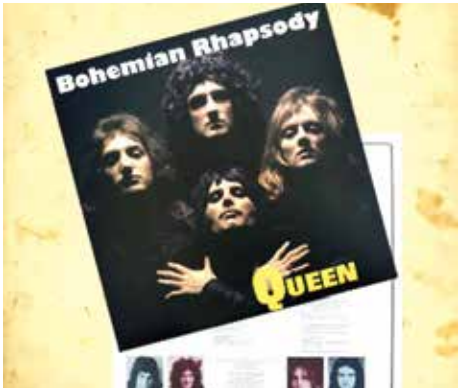
There are many things in Ottawa that are similar to those in Ukraine. The family mentions the plants, flowers, trees and the winter (“although the animals stay in the forests and the winter is not as cold there”). Regrettably, there are many conditions that are quite different and difficult for everyone.

With the exception of Roman, Vlasta noted recently, “Everyone we love is still in Ukraine.”

As a community in Ottawa, we hope that the family’s time spent among us will be a welcoming experience for Valentyna, Mariana and Vlasta. And now that

we know about some of Ottawa’s newest residents, we look forward to helping them as much as possible during their time spent in our beautiful Riverview Park.

Right: The family claims 15 year old Vlasta learned much of her English from the British rock band, ‘Queen’.



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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Uncovering the gems of the year in film

by Peter Thompson

As the year comes to a close and Oscar season begins to jog into the final stretch, it's time to take a look at a handful of movies that won't be nominated for any major award, yet fit the bill as 'gems'; that is, films that are worth your time to seek out.

1. Old Henry

A searing western/drama about a rancher who saves the life of a man and finds a satchel full of money in the process. He realizes full well that taking the satchel and helping the man will bring back his past and make for a dangerous situation for him and his son, but he does it. Several wicked twists in this finely acted film - particularly Tim Blake Nelson who chews through his dialogue - and one heck of an end!

2. Summerland

Long overlooked, this is now one of the top renters of the year because of the fantastic scenery, great story and fine acting. Gemma Arterton leads the way as a curmudgeonly woman in a coastal village who slowly forges a relationship with a young boy she is forced to take in during World War II. Subtle and gentle, this is a beautiful English film.

3. Mass

Released in the latter part of 2021 in hopes of some Oscar attention, it missed out, but that doesn't



Old Henry



Hit the Road

mean you should. Two sets of parents meet up - one the parents of a school shooter and the other the parents of a victim of the shooting - to discuss what has transpired and try to pick up the pieces. At times intense, other times desperate, this is a must see, especially in the world we live in today.

4. Hive

When her husband doesn't return



Summerland

from the war in Kosovo, a young mother must try to provide for her family by setting up a small business, but the people around her resist the idea and she begins the fight against the patriarchal society that does little to support her. Vivid and uplifting as it goes along.

5. Cha Cha Real Smooth

Inexplicably lost in the shuffle, this is a gem in every sense of the word! A young party planner strikes up a relationship with a mother and her autistic daughter. Hits all the right notes as a romantic drama with a little bit of comedy and lot of warmth.

6. Miracle

When a nun leaves her monastery to look after a personal affair, she is not seen again. A detective is determined to find out the truth and this film slowly unravels with a sense of unease and a few surprising twists.

7. Hit the Road

A beautifully acted road trip film out of Iran. A loud and loving family takes a trip across the rugged terrain, taking turns to get on each other's nerves and fuss about the sick family dog. Tensions begin to arise as the ultimate reason for the journey begins to unfold.

8. Days of the Bagnold Summer

A summer in the life of an average English single mother and the teenage son who has to spend it with her. Charming in parts, witty in others, but sometimes quite serious, this is a very well done drama with some fine performances and a neat little soundtrack. If you like quiet little films, this is definitely one for you.

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Don't forget about the ultimate gems from last year that I wrote about last column: Delicious, The Vinland Club, The Duke, The Phantom of the Open and The Outfit!

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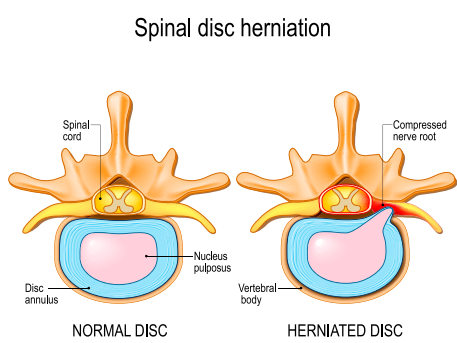
Have you ever been seated for a while, and when you stand you get sudden shooting pain in your low back? Or have you ever lifted a heavy box with a twisting motion and felt something “go out” in your back? You may be suffering from a disc herniation.

The spine is made up of 33 bones called vertebrae. 24 of these bones are moveable, and in between each vertebra is a jelly-like filled disk of tissue that provides cushioning and prevents friction between each bone. A disc herniation occurs when a portion of the jelly like center of the disk pushes out beyond its limit. If the herniation presses on the nerves on the outside of the disc, this can be ex-

tremely painful. Disk herniations are also referred to as disk bulges or slipped disks. A disc herniation can occur anywhere in the spine but are most common in the low back, which will remain our focus here.

Contributing factors to disc herniations include age related wear and tear, excess weight, sudden fall or strike to the area, repetitive activities including lifting, twisting, bending, pulling, sedentary lifestyle, frequent driving, smoking and occupation. One of the most common causes is twisting and turning while lifting something.

Disc herniations usually occur on one side of the body and can be extremely painful. Pain can



stay at the injury site, but it can also radiate to and through the glutes, thigh, calf and even into the foot! Pain symptoms will include weakness, heat, muscle imbalance, numbing tingling and symptoms of sciatica.

Treatment for disc herniations can include over the counter pain medications, or pain medication prescribed by a doctor. In extreme cases surgery may be required. Other treatment methods will include hot and/or cold therapy along with physiotherapy and massage. Physiotherapy and massage treatments will focus on pain management as well as strategies to prevent the injury from re-occurring.

Your physiotherapist will assess

your body to determine where any imbalance and weakness may be. They can provide strengthening and stretching exercises that optimize posture and correct body movement. This in turn will speed up healing time.

Your massage therapist can provide deep tissue massage along with manual stretching. Massage will focus on the area of injury as well as any compensating areas that start to feel overworked. Depending on how the injury present, hot and/or cold therapy may be used for pain relief.

Disc herniations usually take up to a few weeks to heal. With treatment, that time can be time reduced.

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

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



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Out and about in our neighbourhood



mansolo is a street photographer, interfacing with people and animals as he moves through space. His vision is both journalistic and artistic. Everyday presents new images to capture. It's not about equipment, as much as it's about having some equipment, any equipment, to capture the light, however it presents itself, and each day when he goes out he asks himself, "what is the light doing today?"





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Dear Neighbours,

The holiday season is upon us! I am so pleased to be writing this message as your City Councillor for Alta Vista. I am proud to represent this community at Ottawa City Hall, and I look forward to working for you in the weeks and months ahead.

As we prepare for holiday festivities and happy times with family and friends, I am reminded that the true gifts of the season come from the relationships we have with each other. The spirit of this community makes Alta Vista a special place. From the residents to the volunteers, to our frontline workers and our business community, I see people working together to build a more accessible, inclusive, safe, and greener community for all of us, particularly our most vulnerable citizens. Thank you!

I hope you can join me at the Holiday Skate at the Jim Tubman Chevrolet Rink on December 10—and bring a donation for the Blair Court Community Food Bank.

Have a safe and joyous holiday season.

COMMUNITY CAFÉS—COMING SOON!

Starting in January 2023, I will be holding regular meetings for coffee and conversation in Ward 18 neighbourhoods. These casual get-togethers will help us get to know each other, share ideas, and discuss issues that are important to our community.

Dates and locations will be announced in Vistas and on my website in the weeks ahead. I look forward to meeting you!

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For more information: 613-580-2488 || Marty.Carr@ottawa.ca



Councillor Marty Carr

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INTERESTING CANADIANS

Is 24 Sussex haunted or is it just a gorilla?

by Bruce Ricketts

A bunch of years ago, I was interviewed on Rogers TV by Catherine Clark, daughter of a former Prime Minister, Joe Clark. I asked her what it was like living as a child at 24 Sussex. She replied that she was scared of the basement. I asked if it was haunted. “No”, she said, “there was a gorilla.”

Stay with me. Watson’s Mill is a beautiful old building on the Rideau River in Manotick. Built by Moss Kent Dickinson and his business partner Joseph Merrill Currier in 1860, the mill used water turbines to run large millstones to grind wheat into flour.

Joseph Currier was born in 1820. He did not have a lot of luck in his life. Joseph’s first wife died in 1858, and his three children from that marriage all died within five days of each other in 1855. Cholera might have been the culprit.

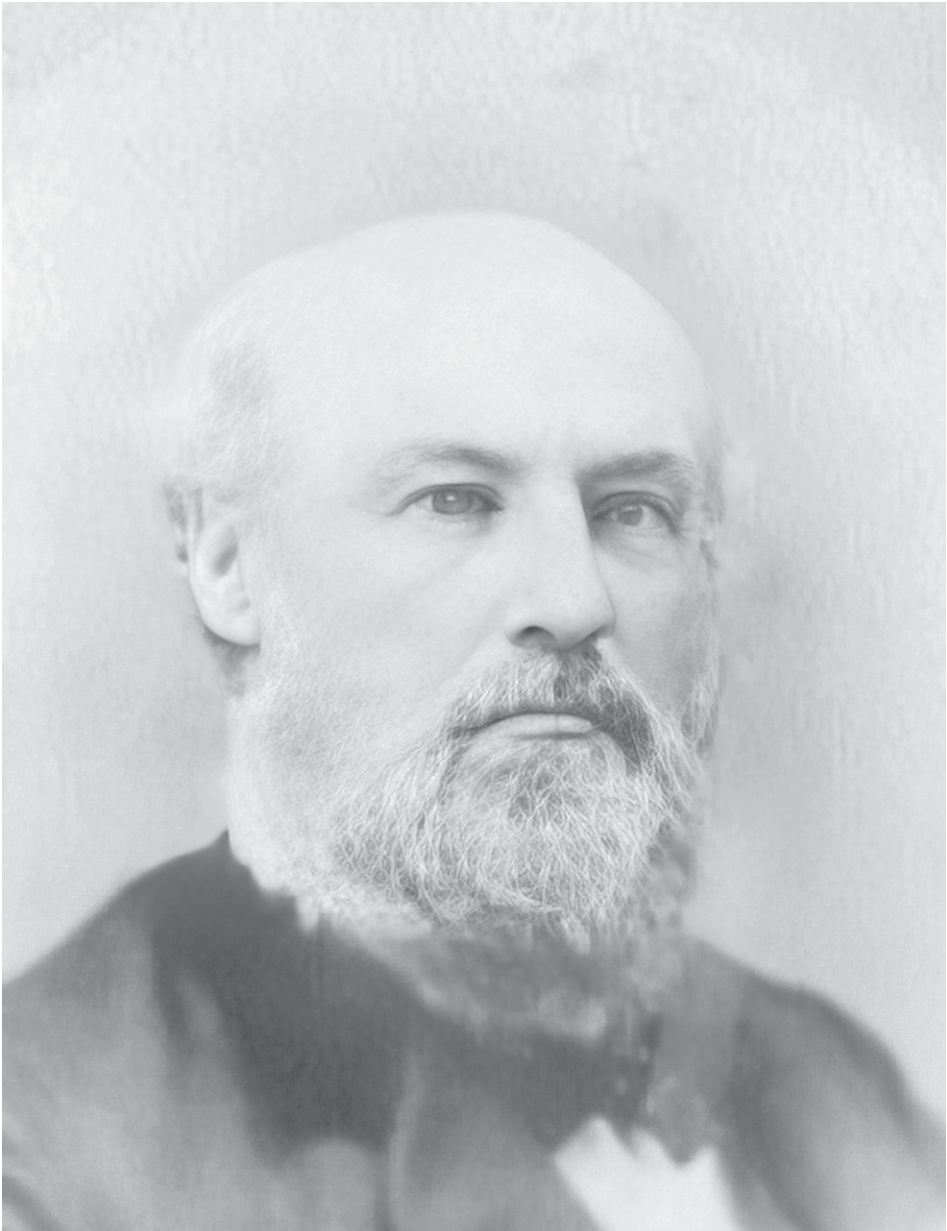
In August of 1860, Currier travelled south to Lake George, New York where he stayed for a time at the Crosbyside Hotel. The Crosbyside was run by the family of Ann Elizabeth Crosby.



Watson’s Mill

Anne was born in 1841 and was described as “tall and beautiful”. Joseph and Anne were married on January 25th, 1861.

After spending a month-long honeymoon travelling throughout the Northern United States, Currier brought his new bride back to Manotick to celebrate the first anniversary of his Mill. Currier gave Anne a guided tour of the facility. Anne was not told that moving machine parts and long or loose clothing do not mix. While viewing the works of the machinery on the second floor, Ann’s white crinoline dress became caught in the revolving turbine shaft. She was thrown against a nearby support pillar and killed instantly. It is said that you can still see blood stains and fingernail



Joseph Currier

marks on the post that Anne’s body struck. People feel cold air streams and get goosebumps even on some of the hottest days of the summer.

Anne was buried in Beechwood Cemetery, but her spirit continued to live at Watson’s Mill. Anne haunts the place to this day.

It is also said that Anne takes some time off from her haunting of the mill to visit the place that Joseph went to after Anne’s death. She has been seen wandering around Parliament Hill and the canal locks nearby. Why would she go there?

Shaken by the tragedy, Currier sold his share of the mill to his partner Dickinson and never set foot, in Manotick or Watson’s

Mill. He moved on in life as both a Member of Parliament and as a builder. In 1866 he built a new stone house overlooking the Ottawa River. He called the home, Gorffwysfa, a Welsh word for place of peace. He made it as a gift to his third wife, Hannah.


Gorffwysfa was bought by the government in 1943, renamed 24 Sussex, and became the official residence for all Canadian Prime Ministers... including Joe Clark, and his daughter, Catherine.

Is Anne’s ghost haunting 24 Sussex? Or is it just a gorilla?

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



Gorffwysfa



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How do I decide what is the best time to sell my home?

Selling a home is a significant undertaking and there is a lot to mull over when choosing the right time to do it.

Here are a few things to consider:

- Real estate can be cyclical
- Assess the real estate market
- Preparing a home for sale can require time, effort and money
- Reflect on what is driving your decision to sell

Have more questions? Let’s chat.
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This fall was a busy one at Oakpark Retirement Residence

Submitted by Josh Dubovie
Marketing Manager,
Oakpark Retirement Residence

The residents at Oakpark feel a sense of empowerment and ownership in the community - their voices matter. That's why we have regular resident council meetings that address the suggestions, comments and concerns of our residents as we work tirelessly to improve the community for them.

That said, the Oakpark Community on Valour Drive have certainly taken advantage of the fall season this year with lots of suggested activities and trips. From apple picking at the Mountain Orchard, to Halloween costumes, from laying wreaths in remembrance of our fallen, to celebrating employees for their service to our seniors; there hasn't been a dull moment as we readied for the snow!

Thinking of relaxing for the winter? With our fresh cooked meals, housekeeping, a full range of care and committed staff, Oakpark is more than ready to host you for months at a time. Our winter stays are also inclusive of all the furniture so you won't need to bring anything from home - other than a few comforts! Say goodbye to snow removal and say hello to peace of mind.

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Ottawa Carleton District School Board Trustee Zone 9

Dearest Alta Vista neighbours,

It is an honour and a delight to write to you today as Trustee for the Ottawa-Carleton District School Board (OCDSB) in Zone 9 (Capital and Alta Vista wards).

You may wonder what a trustee does. Much of what goes on in schools is determined at a provincial level (class sizes, funding equations, curriculum). School board trustees are community advocates for public education. We make decisions about policies, procedures, strategic plans. We balance budgets. Trustees ensure that boards of education fulfil their duties under the Education Act, and we ensure that the Director of Education carries out its responsibilities. Trustees are called upon for “accommodation reviews” to determine school boundaries and decide which specialized programs should be offered at which schools. Trustees identify the needs and priorities of children, youth, and families, and they also address systemic inequalities within schools and across the board, from discrimination against students with disabilities, to racism, to transphobia, to sexist school policies. Trustees are part of a team, we work collaboratively on the board. We are



Dr. Nili Kaplan-Myrth, OCDSB Zone 9

accountable to the province (the Ontario Ministry of Education) and to you (our electorate).

During the election campaign, I met with a local student who transferred out her high school last year because students were chanting antisemitic slogans. I’ve spoken with students who experienced Islamophobic, anti-Black, anti-Indigenous, and anti-trans hate and violence outside and inside schools. We’ve seen reports of children with physical and developmental disabilities who have been neglected, physically restrained, and abused by educators. I’ve met with non-binary and neuro-diverse students who have told me about the discrimination they face in school. I’ve met with parents of children with learning disabilities who are falling through the cracks. I’ve met with

families who cannot afford private psychoeducational assessments to determine whether their child is eligible for a gifted program, or to identify other complex exceptionalities and establish an Individual Education Plan (IEP). I’ve met with library technicians who do not have the funds to order books for their students. I’ve met with parents who are worried about traffic safety as their children try to walk, cycle, or scoot to school. I’ve met with parents and educators who are worried about their families’ health and safety as Covid-19 and other airborne viruses surge in our city.

There are many issues to address. There is also a great deal to celebrate: I love to walk by schools in the mornings as parents chat with each other and with teachers, as children and youth greet their teachers and their friends. There are so many happy events, extracurricular activities, incredible annual book fairs, science fairs, concerts, sports events, fun fairs. There is passion and commitment at parent council meetings. Education is about so much more than what happens in a classroom; schools help to make neighbourhoods into communities. They inspire civic responsibility, empathy, connection.

I begin my tenure as trustee by reiterating my commitment to you: I am here to listen to you and to advocate for you. I want to know about your concerns. I also want to know what’s working well, what you’re celebrating. I am here to ensure that your voices are heard around the board’s decision-making table.

I will be available via monthly virtual meetings, on a drop-in basis. The link to those meetings will be on my web site (nilikm.ca). I am also setting aside weekly “office hours” (by appointment) for one-on-one virtual or in-person meetings with community members. I’ve also reached out to parent councils and community organizations. My contact information will be updated on the OCDSB web site and on my own web site.

As you are aware, I am also a family doctor. Please do not phone my medical office unless you are a patient phoning about a medical issue, and do not show up at my clinic uninvited. Our practice is full, we are not accepting any new patients.

I can’t wait to get to work as a trustee.

Yours truly,
Dr Nili Kaplan-Myrth,
OCDSB Trustee Zone 9

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Do you need new winter tires?

A short spin on their inventors



Rubber trees on the Firestone Plantation



John Dunlop



André Michelin



Harvey Firestone

by Geoff Radnor

Some things are easier today. You just drive to your local service garage and in a very short time you can have your new winter tires. This however was not always the case.

There was a Scot who was an early user of winter tires; in fact they were his summer tires too. (Those Scots get into everything).

In 1888, John Boyd Dunlop needed tires for his bicycle and a wealthy Irishman, William Harvey du Cros, helped him out financially. John Dunlop was a veterinary doctor, and the bicycle was a popular form of transport and relaxation in those Victorian times before the invention of the motor car. (Readers will remember an article on the history of the bicycle in the *Riverview Park Review*, April 2021 edition.)

At the same time in France, brothers Édouard and André Michelin tried to help out a friend whose bicycle tire too was in bad shape. They started The Michelin

Tire Co. in May 1889 about the same time as Mr. Dunlop started his business.

About one century later, in 1988, in the United States the Goodyear Rubber Company, one of the early tire companies, was bought by Michelin.

All of these companies made rubber tires, but where did the rubber come from? Most of it comes from south east Asian countries, some then known as French Indo-China, British Malaya, now known as Vietnam, Malaysia, Indonesia and Thailand. A warm climate with lots of rain is required and there are many other places that supply the tire makers with rubber. Firestone has many plantations of rubber trees in Liberia, West Africa.

Canada's three biggest tire companies in Canada are Bridgestone, Goodyear and Michelin. Goodyear has a big tire factory in Napanee, Ontario. Just maybe your new winter tires were made a short drive down the 401.

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LIFE AT MAPLEWOOD

TAKE A LOOK... EXPLORE LIFE AT MAPLEWOOD

Upcoming Maplewood highlights for December / January/ February

DECEMBER

Carols and Cocktails
Every Tuesday in December from 3:00 p.m. to 4:00 p.m.

Breakfast with the Elves
Sunday, December 18th from

9:00 a.m. to 10:30 a.m.

Champagne NYE Party
Saturday, December 31st from 2:00 p.m. to 4:00 p.m.

JANUARY

Wine Tasting
Thursday, January 5th from 5:30 p.m. to 7:00 p.m.

Building Healthy Habits that

Last With Meg Stickl
Monday, January 9th at 10:30 a.m.

Chinese New Year Celebration and Dinner
Thursday, January 19th from 3:00 p.m. to 7:00 p.m.

Burns Night Dancing and Singing
Wednesday January 25th from 7:00 p.m. to 8:00 p.m.

FEBRUARY

Wine Not be Mine?
Friday, February 3rd from 3:00 p.m. to 4:00 p.m.

Valentines at the Sock Hop
Tuesday, February 14th from 7:00 p.m. to 8:00 p.m.

*Call Brian today to book a personal visit!
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This is the life at Maplewood

Shared by Rosal Yade, Activity Manager, at Maplewood Retirement Community



Cash Cab Trivia Trip! Test your trivia with friends on our very own Cash Cab. Enjoy a scenic drive with music, fun trivia questions and a chance to win prizes! There's never a boring ride with us!



To Tremblant we go! We filled our bus and enjoyed Mont-Tremblant for a day in the mountains and beautiful fresh, fall air! The leaves were stunning and the residents enjoyed this perfect sunny, fall day!



A fun Sip N' Paint night at Maplewood with local artist Shawn Bauder. Lot's of talent here at Maplewood!



Maplewood's Holiday Bazaar buzzed with shoppers excited to get ahead with holiday shopping. We are so grateful to the many vendors who supported our bazaar and who regularly bring their items for residents to purchase in-house!



Sunny Sundays are for brunching with friends. We recently enjoyed a beautiful and delicious brunch buffet at the Arome Restaurant located in the Hilton Lac Leamy. What a beautiful view overlooking the lake, as we enjoyed a very delicious brunch.



Maplewood has its own "In-House Resident Chef" Nonna Anna is always willing and ready to create authentic and delicious Italian dishes for our residents to enjoy! Our recent "Italian Dinner and Wine" night with friends was a huge success.



Our Italian Dinner & Wine Night with Friends, lovingly made by Nonna Anna!



Tea and Treats at Three is for everyone! Will you join us for a cuppa?

New guide takes you beyond tulips

111 Places in Ottawa That You Must Not Miss

by Jennifer Bain

How can you find true Ojibwe spirit horses? Why would you pay to spend a night on death row? How long is the world’s first inter-provincial zip line? And where can you ice skate through a pristine forest? Find the answers and much more in this new travel guide.

111 new ways to experience the National Capital Region

With its rich heritage, natural beauty, and wonderful livability, Ottawa is so much more than a government town. With this book in hand, you can pay homage to a Soviet intelligence officer whose defection ushered in the Cold War, and then visit a rural museum housed in a former underground bunker built to withstand a nuclear blast. Skate through a forest and boat down a historic canal. And fly over the city in a vintage, open-cockpit biplane.

Join author Jennifer Bain and photographer Liz Beddall as they take you on a quirk-filled journey through O-Town, the modern and multicultural capital that promises to be “Canada in one city.”

111 Places in Ottawa That You Must Not Miss reveals the secret spots and lost stories that have created the city’s very character through the ages and up till today.

Discover 111 new ways to experience Ottawa, the capital of Canada, Gatineau and so much more.

Jennifer Bain is an award-winning Canadian journalist who travels the world in search of quirk. She started her newspaper career in Calgary and Edmonton writing hard news before spending 18 years at Canada’s biggest newspaper in Toronto as travel editor, food editor and Saucy Lady columnist. Jennifer has three kids, two cookbooks and one jam-packed travel schedule as a freelance writer. Jennifer is the author of *111 Places in Calgary That You Must Not Miss*.

Liz Beddall is an Ontario-based photographer who happily splits her time between Toronto and her hometown of Ottawa. Specializing in lifestyle and documentary photography, Liz graduated from Carleton University’s journalism program before embarking on a vibrant and diverse career shooting for major news outlets, lifestyle publications,

established institutions and expanding businesses. She is also a writer and an avid explorer who loves the woods, rainstorms and the smell of a campfire.



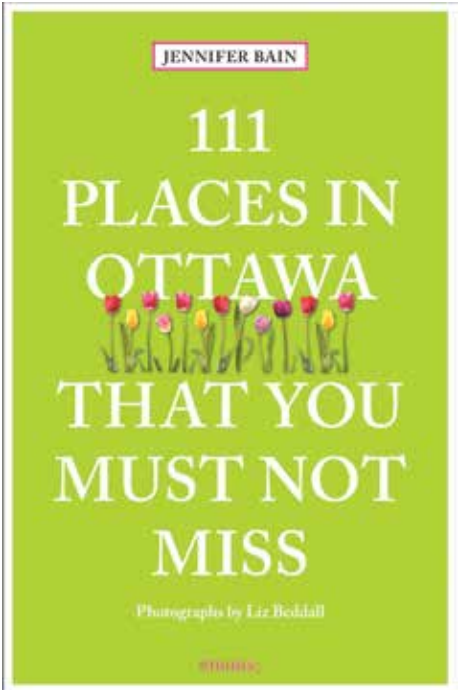
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Élisabeth Bruyère would have goggled at longitudinal study

by Bill Fairbairn

The Bruyère was the best hospital possible for my third medical examination over a ten-year period with the Canadian Longitudinal Study on Aging.

I was among thousands of older Canadians of an average age of 73 who, across the country, underwent a series of baseline assessments that included an X-ray measurement of muscle mass, a battery of cognitive tests and questionnaires about their exercise habits, sight and hearing and other health characteristics.

For the 20-year study, more than 50,000 individuals between the ages of 45 and 85 at the time of recruitment, starting in 2009, were randomly selected. We are generously donating our time to provide information and biological samples that will create an invaluable resource for research on understanding the aging process and

developing ways to improve the health of Canadians. This recent visit took four hours. Participants are followed every three years and will be followed until 2033 or death. Data collection sites are located in 11 cities (seven provinces) across Canada from St. John's, Newfoundland, to Victoria, BC.

My thoughts on entering the medical room for the tests centered on wondering what Élisabeth Bruyère would have thought of this study. She had journeyed the frozen Ottawa River from Montreal to Bytown by sleigh with a small group of young Grey Nuns in 1845 to tend to a severe typhus epidemic.

At the venerable Bruyère Hospital, the Ottawa Data Collection Site Coordinator for the study, Maxim Parent, gave me no time to wonder about the past. He lifted me onto a medical bed and plugged a score of sensors on my chest for a variety of tests. For my body mass



measurement, my reading was high at 26.24 against a normal range of 18.5 to 24.9. I generously gave myself a pass considering my age is 87 and for people 65 years and over the normal range may begin above 18.5 and extend above 25.

For waist-to-hip ratio, I came in at normal with a waist circumference 102 cm and hip 109 with a ratio of 0.94, normal being under 1.0. My blood pressure was high at 143 on the systolic side against a normal 130. I was normal at 81 on the diastolic side. I passed three times the right ear hearing threshold and failed four times. On the left ear, I passed four times and failed three. Tested on distance visual acuity I scored

20/25. That was below the normal 20/20 sight. I judged this gave me sufficient sound and sight for television, but reason to ask my wife Janina to talk a little louder and buy me for my birthday an eye mask to rest my eyes.

Building lost muscle power was and is my weakest endeavour. Now I learn that greater muscle power is good for your brain, not just your biceps. This finding is drawn from more than 8,000 older adults in the longitudinal study, who underwent a battery of cognitive tests repeated over three years.

Who can say what Élisabeth Bruyère would have thought?

Certainly she could have reasoned that Ottawa had benefited from her caring and daring all those years ago. Only four months after she and the other Sisters of Charity arrived in Bytown there came into existence the first bilingual school in Eastern Ontario, a general hospital, a home for the aged, an orphanage and a home for foundlings. What more could Ottawa have asked of their contribution?



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In 2021, Ottawa resident Jill Daigle was diagnosed with breast cancer. She described the situation as overwhelming and frightening. She reached out to the Community Hub and now participates in several programs, including art therapy, yoga and fitness, nutrition and cooking.

PHOTOS: SYNTAX STRATEGIC

Making cancer care personal

“Hope to me is medical breakthrough but it’s also exercise, nutrition and art, and love and family and friends. It’s all those things that mean I can live a good life and hopefully, someday, as someone who went through cancer a long time ago. Hope is right here, it’s in this building.” —JD August 2022

Shared by the Ottawa Regional Cancer Foundation

Are you or someone you love affected by cancer? The Ottawa Regional Cancer Foundation can help! This past June, the Maplesoft-Jones Centre at 1500 Alta Vista Drive was delighted to re-open its doors and welcome back clients in-person with the launch of a new model for cancer support: a Community Cancer Hub.

The Community Hub makes cancer support personal. By collaborating with many community partners, it brings together a rich variety of local cancer programs and services, hosting and facilitating them in the homey environment of the Maplesoft-Jones Centre. The Community Hub offers in person and virtual events, and its many classes and well-

ness sessions, including nutrition and cooking, exercise and yoga, art therapy and more, are free of charge for anyone facing cancer, thanks to the generosity of donors.

Importantly, the Hub’s bilingual Cancer System Navigators also offer personalized support to help people living with cancer, including families, caregivers and survivors, find local resource across the region, close to home. Acting as a single referral point, they provide practical information, referrals and a listening ear. Cancer System Navigators can help connect you with individual counselling, support groups, nutrition and wellness programs, caregiver support, programs for children, financial and transportation assistance, return to work planning, end of life care, bereavement support and more. Services are available by phone, email, or in-person, in both English and French.

The Foundation is proud of its community roots. In 2020, while continuing to offer cancer support virtually in the midst of the pandemic, it marked its 25th anniversary, and in 2021, the



In the last photo, she is shown cooking with Kathy Smart, author, chef, nutritionist and fitness trainer. The support she receives has profoundly shaped her outlook on agency, creativity, resilience and healing.

10th year of the Maplesoft-Jones Centre. Since 1995, the Foundation has remained focused on investing in the most promising research, technology and clinical trials to bring us closer to cures. Over that time, advances in personalized medicine have led to clear improvements in cancer prevention, screening, and treatment. Slowly, cancer is shifting from being an invariably fatal disease to being considered a chronic illness, as investments in targeted therapies are leading to better outcomes and treatments. The Foundation strongly believes that investments in emerging research and innovation will have massive global benefit.

Clinical trials are essential to this piece and increasing access to them is one of Ottawa’s best tools in fighting cancer. Today, people are living longer lives from successful treatments that are the results of past trials! The more trials that are brought to Ottawa, the more that our loved ones might live longer and better.

In addition to re-opening its doors this spring, the Foundation also celebrated the return of in-person, premiere events this Fall. The Cancer Champions Breakfast presented by BMO and

Fight for the Cure presented by Heart and Crown, a white-collar boxing event and dinner gala that raised over \$1 Million, are notable examples. This March, be on the lookout for another signature event Laugh for the Cure, guaranteed to be a giggly knee-slapper for a good cause.

We all have cancer stories. From family birthdays and restaurant specials to long-running golf tournaments or crowdfunding with a community partner, there are many ways to give and get involved in support of people living with cancer. For example, the Catch the Ace Ottawa Cancer lottery is easy, especially when half the proceeds go to you! Try it here at ottawacancerlottery.ca/. Any gift can provide life-changing care and critical support to someone when it’s needed most. This holiday season, you can give the gift of time at www.ottawacancer.ca.

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Malcolm and John Harding

Enjoy the 12 songs of Christmas!



by Janina Nickus

What’s your favourite Christmas song? Now that December is upon us, we’ll be inundated with holiday music 24-7 on the radio, in stores, shopping malls, everywhere...

The history of Christmas music is thought to have its origins in 4th-century Rome: the ancient Romans often sang carols during their pagan festivals and rituals. English Christmas carols first appear in John Awdley’s 1426 list of 25 “caroles of Cristemas”. Various carols still sung to this day, including “The 12 Days of Christmas”, “God Rest You Merry, Gentlemen” and “O Christmas Tree”, first emerged in the 16th century. Due to a renewed admiration of the holiday, the Victorian era saw a surge of carols, including “Silent Night”, “O Little Town of Bethlehem” and “O Holy Night”. Prior to 1930, most Christmas songs were of a traditional religious character. The Great Depression saw an upsurge in more secular holiday themes and customs and included songs aimed at children such as “Santa Claus is Coming to Town” and “Rudolph, the Red-Nosed Reindeer”, as well as sentimental ballad-type songs performed by famous crooners of the time, such as “Have Yourself

a Merry Little Christmas” and “White Christmas”.

Not surprisingly, the top two best-selling Christmas songs of all time are ones sung by crooner Bing Crosby. With over 50 million records sold around the world, his “White Christmas” written by Irving Berlin is tops, with his “Silent Night” coming in second with about 30 million copies sold. “White Christmas” was originally written for the musical film *Holiday Inn*, released in 1942. The score won the Academy Award for Best Original Song. Mariah Carey’s “All I Want for Christmas is You”, released in 1994, is third on the list with an estimated 16 million copies sold.

Different artists top the most sold Christmas albums list. *Elvis’ Christmas Album* released in 1957 sold 20 million copies and included such classics as: “White Christmas”, “Blue Christmas”, and “I’ll Be Home for Christmas”. Canadian crooner, Michael Bublé’s seventh album entitled *Christmas*, from 2011, sold 16 million albums. It included a variety of songs from the modern “Santa Baby” to “Ava Maria” and “Feliz Navidad”. Again, coming in third, was Mariah Carey with her 1994 album *Merry Christmas*. It included her big hit “All I Want For Christmas

is You” written by her, as well as more traditional tunes: “O Holy Night”, “Joy to the World” and “Hark! The Herald Angels Sing”.

It seems that every top-selling artist has, at one time or other, released a Christmas album. Even celebrities that aren’t renowned for their singing have joined in. Did you know that Christopher Lee, a distinguished English actor, released *A Heavy Metal Christmas* in 2012 and Montreal-born William Shatner an album entitled *Shatner Claus – The Christmas Album* in 2018? There was even a Star Wars inspired Christmas album released in 1980, *Star Wars, Christmas in the Stars*.

One of my favourite Christmas

songs is performed by an unlikely duo, Bing Crosby and David Bowie, harmoniously singing “The Little Drummer Boy” and “Peace on Earth”. Other favourites of mine include the classic, mellow, Nat King Cole’s “The Christmas Song” (also called “Chestnuts Roasting on an Open Fire”) and “Christmas Eve (Sarajevo 12/24)” by the Trans-Siberian Orchestra. This instrumental piece describes a lone cello player playing a forgotten Christmas carol in war-torn Sarajevo. My last choice is a humorous one, “The Twelve Days of Christmas” sung by Canadians Bob and Doug McKenzie:

So what are your favourite Christmas tunes?

Bob & Doug McKenzie’s (hoser) version // Traditional Version

Bob & Doug’s version stops at 8	12 drummers drumming 11 pipers piping 10 lords a-leaping 9 ladies dancing 8 maids a-milking 7 swans a-swimming 6 geese a-laying 5 golden rings 4 calling birds 3 French hens 2 turtle doves And a partridge in a pear tree
8 comic books 7 pack of smokes 6 packs of two-four 5 golden toques 4 pounds of back-bacon 3 French toast 2 turtle-necks And a beer in a tree	

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FRIENDS OF RIVERVIEW PARK GREEN SPACES (FoRPGS)

by Ron Ridley

December update

Well, after a long summer’s wait, we finally received our City of Ottawa permit to build and plant a native pollinator garden, one part of the scope under our Healthy Communities federal grant. While it was a seemingly trivial scope of work, I mean how much is there to worry about adding soil and native plants to a shale weed field? It did take the city all summer to issue our permit. We are very happy it was finally approved and we’re very satisfied with the results!

With the help of many volunteers, the pollinator garden was built in eight days. We had 17 yards of garden soil, four yards of pine mulch and six yards of wood chips delivered on the selected site just west of the toboggan hill. We still have lots of mulch and wood chips for adjustments in the spring.

To prepare the site, the area was first mowed to remove the tall grass, the beds were then built and the mulch was spread out. Thank you to Lynne Patenaude for designing the garden! Under her guidance, approximately 370 native plants were planted and more may be added in the spring depending on the winter surviv-



al rate. Special thanks to Lynne, Anna, Jenn, Easton, Gillian, Patrick, Heather, Mary Lou, Mariya, Élyse, Dale, Alison, Kris, Jacques and Li-Chen and sorry if I missed anyone. A second smaller garden, also with native plants, was planted shortly after this one along the hydro corridor east of Chomley.

The city has already warned us that parts 2-4 of our Healthy Communities grant scope (trail improvements, minimalist workout stations, and rest areas/viewing stations) will be much more complicated for permits.

FoRPGS has applied to the City for more Consent to Enter (CoE) 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 for the Hospital Link Road woods. These

permits are needed for any invasives removal work and are common with community associations wanting to do this kind of work.

FoRPGS joins the RPCA in congratulating Marty Carr on her election as our new municipal councillor. We look forward to working with Marty on a range of issues to promote the beautification of our community.

Building on the success of the last two winters, FoRPGS is again working on having a 2023 Speaker Series focusing on environmental issues of interest to our community. More information will follow in the next issue of RPR and will be available on our Facebook page and the RPCA page.

This past summer, there was some talk in the community about the possibility of installing a dock for access to the Rideau River.

After all we do live in Riverview Park and there should be some access to the river from the east side to match the three locations on the west side. FoRPGS has approached the National Capital Commission, and we are waiting for their reply.

FoRPGS is looking for gardeners to help with winter indoor planting. If you can help out, please contact us at forpgsottawa@gmail.com . If you are looking for seeds to get your own pollinator garden going, the Ottawa Wildflower Seed Library is having free native seed exchange events around Ottawa in December. They have helped FoRPGS a lot over the last year. In the spring we will be looking for volunteers to tend to our pollinator gardens and help with trail maintenance.

If you have any suggestions for ways or areas to improve the green spaces in Riverview Park, please send your ideas to FoRPGSOttawa@gmail.com. There are many opportunities in our community to support natural areas by removing invasive species, planting pollinator gardens and native plants, and reducing lawns in our front yards. We are fortunate to have all our green spaces, but they do need our care and maintenance to flourish.

Happy Holidays

My family and staff wish you and your families a very Merry Christmas, Happy Chanukah and Happy Kwanzaa! We hope you can gather with your families and friends in a safe way.

We also Invite you to our:

New Year’s Levee / La Lever du Nouvel An

Sunday, January 8, 2023 from 3pm to 5pm
At Jim Tubman Chevrolet Rink
2185 Arch Street

Public skating (bring your own skates/helmet), complimentary hot chocolate, coffee etc. outdoors by the rink
Or simply stop by to say hi!

Registration is required as there are capacity limits on the rink
RSVP to 613-736-9573 or jfraser.mpp.co@liberal.ola.org

Please consider bringing a non-perishable food donation for the Heron Emergency Food Centre (HEFC) as demand in our community continues to be very high.

Here to Help

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



John Fraser, MPP
Ottawa South
1883 unit D Bank Street
Ottawa, ON K1V 7Z9
T: 613-736-9573 | F: 613-736-7374
jfraser.mpp.co@liberal.ola.org
johnfraser.onmpp.ca



COMPUTER TIPS & TRICKS

Sometimes it's the crooks and sometimes it's the sheriff – Part I

by Malcolm and John Harding,
of Compu-Home

It has become too common in the past year for people to call us reporting that they cannot sign into their important accounts such as their email, or subscriptions, or financial institutions and sometimes they cannot even log into their computer itself because they have been locked out. After our countless years of columns documenting rampant online fraud, we imagine that users expect their email, financial and social services to be diligent in battling the bad guys but now it seems that the pendulum has swung too far and we are actually fighting the people who are trying to protect us.

This sort of call for help comes under the heading of “security.” Sometimes it is a dead end and that is very frustrating for our callers and ourselves. Worst-case scenarios include losing an entire email account! In this column and the next one, we will give an overview of common security measures and how to avoid their pitfalls.

Your device: Depending on how you originally chose to set

it up, your computer, tablet or phone may sometimes require a code or password just to turn it on. Despite the apparent inconvenience, this setup is not likely to go wrong, because you usually enter the information every day and so you are probably not going to forget it. If your device is set up using a Microsoft Account, Apple ID, or Google Account, the device start up credentials will be the same as for that account. This is an extra level of security but a HUGE extra level of inconvenience if you forget any details.

Websites: Online banking and credit services, cloud data storage, gaming, sites for online purchases, government sites, subscriptions and social media will always require a specific username & password combination, with the username often being an email address and certain requirements dictating the complexity (security level) of the password. There can be confusion if you have more than one email address and the pairing of email and password don't match.

Email is special but all of the above details apply. Some peo-

ple access their email using a web browser to go to their Inbox and others use a program such as Outlook, Apple Mail, Thunderbird or many others, but they all record your email address and password to give you automatic access to your email account.

In all cases, you must remember that your login is the same everywhere for an account, no matter which device you are using to access it. This means that if you change your account password while using your computer, for example, you must change it on your tablet and phone also.

It is essential that you create a system for recording these credentials and you must keep it up to date regularly. Paper files stored safely, computer files with cryptic file names, and even password manager software are some choices for keeping organized. No system is perfect, but almost anything is better than scribbling on the back of an envelope or simply trusting your memory.

The first time that you log into a website with a username and password, your web browser will

offer to remember that information for you so that you don't have to re-enter it in the future. This feature is seductively convenient, but you must remember that 1) an unauthorized user would have no trouble accessing all of your secure sites, 2) if you change a password for a site, the browser's stored information may become out of date, 3) if you use more than one browser or more than one device, the information may be in one place but not the other, and 4) not having to type your password, perhaps for years to come, will almost certainly ensure that you don't remember it some day when you need it. In fact, lots of people swear that there is no password for their email when in fact they have forgotten that it exists.

In our next column, we will discuss why **Forgot my password** can make matters a whole lot worse!

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.



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Successful warm clothing drive the result of many warm hearts

by Carole Moul

What began one day as a great idea among colleagues soon morphed into an extra long to-do list for Riverview Park resident, Patrick Lawlor. But he didn't mind at all. The brokerage where he works is very "community oriented" and they had a plan to add something new to their giving approach this year. It was called, A Warm Clothing Drive.

Through the combined efforts of the Exit Realty Vision team and local community members, over \$67,500 was raised in 2022. This year the decision was made to collect gently-used clothing and donate it to places where the clothing could best be put to good use. A chance meeting with councillor candidate, Marty Carr, helped put things in motion-and was a huge help. Remember that to-do list?

It was important for Patrick to find someone who might know where any clothing collected might go. Marty Carr, who was a former member on the Board of Directors for Blair Court Community House, connected him to Kristy Fudakowska, executive director of the organization.

In turn, Ms. Fudakowska let Patrick Lawlor and his team know just whom to connect with at Blair Court's sister agencies. Many of them were in Ottawa South and "I contacted them all," he said.

Meanwhile there was still a lot of work to be done.

A notice on Facebook announced the worthwhile upcoming event. Patrick also sent out emails. Next there were flyers to deliver and he single-handedly dropped off over 1000 of these into local mailboxes.

Finally, on a recent brisk Saturday morning, Patrick Lawlor went door-to-door collecting warm clothing from those who got back to him in the community. From



That's a lot of warm clothing! The Clothing Drive Crew from L to R - Rick Ronberg, Wendy Ronberg, Patrick Lawlor, Councillor Marty Carr, and Melanie Klingbeil were truly pleased with the end results for such a great cause. PHOTO: CAROLE MOULT



In the beginning at Balena Park the pile looked like this. Checking it out were: (L) Patrick Lawlor, generous Riverview Park donor, Michelle Gravelle, and Rick Ronberg, in charge of serving some treats. PHOTO: MANSOLO

those trips he estimates there were about 60 garbage bags. Then from 12-2 p.m. Pat Lawlor, plus friends and Exit Realty colleagues accepted donations at Balena Park.

In the end, about 120 bags and boxes, filled with gently used clothing, made its way by truck, van and car over to Patrick Lawlor's home here in Riverview Park.

"It was amazing!" noted the Exit Realty Sales Representative once he and four others had come out from under the mountain of clothes that were to be sorted in his modest-sized living room. "Riverview Park really



Kristy Fudakowska shows just a couple of the great items collected in the amazing warm clothing drive. PHOTO: KIM BOUDREAU, PROGRAMS AND ADMINISTRATIVE COORDINATOR

came through with clothing anybody would be happy to wear." After delivering what had been collected to 10 different agencies, mainly in Ottawa South, he said, "I just delivered the last load this morning. It took a week but I was able to distribute to ten worthy charities: Blair Court Community House, Russell Heights Community House, Banff Avenue Community House, Confederation Court Community House, Maison Marie Louise in Vanier, Charles H Hulse Public School, Vincent Massey Public School, Salvation Army, House to Home and Youville Centre."



And at Blair Court Community House the following week the scenes were like this. PHOTO: KRISTY FUDAKOWSKA

"As you can imagine, there was a lot to sift through. Hundreds of people in need will be affected by the generosity of the residents in Riverview Park. We also had donations from Elmvale Acres and Alta Vista."

Kristy Fudakowska of Blair Court Community House had similarly been organizing a warm clothing drive for their residents, although theirs was more for adult winter clothing. "When you're working in collaboration it can be impactful," she said after connecting with and receiving some of the wonderful collection from the Exit Realty team.

"It was also nice to know that the clothing donations were collected from households in the immediate community surrounding our organization," added Ms. Fudakowska.

It is the time of the year when people begin looking outward and want to help others and often it's knowing just how to make the right match. Kristy Fudakowska from Blair Court Community House and Patrick Lawlor of Exit Realty had never met prior to their Marty Carr connection.

It is to be hoped that this same kind of chance meeting plays itself over again not only in our own community but hundreds more across the city. With a sincere thank you to both the workers and donors of this meaningful cause, you have added a wonderful warmth to many in more ways than one.



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ALTA VISTA and ELMVALE ACRES PUBLIC LIBRARIES

December 2022 / January 2023

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: 10 AM to 8 PM
- Friday: 1 PM to 6 PM
- Saturday: 10 AM to 5 PM
- CLOSED** – Sunday, December 25 – Christmas Day, Monday, December 26 – Boxing Day, Sunday, January 1 – New Year's Day.
- OPEN** – Saturday, December 24th (Christmas Eve) – 10 AM to 3 PM.
- Tuesday, December 27 to Friday, December 30 - Open regular hours. See above.
- Saturday, December 31 (New Year's Eve) – 10 AM to 3 PM.
- Monday, January 2 – Open regular hours. See above.

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. 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 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 PUZZLE 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 (January dates TBD)

Family Storytime (Alta Vista and Elmvale Acres branches)

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 14. (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 December 14th. (30 minutes – 0 to 18 months)

Game On! (Elmvale Acres branch) Roll the dice or move your tokens! Come play cards or board games with us! Recommended age: 6-12 yrs. Bilingual. Drop-in program. Thursdays at 5 PM until December 15th.

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, December 15, 2022 Christmas social and planning meeting.

Thursday, January 19, 2023
The Apollo Murders by Chris Hadfield

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, January 5, 2023

Klara and the Sun by Kazuo Ishiguro
Infusions Littéraires (Succursale 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 19 décembre, 2022

Petit Traité sur le Racisme de Danny Laferrière

Le lundi 16 janvier, 2023

Regardez-nous danser de Leila Slimani

Conversation Groups / Conversations en français (Succursale Elmvale Acres Branch)

English/anglais - Tuesdays at 7 PM until December 20th. 60 minutes. All levels welcome.

Les mardis à 19h. 60 minutes jusqu'au 20 décembre. Bienvenue à tous.

French/français - Tuesdays at 6 PM until December 13th. 60 minutes. All levels welcome.

Les mardis à 18h jusqu'au 13 décembre. 60 minutes. Bienvenue à tous.

January dates TBD.

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

ONLINE COLLECTIONS AND SERVICES

Check out some of the activities and resources that we have for adults, teens, and kids. We have digital eBooks and audiobooks, movies, language learning courses, and 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://biblioottawalibrary.ca/en/databases/search-all>. A valid Library card is required. For assistance, please call Info Service at 613-580-2940 or email infoservice@biblioottawalibrary.ca.



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<http://www.emmanuelunited.ca/>

Advent Services
Nov 30th, Dec 7th, 14th and 21st at 7 pm



Christmas Eve Services
Family Service - 5 pm
Service of Carols and Lessons - 7:30 pm



Masks required in church
All services are livestreamed & recorded
Connect via our website

DEAR FRAN

Vermicompost, or my pet worms



FRAN DENNETT

I would like to introduce my friend, Candace Dressler, who is also a volunteer with Master Gardeners of Ottawa Carleton and currently President of the Gloucester Horticultural Society. She has been practicing vermiculture for over 25 years. I hope you enjoy her article and will try this fascinating way to recycle. *Fran*



Having a worm compost does not require a large expenditure of cash for a fancy composter. My husband and I have had the same light teal-coloured 45 litre Rubbermaid bin for our worm compost since 1991. We even used it to move worms across the country.

Red wiggler worms have a vegan diet, but, just like people, they like fat. For example, they love avocados and watermelon (yes, watermelon has fat). They will also quickly make any leafy vegetable scraps into compost. They are happiest if the veggies are a bit mushy and already starting to break down in the compost pail before you feed them. They are not as fussy about acidic foods so we don't give them too many citrus scraps.

My compost is very low maintenance. We (usually my husband) remove about 2/3 of the compost 2-4 times a year. How much and how often depends mainly on how much we feed the worms. When the bin is getting full, we simply start putting the food on one side of the bin, waiting a few days till they migrate to where the food is and then remove the finished compost. The more you feed them, the more they eat and breed. The ratio of worms to scraps affects the speed that they consume what you have put in the bin. We have shared worms with friends and neighbours several times over the years.

Our bin sits in a convenient spot to the kitchen: outside in the shade with a brick on top to keep the racoons out when the weather is above freezing, inside in winter, sitting either on the floor by the back door or at the bottom of the basement stairs. Worms like to be

warm (25°C), but not too warm.

We have never had a fruit fly infestation although there was one, a couple of years ago when we had a house sitter. To avoid this, the food scraps should always be completely covered with bedding material (we use peat moss and any shredded paper, cardboard and leaves). Also don't feed them too many bananas. Bananas and other fruit often come with fruit fly eggs attached, so washing your fruit helps. We have also never had a bad odour problem. Again, I think it is because we use enough bedding material and make sure the rotting food is always covered.

The worms like to have some crushed egg shells to use as grit to help them break down the food they are ingesting. They also produce liquid, so the bin has six 5mm holes drilled in the bottom that allows the liquid to drain into a boot tray below the bin. I remove the liquid with a turkey baster and mix with water to feed my houseplants.

I have discovered that by feeding the worms pumpkin innards including seeds in the fall, they don't eat all of the seeds and I get good pumpkin seedlings in the spring. I have also had success germinating avocado seeds in the compost.

After 30 years, cherishing my worms for their compost is just part of my regular kitchen routine.

If you want to start your own vermi-compost, get a tub about 40cm x 50 - 80cm and 15 - 30 cm high. Drill 4 - 6 5-10mm holes in the bottom of the tub and 4-6 5-10 mm holes around the top edge of the tub or in the lid. Next



get 400-500gms of red-wiggler worms.

Put in some bedding material. Layer some peat moss, shredded paper, and a few egg shells in your tub so it is about 1/3 full. Then add your worms and dig a hole and add some food scraps, alternating the end of the bin you put them in.

Keep a bucket in the kitchen to collect your scraps and feed the worms every few days or even once a week. Make sure to cover all of the food scraps with bedding material.

Once your bin is about 3/4 full wait until one side of the tub has no scraps in it, the worms will go

where the food is. Then harvest about 2/3 of the material to use as compost in your garden. Add some new bedding material and keep going.

Over time you will be able to tell when the worms have composted all of the material in the bin, and add more bedding material so they have more hospitable living conditions. You will also learn what they really like to eat and what they don't.

Did I mention that the worms are vegan and make sure to cover all of the food scraps with bedding material? These are the keys to having an odour-free, successful worm compost.

- Master Gardeners of Ottawa-Carleton (MGOC) check the website for gardening information <http://mgottawa.mgoi.ca>.
- facebook <https://www.facebook.com/groups/819730788084134>
- To receive TROWEL TALK, our free monthly electronic gardening newsletter, contact: tteditor@mgottawa.ca to be added to the list.
- Email Help Line: helpline@mgottawa.ca
- Watch for our lecture series in conjunction with The Friends of the Central Experimental Farm Spring 2023

HOME sweet HOME appliance repair

by Carole Moul

In 1987, a husband and wife team opened a home-based repair business in the rural Ottawa community of Carlsbad Springs. They called it HOME Appliance Care.

Why, 35 years ago, did the couple open this type of business? They did it because they saw a need for a necessary service. Not everyone wanted to replace the appliances they already owned. Decades later, many people still feel the same way.

Today if you drive along Industrial Avenue you will see that same name at 580 Industrial. The new owners are another local family. The new location is now open and they have added a parts store and useful drop-off repair center.

Why is there still public interest in this kind of business? At the new Industrial Avenue location, besides having trucks and technicians on the road five days a week, the company soon discovered that people often find themselves needing parts for repairs. The increasing cost to purchase new appliances plus the wait-time for these has people giving a second thought to purchasing new. Residents too have been hearing about the situation at the City's landfill site. The new location had the room to provide multiple services now, so HOME Appliance Care added a new parts store.

Soon after this business opened, the need for a drop-off center became evident. Customers asked, and then soon discovered how easy it was to drop off their favorite microwave rather than pay for a house call. Since the building had the space for this additional service, a drop-off center was created.

Marc Thibault is the insightful owner of this Industrial Avenue business. He took over the



PHOTOS: MANSOLO



company in 2018 and is now the second owner to operate HOME Appliance Care. When you call Home Appliance Care, a real person answers the phone and customers can speak directly with the agent to have their appliance taken care of. They are now in their new beautiful and spacious building here in Riverview Park. It's the kind of place where people like to do business.

Call 613-822-7630 and you'll be speaking directly with someone who can actually help. Request a house call and there are eight technicians available, each with a truck. Seven of these technicians are also certified gas technicians with five of them trained in refrigeration repair. Tally up

their total experience and it adds up to over 100 years of technical knowledge.

When the pandemic began, a business such as this one was considered an essential service. Like plumbers and electricians, technicians are workers providing personal and household goods repair and maintenance. When you think of the recent May 2022 power outage it was the loss of refrigeration of their appliances that caused many people the most grief. This was one of the reasons that this type of business appealed to Marc. "There is a genuine sense that you are helping out this community," he notes.

Check out their web site at: <https://homeappliancecare.com> and you'll see the over 30 brands the company services. You can arrange online booking. Click on one of the HOME Appliance Care pages and you will be pleased to find the vast service area covered.

Home Appliance Care Inc. has been established since 1987, their new home is now right here in our community. They use up to date processes and technology to ensure the smoothest possible customer experience. They understand that a non functioning appliance is more than just an inconvenience and they go above and beyond to get your appliance back up and running without having to purchase new. Their office and technician hours are from 8:00 am to 5:00 pm, Monday to Friday.

The customer support team's goal is to provide a positive customer experience throughout the repair process from start to finish. "We are a customer service driven company," summarized Mr. Thibault recently.

Their many satisfied customers from over the years will be in full agreement with the company's goal. Aren't we fortunate to have HOME Appliance Care right here in our own neighborhood of Riverview Park?

35 YEARS



HOME
APPLIANCE CARE
— EST. / ÉTABLI 1987 —

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service@homeappliancecare.com • homeappliancecare.com

by David Knockaert

By the time this paper goes to print there may be snow on the ground...maybe even ice. Let's hope not, but it will happen. And when it does happen, we all know what comes next. People gather on the edge of their driveway, shovel in hand, calling out in unison "when's the plow coming?" For those who live on streets with sidewalks, the cry is even more painfully expressed in the plural form of "plows".

At that time we may agree that sidewalks are most certainly a nuisance. It is then, that those of us who live on streets absent sidewalks rejoice in being part of the "have-not" community. But that sense of joy may not last. Though our city doesn't seem to have the money, labour or inclination to either maintain or clear sidewalks, officials have expressed their intention to add more of them. In fact it seems they would really like everyone to have one - or at least one sidewalk per street. Now, I am not at all opposed to sidewalks, but if I had to choose one symbol of social equality, it would not be that we all get a sidewalk. I cannot be alone in this since I am quite certain there is neither a single sidewalk themed Christmas carol nor a prominently positioned "sidewalk" on a child's Santa gift list.

Many people do say that sidewalks are good for us. And they have valid points. Obviously, walking on a road rather than a sidewalk increases your chances of being struck by a car. Certain-

Cemented progress



ly, for people with mobility problems, some form of sensory disability or have loud music playing through their ear buds, roads may not be a safe place to walk. But oddly, many of the same urban planners who promote sidewalks for reasons of pedestrian safety also promote shared spaces (complete streets) where the curbs delineating space are removed - on the basis that such a design slows vehicular traffic and improves pedestrian safety.

While advocates and opponents of sidewalks could use up many pages of newsprint arguing their respective case, the fundamental questions are whether

sidewalks are necessary, affordable and desirable. The answer invariably will be - it depends on the context - principally the volume of vehicle traffic. The problem that this points to is that evaluating context is really labour-intensive.

The City is not going to create sidewalk criteria and engage in a street-by-street assessment against that criteria. It is a lot faster, easier and certainly far less painful to simply say, everyone should have a sidewalk regardless of whether it's necessary, affordable or desirable. It is also simple to justify more sidewalks in a political environment where urban



Our streets in Riverview Park are both with and without sidewalks.

PHOTOS: MANSOLO



density is the fashion of the day. Bigger housing, more people, more cars, reduced set-backs - it all corresponds to a hypothetical need for more sidewalks.

One consequence of expanded sidewalks may of course be problems with water run-off. Another could be getting rid of those pesky street side trees. But why should tree canopy concerns stand in the way of "progress".

In any case, the City's plan to expand the universe of sidewalks was conceived prior to Doug Ford reducing/eliminating development charges, a decision which rather cuts a hole in both city revenue and resident services. So, I am not really expecting a sidewalk this Christmas or next. But come winter I will still be out street side calling for my plow.

Environmental health and leaf blowers

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

Leaf blowers are gaining popularity in Ottawa; however, their use raises environmental concerns. They produce low-frequency noises and air pollution that has resulted in hundreds of U.S. and some Canadian municipalities banning their use in recent years. By emitting high levels of air pollutants (fine particulate matter, nitrogen oxides, black carbon, and carbon monoxide) with their low-efficiency engines (similar to other lawn care machines, such as mowers and snow blowers), they contribute to the formation of smog and global warming. An emission test even showed that leaf blowers emit much more hydrocarbons in the air than a pickup truck for the same duration of

use (Kavanagh, 2011).

Electric leaf blowers

A less known issue is that even the electric versions of the tool emit large quantities of fine and coarse particulate matter (PM), as resuspended urban road dust is an important source of outdoor PM. Urban road dust comes from cars/trucks, industries, wood burning, dried animal feces, pollen, and construction debris, and is mostly composed of organic compounds from combustion (fossil fuel, wood burning), metals (chromium, lead, arsenic, cadmium, etc.), sulfates, and nitrates.

Effects of air pollution

Since the Great London Smog of 1952 that resulted in thousands of deaths, the effects of air pollution have been extensively studied and demonstrated. Closer to us, Health

Canada just released a report that details how short and long-term exposures to PM cause various health effects (Health Canada, 2022). In that report, it says that air pollution is the leading environmental cause of death, both locally and globally, with over 15,000 deaths per year in Canada alone. PM is the main driver of these, being responsible for two-thirds of the mortality associated with air pollution.

PM is so small that it reaches deep into our lungs and can even enter our bloodstream. This can cause premature mortality, cardiovascular and respiratory diseases, and lung cancer. A growing body of health literature is also showing associations between PM exposure and neurological (dementia), metabolic (diabetes), immunological (respiratory infections, allergies) and reproductive and developmental (birth weight)

disorders (Thomson, 2019). Vulnerable people are considered particularly at risk. Those include children, seniors, people that exercise or work outdoors, and those with pre-existing health conditions. Remember that no safe level of exposure to air pollution has been identified: health effects are observed at very low levels and can affect everybody.

Of course, leaf blowers are only one contributor to air pollution, with the main sources being wood burning, transportation, and industry. However, this source can easily be turned off. Especially considering what we know about the benefits of being active, that leaving a thin layer of leaves and grass clippings is actually beneficial to insects and plants, and its adverse impacts on neighbors. Time to 'dust off' those good ol' leaf rakes and brooms...

Fibs in fashion

by David Knockaert

Soon Christmas will come and go, as will New Years. But one day stays forever, April Fool's Day. I am reminded of this whenever a company announces "you, the customer, are our number one priority". In truth, the customer base, together with investors, employees, and suppliers are just a means to a company's real priorities which are profit and shareholder value. If those ads didn't fool us the first time, they won't fool us the thousandth time. So, why the repetition?

I am also reminded of my role as the fool whenever some city councillor proposes "free transit". Now, eliminating user fees may accrue social benefits, but it's not free and never will be free, so why repeat a phrase we all know is untrue?

Along the same lines, the City recently produced a Stage 2 LRT status report. Local broadcast and print media all ran the story highlighting "further delays". The only exception was the City of Ottawa which issued a release absent of any reference to "late" or "delays", instead noting Stage 2 had "progressed significantly". Who is the target of their joke - us or themselves?

But I am really taken for the fool when it comes to "affordable housing". Even the most common definition, that being housing costs at or below 30% of income, is just a statistical calculation. Its validity relies on an underlying premise that each resident has an equal level of non-discretionary expenditures. That works

well for statisticians but is far less useful in real life.

Beyond this, affordable housing is even more susceptible to a fool's game. The City of Ottawa offers a second definition which relates affordable to both cost and housing type. It is called "market affordable housing", appropriate for people earning 100-150% of the median income and may take the form of "garage suites". Is this really our new aspiration - garage suites? Picture the video ad - a young couple looking forward to the future where "with hard work and careful spending, someday we too may be able to live in a garage". The City has yet a third definition called "new affordable housing" which applies to housing built over the past 20 years, administered by the city in a non-subsidized manner and carries rents at 80% of the average market rent. Sure 80% is less than 100% but for whom is 80% affordable?

But the biggest fool's game is played with the terms "market rate" or "market rent". Who and how is it decided? Is it an average across the region (provincial definition), an average based on number of bedrooms (City of Toronto) or an average based on year of construction (City of York)? Market rate in economic terms is whatever people are prepared to pay for a specific unit of housing. This will depend on a variety of factors including bedrooms, size, location, perspective, position within the building, amenities, parking, utilities, etc.

When the City of Ottawa tells a developer to price 10% of their new apartments at an affordable rate, what does that mean? Can



the developer simply label ground floor or below grade apartments as affordable or size them smaller than other units in the building? In such cases the rent is reduced but only because the unit is not equivalent in value. Unfortunately this is the stuff that is really happening. For example, the Ottawa Citizen reported that the Heron Gate development was approved based on a promise of affordable units but prior to any "consensus on a rental price that would make a unit affordable." The Citizen also reported that within the Official Plan "the city identified a specific dollar amount as representing an affordable rent "regardless of the kind of unit or the number of bedrooms" or its location, or amenities, or vertical positioning in the building or any other factors which typically are evaluated by residents when assessing value.

The basic line for a politician or official is that to sell housing, just call it affordable. It does not have to actually mean anything. It certainly does not have to mean the same thing today that it meant yesterday, or mean to me what it means to you. It's really just a gag - as in "fooled you".



A-caroling we will go

Riverview Park Community Association (RPCA) is bringing back the live outdoor Christmas Carol sing along to the Cancer Survivors Park (Alta Vista near Industrial) after a two-year hiatus.

One of the great joys of the holiday season is being able to gather with friends and family to sing Christmas songs. Some may prefer those great contemporary songs of more recent years, while others like those traditional carols which provide much meaning to the season.

However, regardless of one's background, being able to get together with people is what brings joy to the holidays. After two years of pandemic, and one very challenging online sing along a few years ago, your Riverview

Park Community Association (RPCA) is returning to the live outdoor event we've all come to need at this time of year.

Once again, we will be gathering at the Cancer Survivors Park on December 9th at 7pm. Leading us in song will be one of the neighbourhood's resident musicians, Craig Cormier, who will bring a collection of songs for all to sing under the stars.

Hot chocolate and treats will be provided to try to keep us warm on this usually cold night.

As is tradition, we are also looking for any shelf stable food donations to provide to those in need. So bring your voice, light a candle, and let us all provide some good tidings of comfort and joy to all.



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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 RPCA is also following Bill 23, the controversial legislation introduced by the Ontario government that would open up protected greenspace, farmland and wetlands to development. The bill also reduces the ability of community groups and individual citizens to provide input into the local planning process.

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 traffic signal at the intersection of Everest and St. Laurent (only about 100 metres south of the intersection of St. Laurent and Industrial Avenue).

While RPCA Board representatives met in late August with city officials, planners 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 2027 and could ultimately be 2032), the RPCA has yet to be invited to meet with the proponents for other proposed developments in the corridor.

These proposals include 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 Pleasant Park Road (**2025 Othello**).

Pedestrian and Cycling Matters
The RPCA continues to support funding initiatives and projects that support active transportation in Riverview Park and elsewhere, including filling in gaps in pedestrian and cyclist infrastructure. It advocates for better winter maintenance of sidewalks and paths such as the City-owned portion of the pathway in Cancer Survivors Park approaching Riverside Drive.

Work on the Environmental Assessment (EA) study for the proposed multi-purpose link between the Ottawa Trainyards (Terminal Avenue) and Tremblay Station (preferably an overpass across the VIA Train Tracks) is expected to start in 2023. 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 Trainyards Development.

Safer Intersections
As part of Phase I redevelopment at Elmvale Acres Shopping Centre the long-anticipated **right-turn only lane has recently been added to Othello** where it intersects Smyth Road. Pedestrian safety concerns have recently been raised about the **Trainyards Drive intersection with Industrial Avenue and the path and intersections along**

Industrial between Riverside Drive and Alta Vista Drive. Concerns continue to come up regarding the **Dorion Avenue entrance to Tim Horton's.**

Ontario Bill 23 the More Homes Built Faster Act, 2022
On October 25, 2022, the Province of Ontario introduced Bill 23, which would give the Minister the power to override municipal planning decisions (e.g., amend municipal Official Plans) impose development, and restrict the ability of individual citizens and community associations to appeal planning decisions. It would also reduce the role of Conservation Authorities and open up Greenbelts and wetlands for development. The RPCA submitted comments to the Province in November expressing concerns about these aspects of the legislation. The deadline for comments on other legislation affected by Bill 23 is December 9, 2022. <https://ero.ontario.ca/notice/019-6196>

A Place to Grow and Policy Statement
The Ministry of Municipal Affairs and Housing (MMAH) is undertaking a housing-focused policy review of **A Place to Grow and the Provincial Policy Statement**. MMAH is seeking input on how to create a streamlined province-wide land use planning policy framework that enables municipalities to approve housing faster and increase housing supply. The deadline for comments is December 30, 2022. <https://ero.ontario.ca/notice/019-6177>

Other Developments
The former Canadian Pharmacist's Association building at 1785 Alta Vista Dr. is being converted into a state-of-the-art wellness centre by its new owners, [Harley Street Healthcare Group Canada \(HSHG\)](#). The HARLEY, as the future site will be known, will serve as an integrated healthcare hub, focused on wellbeing, age management, mindfulness and longevity. The renovation is being completed in two phases, the first of which is expected to be finished in early, 2023.

Construction continues 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.

Infrastructure Ontario and CHEO have invited three teams to respond to a request for proposals (RFP) to design, build, and finance the **iDoor4Care: CHEO Integrated Treatment Centre**. The iDoor4Care: CHEO Integrated Treatment Centre will merge seven care locations, currently leased and spread across Ottawa, into a single, site on CHEO's main Smyth Road campus. It will include clinic space, a physiotherapy rehab gym, expanded mental health clinics and space for teachers and therapists to combine education and therapy.

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. RPCA Board members participated in the June 2022 public engagement session.

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



RIVERVIEW PARK FIRST VICE-PRESIDENT’S REPORT



RON RIDLEY
RPCA First Vice-President

Welcome to the new RPCA year - the RPCA operates on an October 1 – September 30 fiscal year, and in keeping with our year end, our AGM was held on 19 October. As an RPCA first, the AGM was held in a hybrid format, both in-person and on-line. At the AGM, the new board was elected with a great mix of experienced past members and fresh new members.

The new RPCA board for 2022-23 elected at the AGM is as follows:

President – Vacant
First Vice President - Ron Ridley
Second Vice-President - Carol McQueen
Treasurer – Jeff Blattman
Secretary – Craig Cormier
Immediate Past President – Bryan Orendorff
Directors
Communication - Heather Dunlop
Membership - Sam Kazak
Planning and Development - Kris Nanda
Members at Large
Lorella Piirik
Wanda Raymond



The AGM also marked the end of Bryan Orendorff’s term as president and begins the RPCA new year with co-Vice Presidents. The RPCA board and members want to extend a huge thank you to Bryan for his many years of service to the community. Bryan presided over the RPCA through a lot of challenges and the new board is optimistic we can keep up the great forward progress in the community.

Our AGM coincided with our regional councilor election campaign period, so several of the candidates attended and each spoke about their commitment to our community. RPCA awarded our “Volunteer Extraordinaire” recognition jointly to Janine Proulx & Dale Wagner for their great work on the hydro corridor saving three majestic oak trees from suffocating buckthorn. Janine & Dale have also taken on planting beds of native plants in the Browning corridor area.

At a high level, the RPCA goals for 2022/23 are as follows:

1. Provide a voice to monitor and influence development planning & activities in Riverview Park and elsewhere in Ottawa
2. Promote the revitalization of the Balena Fieldhouse
3. Organize our activities to center around a few core events like the Christmas Carol sing, Movie nights in the park, the Fall Corn Roast, and Spring & Fall Park cleanups
4. Be a cheerleader and helpful enabler for individually/ community driven events and activities like the FoRPGS
5. Be financially responsible with a focus on expanding the membership and increasing community engagement by employing digital techniques
6. Offer our continued support for the Friends of Riverview Park Green Spaces (FoRPGS)

The board is also looking into other areas of interest to benefit the community like bicycling infrastructure and will report back on our website and in future issues of RPR.

Halloween was well done throughout Riverview Park with many people raising the bar this year. Trick or Treaters’ numbers in our area of Riverview were up substantially over last year.

The annual live outdoor RPCA Christmas Carol Sing is coming up on Friday, December 9th at 7 PM at the Cancer Survivor’s Park on the corner of Riverside Drive and Industrial Avenue.

Resident neighborhood musician Craig Cormier will be leading a fun carol sing. Shelf stable food donations would be welcome to help those less fortunate. Early in the New Year we hope to hold our annual Winter Carnival. Please check out our website or Facebook page for details on upcoming events.

On a more individual level, the community is only as good as its residents, and while the community association is working towards the above-mentioned goals, have you considered what you could do for the community? There are lots of opportunities to help on RPCA sub-committees, community groups and even individually. While everyone is busy, even 15-30 minutes a week can make a difference in the community doing seemingly small things like writing to your political representatives about a particular issue (Ontario Bill 23 for example), completing a public consultation survey, helping a neighbour, or submitting a City 311 work request to fix something.

Want to know more of what the RPCA is doing? Consider subscribing to our monthly newsletter – even better – become a member of the RPCA for only \$10. Information is available on our website at www.riverviewparkca.com, or drop us a line at riverview-parkca@gmail.com with your questions or thoughts, and/ or come to the next virtual RPCA Board meeting on December 14th.

EnviroTips® for the 2022 holiday season

by Kris Nanda

There are many easy and practical steps that you can take to live a more environmentally friendly lifestyle. Here are some tips on what you can do to make a difference this holiday season and throughout the year.

- Buy locally made gifts. Besides supporting local businesses, you will also help reduce the energy and emissions associated with transporting goods long distances.
- Think twice before ordering gifts online. Many unwanted items that are ordered online are returned and thrown into the garbage rather than being restocked for other customers.
- Consider a “green” holiday gift. Consider buying gifts made from recycled materials or making a donation to a charity in the recipient’s name instead.
- Buy green (waste reducing) items as stocking stuffers. Bamboo utensils and straws, safety razors, plastic-free shaving soap bars are just a few of the “green items” to choose from.
- Reuse your wrapping paper and gift bags.

Canadians throw away about 540,000 tonnes of wrapping paper and gift bags each year! Non-recyclable wrapping paper with foil and glitter can still be reused. Or to avoid non-recyclable paper altogether, you can also use maps, newspaper, scarves, or tea towels to wrap presents.

- Use more environmentally-friendly Christmas/holiday decorations. Consider making your own decorations that you can use year after year instead of buying items made from plastic. Instead of buying large inflatable plastic lawn decorations for Christmas, choose a more modest decoration scheme that uses less electricity and material.
- Choose an alternative to salt for icy walkways and driveways. Try gravel, sand, ashes, coffee grounds or even cat litter.
- If you must drive (and don’t have mobility issues), park farther away from stores entrances. You will save time and energy by not looking for the “perfect parking spot,” and you will also get a little extra exercise.
- Recycle your batteries and printer cartridges when you go shopping. Many office

supplies and electronic stores have bins to drop off used batteries and print cartridges.

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

www.shoppersdrugmart.ca

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You're in for a treat with a winter stay at Riverpath

Shared by Giorgina Bodea – Activity Manager at Riverpath Retirement Community

We understand that choosing the right retirement community is an important life decision. A winter stay can be a great way to explore life in retirement. At Riverpath we are happy to offer winter stays too, for those who want to stay warm, safe and busy during the winter months.

Let our team take care of cooking gourmet meals and shoveling snow, while you enjoy grabbing a book and reading by the fireplace or sipping afternoon or evening tea/coffee while socializing in our main lounge.

You can play cards, chess, dominoes, ... watch a movie/documentary at the theater, go out each week to explore new places or enjoy a swim in the saltwater fitness pool. Contact us if you and your loved one(s) are interested in learning more!



Wanted

The Riverview Park Review needs a Volunteer Distribution Manager

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Art Lending of Ottawa: give the gift of art

by Leslie Firth

Have you ever wandered from store to store looking for that special gift for a special someone? What about giving a truly unique gift – the gift of original art.

On December 10th, Art Lending of Ottawa will be showing the work of over thirty local artists at the RA Centre. Our artist members have been carefully selected by a jury of peers. You can be confident of the quality of the art that you will see at each of our shows.

As well as a chance to buy local art, Art Lending offers the unique opportunity to rent art for three month periods for a fraction of the purchase price. After the three month period is up, you can either return the art work, renew the rental or buy the art work (with any rental fees already paid going toward the purchase price). This feature is especially useful for those who want to try out a piece of art in their space or for those who like to refresh their walls with new art from time to time. Here are just two of the artists whose works will be on display at our December show:

Christiane Kingsley is a resident of Riverview Park and has been an artist member of Art Lending for over five years. She is an award-winning painter in watercolour, acrylic, oil and mixed media. One of her watercolour series is of stone carvings, particularly carved heads over archways in Venice and on the Gothic façade of the Canadian Parliament. She loves to paint leaves with light or water shining through and a lot of her work includes the shimmer of gold leaf or pewter. She is well known for her Arctic and African series in pewter. Her most recent focus

is large oil paintings of flowers. Christiane is an explorer at heart and loves to try new surfaces, new styles and techniques. From Renaissance-inspired art to modern abstracts and mixed media, Christiane’s artwork embraces it all.

Shelly Amor is one of a group of thirteen artists new to Art Lending this year. Born and raised in Ottawa, she has had many creative careers that have influenced her art: landscape architect, high school art teacher and wearable design artist. This artistic journey has led her to her present career, that of a full-time artist. Shelly describes her style as fauvist, depicting the world in vivid bright colours. As she notes “My acrylic paintings depict various locations I have visited in the last few years, as seen through my kaleidoscope eyes. My bright palette reflects the joy of the day and my leanings as a fauvist artist. These jewelled colours raised my spirits these past two years, and I hope they raise the spirits of those who view my work.”

Christiane, Shelly and all of the Art Lending of Ottawa artists look forward to seeing you at our show on December 10th. Admission and parking is free. Submit your name at the door for a chance at a door prize.

Leslie Firth is an artist member and board member of Art Lending.

Art Lending of Ottawa
Winter Show
December 10, 10 am to 4 pm
R.A. Centre
2451 Riverside Drive, Ottawa
www.artlendingofottawa.ca
Facebook: /artlending613
Instagram: /artlending613



‘Drinking sunshine’, oil painting by Christiane Kingsley



‘Golden hour in Tuscany’, acrylic painting by Shelly Amor





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