



FEBRUARY 2023

A VOICE OF RIVERVIEW PARK

MARCH 2023

ICE WARS! (Balena rink, then and now)

by Janina Nickus

A long time ago in a park not so far, far away, Balena had an Olympic-size, 400-metre speed skating oval (coincidentally, that oval shape reminds me of the *Millennium Falcon spaceship*). As my husband, Bill, and other long-time local residents remember from the late 1970s and early 1980s, Canada's best speed skaters could be seen flying by at break-neck speeds. One of Canada's Balena speed skaters, Ga  ten Boucher, won four Olympic medals in 1980 and 1984.

When I took over the reins of Balena Rink in 1998, the speed skating oval had disappeared. In its place, we were left with two small ice surfaces (no boards); one rink for hockey, the other for skating. With the (*Imperial*) City of Ottawa providing an annual grant, we paid the ice-makers, but everyone else served as volunteers. The City uses a community-based delivery model for most of its more than 300 outdoor rinks. It provides grants to rink sponsors such as community associations, community organi-



Balena now. Balena Park once had an Olympic-size, 400-metre speed skating oval. PHOTO: MANSOLO

zations, non-profit organizations, volunteer groups, service clubs, or individuals who want to operate an outdoor rink with funding, tools and access to the necessary infrastructure such as water supply and lighting.

As part of the *Rebel Alliance* (that is the Riverview Park Community Association), I organized

and reigned over Balena Rink and its many *subjects* (volunteers) for 10 years. A major part of my annual task was to attract volunteers for two-hour shifts to meet the City's specifications of being open no fewer than six days and for a minimum of 30 hours a week. As my journalist-husband wrote in the July 2003 edition of our former

paper *Riverviews* "There's Janina on the telephone in the winter recruiting volunteers to do ice rink duty. She warmly greets them saying: 'It's Janina from Balena calling.'" Ironically, my husband ends the article, "Janina may be Janina from Balena, but essentially she is my wife whom I think of as

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by David Knockaert

Let's look at public transit. No, not the LRT. We all know that story too well. Instead we'll explore the fascinating topic of OC Transpo bus service. It's a topic which never seems to go away, in large measure because our transit authority does not get much better at it.

Not surprisingly, the topic attracting most attention is bus cancellations. In the spring of 2019, the *Ottawa Citizen* reported

Bus stop blues

that OC Transpo was cancelling around 200 routes per day (defined as a one-way journey from one terminal point to another).

OC Transpo blamed the volume of cancellations primarily on a shortage of drivers. The situation remained unresolved and by December with the matter attracting further rider and media

attention, OC Transpo promised to hire an additional 100 staff. But by August 2022 the issue had again flared up with reports of 200-300 route cancellations per day. Yet again driver shortage was identified as the cause, prompting OC Transpo to commit to hiring 300 new drivers before the end of 2022. So, how has that turned out?

Unfortunately, not well.

From the 19th through 21st December 2022, OC Transpo reported 186, 178 and 205 route cancellations, an average of 190 per day. Three and a half years in, and after committing to an additional \$33 million per year (approximately) in salary and benefits, a solution to the cancellation problem appears as elusive as ever.

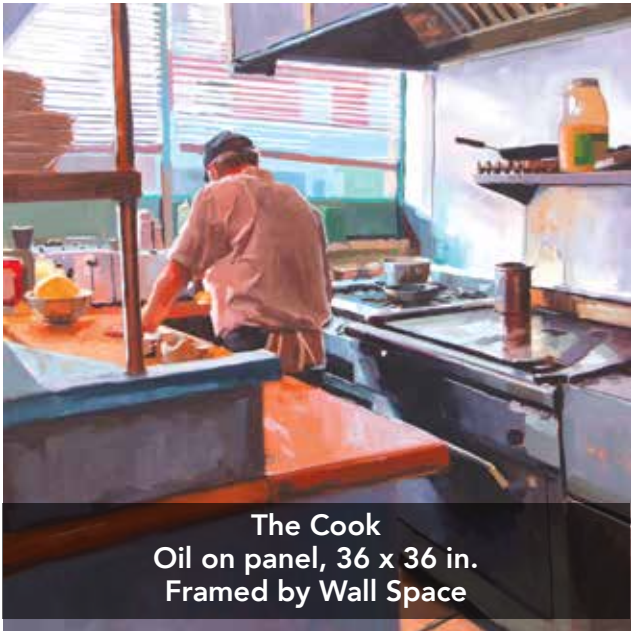
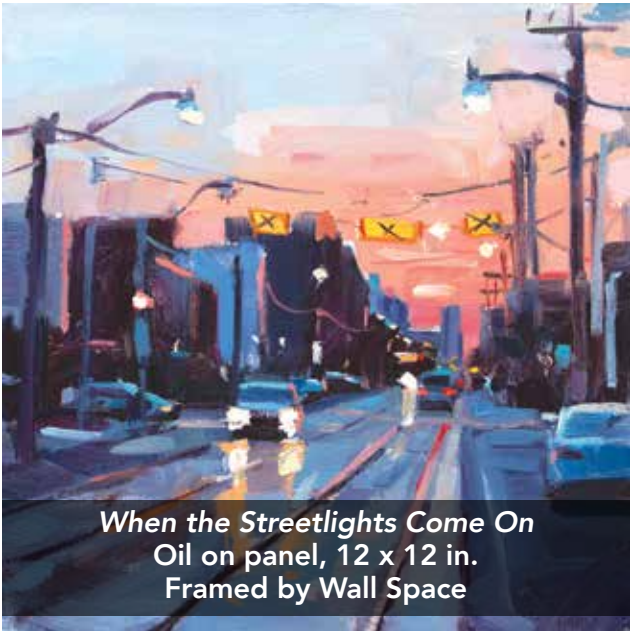
From the rider's perspective tracking route cancellations is

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Brian Harvey’s *The Other Day* will have you seeing our every day much more vividly

by Carole Moul

You don’t have to live in Canada’s largest city to appreciate the neighbourhood landscapes of Toronto-born artist, Brian Harvey. His stunning paintings in oil will take you to locations where you call home and his upcoming solo exhibition, *The Other Day*, will engage your own experiences of the everyday in his urban scenes.

Whether these oils be of an alleyway, diner, snack bar or a hidden street, Harvey draws you to his work with the vibrant use of colour and very bold lines. Light is incorporated into the forefront

of Harvey’s work. Observe how his paintings embody both natural and artificial light sources and how he uses each to draw your attention in his amazing pieces. The reflections he creates will have you wondering how this could have been achieved with just strokes of a paint brush.

“His works are quintessentially Canadian, inspired by the surroundings of his hometown of Toronto,” notes the Wall Space Gallery website that invites guests to register and join Brian Harvey at the Artist Reception on Saturday, February 11 from 3-5 p.m.

The Other Day exhibition opens on Thursday, February 9 at the Wall Space Gallery, 358 Richmond Road location and will be opportune for you to discover how someone can make what we might see in our day-to-day travels look so intriguing.

Harvey’s artist statement notes, “Painting allows me the opportunity to look at things that are frequently overlooked. I am drawn to the character of the banal and everyday objects and spaces that surround me. I have a strong response to things which are connected to the past, hold-

overs which are often ignored or forgotten about altogether.”

Brian Harvey studied at The Art Centre at Central Technical School, Toronto School of Art, and received a BFA from Ontario College of Art & Design (OCAD) University in 2016. Upon graduating from The Art Centre in 2003, he focused on building an oil painting practice and within a few years he began working full time as an artist. His work of the past two decades can be found in public and private collections across Canada, the United States and Europe.



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Memorial rink in Gananoque a legacy of Gord Brown

by Carole Moul

In 2017 Canada celebrated its sesquicentennial. And although the name was a hard one to pronounce, Canadians across the country found it easy to embrace Canada 150.

For its part, Canada’s capital held a number of momentous events throughout the year, including most notably the one of Canada’s 150 Skating Rink on Parliament Hill. Its purpose was to wind down celebration of Canada’s 150 year anniversary.

Built by Canadian Heritage, in partnership with the Ottawa Senators and the Ottawa International Hockey Festival (OIHF), the ice surface was expected to be home to a variety of winter, cultural and sports activities throughout December 2017. In the end, the rink stayed open to include Ottawa’s Winterlude.

Eventually, this Canada 150 NHL-sized outdoor rink needed a permanent home since its location on Parliament Hill was always considered temporary.

According to Canadian Heritage, “An important legacy element of the Canada 150 skating rink was that it be donated to a nearby community after it closed. The [OIHF] managed the selection process, and in November 2018 Gananoque, ON was chosen as the recipient.”

On November 21, 2018, three trucks moved the dismantled rink and accessories to the public works yards in Gananoque for storage. One source noted that approximately 10 small communities had written submissions on why they should receive the rink.

When announced that the OIHF would be looking for a community to receive the rink,



A flashback to MP Gord Brown on the Canada 150 Rink, December 2017. PHOTO: MARK KING

Gord Brown, MP for Leeds-Grenville-Thousand Islands and Rideau Lakes and a devoted hockey fan and player, had already begun fundraising for an outdoor rink for his home town.

When he died suddenly at age 57, after playing hockey, in May of that year, he had been part of a committee trying to bring the Canada 150 rink to Gananoque. Committee plans quickly changed after his death to focus on bringing the rink to Gananoque as a wonderful tribute to a highly respected and well-loved MP.

“Gord didn’t think we’d get it,” said his brother, Jeff Brown, but they did.

Once operational, the rink was to be named the Gord Brown Memorial Canada 150 Outdoor

Rink.

“The outdoor rink would provide much needed recreation opportunities to residents and visitors alike,” said Canadian Heritage, about Gananoque winning the rink. Canadian Heritage would cover expenditures up to \$150,000 for site preparation, installation and construction while “Gananoque and its local community partners were responsible for construction, operation and programming of the rink in its community.”

The word ‘phenomenal’ doesn’t even begin to describe the support for the rink by local community partners due to the well-earned respect of their late local MP. In the face of losing such an amazing supporter, Gord Brown’s community rallied to raise over

\$1.5 million to ensure not only the project completion in his name but years of enjoyment for residents of Gananoque and the surrounding area.

The overwhelming amount of money raised in such a short time and from a relatively small community was a clear demonstration of the appreciation felt for Mr. Brown and his work on its behalf over the years.

To put this amount into perspective, \$1.5 million was raised by community partners in a town of only 5,500. This would be the per capita equivalent of raising more than \$2 billion in the Greater Toronto Area.

“A community had lost one of its own,” noted Tom Russell, Executive Director of 1000 Islands

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New year...same you, but improved!

by Kathy Lanoue

Welcome to 2023 and the constant barrage of ads drumming the beat of a cliché that I absolutely abhor: “new year, new you!” The implication is that there was something wrong with me and now I have a chance to fix it.

Thanks, but while I believe in always learning and improving, there’s nothing wrong with me. I think this cliché is the reason I also shy away from the resolutions that the world wants me to set. If I resolve to go to the gym five times a week, that means the first week I miss a day, my whole resolution is broken. I’ve failed. Why would I set myself up to feel like that?

Instead, I choose to be goal-driven. Goals are not the all-or-nothing situation that resolutions tend to become. A goal not



only breaks down into smaller chunks that you can bite into one at a time, but a goal can change based on what you learn as you work towards it.

My journey in Toastmasters is a great example of this. When I joined Toastmasters, I thought that I would learn some tips about public speaking, work through their education program, then leave and move onto something new. That was in 2016.

What I didn’t realize was how much more Toastmasters is than just public speaking tips. It’s about learning communication and leadership in so many different areas of

your professional and personal life. What I also didn’t realize is that I would become so comfortable with my fellow members that I would be brave enough to try new styles and methods of communicating, despite how that first time went. I learned that I would be able to take in feedback without thinking I was a failure; I could feel safe enough to try again; I could improve instead of shrinking back and believing it was beyond my capabilities; and I could become someone people looked to for advice on improving their skills while still learning from them.

I never thought that when a colleague asked me what I thought of their work, that I would call upon the skills Toastmasters taught me to ensure that I gave feedback that was positive, constructive and honest.

The Toastmasters program is not only so big that I still haven’t parsed through it all, but all the different people, from different backgrounds bringing their lives and experiences to the table, make this program more than the sum of its parts. This makes the learning capacity nearly limitless, or at least a far cry more than a mere resolution.

If you’re looking to make headway on some goals, whether it’s the start of the new year or any other time, check out your local Toastmasters club to continue your journey.

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

Better living through technology

by Eric Cosgrove SRES®

You may already know that voice assistants like Alexa and Google Home can help seniors age in place.

If you’ve been considering a voice assistant for a loved one and wonder how Alexa and other technologies help seniors in real life, consider Madeleine Séguin’s experience.

The 100-year-old living in Bruyère Village, a senior community in Ottawa, maintains a busy social schedule. She was interviewed for a story (<https://goo.by/T3LJ2>) “Conversations with Alexa: How robots are helping Canada’s ageing population connect.”

She says Alexa helps her stay organized, track her dinner dates with family and neighbours, and allows her to make calls quickly without having to hunt for a phone number.

Bruyère Village is part of a pilot project with Amazon that’s testing the Alexa Smart Properties solution.

It turns out that seniors there aren’t skittish about trying out new technology, and they’re enjoying it.

Some ways Alexa can improve seniors’ lives include:

- making emergency calls
- scheduling appointments and social activities
- listening to audiobooks, news, and music
- managing smart home features, including door locks, lights, alarms, and thermostats
- fetting medication reminders
- plus, the pilot program is helping to automate jobs such as dinner reminders and other announcements, for example that once were done by a human knocking on residents’ doors.

Robots also can play a role, and they’re being tested at several Toronto senior centres through a program with the University of Toronto.

For example, they can call out bingo numbers, lead exercise groups, and interact with residents, especially since they’re human-like and can smile, laugh, and change their facial features. During meals, for example, some residents interacted with robots like they would with other human beings.

Though they’ll never replace people in long-term care environments, robots may be able to take on repetitive work and make such facilities run more smoothly and ease staff burnout and employee turnover. They also have the potential to help people age in place at home for a longer time.

Also, see the video, “Combat-

ting loneliness in Long Term Care (LTC) homes with virtual reality,” included in the story.

It shows the joy virtual reality (VR) brings to residents of Dogwood Lodge, a Vancouver long-term care facility. A recreation therapist helps residents use VR headsets to virtually scuba dive, visit exotic locations, or revisit spots residents had seen when they were younger.

“A lot of them still have items they want to check off their bucket list, and the virtual reality allows them an opportunity to step outside the four walls of their care home and try something new,” says Isabella Laliberte, a recreation therapist.

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by Brian McGurrian

Billy Joel's fifth, and most successful album (*The Stranger*, 1977) included *Just The Way You Are*, a song inspired by his wife, Elizabeth Weber.

Just the Way You Are was Joel's first single to climb into *Billboard's* top ten, and it stayed there for five months in early 1978. It also won the Grammy for Song of the Year and firmly established Joel's career as one of the "best selling music artists in history... with over 150 million records sold worldwide."

Surprisingly, Joel wanted to exclude the song from the album, dismissing it as a "gloppy ballad", but his record producer, Phil Ramone, strongly disagreed, and persuaded him to keep it in. After all, how can anyone not warm to a loving expression like, "I want you just the way you are"? Joel's relaxed soft-rock tempo and laid-back, almost reflective delivery, combined with moving lines such as, "I just want someone that I can talk to," are very persuasive, and the excellence of the instrumental backup perfectly complements Billy's mood.

Just the Way You Are has been called a "pure expression of unconditional love," and I suspect that many would agree with that assessment. But did you ever listen carefully to all the lyrics?

A valentine from Billy Joel?



Billy Joel performing at the Nassau Veterans Memorial Coliseum. SLGCKGC

For just one example, when Joel asks: "What will it take till you believe in me/The way that I believe in you?" doesn't he sound just a bit disgruntled, perhaps referencing some unresolved issues in his marital relationship? And what are we to make of Billy's putdown of his wife's conversational skills: "I don't want clever conversation..." etc.? If her conversation is not clever, then what is it? Awkward? Boring?

Billy gave the song to Elizabeth as a birthday present, and she apparently responded very unromantically to this tender moment of gift-giving by asking, "Do I get the publishing rights?" Elizabeth

was widely believed to be a gold digger.

After nine years of marriage to Elizabeth, Joel was involved in a serious motorcycle accident on April 15, 1982, severely injuring his hands. With his music career in jeopardy, he may have expected his wife to be supportive, but that hope was soon shattered: within three months, he and Elizabeth were divorced. Billy's long time drummer, Liberty DeVitto, would tease him by singing a parody: "I took the good times, I'll take the bad times /She got the house, she got the car..."

Of course, Joel's divorce from Elizabeth made it impossible

for him to perform *Just the Way You Are* for many years afterward, because lines such as, "I would not leave you in times of trouble" would inevitably sound hilarious coming from a recent divorcee. Joel admitted as much when he later made a tongue-in-cheek comment that, "Every time I wrote a song for a person I was in a relationship with, it didn't last. It was kind of like the curse. Here's your song - we might as well say goodbye right now."

Successful entertainers who are constantly performing and traveling around the world must find it very difficult to maintain any sort of family life. Joel's next two marriages apparently didn't work out much better: he was married to Christie Brinkley from 1985-1994, and to Katie Lee from 2004-2010.

As Billy tellingly admitted to his official biographer Fred Schruers "You just need one person to know and accept and love you for being, well, just the way you are.... I see old folks walking down the street who look like they've been together fifty years, and there's something very touching about it — that they've lasted so long. I used to wonder: How come I don't have that?"

Billy, now 73 years old, has been married for the last seven years to Alexis Roderick, who is younger by thirty-three years. I wish him well.

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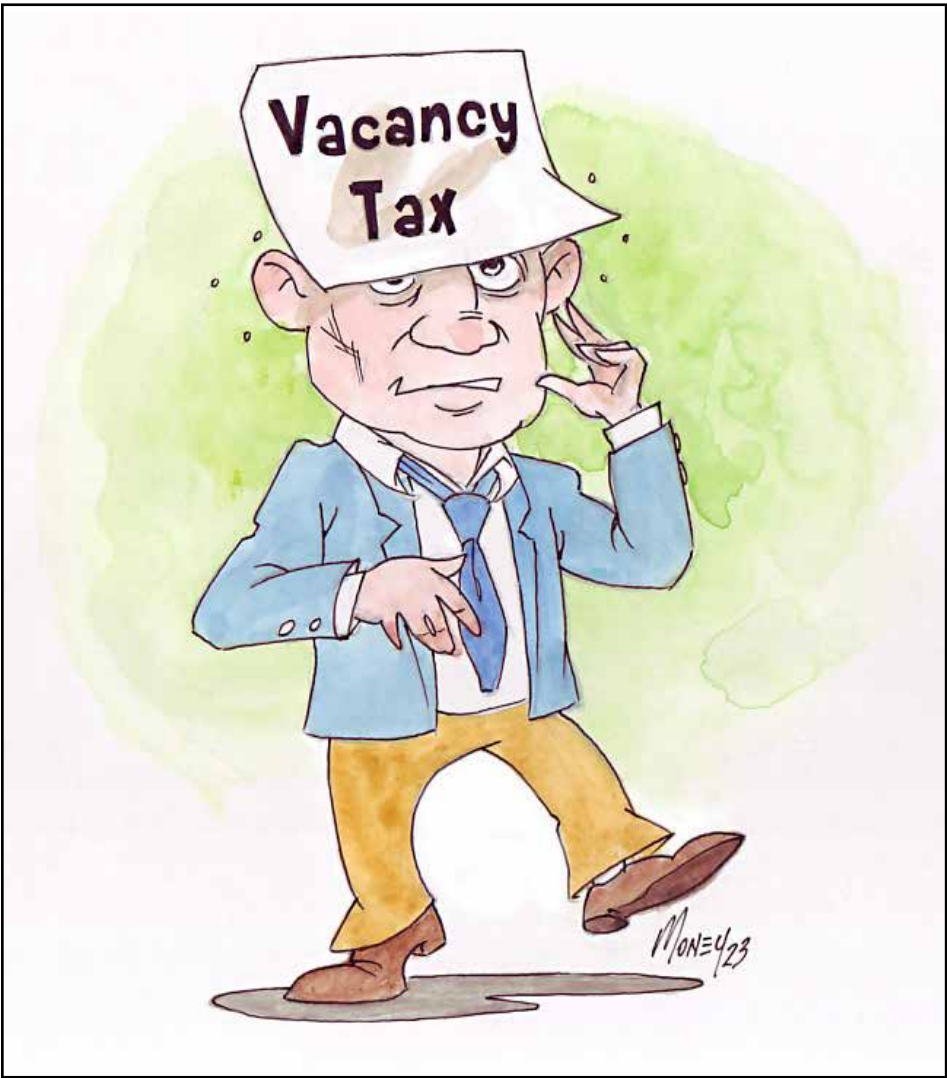
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Vacancy tax... for whom?

Consider yourself occupied. Occupied with the weather, occupied with the cost of just about everything, and occupied with your residence. You better, or by March 16 of this year you could be considered “Vacant”. Not to worry, though, because like high school these days, the deadline isn’t really a deadline. The \$250.00 late fee is waived for this year, and there is already an extension. You have until April 30, and you have to register annually.

Over the next 5 years, the project is to raise \$25 million. That is \$5 million a year to put toward affordable housing. A drop in the proverbial bucket. Note that for a house worth approximately \$600,000, the 1% tax would generate \$6,000 - no small amount for the homeowner. As an owner of a income property, paying that amount in order to sell the building to a developer for 10 times that is a deal and a half. And, by the way, many of these properties are ineligible for the tax because they are heritage properties, or they have design plans being reviewed by the City.

The City has received approximately 206 vacant property complaints since March 2022. This is shy of 1,600 known vacant properties, and considerably less than the 330,000 already tax-paying homeowners. And as for adding to the pool of affordable housing, neither developers, nor income property owners are in the market for that. Housing is a for-profit industry, and the best intentions of this project are not going to fix that.

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The word count of article submissions has been 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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VINCENT MASSEY PUBLIC SCHOOL

SOLE continues its community philanthropy

by Adelaide Flex, Axea Ryan and Ainsley Morris

At Vincent Massey Public School the grade 7 immersion classes have started a student philanthropy group entitled SOLE, an acronym for ‘students on the leading edge’. In SOLE, we focus on giving back to the community. This year we are focusing on food insecurity and Ukrainian relief in Ottawa.

So far, we accomplished a food drive for the Ottawa Food Bank, along with a website to raise money. This December initiative allowed us to dig deeper to learn about food insecurity. Our school was able to donate nearly 2000 items of food and raise \$750.

Through this learning experience, we invited Marty Carr, our community councillor, to talk to us about food insecurity in our ward. Councillor Carr gave a wonderful talk and explained the need for focusing on local growing initiatives and more affordable housing and mixed neighborhoods. We asked her to keep us informed on these ideas and to reach out if any projects were to develop in the near future.

Here in Ottawa, many people have been starting fundraisers and organizations to help Ukrainian refugees. Some of the organizations that our group has come across include, the Maiden Market, which was started in May of 2022 by Olenka Reshitnyk-Bastian to help Ukrainian refugees in finding supplies for their families and new homes.

House to Home is a corporation that accepts household goods, clothing, and furniture to aid Ukrainian newcomers with setting up their homes. Many Ukrainian churches have been welcoming Ukrainians by raising money and resources to support them with their new lives in Canada.

While researching ways to help Ukrainian refugees, our group came across a website that takes shipments of medical supplies and sends them to the border of Ukraine. We plan on pursuing this initiative over the next couple of months.

Our group is very excited about working in the community and we look forward to our next initiative of doing Random Acts of Kindness.





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Albert Ernest Richardson: a veteran's story

Lest We Forget

by Terry Henderson

When two local residents and members of Emmanuel United Church met, Terry Henderson heard Albert Richardson's life story and thought others would enjoy it. So, he listened some more to bring you this story.

Albert Ernest Richardson was born in Toronto on September 25, 1931. He led a distinguished military and policing career for more than 43 years.

Albert joined the Canadian Armed Forces in May 1949 and served until his release in November 1971. He was first sent to Japan with the Military Police, attached to the British Commonwealth Unit. Secondly, he served in the Korean War from 1952 to 1953, during which he was assigned to the First Battalion, Princess Patricia's Canadian Light Infantry, as well as the First Regiment, Royal Canadian Horse Artillery "Charlie Battery", as part of the 25th Canadian Infantry Brigade Group. Later, he was sent to Egypt with the United Nations Emergency Force (UNEF) where he served from 1964 to 1965.

During his 22 years of military



Albert Ernest Richardson in full uniform.

service, Albert was awarded the following medals: Korean War Medal; Volunteer Service Medal Korea; Special Service Medal with a Clasp; United Nations' Emergency Forces Medal Egypt; and, the Canadian Forces' Decoration (CD). He is a 48-year member of the Royal Canadian Legion, John McMartin Branch 297 in Cornwall.

Beginning in 1975, following an extensive military career, Albert served as Special Constable with the Ontario Provincial Police for



Albert Ernest Richardson receiving a QE II Platinum Jubilee (70-year) lapel pin from Senator Yonah Martin, on June 19, 2022.

some 21 years, working out of the Ontario Legislature at Queen's Park.

Albert comes from a long line of family members with active military service, including in WWI, WWII and NATO. His daughter Maureen, of Kingston, served in Haiti as a UN Peacekeeper following the 2010 earthquake which devastated that country.

Albert is frequently honoured and feted by the Korean Embassy in Ottawa for his dedicated ser-

vice during the Korean War.

On June 19, 2022, Albert received the QE II Platinum Jubilee (70-year) lapel pin from Senator Yonah Martin (appointed in 2009, the Senator is the first Canadian of Korean descent to be appointed to the Senate of Canada).

Albert most recently sang tenor in the Emmanuel senior choir. He lives with his devoted wife, Pauline, of 57 years, in the Perley apartments on Russell Road.

New Year's Resolutions To Reduce Back Pain

The New Year is the perfect time to start making positive changes to your lifestyle and reduce back pain. Here are some ideas for New Year's resolutions that will help you take better care of your back:

- Improve your posture** – Be conscious of how you're sitting and standing throughout the day. Poor posture can lead to increased strain on your spine.
- Exercise regularly** – Exercising can help strengthen your back muscles, improve flexibility and reduce any inflammation or pain.
- Take short walking breaks.** A 10-minute walk can help to release tension and stretch out your spine, reducing any potential pain.
- Stretch daily** – Stretching can help to improve the flexibility in your back muscles and reduce any potential pain.
- Get adequate rest** – When your body is tired and overworked, it can be more prone to pain and inflammation.
- Visit our practice** – We'd love to help you with a custom care plan designed to help get you out of pain and into life.

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A Tip from Dr. Stéphane Chillis



BEST OF RIVERVIEW PARK

Best of Riverview Park – Father Christmas

I remember when my father would put up the Christmas lights. It was always on a cold weekend, usually before the snow had started to fall. I remember admiring how our house would take on a magical glow, especially as it began to snow. Every evening when my parents turned on the lights, the beautiful display would remind us that Santa was coming soon. As we grow up, move away from home, and then get our own homes, we often start these traditions for our own families. We become responsible for creating the magic.

This year, in Riverview Park, there was plenty of such magic. When, one day, I drove by Vincent and Averyl’s house on Browning, I was astounded by their huge snowman. I needed to talk to them about it.

When I did, I discovered that the young couple were new parents. Vincent was feeding his newborn while we spoke about the snowman. When I asked about the towering snowman, Vincent was quick to talk about his father who had just passed. He spoke of furniture projects that they would do together. They liked to be cre-



The many faces of Stan the Snowman on Browning Avenue. PHOTO: VINCENT MILLAIRE

ative and build things. It turns out, this monster snowman was a tribute to those times when he and his father would bond over creative endeavours. He talked about how his extended family participated in the decorating and redecorating of the thing. I left their house feeling grateful to have met such a lovely family, who had experienced such a great loss and such a blessing within such a short period of time. I was moved.

Every year, I like to give an award for the best Christmas lights in Riverview Park. It involves a homemade trophy and

lots of pride. This year, the award went to Paul McGuire and Heather Swail on Bloor Avenue. Their Christmas display is extensive. It contains lights, projected Santas, and an inflatable Snoopy on his doghouse. When I asked about the display, Paul mentioned some of the challenges of keeping the display alive. He pointed out that they have gone through three inflatable Snoopy decorations. Although they break easily, he said they always make sure they have a Snoopy. It is a tribute to his father, who loved Snoopy. When he said that, I was reminded of

Vincent’s story, and then my own memories of my father.


It struck me that those magical displays in front of people’s houses are not just lights. They are more than just beautiful decorations. They are also expressions of the magic of Christmas, filled with the experiences and memories of bonding with those we love. Although losing a family member is traumatic and painful, Christmas allows us to bring back those warm memories, including those of the fathers who lit up our houses during the cold days of winter.




Patrick Lawlor
Sales Representative

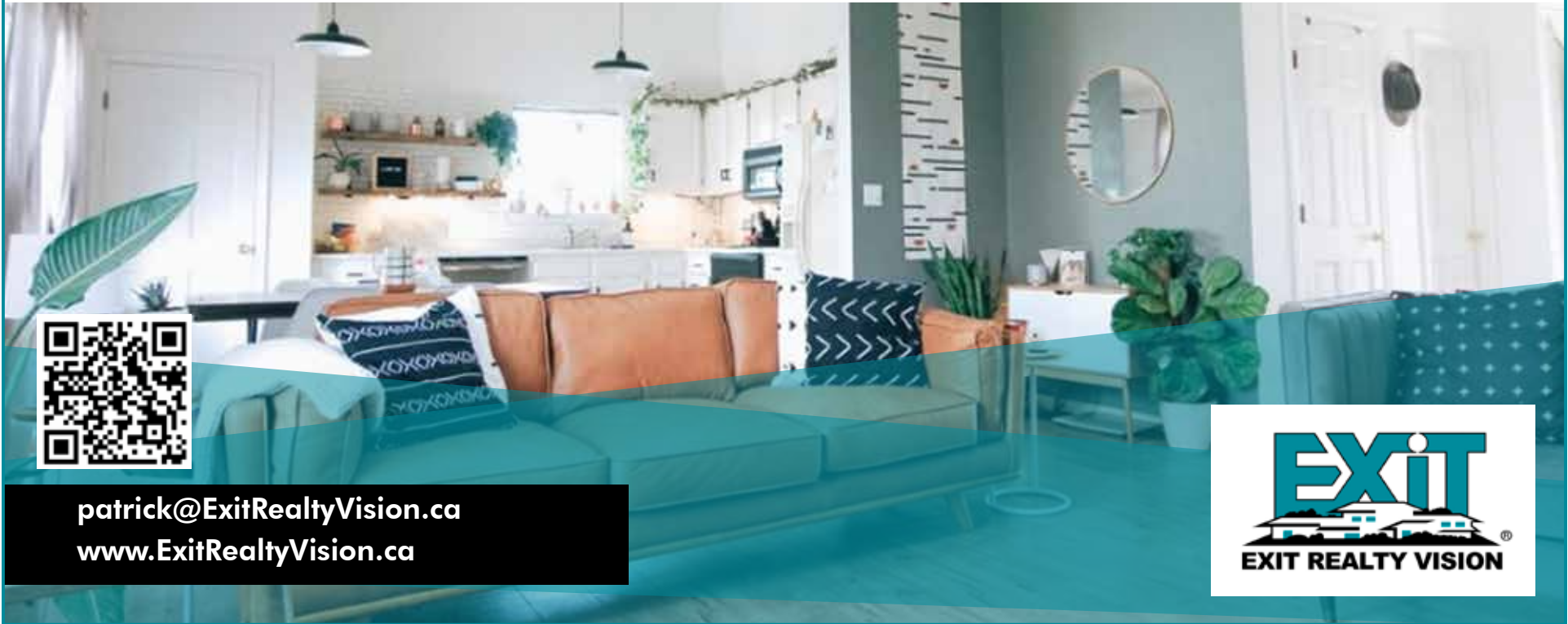
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150 Memorial Rink

CONTINUED FROM PAGE 3

Community Development Corporation, “and that was the best way to say, thank you.” Their contribution of \$100,027 was used to kick-start the fundraising campaign. Why the \$27 along with the larger amount? It was the number MP Brown always wore when he donned his hockey sweater.

The Thousand Islands Accommodation Partners comprises 11 businesses both accommodation and culture related. Their pledge was for \$100,000 and as their Executive Director, Kathrine Christensen, said of the rink, “It will be a centrepiece of the recreation offerings of Gananoque.”

A Gord Brown Memorial Hockey Game Night on November 28, 2018, raised about \$120,000 split between the United Way and the new rink. Former NHL players and politicians of all levels took to the ice to pay tribute to him.

The first golf tournament in Gord Brown's name at the Smuggler's Cove Golf Course in 2019 had 244 spots sold out in one week, with a portion of funds raised going to the rink. In 2022, a second golf tournament in his name raised thousands of dollars for good causes, including the United Way.

Hundreds of individuals com-



Thousands of skaters experienced a great time on the Canada 150 Rink during its weeks up on Parliament Hill, December 2017 to the end of February, 2018. PHOTO SUPPLIED BY CANADIAN HERITAGE

mitted their support in an amazingly short time and a GoFundMe campaign raised close to \$50,000.

In March 2022, the Ontario government provided \$250,000, in part to prepare the rink for continued public use such as ice skating and warmer weather activities, with the capital funding to be administered through the Ontario Trillium Foundation.

Members of both the Gord Brown Memorial Rink Commit-

tee and others have spoken about Jeff Brown's tireless commitment to creating this rink as a tribute to his brother, Gord.

Amy Kirkland, a Gord Brown Memorial Rink Committee member, summed up the experience, “It takes a community to build a community, and the rink is going to be the greatest asset in the region for many years. It was the most honourable time to [sit] on the Committee and most



Today, skaters are able to have fun on the Gord Brown Memorial Canada 150 Outdoor Rink in Gananoque- thanks to the vision of the late Member of Parliament.

PHOTO: JOHN SERVISS PHOTOGRAPHER, TOWN OF GANANOQUE COLLECTION

memorable moment in my life. This rink brought passion to the community and I'm so proud to have been part of it, and to have stood by Gord's closest companions Tom Russell, Jeff Brown and Chance Brown, who have been inspirational to our community.”

For his part, Jeff Brown has said, “It was [my brother's vision] to have an outdoor rink. It took a lot of people to bring this vision to reality and it is to be hoped that for generations to come it will be a great facility.”

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TRINITY COMMUNITY GARDEN

Some Trinity gardeners taking a winter’s break while others are just getting started

by Rhonda Turner

All is quiet at Trinity Community Garden with a blanket of snow covering all the sleeping plots. I visited the garden to get a photo and perhaps see the tiny sprouts of winter garlic that were planted in the late fall. Unfortunately they were hidden under a layer of freezing rain and snow.

By now many gardeners have already either purchased or ordered and received their shipment of seeds for the upcoming season. Some will soon be starting to germinate seedlings indoors, perhaps with an extravagant setup or simply on a very sunny south facing window ledge.

Our house temperature isn’t that cold, but I place my seeds on a window ledge in a room that seems to be cooler. For this reason I recently purchased a heat mat. The seeds that I wish to sprout are tomatoes and some peppers plants. Both of these plants do best with a warmer soil temperature.

Last year pepper plant germination without the heat mat took



PHOTO: RHONDA TURNER

3 to 4 weeks. I read that with the mat it should happen within seven to 10 days. This will be a test and we will see.

My tomatoes were not as both-


ered with the cool temperature and sprouted much quicker. Once the seeds have germinated, if you have them, now it’s the time for grow lights. Not absolutely nec-

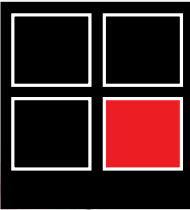
essary, but when grow lights are placed close to the sprout they will help ensure the plant doesn’t get spindly or leggy in search of sunlight. The mat may be a bit of an expense ranging from \$25 upwards. I don’t intend to grow a huge amount of plants, maybe 10 peppers and 6 tomatoes and additional ones for the donation plots. Whatever, it is a hobby and it makes me happy.

Many gardeners are happy however just to start from scratch at the garden and plant directly into the ground. Both methods work, it all depends on your patience. Regardless of the method you choose, sadly there is a lot of winter left before we join together again for our spring work day to get the garden started.

Shortly after that we hope for good weather so we can put shovels in the ground and start the whole growing process over again.

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





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PHOTO BY MANSOLO

Bus stop blues

CONTINUED FROM PAGE 1

important as it allows for planning and adjustments to one’s travel schedule. However, a problem raised at least since 2019 has been the failure of OC Transpo to communicate cancellation information in a timely manner. While OC Transpo has argued they “keep evolving and improving,” there is scant evidence of improvements.

Riders can register to receive cancellation alerts for routes of particular interest, with mine being the 44 and 46 routes. From the end of December through early January I tracked those alerts, which, in the majority of cases arrived to me in arrears (after the bus was scheduled to depart) rather than in advance. Such inadequacy of service delivery renders an important service next to meaningless.

But what really stands out about OC Transpo service and communication is its desperately unbelievable quality. In early December 2019, over two consecutive days, OC Transpo was accused of deliberately understating the extent of cancellations. Initially OC Transpo denied this, but when faced with documentary proof, they attributed the underreporting to human error. The following day, in response to the CBC, OC Transpo changed its story, saying underreporting of cancellations was deliberate - since they were incapable of informing the public of all cancellations in a time frame which would benefit riders, they chose to withhold the information.

Regrettably, OC Transpo’s unwillingness to tell the whole story seems unchanged. On the 5th and 6th of January cancellations declined to 127 per day but seemingly due to large gaps in reporting. On one day reporting ceased for two hours over the lunch period and on both days reporting totally ceased from early evening. On 07 January, OC Transpo warned riders to expect a significant rise in cancellations due to the ongoing need to redeploy

buses for R1 service. Yet, they reported only a combined total of 13 cancellations over the 7th and 8th of January - a number which was then exceeded by 7:40 a.m. the following day. Such wild variations in data are more likely attributable to reporting failures than sudden changes in service quality.

Furthermore, we need consider why OC Transpo hired 300 new drivers in the latter part of 2022. As either the 44 or 46 routes take around 30-40 minutes to drive, a driver should accomplish 14-15 routes on a full 8 hour shift. Assuming these two routes to be representative of the network, an increase of 300 drivers would expand daily capacity by 4500 routes or more than 50% of OC Transpo’s total daily route schedule – an expansion which makes little sense. And comprehension is not improved by viewing the data from a different perspective. If OC Transpo had really been experiencing only 250 (approximate) route cancellations per day in August 2022 due to driver shortage, that is indicative of a shortage of around 16 drivers, not 300!

It is an understatement to say something seems seriously wrong with the information the City and OC Transpo is feeding us. But perhaps this is not surprising given that the fundamental conclusion of the LRT enquiry was that the City had fallen into a pattern of systemic dishonesty with the public.

Sadly, early indications are that we cannot expect positive change under the new Mayor and Council. Among their first actions was to remove citizen representatives from the Transit Commission, an action they claimed would improve accountability. But in respect to the Confederation Line fiasco we gain a glimpse into how accountability is interpreted at City Hall - a statement from former Mayor Watson, effectively saying “Oops, my bad”.

Ice wars

CONTINUED FROM PAGE 1
Queen of Balena.”

So what happened with the Balena speed skating oval? Who took over its reins? I discovered that a new base was established at Brewer Park, across from Carleton University, in 1985. The base/oval was and is run by another group, the Ottawa Pacers and Gloucester Concordes speed skating clubs. It is built and maintained entirely by its volunteers. In Brewer Oval’s second year of operation in 1986, they held two major competitions: Canada’s Capital Outdoor Meet and a national championship. When writing this article, Brewer will be hosting this year’s Ontario Provincial Long Track Championships at the end of January 2023 (weather permitting) with a back-

up date of mid-February. So our simple Balena Rink today has plenty of competition from Brewer Oval, Rideau Canal and, for the less hearty, all the City’s indoor rinks. However, there is still something to be appreciated about our local rink: proximity, lovely trees, community togetherness and family atmosphere.

As I write this story on a sunny Sunday afternoon, area skaters are once again enjoying Balena Rink. There are a few young skaters on the hockey side practising their slapshots, hoping to become the next OHL or NHL stars. On the other ice surface, a dozen people, mainly parents are teaching their youngsters to skate, but also enjoying the outdoors.

Long live Balena Rink!



Brewer now has the Olympic 400-metre speed skating oval.

PHOTO: MANSOLO

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COMPUTER TIPS & TRICKS

Sometimes it's the crooks and sometimes it's the sheriff – Part 2

by Malcolm and John Harding,
of Compu-Home

In our last column we gave an overview of common online security measures and the best ways to take advantage of them, to protect ourselves from fraud. This time we are looking at the more elaborate strategies that are now in common use, and ways to avoid the extra problems they can create.

What can you do when you have forgotten your password? The most obvious response is to click on “Forgot my password,” hoping that the problem will be quickly solved. Sadly, this often leads to things becoming worse, because you may have just passed through the dreaded gates of “Multi-Factor Authentication.”

Experts have long believed that passwords are ineffectual protection. Gradually in recent years, additional information is being demanded to supplement a password when an account is being set up and some parts of that information are being requested when necessary. Here is what to expect and what can go wrong:

Often people focus on the end result such as having the new email address or receiving the on-



line purchase and they don't even realize that the first step is to set up an account, and that they may have to log into that account later. An email address is often not considered to be an “account”. A subscription to a service, utility (such as an anti-virus), or online magazine is considered to be an account, and you will have to access that account to change or stop that service.

When you set up security questions and then years later you are asked those same questions, your answers must be 100% accurate. Was your first car a Chev, a Chevy, a Chevrolet or a chev? Is your oldest sibling's middle name Don,

don, Donald or Donny? Answer incorrectly too many times, and you could be frozen out for an hour, a day, or permanently!

Often you will be told that a code will be emailed to your back-up (alternate) email address and you can type that code into a box provided. This will be doomed if you no longer have access to that address, or if that address is not actually a different one, but is the same one that it happens you are now trying to recover.

Sometimes instead, there will be an offer to text a code. This will not work if you originally inadvertently provided a landline which cannot accept texts, or if

that old cell phone has been lost, stolen or replaced, or if you have changed your cellular number.

Things can become especially challenging when a friend or relative who originally set up the account for you and provided all of the supplementary information, is no longer available to provide the security answers or access the cell phone that was supposed to receive the text with the code.

There is no alternative but to examine carefully every “My Account” that you have created and to make certain that all the information you once provided is still correct. Think for a moment about every type of account you have and imagine any of the circumstances that might arise to block your access. This will be unfamiliar and tricky territory the first time that you do it, but if you get into a yearly habit, you will soon find it quicker and easier.

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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Meet your Ward 18 Office Team

The Alta Vista ward office is now fully staffed with a dedicated team ready to serve you. Please reach out to us at anytime by email or by phone at 613-580-2488.

- Councillor: Marty Carr (martycarr@ottawa.ca)
- Office Manager: Jane Gibson (jane.gibson@ottawa.ca)
- Executive Assistant: Sarah Falkowsky (sarah.falkowsky@ottawa.ca)
- Case Worker: Dave Woods (dave.woods@ottawa.ca)
- Communications Assistant: Heather Moore (heather.moore@ottawa.ca)

2023 Draft Budget City of Ottawa Budget Consultation Meeting - February 7

On Tuesday February 7 from 6:30 to 8:30 p.m., I am co-hosting a Draft City Budget Consultation meeting at the Heron Road Community Centre (1480 Heron Road). Your feedback is important as it will help inform the City’s budget priorities and contribute to decisions about investments. For maximum participation and accessibility, this meeting is taking place in person and virtually. You can register to attend virtually at bit.ly/2023DBPC. Please email Courtney.McRury@ottawa.ca if you wish to attend in person (there is limited seating). If you are unable to make it to this hybrid meeting, you can have your say by completing a Budget 2023 survey on the City’s Engage.Ottawa.ca website.

Bill 109 and Bill 23 – City of Ottawa Public Open House – March 7

Like other Ontario municipalities, the City of Ottawa is subject to a number of legislative changes stemming from the provincial government’s More Homes, More Choice: Ontario’s Housing Supply Action Plan that was released in 2019. Bills 109 and 23 were introduced and passed by the Province in 2022. City staff have been busy identifying the changes that are needed to policies, procedures, and by-laws. On Tuesday, March 7, the City will host a public open house over Zoom to give a high-level update on their review of the impacts of this provincial legislation, and how they are adapting as a result of these changes. Details on how to register to attend the virtual meeting are posted on the City’s new public engagement website (engage.ottawa.ca/provincial-legislation-planning).

Bank Street Renewal Design

Public Information Session – March 9



A public information session will take place on Thursday, March 9 to update residents and businesses on the proposed Bank Street renewal design and the construction planned for 2023. The session will take place at St. Patrick’s High School at 2525 Alta Vista Drive from 6:30 p.m to 8:30 p.m. The City will share more details with residents in February, and will also post updates on the project’s web page at <https://ottawa.ca/en/city-hall/public-engagement/projects/bank-street-renewal-riverside-drive-westbound-ledbury-avenue>.

Stay Connected

Website: I am happy to announce the launch of my new website, www.martycarrottawa.ca. I invite you to visit the site regularly to find out about the latest news and events, community resources, and information about what’s happening at Council and at the City of Ottawa. Your feedback is important, so let us know what you think so we can continually improve our information sharing.

Weekly Newsletter: For the latest news on what’s happening at City Hall, and across our community, please subscribe to my newsletter. Delivered to your inbox every week in the official language of your choice, the Ward 18 Weekly is my way to keep you up to date on important news and events as well as opportunities to get involved. There is a link to sign up for the newsletter on my web site—or call 613-580-2488 to subscribe.

Social Media: I invite you to follow me on my social media channels for frequent updates and more informal news and views:

-  Facebook (Marty Carr - Alta Vista/Quartier Alta Vista)
-  Instagram (martycarrottawa)

TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Small films vie for Oscar glory

With the Oscar Nominations set to be announced on January 23rd, all eyes will be on the big nominees which will likely be *Top Gun: Maverick*, *Banshees of Inisherin*, *Everything Everywhere All At Once*, *Tar* and *Elvis*. But what about the smaller films that will likely be passed over for major Oscar Nominations? Whether you like the Oscars or not, a nomination can take a little film and put them on the map, so here are a handful of the smaller films that will be on pins and needles on the 23rd:

Triangle of Sadness (on DVD now)

Usually the Palm D'Or winner isn't flying under the radar, but it's not really being buzzed about the way some of the other smaller films are, so it might face an uphill battle for any nominations. When a cruise ship for the ultra rich sinks, it leaves the survivors, including some of the hired hands from the ship, stranded on an island – which upends the social hierarchy in a huge way!

Aftersun (on DVD February 2023)

Major buzz for this little film about a young girl reminiscing about a summer with her father – and filling in the gaps in her memory with her own desires – which might not be exactly accurate. Will the buzz be enough to carry this little film into contention - like *CODA* last year?



Aftersun



Triangle of Sadness

Decision to Leave (on DVD February 2023)

A detective's dogged search for answers to a man who fell to his death (or was he pushed?) leads

him to the dead man's mysterious wife. With a whopping 95% positive rating from critics, this one might slip into the Best International Film category!



Lost Illusions

Lost Illusions (on DVD now)

One of the most lavishly shot films of the last decade, this depicts 19th century Paris in great detail and centres around a naive young poet who moves there to write his great book, but quickly realizes there are class rules that not only must be followed, they are essential to survival. A sweeping adaptation of Balzac's great novel!

Till (on DVD now)

A massively important film (but is it too heavy for Oscar voters?). Emmett Till is murdered in a brutal lynching and his mother vows to expose the racism behind the attack while working to have those involved brought to justice. This might have to settle with an acting nomination, but it's worth one of the Best Picture slots.

Hit the Road (on DVD now)

This has the power of critics on its side (another massive 95% positive grade), but will it be enough to get it into the Best International Film race? A family goes on a road trip that takes several different twists in turn while they traverse the Iranian countryside. At times heart-breaking, at times funny, all the time enchanting.

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What is NeuroKinetic Therapy?



VERONICA
RAGOVSKY, PT



ANDREINA
LUJAN
SIKORSKI, RMT

NeuroKinetic Therapy (NKT) is an assessment method used to restore proper muscle function in the body.

When treating any condition, the goal is to figure out the root cause. With NKT, we don't just treat the symptoms; we want to find out where the issue is coming from. This way we can get rid of the pain faster and reduce the risk of it returning. Where the challenge lies, is that the area of pain/discomfort/lack of mobility may not actually be the area that we need to treat. Any muscle in the body could be influencing another muscle somewhere else. This requires some detective work from your therapist.

Why do we get pain?

There are many theories that would explain this, but in the NKT world we see it the following way. Certain structures might be over working and certain structures under working causing them to complain (aka giving a pain signal to your brain). So we need to figure out where these imbalances lie. We do this using NKT muscle testing to help determine which structures are doing too much work and which ones are doing too little.

Additionally, old injuries, poor postures, surgeries, and repetitive movements can all cause compensations to form in the body. The body will try to recruit other muscles to try to help it perform the same task. This may work for a bit, but after a while this compensation strategy will break down and this can cause pain.

What does a therapy session with NKT look like?

We start by looking at your range of motion and how you move and based on our findings, we start

the manual muscle testing. Once we determine the muscles that are not activating (responding) accurately, we use release techniques on the overactive muscles and we do strengthening to engage the underactive muscles. Every session is hands on, and you'll be given corrective home exercises to maintain the effects of the therapy overtime.

There are many conditions that can benefit from an NKT assessment, but some are:

- poor posture
- repetitive strain injuries (like tennis elbow, carpal tunnel, text neck or text thumb)
- low back pain
- tendonitis
- sciatica
- rotator cuff Injury
- plantar fasciitis
- post surgical imbalances

Now let's put it all together in an example. A client came in with low back pain, so the client's entire back was massaged. The client could feel the tight spots being worked on, so they felt like this must really be working! However, this did not get

rid of the pain. After an NKT assessment was done, the low back muscles (the erectors) were found to be under working and the front thigh muscles (quadriceps) were over working. So the quadriceps were massaged, and the erectors were activated, and the client got up with no back pain! As both muscles attach to the pelvis, this pattern is not uncommon.

This demonstrates how important it is to muscle test first, because tightness in a muscle does not mean that it needs to be released.

If you are curious about NKT, book an assessment with Physiotherapist Veronica Rogovsky or with Registered Massage Therapist Andreina Lujan-Sikorski.

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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The Ottawa Celtics Basketball Club for kids

Staff Reporter

“You Supply the Will and We Will Help You With The Skill” has been the motto for the Ottawa Celtics Basketball Club (for boys and girls) for the past 28 years. Founder and coach Barry Bregman proudly repeats that motto as he tells his story giving kids in Ottawa a chance to learn the game. Some of his players have gone on to glory playing basketball at higher levels, including one that made it to the NBA. Many have earned scholarships to universities and colleges in both Canada and the USA.

“It’s vital that kids not only get a good education but also physical fitness because it’s good for their health and it keeps them out of trouble. During the first two years of the pandemic, we couldn’t operate and our club members stayed at home. That wasn’t good for them. We would like to partner with school teachers, principals and vice-principals to encourage more children to get involved in physical fitness whether it be with basketball, soccer or volleyball. Physical fitness is a vital part of a young person’s development”.

The club operates with certified volunteer coaches from var-



Coach’s orders. PHOTOS BY MANSOLO

ious walks of life donating their time and expertise to the kids development but Bregman says clubs in the city need more help from school officials to get the kids involved. The Club is sponsored in part by the JumpStart program run by the Canadian Tire Corporation. Bregman says



The lesson

it doesn’t cost much to get going in basketball as it does to play hockey and the JumpStart program helps parents with the cost of a pair of sneakers and registration for example.

The club, which serves the Alta Vista, Herongate and Vanier areas of the city, accepts kids 8 and 9 years of age, up to boys and girls up to 16 years of age. The season runs from September to April and includes kids from over 40 countries. The teams practice, depending on age group, two to three times a week at Hawthorne Public School on St. Laurent Blvd south, each session about 90 minutes in length with a game played at the end. The involvement in the club offers the kids a chance to meet

other kids and interact socially with them in a positive, productive way; a chance to develop skills in a game they can play into adulthood; a chance to use their skills to advance their scholastic goals; and to reduce time being sedentary in front of computer screens, to name a few. Some of the alumni have gone on to become coaches themselves in adulthood.

This philosophy comes honestly to Bregman who grew up playing hockey, basketball and football in Sault Ste. Marie in both organized and pick up formats. When he began the club in 1995 there were only 5 clubs in the city and now in 2023 there are over 20 clubs serving the city. Bregman takes his club to regional competitions and tournaments during the year and also runs summer camps in July and August.

It’s easy to join the club either by visiting the website, www.ottawaceltics.weebly.com or via Instagram ([ottawaceltics](https://www.instagram.com/ottawaceltics)) or by calling Barry Bregman directly at 613-282-3474.

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2022-052

FROM THE DESK OF BRUCE RICKETTS

What are the lessons of legends?

by Bruce Ricketts

The history of Canada is inextricably tied to the history of our First Nations. The Iroquois kept the French settlers alive through their first severe winter in 1536 at Stadacona, now Quebec City. Without their wisdom and assistance, the settlers would have certainly died.

The trade routes across Canada were first established by the nomadic peoples who used them to trade with other tribes and to follow the herds. Through their legends they passed to early settlers the knowledge of how to navigate across the country using inland waterways, how to stay alive and how to prosper.

In this column I wish to focus on a couple of my favourites.

Most Inuit of Northern Canada have an Old Woman legend. The Inuit of the central arctic called her SEDNA.

Two giants co-existed peacefully alongside the Inuit. No one knew where they came from or their names. They had a girl child who had an enormous appetite and little concern for what she ate. One night the giants were awakened to the realization that their daughter was chewing on their limbs.

Horrified, the giants gathered up the girl and rowed her out to the middle of the sea. There they began to cut off her fingers and toes and throw them into the sea. The fingers and toes turned into whales and seals. On seeing this, the giants threw the entire girl into the sea and paddled furiously for home.

The girl became SEDNA, Mother of the Sea. SEDNA controlled all the elements of the sea. She, when angry, could create storms and other bad conditions. She could tell the seals and whales to move away from hunting grounds.

When confronted by a shaman, SEDNA, at her fancy, promises to provide abundant food to the Inuit or cuts off the local food supply forcing them to move to another fishing ground.



Napi was the supernatural trickster of the Blackfoot peoples.



One hot summer day, Napi rested on the rock because the day was warm, and he was tired. He spread his robe on the rock, telling the rock to keep the robe in return for letting Napi rest there.

Suddenly, the weather changed and Napi became cold as the wind whistled and the rain fell. Napi asked the rock to return his robe, but the rock refused. Napi got mad and just took the clothing. As he strolled away, he heard a loud noise and turning, he saw the rock was rolling after him. Napi ran for his life.

The deer, the bison and the pronghorn were Napi's friends, and they tried to stop the rock by running in front of it. The rock rolled over them. Napi's last chance was to call on the bats for help. Fortunately, they did better than their hoofed neighbors, and by diving at the rock and colliding with it, one of them finally hit the rock just right and it broke into two pieces.

Not only does this story explain why the rock, pictured here, is in two pieces, but also why bats have squashed-looking faces. The tale provides helpful caution against taking back what you have given away.

There are countless stories and legends from our First Nations. Over the next few installments, this column will explore a few more.

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

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Riverview Park Review

SECTION TWO

FEBRUARY 2023

A Voice of Riverview Park

MARCH 2023

Lunar New Year 2023: traditions and celebrations

by Carole Moul

The 40-day period of the Lunar New Year travel rush has already begun and it's expected that millions plan to visit families. The name given to the world's largest human seasonal migration is 'Chunyun', although uncertainty will be prevalent again this year as COVID remains and once more it's anticipated that the use of technology may replace many in-person visits.

This year's holiday, which officially began on New Year's Eve or January 21, is celebrating the Year of the Rabbit for its zodiac animal. In Chinese culture, the rabbit is the fourth of 12 animals and is known to be the luckiest of all. People born in 2011, 1999, 1987, 1975, 1963, 1951 and 1939 were born under that sign. Rabbits are said to be calm and peaceful, avoid fighting and arguing, are artistic and have good taste.

For those who closely follow tradition, the 16-day festival began on New Year's Eve and will continue with special celebra-



tion activities until the Lantern Festival.

Certain foods are eaten or displayed for their symbolic meaning during this festival and billions of red envelopes are given with the amount of money inside relevant to your relationship with the recipient. Not surprisingly, today many red envelopes are sent electronically and China is

the world's largest mobile payment market.

As is tradition, Chinese people believe that the year's start affects the whole year, thus China's Spring Festival is a season of superstitions. There are many things you can't do on New Year's Day such as sweeping because you'll 'sweep all your luck away'; eating porridge for breakfast, you'll 'become poor in the upcoming year'; washing your clothes and hair because you'll wash away good luck; and saying bad words which could bring bad luck too.

Other Spring Festival taboos include: no crying or breaking dishes as this brings bad luck; no using scissors or knives as they can cut wealth; no lending or borrowing money since it leads to debt; no giving odd amounts of money since this is unlucky; no wearing black or white clothes since these are unlucky colours; no visiting hospitals since they can bring illness; and of course no killing, even animals, since this causes misfortune.

Long established dragon and

lion dances are widely seen during the Lunar New Year festivals performed to bring good luck. And, while the lion dance is operated by only two hidden people, the dragon dance is performed by 9 to 15 dancers.

Although the Lunar New Year is a time of traditions and beliefs, the most important aspect of celebrating the holiday is having a great time with family and friends. It's estimated that over 2 billion people or one quarter of the world's population will celebrate this holiday in one way or another.

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by David Knockaert

We were only a few days into the new year before the first media reports arrived of police scouring parking lots for non-renewed license plates. This was quickly followed by the Ottawa Police Service (OPS) announcing new technology to rapidly scan license plates for violations.

I suspect over the past year there has been more talk of license plate renewals than in the previous ten years combined. Why the angst? It is almost certainly due to the fact we live in a society which demands proofs. We need to prove who we are, when we were born, where we live and what we own. There is a tacit agreement between citizens and government where the latter decides what proofs are required, then produces and sells them to us, whether this be a driver license, birth certificate, passport or property deed registration.

For license plates, proof was in the form of a sticker. It was a rather silly proof, but it came addressed to us and once attached it was highly visible and accompanied us on our travels.

Then last year Doug Ford announced he was no longer going to charge us. Bonus! But perhaps what he really meant was he was no longer going to produce/sell us a proof. This would be a problem since the police still need to link a license plate to a specific car and a specific owner and then link that owner to an address. So if we still need a proof and we seem to lack it, angst is a consequence.

Now, when we renew we do get a transaction record. If you renew in person at a Service Ontario outlet that record contains fair-

ly complete information, looks somewhat official and seems to reflect a proof. For reasons as yet unexplained, that is not the case with on-line renewals. That transaction record bears the least descriptive title possible - "Receipt". Ontario could have programmed the computer to generate a record

entitled "Proof of License Plate Renewal", but that would have been too helpful.

Additionally, despite the fact that we input much detail about ourselves and our car during the transaction, the record we receive bears neither our name, our address nor any detail regarding our car - it is totally anonymous. Again, as this is simply a programming matter, it would have cost Ontario no time, nor money to direct the computer to add the information we need.

Though renewal is time-limited, the transaction record leaves it unclear as to when the renewal expires. Traditionally, expiration falls in the month of the owner's birth, which in my case is September. But the transaction record states "my" plate was renewed in July for two years. Is the next renewal July 2024 or September 2024?

For on-line renewals the transaction record is in the form of a PDF. Now, invariably some people will delete or misplace that document. Whether and how it can be replaced is something the Ministry of Transport (MOT) does not seem to address.

So, what happens if, despite renewal, your data does not get re-

corded in Ontario's data base and you get ticketed? You can appeal and attempt to use your PDF as proof of renewal. But in addition to its other deficiencies the document is not password protected, allowing for forgery and impairing its use as a proof. Or let's say you are ticketed while travelling outside your city of residence. Would you need to travel back to the jurisdiction in which the ticket was issued in order to appeal? Unlike a parking or moving violation, an accusation of non-renewal is one of omission, not commission and is not location specific. You should therefore be able to appeal at any Ontario courthouse.

I sought clarification from the MOT and OPS but they have not responded. The only good news in this respect is that the City of Gatineau has confirmed that a ticket they issue can be appealed within the city rather than in another Quebec location further distant from Ottawa.

All of the issues raised above can be easily resolved. They only require momentary attention from government, and attention to such detail really should not be too much to ask.

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Poodles, Doodles and Whoodles!

by Janina Nickus

As one who has had only cats as pets, I am always amazed at the endless variety and breeds of dogs. The range of their colours, sizes, coats (hair) and shapes seems infinite. On my almost daily walks along the forest trail between the Hydro corridor and the Ottawa Hospital ring road, a trail frequented mainly by dog walkers, I see oodles of Doodles. For those of you who aren't familiar with that term, a 'Doodle' is a mix of a Poodle with another breed of dog.

Did you know that there are currently more than 60 different types of Poodle crossbreeds? The three top popular choices on one list are Labradoodles (a mix of Poodle and Labrador), Goldenoodles (a mix with Golden Retrievers) and Bernadoodles (a mix with the Bernese mountain dog). Whoodles, ranking 12th on a popularity list, are a combination of Poodle and Wheaten terrier. Our late Queen's favourite breed, the Welsh Corgi, even has a Poodle mix called the Corgipoo. I think one of my favourites and a more unusual mix is between the Poodle and Siberian Husky known by several names including Huskydoodle, Siberpoo, Poosky and Huskypoo.

So when and how did Doodles come about? Poodles appear to have originated in the 14th or 15th century in Germany as water hunters/retrievers since they were very good swimmers. The American Kennel Club recognized the breed in 1887 and they were one of the first breeds registered. Doodles, however, are a more recent phenomenon.

It is not quite clear when the first Poodle mix was created. One source mentions that a Poodle and English Pointer crossbreed called the Pudelpointer was developed in Germany in the 19th century as a hunting dog. The original Doodles were likely Cockapoos, a mix

between a Poodle and a Cocker Spaniel. Cockapoos were first recorded in the 1950s. Yorkipoos (a mix with Yorkshire Terriers) and Peekapoos (a mix with Pekingese) quickly gained popularity afterwards. Then, in 1969, Charles Dickens' great-granddaughter, Monica Dickens, first bred Goldendoodles to provide guide dogs for people with allergies. However, Wally Conron is credited for introducing the Doodle dog, specifically, the Labradoodle in the 1980s while working for the Royal Guide Dog Association of Australia.

In the mid-1980s, a Hawaiian couple reached out to the guide dog association with a difficult situation. The wife, who was blind, needed a guide dog, but her husband had severe allergies. First Conron tried training the shed-free Poodle, but 33 dogs and three years later, he was unable to train a Poodle as a guide dog. The Poodle didn't have the right temperament. Wally came up with the idea of a brand new crossbreed – a dog with the working ability of the Labrador and the coat of the Poodle.

Conron eventually bred them in 1989, but he had another problem: no one wanted a dog that wasn't a purebred. The media was contacted about a special breed called the Labradoodle that was non-allergic and being used as guide dogs. The news spread and within 24 hours he had already received hundreds of calls from people wanting to have one of these dogs. Labradoodles quickly became popular in Australia and other countries. Since then, the types of doodle-dog breeds has skyrocketed. According to one source, there was an increase of 160 percent in all Poodle crossbreeds between 2013 and 2021.

Now I've started noticing more sled dog breeds such as huskies and Samoyeds on my walks. I wonder what's the story about them?



Feeding frenzy in the woods with Doodles Marley, Jersey, Ellie, Maisy, Nala and honorary Doodle, Archie. PHOTO: JENNIFER BLATTMAN



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Mailed renewal notices for driver's licence holders and vehicle owners will continue for:

- individuals aged 70 years and older
- individuals with a driver's licence class A, B, C, D, E, or F

Continue to Protect Yourself and Those Around You

I encourage everyone to continue to follow the latest Ottawa Public Health updates.

We continue to see high levels of respiratory viruses circulating in our community, and we are still seeing a concerning increase in the levels of COVID-19.

Between the presence of these viruses, and new COVID-19 variants emerging, it's very important to do everything you can to protect yourself and those around you.

This is especially important for those at higher risk.

- Wear a well-fitted high-quality mask if you're going to be in an indoor public setting
- Stay home when sick
- Get your flu vaccine & stay up-to-date on your COVID-19 vaccines.
The bivalent booster offers significant protection against severe illness and hospitalization...protection you'll want to have as we get through these colder months.

Here to Help

My staff and I will always do our best to help you.
Please contact us if you require assistance with the following:

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- Family Responsibility Office
- The Legislative Page Program
- General inquiries regarding provincial programs



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DEAR FRAN

Sprouting seeds – a winter gardening project



FRAN DENNETT



Sprouting seeds is a fun and entertaining winter project. Adults and children enjoy growing their own food that will add nutritional value to their daily winter diet. This process requires soaking seeds to remove the inhibitors to germination, waiting a few days for germination to occur, and then harvesting to eat. Each seed contains the necessary enzymes, proteins and sugars to produce the first leaves.

Buying the certified organic seeds free of *E. coli* and *Salmonella* is a start. The other supplies can be found in your kitchen and the procedure is easy.

1. Seed suggestions for sprouting:

Alfalfa, broccoli, mung bean, broccoli raab, barley, radish, mustard, arugula, canola, green lentil,

garbanzo, marrowfat peas or red clover to name a few. These seeds can be bought at any mail order seed house, e.g. www.westcoast-seeds.com or at Ritchie Feed & Seed Inc.

2. What is needed:

A wide mouth jar (a Mason jar is ideal); a lid with holes or use cheesecloth and a rubber band; a piece of screening also works; or buy a seed sprouting kit.

3. Procedure:

- Soak a tablespoon of seeds for 6-12 hours, rinse, place in jar and screw on lid or cover mouth of jar with cheesecloth and anchor with a rubber band. Drain well.
- Place your jar on the counter out of the sun to germinate.
- Two to three times a day rinse the seeds, replacing the lid and

drain well. There should not be standing water in the jar.

- Germination usually occurs within 2-5 days depending on the seed chosen.
- Harvest the green sprouts either by emptying into a colander and rinsing off spent seed husks or by using tongs to pull out a bunch of sprouts and rinse off.
- Store excess sprouts in refrigerator checking daily to make sure the spouts have

not soured in which case they should be discarded. Add a paper towel to the container to keep the spouts on the dry side.

- Eat on a sandwich, in salad or in a stir-fry or any other way you like.

4. Enjoy:

This is a fun experience that children and you will enjoy. I hope you try it. For more information Google: “sprouting seeds”.

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

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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 – Monday, February 20 – Family Day

Please note the following when visiting:

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Public computer use is currently limited to two hours per user per day. To reserve a computer ahead of time, 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.

*From February 4 to 18, all graphic novels, children's and teen books as well as audiovisual items will be two for the price of one.

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

Family Storytime (Alta Vista Branch)

Stories, rhymes and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program.

Monday AND Wednesday mornings at 10:30 AM until the week of March 6 (30 minutes – All ages). No Storytime on Mon-

day, February 20 (Family Day)

Family Storytime (Elmvale Acres Branch)

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 the week of March 6 (30 minutes – All ages).

Babytime (Elmvale Acres Branch)

Stories, rhymes and songs for children and their parents or caregivers. Bilingual. Drop-in program.

Wednesday mornings at 11:30 AM until the week of March 6 (30 minutes – 0 to 18 months).

Family Literacy Day (Elmvale Acres branch)

Join us for a storytime and fun coding activity with Cubetto. Drop-in program.

Friday, February 27 (30 minutes – Ages 3 to 7 years).

Please check the website for Storytime days and times in late March and in April.

Crafternoon (Elmvale Acres Branch)

Come join us at our DIY workshop and make artistic creations from several kinds of materials available at our branch. Drop-in program.

Friday, February 10 (60 minutes – Family Program).

March Break Programming

We have a full lineup of March Break activities for children of all ages on the week of March 13 to 17. Please check the website: <https://biblioottawalibrary.ca/en/program>, in February for a full listing of all activities.

ADULT PROGRAMMING

Groupe de conversation en français (intermédiaire) / French

Conversation Group (intermediate) (Succursale Alta Vista Branch)

Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise.

Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required.

Tuesdays, 6:30 – 7:45 p.m.
Les mardis de 18h30 à 19h45.

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, February 16, 2023: New author discussion

Thursday, March 16, 2023: *The Man from Mittelwerk* by M.Z. Urlocker

Thursday, April 20, 2023: Andrew Cartmel - any in the Vinyl Detective series

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 – 3 p.m. All are welcome.

Thursday, February 2, 2023: *Every Note Played* by Lisa Genova

Thursday, March 2, 2023: *The Island of Sea Women* by Lisa See

Thursday, April 6, 2023: *This is Happiness* by Niall Williams

Infusions Littéraires (Succursale Alta Vista)

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion le 3ième lundi du mois. De 14h00 à 15h00.

Le lundi 13 février 2023: *La ville orpheline* de Victoria Hislop

CONTINUED ON PAGE 27



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DOORDASH SKIP the DISHES
Uber Eats

CONTINUED FROM PAGE 26

Le lundi 20 mars 2023: *Célestine du Bac* de Tatiana de Rosnay
Le lundi 17 avril 2023: *Ma mère avait raison* d’Alexandre Jardin

Please visit <https://bibliottawalibrary.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.

Do You Mind
(Elmvale Acres Branch)

Looking to keep your mind sharp while socializing and having fun? Come and join Oakpark Retirement Community’s Josh Dubovie, for a FREE brain workout! Includes Wordle, memory training games, mind-bending word puzzles, FREE giveaways at every session and prizes to be won for repeat attendees.
Wednesdays, February 8 and 22 at 3:30 PM (60 minutes).

■ **AWESOME AUTHORS CONTEST**

Do you love to write, draw, tell stories and play with words? Do you dream of becoming a published author someday? If you answered yes and are between the ages of 9 and 18, then the Awesome Authors contest is for you! From January 10 to February 24, you will have the chance to submit a piece of writing in English and/or French in the following categories: Poetry, Short Story, Comic/Graphic Novel, Poésie, Nouvelle, Bande Dessinée.

You have until February 24 to submit your piece of writing. Don’t miss your chance to win! To enter the contest, fill out the online submission form. You can submit a piece of writing in each of the categories and can win multiple prizes.

For more information, please inquire in-person at the branch or visit: <https://bibliottawalibrary.ca/en/awesome-authors-youth-writing-contest>

Short Story Workshop with author Amelinda Bérubé for Teens
(Virtual)

Join local author and contest judge, Amelinda Bérubé, for tips and tricks on how to write a winning short story.

For teens ages 13-18. Registration required. Registrants will receive an additional email with the Zoom link ahead of the program. Saturday, February 11 at 2 PM (60 minutes)

■ **ONLINE COLLECTIONS AND SERVICES**

Please check out some of the



activities and resources that we have for adults, teens, and kids alike. We have digital eBooks and Audiobooks, movies, language learning courses, as well as magazines and newspapers. These resources include:

- digital eBooks and Audiobooks via Overdrive and cloudLibrary for English titles and Cantook Station for French titles
- language learning courses via Mango Languages
- streaming movies via Hoopla, the Kanopy Collection, Kanopy Kids and Access Video on Demand
- free magazines and newspapers via Flipster, Overdrive magazines or PressReader
- children’s resources for educational videos and online books such as Just for Kids and the Tumblebook Library

To access these resources and much more, please visit <https://bibliottawalibrary.ca/en/databases/search-all>.

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

■ **OTTAWA PUBLIC LIBRARY REVEALS ITS MOST POPULAR BOOKS OF 2022**

Ottawa Public Library (OPL) presents the most requested books of 2022. The annual lists for adults, teens and kids are curated based on the number of hold requests made at OPL, between January 1 and December 1, 2022. The lists include some new releases as well as some recurring favourites.

All of these books are in the Library’s catalog and many are available in multiple formats, including e-books, audiobooks, and accessible editions.

Adult (English)

1. *Where the Crawdads Sing* by

- Delia Owens
2. *The Maid* by Nita Prose
3. *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid
4. *Five Little Indians* by Michelle Good
5. *It Ends with Us* by Colleen Hoover
6. *Reminders of Him* by Colleen Hoover
7. *Verity* by Colleen Hoover
8. *Lessons in Chemistry* by Bonnie Garmus
9. *Atomic Habits* by James Clear
10. *The Midnight Library* by Matt Haig

Teen (English)

1. *A Good Girl’s Guide to Murder* by Holly Jackson
2. *Heartstopper* - Volume 1 by Alice Oseman
3. *The Inheritance Games* by Jennifer Lynn Barnes
4. *The Summer I Turned Pretty* by Jenny Han
5. *They Both Die at the End* by Adam Silvera
6. *A Court of Thorns and Roses* by Sarah J. Maas
7. *One of Us Is Lying* by Karen M. McManus
8. *Six of Crows* by Leigh Bardugo
9. *The Hawthorne Legacy* by Jennifer Lynn Barnes
10. *Good Girl, Bad Blood* by Holly Jackson

Children’s Fiction (English)

1. *Dog Man* (series) by Dav Pilkey
2. *Diary of a Wimpy Kid* (series) by Jeff Kinney
3. *Wings of Fire* (graphic novel series) by Barry Deutsch
4. *Cats Kid Club* (graphic novel series) by Dav Pilkey
5. *The Baby-sitters club* (graphic novel series) by Raina Telgemeier and others
6. *Amulet* (graphic novel series) by Kazu Kibuishi
7. *Percy Jackson & the Olympians* (graphic novel series) by Robert Venditti
8. *Big Nate* (graphic novel series) by Lincoln Pierce
9. *InvestiGators* (graphic novel

- series) by John Patrick Green
10. *Wings of Fire* (fiction series) by Tui Sutherland

Picture Books for Children (English)

1. *The Smart Cookie* by Jory John
2. *Don’t Let the Pigeon Drive the Bus!* by Mo Willems
3. *The Pigeon Has to Go to School!* by Mo Willems
4. *The Pigeon Needs a Bath!* by Mo Willems
5. *I Can Fix It!* by Robert N. Munsch

Adult (French)

1. *Tiohtiàke* by Michel Jean
2. *Mille secrets mille dangers* by Alain Farah
3. *Là où je me terre* by Caroline Dawson
4. *Vivre vite* by Brigitte Giraud
5. *Dans le ventre du Congo* by Blaise Ndala
6. *Les années* by Annie Ernaux
7. *Le jeune homme* by Annie Ernaux
8. *Le pays des autres : Première partie, La guerre, la guerre, la guerre* by Leïla Slimani
9. *Femme forêt* by Anaïs Barbeau-Lavalette
10. *L’affaire Alaska Sanders* by Joël Dicker

Teen (French)

1. *Asterix* (series) by diverse authors
2. *Hunger Games* by Suzanne Collins
3. *Bone: La forêt sans retour* by Jeff Smith
4. *Naruto* (series) by Masashi Kishimoto
5. *Qui ment?* by Karen Mc Manus

Children’s Fiction (French)

1. *Super Chien* (series) by Dav Pilkey
2. *Le petit prince* by Antoine de Saint-Exupéry
3. *Courage* by Raina Telgemeier
4. *Les méchants* (series) by Aaron Blabey
5. *Garfield* by Jim Davis
6. *L’agent Jean: Saison 2* (series) by Alex A.
7. *Le pire livre du monde* by Élise Gravel
8. *Harry Potter à l’école des sorciers* by J.K. Rowling
9. *Les Légendaires, origines* by Patrick Sobral
10. *Le club des baby-sitters* (series) by diverse authors

Picture books for Children (French)

1. *Tout le monde* by Élise Gravel
2. *Pas moi* by Élise Gravel
3. *J’aime l’automne* by Kimberley and James Dean
4. *Cinq petites citrouilles* by James Dean
5. *Je veux un monstre* by Élise Gravel

LIFE AT MAPLEWOOD

TAKE A LOOK...Explore life at Maplewood

Coming Maplewood events for February to April 2023

FEBRUARY

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

Valentine's at the Sock Hop
Tuesday February 14 from 7:00 p.m. to 8:00 p.m.

MARCH
Irish Beer Tasting
Thursday March 9 from 5:30 p.m. to 6:30 p.m.

Casino Royale
Thursday March 30 from 6:30 p.m. to 8:30 p.m.

And Just Like That, It's Spring! Magic Show
Friday March 31 from 3:00 p.m. to 4:00 p.m.

APRIL
Spring Into Easter Social
Tuesday April 4 from 3:00 p.m. to 4:00 p.m.

Daffodil Tea
Friday April 7 from 2:00 p.m. to

3:00 p.m.
Piano Bar
Thursday April 20 from 7:00 p.m. to 8:00 p.m.

Building Healthy Habits that Last With Meg Stickl
Monday April 24 at 10:30 a.m.

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

No matter the season...
There's always something to do at Maplewood

Shared by Peter Kocoris,
General Manager, Maplewood Retirement Community

The winter season with its colder weather and less daylight can certainly take a toll on our mental health, seniors included. The flurry of activity during the Christmas to New Year season often makes the January to March stretch towards spring especially daunting. We share with the animal kingdom that innate instinct to hibernate when the mercury dips for the long run. It is precisely for this reason that it becomes all the more important to maintain a high level of activity for our residents that include the physical, mental, social and spiritual realms. The activity calendar at Maplewood

remains chock full of activities to fulfill all of our residents' needs. We would like to welcome a new activities manager to the Maplewood Retirement family. Danielle Marcoccia is the newest addition to our team and in a few short weeks has already become near and dear to our residents. To take care of our more creature comforts, we have also hired a new environmental services manager. James Cluff (JIMM) has endeared himself to our residents with his vast knowledge and skill set as well as his can-do attitude and excellent resident service attitude. Welcome to the team and welcome to the neighbourhood.



Robbie Burns Day at Maplewood! The residents enjoyed a Scotch tasting with a delicious Scottish-themed menu prepared by our very own GM Peter. Haggis was of course included in the meal and was enjoyed by all! We then had amazing musical entertainment by The Lyon Street Celtic Band. What a great evening!

Skateway of dreams

by Carole Moul

No, the Rideau Canal was not turned into a paved expressway as was the concern at one time of some Ottawa citizens. Nor did the once-upon-a-time name of “The Elephant Ear” remain, but instead was changed into “BeaverTails®” for the popular pastries sold along the Skateway.

Fortunately, the National Capital Commission (NCC), plus various news sources and the City of Ottawa Archives provide not only some quirky, but other fascinating, information to share about our 53-year old Rideau Canal Skateway.

The idea to use the Rideau Canal for skating had been talked about by various people over the years however these ideas just didn't seem to be getting consensus.

On December 21, 1970, *The Ottawa Citizen* editorial titled, ‘Central skating area feasible’ had as its first paragraph: “That durable proposal to bring outdoor skating to the Rideau Canal is a great idea. But let's face it, it's going nowhere.” Then the author proposed other suggestions for nearby skating.

Quite a change on the various ideas of having public skating on the Rideau Canal came, however, when Douglas Fullerton became the newly appointed chairman of the NCC in 1969.

The NCC website describes how just months later Mr. Ful-



PHOTO PROVIDED BY THE NATIONAL CAPITAL COMMISSION (NCC)

lerton, in January 1970, turned a vision into reality with only brooms, shovels and employees working overtime. A small section of ice was cleared between the Mackenzie and Laurier bridges near the National Arts Centre for that first skating weekend and reports were that 50,000 people attended over those days.

News of the upcoming opening appeared January 12, 1971, on the cover of *The Ottawa Citizen*. “Skater's Waltz new tune on the canal” it said of the 50 x 100 foot rink. There was also mention on page one that a trail to Dow's Lake was planned to open the following week. “The overall project, including the 10 to 20-foot wide skating trail and general maintenance, will represent an annual expenditure of about \$10,000,” said J.A. MacNiven, assistant general manager of NCC operations.

In the same article, Controller Lorry Greenberg wondered out loud at board of control that morning how the NCC could build a rink that the city's Recreation Department claimed was

more trouble than it was worth. In response the story noted, “Con. Ernie Jones took issue with Con. Greenberg's statement. Our department didn't say they couldn't build the rink, they just said it wasn't worth the money.” Readers of that Tuesday paper paid 10 cents a copy to find out about the rink.

That season, the NCC reported that hundreds of thousands of residents and visitors made their way onto the ice and so started a new winter tradition.

Many impressive events took place over the 50-plus years. In 1980, the Skateway hosted the first international Outdoor Curling Challenge at Dows Lake. A second attempt to break the Guinness World Record for the longest human chain was made in 1982. In the 1990s, the Skateway continued to hold and expand special activities, including not only hockey and curling, but speed skating competitions and concerts.

The first amazing annual Ice-Carving Masters Invitational was launched on the Skateway

during Winterlude 2003, while the following winter it hosted Hockey Day in the Capital with more than 100 simultaneous shinny hockey games.

In 2005, the Skateway was recognized by the Guinness Book of World Records as the largest naturally frozen ice rink in the world and in 2007 the Rideau Canal became a UNESCO World Heritage Site. For the sesquicentennial year in 2017, the Skateway

hosted 150 hockey games to celebrate Canada's 150th anniversary.

Today, the Rideau Canal Skateway is the principal area for the February Winterlude celebrations that began in 1979. This year, Winterlude is to take place from February 3 to 20, although the rink itself is weather dependent. The skateway's length of 7.8 kilometres or 4.8 miles has drawn millions of visitors during its 53 years. The largest number, in the record-breaking 2018-2019 season with 59 skating days, was a total of nearly 1.5 million visits.

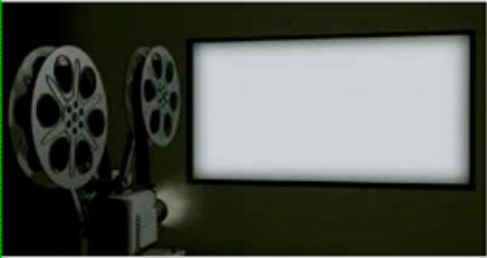
Another record set just last year, according to the NCC, was 66,000 skaters on the Skateway over the January 22-23, 2022, weekend. It typically averages about 21,000 visits a day and about 50 skating days a year.

The author thanks the following people for their contributions to this article: Natalie Hawkins of the City of Ottawa Archives, Dominique Huras, NCC Media Relations and Grant Hooker who, with his wife, Pam, created BeaverTails® for all to enjoy.



Clean up crews clearing fallen trees from the 2022 derecho off Leitrim Road. MANSOLO

Friday Night At The Movies



Join us for a **FREE** movie

Doors open @ 7:00pm

Feature starts @ 7:30pm

Popcorns, drinks, snacks available for purchase.

- January 27: The Hunt for the Wilderpeople
- February 17: A Series of Short Films for Black History Month
- March 10: The Prince Of Egypt. (Animated)
- March 24: Romero
- May 19: Pariah
- June 16: The Rabbit Proof Fence

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THE PLANNING AND DEVELOPMENT UPDATE



KRIS NANDA
Chair, RPCA Planning & Development Committee

The Riverview Park Community Association (RPCA) tracks and advocates for the community on planning and development matters in and around the local community, most recently the series of high-rise residential units proposed for St. Laurent Blvd, south of Industrial Avenue. The Board will also contribute input into the Transportation Master Plan (slated for completion in 2024) which is intended to guide transportation decisions and networks to 2046. <https://engage.ottawa.ca/transportation-master-plan>. The timeline for consultations has not been set yet.

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

Several proposed high-rises which would be located along St. Laurent between Smyth Road and Industrial Avenue would see well over 1000 new units and additional vehicles. In addition, there are plans for a planned traffic signal at the intersection of Everest and St. Laurent (only about 100 metres south of the intersection of St. Laurent and Industrial Avenue)

RPCA Board representative met last year with city officials, planners and the proponent for one of these proposals – the 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 and whose leases were recently extended to 2027. Another planned development the RPCA is monitoring

would see four high-rises (12-15 storeys) on the current site of the Petro Canada gas station and St. Hubert and 168 Sushi restaurants at **1740, 1754 and 1760 St. Laurent**. This proposal is currently on hold waiting for the applicant’s resubmission.

Other proposals that will affect local traffic patterns and the community include 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, plus two high rise apartment buildings (27 storeys and 18 storeys) at the corner of St. Laurent and Pleasant Park Road at **2025 Othello**. Councillor Carr hosted a public meeting regarding some of these developments on January 24, 2023.

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 was added to Othello** where it intersects Smyth Road. The RPCA and others had previously **sought a similar feature for Neighbourhood Way** where it meets Industrial Avenue. 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 be raised regarding the **Dorion Avenue entrance to Tim Horton’s**. Members of the RPCA Board and community recently met with representatives from the ownership of the Alta Vista Shopping Centre to discuss options for improving traffic flow to and from the drive-through and better signage to enhance pedestrian and cyclist safety along Dorion.

700 Coronation Avenue

In May 2022, Council approved a rezoning to allow a 4 storey complex with 35 residential units and 47 parking spaces (underground or surface) directly west of the existing three-storey buildings at 700 Coronation. The new structure is intended to be a multi-unit rental building, with a mixture of studio, one and two-bedroom units. A local resident has appealed the rezoning decision and a hearing was held on December 2, 2022. A decision from the LPAT has not yet been received.

Other Developments

The former Canadian Pharmacist’s Association building at **1785 Alta Vista Dr.** is being converted into a wellness centre by its new owners, Harley Street Healthcare Group Canada (HSHG). The HARLEY, as the site will be known, will serve as an integrated healthcare hub, focused on well-being, age management, mindfulness and longevity. The first phase of a two stage renovation was due to be finished in early 2023.

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.

In addition, on December 13, 2022, the City of Ottawa received a Site Plan Control application for a **7-storey parking garage at 401 Smyth Road, located on CHEO’s property**. The proposed garage would contain 1050 parking spaces as the first phase of the iDoor4Care at CHEO. No date for public consultations has been set yet.

A Site Plan Control application was recently received to construct a **3-storey addition to the Ronald McDonald House (407 Smyth)** to provide an additional 22 guest suites. Proposal Details: The original main entrance will be maintained, and the two buildings will be joined together by a short link. The deadline for comments is February 17, 2023.

CONTINUED ON PAGE 31

Riverview Park

Winter Carnival

Sunday, February 12th

Refreshments

Skating

Games

riverviewparkca@gmail.com

2 to 4 P.M.

Balena Park

1640 Devon Street

 **RIVERVIEW PARK**
COMMUNITY ASSOCIATION





www.riverviewparkca.com

RIVERVIEW PARK FIRST VICE-PRESIDENT’S REPORT



RON RIDLEY
RPCA First Vice-President

I hope you were able to join us at our Annual Christmas Carol sing in the Cancer Survivors Park on December 9th. About 50 people braved the cold temperatures to come out and sing along. Food donations were also collected for Blair Court Community House. Thanks to Craig Cormier for leading us and Councillor Marty Carr for joining us!

Our next community event is the annual Winter Carnival planned for Sunday February 12th from 2-4 pm. The forecast is sunny winter-like weather: perfect weather to bring out the family and enjoy a fun packed winter afternoon! Also, a good chance to work off those accumulated winter calories! Skate to music on the Balena rink or join in the winter games. Afterwards, enjoy S'mores in front of



the open campfire while sipping hot chocolate, hot apple cider, tea, or coffee.

I would encourage you to get out and enjoy our beautiful neighbourhood. The weather has been very favourable for being outdoors and there are so many benefits associated with getting outside. We are so fortunate to have a lot of green spaces, hydro corridors, walking paths, ski trails and connections to larger networks like the city bike paths/Rideau Winter trail.

As identified in our 2022/23 RPCA goals, a sub-group of the Riverview Park Community Association has investigated the possibility of making the Balena Field House (BFH) a functional,

community hub, safe and suitable for an expanded variety of activities. The condition of Balena Field House was assessed to see what it needs in the short term and what it could be in the longer term to better serve the Riverview Park community. The group is working with the councillor to see how to move this project forward.

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

1. Provide a voice to monitor and influence development planning and 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, Winter Carnival, Movie nights in the park, the Fall Corn Roast, and Spring and 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 we will report back on our website and in future issues of the RPR.

RPCA and its working groups are always looking for volunteers to assist in delivering our initiatives. If this sounds like it might be interesting to you, please contact us. Currently we are looking for volunteers to help with social activities and fundraising.

Want to know more of what the RPCA is doing? Consider subscribing to our monthly newsletter, or an even better option, 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 hybrid RPCA Board meeting on February 8th.

Planning and Development

CONTINUED FROM PAGE 30

Information on some project proposals can be found at the City of Ottawa website at: <https://devapps.ottawa.ca/en>

The RPCA welcomes your input on these proposals and any other potential developments in the area.

If you are interested in joining the

RPCA P&D group or would like further information, you may contact the Committee Chair, Kris Nanda at krpp1415@gmail.com. For more information on this and other activities in Riverview Park, please see the RPCA website at www.riverviewparkca.com or email the RPCA at riverviewparkca@gmail.com



He shoots he scores at Balena. MANSOLO

Envirotips[©] for February-March

by Kris Nanda

Separate plastic lids from disposable paper cups when you are finished with them or that you have picked up as litter. The lids go in the garbage but the paper cups can be recycled or composted. Better yet, bring your own reusable mug/cup with you.

Clear the area around your heating vents and radiator at home by moving away furniture and other large items that might limit a furnace's effectiveness. Large items directly in front of radiators and vents will block the flow of warm air. You might have to adjust your thermostat (increase temperature and energy usage) to compensate for a room that is cooler than it need be due to a "blocked" radiator

Avoid using extra plastic produce bags when buying fresh fruit and vegetables in bulk. Too often people take more bags than needed which then go unused and end up in the garbage. If you pick up extra bags by accident, take them home with you and bring them with you next time you go shopping. (You can also clean and re-use these bags). Better yet, bring your own clean plastic produce bags with you.

Reuse plastic bread bags and milk bags as well as bag clips. Turn these bags inside out and use them to carry sandwiches, store small items, pick up pet waste, and so on. You can also use them as emergency rubber gloves when cleaning household items, such as toilets or carpets. Use bag clips to seal up other plastic bags, new or reused.

Use less meat by adding lentils to recipes. Use cooked lentils instead of half of the ground meat in your recipes for meat loaf, meatballs, burgers, and so on. Growing lentils has a smaller ecological footprint than raising livestock.

Remove extra weight items from your car and brush off snow from the roof and wheel rims. This excess weight (particularly on the car exterior) reduces gas mileage due to aerodynamic changes from the snow and ice.

‘Kiltie-kiltie’ on the ice!

by Janina Nickus

A 400-metre round circuit of ice under lights with snow heaped on either side of its borders surprised my husband. The ice speeding circuit, that winter day he moved from Montreal to live in Riverview Park, was close behind his backyard. Soon the swish of blades confirmed his suspicion that some of Canada's best speed skaters would be close by as winter rivals.

In his younger years in Britain, Bill had skated with an instructor at the Richmond Ice Rink, then located near his lodgings in the London suburb of Richmond. At that time, in the late 1960s, he was an editor on the *Sun* newspaper, but also an ice skate beginner. Soon the instructor gave up on him as a skater. So the Balena Park ice skating circuit he had inherited right outside his house when in Canada gave him a chance to again practise skating when he thought the 400-metre circuit was his alone.

He thought wrong on his first skating evening in Balena Park when jolted by speed skaters



Wall of shovels at Balena's ice rink just waiting to be used to clear the snow on a cold, crisp morning. Back in the early 1980's, Balena Park had a speedskating oval, that hosted some of Canada's best speed skaters, before being relocated to Brewer Park. PHOTO: MANSOLO

swishing up behind him and one after the other flying past left him a nervous wreck. They were practising for an international speed skating match-up against Chinese skaters.

Bill told me that fearful at the back of his mind was the time when years back the Mounties got their man in Williams Lake. He

had been unwillingly conscripted onto the ice in his kilt to play for the Press against the RCMP. What news editor of the Williams Lake Tribune could refuse to play when the Tribune's crime news came from the Mounties?

The puck was dropped at 2 p.m. Bill says he hardly saw or touched the puck with his stick until his

downfall a half hour later. He had veered this way and that trying unsuccessfully to swipe the puck when his stick touched a police skater's shoulder and Bill slid on the ice on his bum. One traitor of a spectator apparently shouted "Kiltie, kiltie could bum!" That really set the crowd and the Mounties going!

To cut a long story short, Bill later was told that to police consternation many spectators were focused on his ice rink antics rather than on real Canadian hockey. Especially when he went down on his bum a second time. Next, a siren behind him blared out. He was plucked from the ice, kilt and skates in the air, and thrust in the back of a police van. Later, in the station, the Mounties had their man when they charged him with obstructing traffic on the ice.

Bill spent much of the the evening in the *hoosegow* until the Williams Lake Tribune sports editor bailed him out by contributing to the police welfare fund. Don't ever talk to Bill about Stompin' Tom Connors and his *good* old hockey game!

Ottawa's Snow Moles need you

by Janina Nickus

Did you know the Council on Aging of Ottawa (COA) has a Snow Mole Campaign? What are Snow Moles you ask? Well, they could be anyone like you and me. Snow Moles are volunteers who report on what it is like to walk outside on a winter day by completing a Winter Walkability and Pedestrian Safety Questionnaire.

In 2018, the first Snow Mole Campaign was launched to advocate for improved snow clearing policies and practices and to promote a 'Pedestrians First' approach by the city. It was named to identify with winter moles who burrow under the snow for safety, as well as 'mole' agents who work undercover to collect important evidence. The top priority is safety for pedestrians, especially older adults and people using mobility devices. The campaign now in its fifth year, continues to ask pedestrians to answer the question: How safe and walkable is Ottawa in the winter? The answers come from volunteer pedestrian Snow Moles in rural, suburban, and central neighbourhoods during the January to March campaign.

The 2022 campaign results underscore that Ottawa pedestrians

continue to experience barriers and safety hazards while walking in winter. Of the 270 Snow Mole audits submitted last year, 57 came from Ottawa Centre, 54 from Ottawa West, and Ottawa South, which includes Alta Vista, Heron/Bank, South Keys, Walkley Road and Findlay Creek, submitted only 18 audits. Certainly we can do better than that this year! Demographics from the 2022 submissions reflect:

- 73% of respondents were 65 or older
- 75% walked alone
- 10% used a walking or mobility aid
- 31% used ice grips
- 17% used walking poles

87% of respondents reported that fear of falling sometimes keeps them from going out and five had reported a fall on their walk. Those who reported walking on streets consistently reported having no sidewalks or path (73%), too much snow or ice (71%), or that the street was plowed and safer (72%).

Of the 43% respondents who noted available bench seating to rest on their route, only half (48%) of the benches were cleared. Benches are one of the key features of an age-friendly community allowing pedestrians to sit and rest along their routes. There are

over 3,000 benches in Ottawa, including 24 that have been installed through the Older Adult Plan since 2012. Yet, many are not accessible during winter months. The COA is asking residents to adopt a bench-or-two in their neighbourhoods and keep them clear of ice and snow from January to end of March 2023. Cleared benches located near medical

buildings, senior residences, libraries, pharmacies, senior centres, transit and shopping routes are especially needed in winter. Send bench locations and photos to: snowmoles@coaottawa.ca with subject line "Adopt a bench."

For more information, contact snowmoles@coaottawa.ca or 613-789-3577 extension 303.

The Council on Aging of Ottawa

Le Conseil sur le vieillissement d'Ottawa

SNOW MOLE

Adopt-a-Bench program

Of Ottawa's 3000+ city benches most are not cleared of snow and ice and are not accessible.

You can help by clearing snow and ice from bus stop and park benches. Then, send photos and location information celebrating these safe seats to: snowmoles@coaottawa.ca.

For more information
e-mail: afo@coaottawa.ca
phone: (613) 789-3577 x103

Join the Snow Mole Patrol!

FRIENDS OF RIVERVIEW PARK GREEN SPACES (FoRPGS)

February 2023 update

By Ron Ridley

We hope you have the chance to get outside and enjoy the multitude of outdoor opportunities we are so lucky to have in Riverview Park. The many parks, green-spaces, hydro corridors, wooded paths, skating rinks, ski trails etc. all offer great opportunities to get outside and there are so many documented benefits associated with getting outdoors. Enjoy!

The FoRPGS group received lots of help from Mary Lou, Anna, Cris, Tracy, and Dorothy to put up the Christmas ornaments in early December along the wooded path this year. The path also received nice new signs at either end naming it "Riverview's Winter Wonderland. The Christmas ornaments are all down now and

were replaced recently with Valentine's Day ones. The Wine Bar & O'Brien's Roadhouse birdfeeders continue to be popular as are the doggie cookie jars.

ForPGS is still working with the city to obtain more 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 the removal of invasive and obnoxious plants and are common with community associations wanting to do invasives work around the city. We hope to have the permits by the spring so we can begin work as soon as the snow disappears.

While our new pollinator garden looks fast asleep with its winter

snow cover, we are very optimistic it will jump to life in the spring. We will be looking for volunteers to help maintain the garden, including watering, weeding and general upkeep, while it gets established.

FoRPGS was out to the Ottawa Wildflower Seed Library exchange events in the fall and have added to our seed inventory for winter sowing and planting. If you have some spare window space, FoRPGS is looking for gardeners to help with winter indoor grow-

ing. If you can help out, please contact us at forpgsottawa@gmail.com. FoRPGS will provide the planted trays.

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.

We hope you have a great and safe winter!



RPR Photographer, Mansolo, met the Seipp family out on the trail. Pictured L-R are Grandmother Patricia from Vancouver, (and a regular reader of the *Riverview Park Review*), plus Jen, the mother of Callum and Lena (on the sled). PHOTO: MANSOLO



Here Piper, Jersey (dog), Livia, Molly and Cole show off the new path sign. PHOTO: KELLY BARTER



Greg Money, a regular trail walker, snapped some of these great photos on a recent January day, including one of the Snow Queen.



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Changing the world one smile at a time

Shared by Giorgina Bodea,
Activity Manager at Riverpath
Retirement Community

Numerous activities have taken place and are taking place at Riverpath. Unfortunately, the space allocated is limited for everything I would like to say, so I better add some pictures that speak more than a thousand words! Here is an email that Mrs. Pauline T., a resident of ours, received after sending money to Operation Smile Canada. The funds came from the sale of items crocheted by Pauline and other residents and from donations made in just a few days. Operation Smile is a global medical charity helping to improve the health and lives of children in more than 60 countries. They deliver free, safe surgery to children waiting to have their cleft lip or cleft palate repaired.

“Hello Pauline, I hope this email finds you well! I returned from the Guatemala surgical program last week and I am very happy to report that 62 children received surgical procedures. Our aim for this program had been 70,

but unfortunately, four patients/parents tested positive for Covid and four others developed coughs after their screening. These children were not turned away, but their procedures have been postponed until the next program.

Being a part of this program has been a privilege and I am humbled by it. It was wonderful to meet the children and their mother or father. Each family had their own story of struggles and worry, but the light at the end of the tunnel was finding out about Operation Smile. When I explained that I was from Canada and that Canadians were fully funding this program, time and time again, they referred to you as angels in their path. They are so grateful for the volunteers and you!

December is our busiest time, but I am working on putting together some pictures, videos and stories for you and will be sending that along to you soon. Meanwhile, thank you again for your generosity and care for children born with cleft conditions. Never doubt your capacity to transform lives.”



Visiting the Fairmont Chateau Laurier Trees of Hope for CHEO



Santa arrives



An ugly sweater contestant



Moroccan Day



The staff party



Mme. Pauline T.



Christmas Dinner



New Year's dinner



And the winner was...



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Art Lending of Ottawa welcomes new artists

by Leslie Firth

Art Lending of Ottawa (ALO) is very excited to welcome twelve new artist members over the past year. ALO is a not-for-profit artists' cooperative established in 1970. Our goal is to promote the work of local artists and to offer high quality and affordable art to our community. We provide the option of being able to rent or rent-to-own art, a feature that is very popular and sets us apart from most other artist cooperatives and galleries. We showcase our art four times a year at the R.A. Centre in Ottawa. (For 2023, the dates are: March 18, June 24, Sept. 23, Dec. 16.)

At these one-day events, in the two hours before we open at 10 a.m., our volunteers are busy hanging over a hundred pieces of art. Once done, the walls and standing grids are covered in art from top to bottom in true salon style. The result is always breathtaking – and different every time.

Here is a list of our new artists, with a short description of their work. All artists have been selected by a jury. To see images of the work of all of our artists in the Art Lending of Ottawa on-line gallery, visit artlendingofottawa.ca.



PHOTO: RENATE HULLEY, ALO ARTIST MEMBER.

Our goal is to promote the work of local artists and to offer high quality and affordable art to our community.

Sanjay Sundrum:
Sanjay finds his inspiration in urban spaces and their interaction with the natural world. His medium is oils.

Suman Sundrum:
Suman renders her memories as abstract compositions and landscapes. Her medium is oils.

Anne Warburton:
Anne uses fibre and paper to interpret the world around us. Her focus is on interpreting the lines in nature with texture and colour.

All of the Art Lending of Ottawa artists (both our new and long-standing members) look forward to seeing you at our show on March 18th. Admission and parking is free. Submit your name at the door for a chance at a door prize.

If you can't make it to the March show, mark your calendar for our next one: June 24th.

Art Lending of Ottawa Spring Show
March 18th, 10am to 4pm
R.A. Centre
2451 Riverside Drive, Ottawa
www.artlendingofottawa.ca
Facebook: /artlending613
Instagram: /artlending613

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

Shelly Amor:
Shelley paints a wide range of subjects, including landscapes and flowers. Whether in acrylic, resin and mixed media., expect to see bold colour.

Madeleine Brownrigg:
Madeleine paints innocent, whimsical art with a new impressionist style. Her medium is acrylic.

Doreen Dyet:
Doreen's art is inspired by her travels around the world and by her love of nature. She paints landscapes, flowers and other objects in oil.

Carol Ince:
Carol is currently using oil paint in a contemporary style to capture people, their stories and their place in their communities.

Mireille Laroche:
Mireille paints a broad range of subject matter in various media and styles. Her current acrylics include landscapes, flowers, abstracts and near-abstract in vibrant colour.

Christine Osborne:
Christine's acrylic paintings are inspired by the local surroundings and wildlife of Ottawa and

rendered in a realistic style.

LJ Renaud:
LJ's paintings in acrylic and watercolour are inspired by color, pattern, nature and animals.

Anne Scanlan:
Anne uses bold stokes and colour to reinterpret communities and our environment in her acrylic and multi media art.

William Sommers:
Bill uses ink in a cartoon format to reflect on life and the world around us.





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