

APRIL 2023

A VOICE OF RIVERVIEW PARK

MAY 2023





Longtime resident, Peter Bishop, remembers his childhood friends of Riverview Park. Peter is front left in the photo below. To read more about this story see page 28



"Memories of Riverview Park"

This edition of the *RPR* contains the first in a series that looks at our community over the decades. For April, stories are from the fifties. Pages 26 and 27 add some little-known facts from that decade.

The top right cover shows Peter Bishop. On pp. 28 and 29 he shares his story, through the eyes of a child, growing up on Abbey Road.

COVER PHOTO BY GREG MONEY

On page 30, Dianne Hoddinott tells us about her family's early days on Caverley Street.

On page 31, Cecil Fietz, now 93, recounts how he bought his home on Balena Avenue, and the family growing up there. Accompanying photos appear on the Section 2 cover.

On pages 32 and 33, the Lamoureux family shares their father's legacy. A photo of Major Charles-Roch Lamoureux appears on the cover, bottom left. His sons also describe the early days of their family in the mid-fifties. ALL LAMOUREUX PICTURES SUBMITTED BY THE FAMILY.

Left: In November 1945 Major Charles-Roch Lamoureux received a well-deserved Distinguished Service Order (DSO) for an event that happened just before the fighting ended in World War II. To read more about this story see pages 32 and 33.



FROM THE DESK OF BRUCE RICKETTS

The lessons of legends (Part 2)

by Bruce Ricketts

This is my second installment of First Nations legends. Legends serve two purposes. The first is to explain the unexplainable like why the turkey buzzard has a red head or why the opossum has a naked tail, while also explaining why there is sunlight. The second is to confuse children when they ask endless questions (just joking but it does work). This one, about light from the sun, is adapted from a Cherokee legend.

Long ago the people lived in a dark world. There was no Sun or Moon. It was so dark that the animals, birds and insects kept bumping into each other.

One day the animals called a meeting to make a plan. Woodpecker spoke first.

"I have heard," he said, "that people on the other side of the world have light. Maybe they will give us some."

"I will go," said Owl. "I can see in the dark."

"No, I should go," Opossum said. "I can steal some and hide it under my bushy tail."

They all agreed, so Opossum started at once.

Opossum soon found out that the Sun people would not give away any piece of the Sun, so he had to sneak up and steal some.

He placed it under his tail and set off for home. But the heat was so strong that it set his tail on fire. Before his short legs had taken him very far, the Sun people found him and took the piece of the Sun back.

Poor Opossum: His fine tail was ruined, and the animals still had no light.

The animals called another meeting. This time Buzzard said, "I can fly far and fast, I can bring back the light in no time."



PHOTO: CHAYANAN PHUMSUKWISIT/VECTEEZY



PHOTO: JALYNN/PIXABAY

Buzzard flew towards the Sun. He on top of his head. But as he was flysnatched a piece of the Sun and hid it ing away, his beautiful head feathers



PHOTO: GREG SEYMOUR/PIXABAY

caught fire. He had failed and his head was now bright red.

The animals met once more. "What shall we do now?" they asked. "We must have light!"

Now Grandmother Spider spoke. "You big animals did not have any luck," she said. "Perhaps a smaller animal can do better."

Before she left, Grandmother Spider made a bowl out of some damp

As she went, she spun a trail of thread to help her find her way home.

When she came close to the Sun, she quickly reached out and took a piece of it. She dropped it into her bowl and covered it. Then she quietly followed her thread-trail back.

When the animals uncovered Grandmother Spider's bowl, they could hardly believe their eyes. The first light they had ever seen shot out its rays.

Even today, the spider's web is shaped like the rays of the sun. From that time on, not only did the people have light, but pottery making became honoured work among them, and the animals no longer bumped into each other.

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



Designed to meet the nutritional needs of everyone

Canada's most recent food guide is far-reaching in its content

by Carole Moult

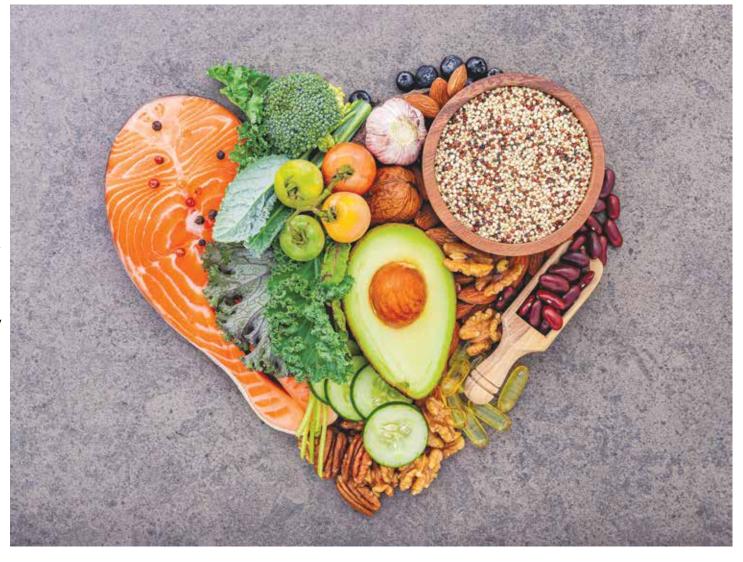
he message of Canada's first Official Food Rules was introduced to the public in July of 1942 during World War II. Its rationale was to improve the health of Canadians while acknowledging wartime food rationing.

Since 1942 Canada's food guide has been modified nine times. It has adapted new names, new looks, and new messages, although it has never changed from its original purpose notes Health Canada, 'History of Canada's Food Guides from 1942 to 2007, January 22, 2019'. Title changes show an evolution in the 'positioning and philosophy of the food guide' produced.

The earliest food guides for Canadians were noted to have been developed by the Nutrition Division of the federal Department of Pensions and National Health. This group, appointed by the government in 1938, was in existence from 1942 until 1969.

To encourage usage of these Food Rules, as they were then called, there were radio spots, weekly press releases, and articles in magazines in both English and French. In 2019, almost eighty years later, Canada's ninth food guide was not only published in both English and French but translated into 17 multicultural languages.

According to Statistics Canada in its 2021 Census, more than 450 ethnic or cultural origins were reported. The new food guide focuses more on culture, and coming back to more traditional foods, while allowing people to maintain the foods that are important to them. Previously Canada's food guides had been very much focused on portion sizes.



To encourage usage of these plate the proportion of the various food Rules, as they were then ous foods are shown as a tool to help you make healthy meals or seekly press releases, and articles magazines in both English and With Canada's food guide plate the proportion of the various foods are shown as a tool to help you make healthy meals or snacks. This you can do no matter the culture.

Vegetables and fruits should always make up the largest proportion of the foods you eat throughout the day. Half your plate or a bowl should consist of vegetables and fruits. One-quarter of your plate should be whole grain foods and one-quarter should be protein foods, with protein foods that come from plants consumed more often. Water is to be your drink of choice.

It is important that the food selections you make when dining out are healthy ones as well. This is not as difficult as you may think if you provide yourself some guidelines. Take out or dining out also provides the opportunity to eat more healthy foods, try a greater variety of foods that you just don't have the time or knowledge how to make, or the incentive to cook for yourself.

Korin Miller, in the publication, *Health*, December 2022, looks at many of our most popular foods in 'The Healthiest Takeout Orders in Every Type of Cuisine', December 2022. Then Miller shares with us how we can make good nutrition work with foods from a variety of cultures. Her suggestions could likewise align positively with Canada's most recent food guide, 2019.

Food guides are designed to help people follow a healthy diet and are said to be 'essential education tools'. There are many ways to have these guides work well for you and it is truly interesting and even fun to experiment as to how this best can happen.

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VINCENT MASSEY PUBLIC SCHOOL

SOLE strikes again

by Adelaide Flex

OLE has struck again. At Vincent Massey Public School, the grade 7 immersion classes have a philanthropy group entitled SOLE (students on the leading edge) that focuses on giving back to our community.

Over the past months, they have conducted a food drive, researched Ukrainian charities that help refugees and completed a unit on random acts of kindness. The kindness unit was developed during the month of February. As a summative to this unit, SOLE embarked on a field trip. They went skating at the local Brian Kilrea arena, then walked over to the Russell Heights community to shovel and salt the walkways.

Even though it had been ruled



a snow day, the majority of classes still showed up to school with shovels and a positive attitude ready to put themselves to work. Over the span of one and a half hours, 55 students shoveled snow and salted walkways to make the Russell Heights community safer and help out the residents. Residents gave many positive thank yous as the students engaged in the activities.

The SOLE members committed to execute at least one random act of kindness a week, and often push themselves to do more. The majority of students started out doing such acts at the classroom level but now have expanded their horizon to the division, school and community levels.

What is happening at the different levels? At the classroom level, students hold the door for fellow classmates or wish them a good day. The division level is where students help out others in their division (grades 7-8) like putting positive sticky notes on locker doors, or helping a teacher. The school level is helping someone who is not in your division,

like helping out a junior or primary club. The community level is when you do a random act of kindness, not at school, but in your own free time, like shoveling walkways, raking leaves or helping someone on your street.

Their main efforts in the month of February had been going towards random acts of kindness, but their Ukrainian efforts will resume in the month of March. They are now researching and setting up a fundraiser for House to Home, a charity that furnishes the homes of refugee families. We are also looking ahead to a community linkage with Ottawa Community Housing and to also put on a "Bike tune up day."

You can follow us on Social media at SOLE.VMPS.

Tap tax credit to help create a multigenerational home

by Eric Cosgrove SRES®

s more Canadians look for ways to reduce their cost of living, many are turning to multigenerational living arrangements. With the number of such households in Canada increasing by 45% over the last 20 years, according to Statistics Canada, it's clear that many people are seeing the benefits of sharing a home with family members.

If considering creating a multigenerational home, a new federal tax credit that took effect on January 1, 2023, can help ease the financial burden associated with making the necessary modifications. The Multigenerational Home Renovation Tax Credit (MHRTC) provides a 15% tax credit of up to \$50,000 in renovation and construction costs, which equates to up to \$7,500 in support.

Here are some ways to make a home multigenerational:

Creating a Secondary Unit

To qualify for the MHRTC, you can create a secondary unit during a renovation or build one in a new home for your family member. A secondary unit is a self-contained unit with a private entrance, kitchen, bathroom facilities and sleeping area. The space can be newly constructed or created from an existing living space.

For example, for an aging parent or an adult child with disabilities, you can create a separate living space within your home. This could include converting a basement or attic into a self-contained

apartment with its own entrance, kitchen, and bathroom.

Universal Design Principles

When designing multigenerational space, consider your home's current and future functionality and adaptability, and brush up on universal design principles. Universal design is an approach that makes a space useful and accessible for the broadest range of people possible.

For instance, widening doorways and hallways to make navigating the home easier is an essential universal design principle that can benefit people of all ages and abilities. Installing grab bars and handrails in hallways and bathrooms, improving lighting to make it safer to manoeuvre, and

incorporating smart technology that uses your voice to control lights, music, thermostat, and other devices are also great examples of universal design principles.

Before embarking on a renovation project to create a multigenerational home, review the tax credit details to understand what family relationships qualify and the home modifications that are covered. With the MHRTC, you can create safe and comfortable living spaces for your extended family members while also saving money on home modifications.

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Failure, feedback then fulfillment

by Stephen Malesevich

t was a cool autumn evening as I finished my latest job application when my phone chimed with an email notification, the results of a recent interview. My heart jumped a bit: perhaps this would be when I would move from "funemployed" graduate to just "employed." I opened it, hoping it would be different from the rest, but alas, no such luck. "We regret to inform you that you have not advanced to the next round." Normally I would be frustrated, hurt or perhaps have some wounded pride; but not this time. I had received my fair share of these types of emails so the sting of failing a job application or an interview was not that impactful. However, this particular email was different. There was an offer to obtain feedback. I decided to take the sender up on it. This meeting was worthwhile as I learned what went well, where I could improve, and gained some tips to use at my next interview.

The point of that story wasn't to share how I persevered in the face of job rejection, but to provide an example of receiving



feedback: in this case, best practices to improve upon a skill. This type of helpful feedback is what I've received at my Good Morning! Ottawa Toastmasters Club. Toastmasters is known for building communication and leadership skills, but there's also an evaluation component, which allows me to grow. Our club has dedicated meeting roles to provide feedback on speeches and on the meeting. The speech evaluator highlights the strengths of someone's speech and makes suggestions for improvement, citing specific examples. The meeting evaluator provides insight on specific elements that they enjoyed, what they'd like to see continue, and tips to help the meeting run more smoothly.

I admit that I was nervous

It's challenging enough to speak in front of a new group of people, more so when there will be public feedback. I wasn't sure what to expect. I had several worries.

about giving my first speech at our club. It's challenging enough to speak in front of a new group of people, more so when there will be public feedback. I wasn't sure what to expect. I had several worries: Would the focus just be on my mistakes? Will it just be vague comments that I won't understand? And most feared: Will they ask me not to come back? I was wrong on all accounts. I received feedback on things the evaluator thought I did well, with specific examples. I also learned specific ways that I could improve, and was given practical approaches to use next

time. Most importantly, I was encouraged to deliver a second speech.

I have delivered many more speeches and have received comments and suggestions on all of them. The nervousness and apprehensiveness I used to feel has been replaced with anticipation and curiosity. Furthermore, the sting of making mistakes or failure (real or perceived) became less and less. By receiving specific, direct and immediate feedback, I've been able to fulfill goals like delivering a speech without using notes, minimizing the use of filler words such as "um" and "ah", and developing engaging speaking material.

Receiving feedback has helped me grow, whether it's ace an interview or deliver a knockout speech. And I look forward to our meetings and improving upon my skill set.

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



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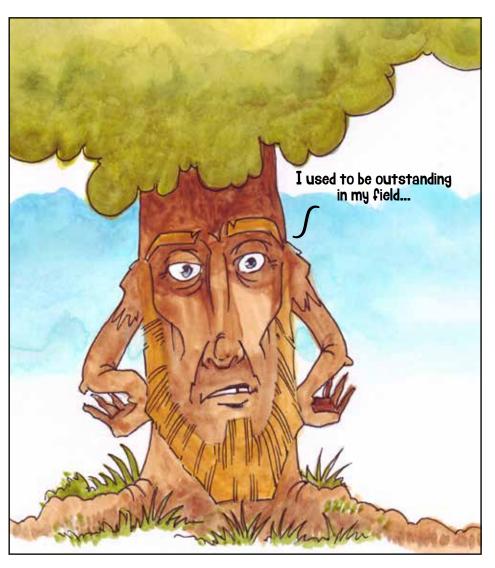
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his issue of the Riverview Park Review is dedicated in part to stories from the 1950s and the development of our Ward 18. One picture in particular is haunting given today's climate issues. A grainy black and white image of a house on the right, and bald ground waiting development. Centered is a high tension tower looming over the progress to come. Flash forward to today and the need for greenery to mitigate the heat produced by all that progress.

In 2019, the city of Ottawa's Official Plan determined that there was a need for 40% coverage of a tree canopy. Referred to as an Urban Tree Project, the idea was to reduce the impact of "heat islands" created by malls, industrial areas and dense living spaces. Even though the City currently manages 148,000 urban street trees, over 50,000 trees in parks and open spaces, plus 2,100 hectares of wooded urban natural areas, it is still not enough. Four years later, the estimate is the urban tree canopy is only 25%. In our immediate area, the St. Laurent Shopping Centre, Elmvale Plaza and the Train Yards, for example all share common characteristics: massive buildings with flat roofs, vast surface parking lots and little to no greenery.

Also notable for our ward is the role of densification and residential planning. With the average number of days reaching over 30 degrees Celsius increasing exponentially, dense neighbourhoods with few green spaces and trees are already examples of these heat islands. And while wealthier neighbourhoods tended to be shadier than poorer ones, the mid-sized in those communities are being replaced by oversized "trophy homes" that fill the lot reducing the green space around them.

To reach anything close to the 40% deemed necessary, development and landscaping regulations for heat islands, both commercial and residential, need to change. Planting trees to breathe some life into barren spaces like that depicted in the picture on page 27 is just the beginning.

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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.

Please note that the opinions published in *Riverview Park Review* are those of the authors and do not necessarily reflect the views of Riverview Park Review.

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Colonel Bogey marches on

by Brian McGurrin

ong before the advent of jeeps and troop trans-**⊿**ports, Napoleon Bonaparte moved his armies at a brisk military marching cadence of 120 paces per minute. Perhaps English bandmaster Fred Ricketts (1881-1945) had the same cadence in mind as he strode briskly across a Scottish golf fairway in the summer of 1914.

After graduating from England's Royal Military School of Music, Ricketts was posted to the Argyll and Sutherland Highlanders. Several months prior to the outbreak of World War 1, the Argylls were stationed at Fort George in northern Scotland.

How did Ricketts compose the Colonel Bogey March? Ricketts' widow tells how a Fort George golf course member, instead of calling "Fore!", whistled the now famous two-note opening phrase, "and with impish spontaneity (the golfer) was answered by my husband with the next few notes. There was little sauntering—Moray Firth's stiff breezes encouraged a good crisp stride. These little scraps of whistling appeared to 'catch on' with the golf-



ers, and from that beginning a Quick March was built up."

"Colonel Bogey" seemed an obvious choice of title for his new march. The imaginary figure of Colonel Bogey first appeared in the late 19th century as a standard opponent in assessing a golfer's performance, and as every golfer is aware, the term "bogey" came to mean, "a score of one stroke over par at a hole."

When WW1 broke out a few weeks later, Ricketts' Colonel Bogey March became wildly successful, and his 1914 sheet music and recording would sell over a million copies.

By the 1930s, the Colonel Bogey March was widely used for events both in the golfing and the military worlds. It was always performed instrumentally, with brass, woodwinds and percussion, just as bandmaster Ricketts had

originally conceived it. He must have been shocked when rude lyrics were (anonymously) added at the start of WW2, describing the supposedly deformed genitalia of Nazi Germany's top military leaders: Adolf Hitler; Hermann Göring; Heinrich Himmler and Josef Goebbels. This defamatory version, first appearing among British soldiers in 1939, was quickly taken up by the broader Allied military and even by civilians. It became one of the most popular songs of the entire war, frequently sung in the foxholes, in the mess halls and on the march.

The best-known stanza of this WW2 version (bleeped) went like

Hitler has only got one – *bleep*, Göring has two but very small, Himmler is rather sim'lar,

But poor old Goebbels has no *bleeps* – at all...

I will leave to your imagination, how the soldiers intentionally mispronounced the name of the Reich's Minister of Propaganda, Josef Goebbels. These sentiments were immensely satisfying to the allied troops, and an enormous boost for their morale.

Much of this feeling was captured in the 1957 Academy Award-winning film Bridge on the River Kwai, inspired by an actual wartime event. Captive allied soldiers were used as slave labour by the Japanese in constructing a railway bridge across the Kwai River in Cambodia. The film's director, David Lean, wanted the captive soldiers to sing the march as an act of defiance, but the bawdy lyrics would never have gotten past the censors, so Lean decided that if the soldiers simply whistled the tune the audience would supply the lyrics mentally. And so it was.

For your listening pleasure, I recommend the instrumental version performed by H.M. Royal Marines on the album Colonel Bogey Marches On, 2015; and also the whistled version performed on the soundtrack of Bridge on the River Kwai, 1957.



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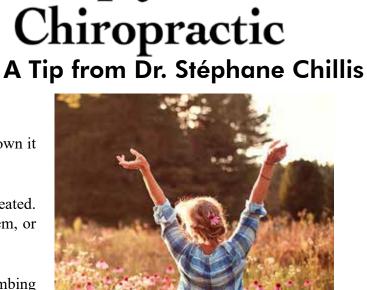
Most people forget how good their bodies are supposed to feel. Instead, they get stuck in the mindset that "growing pains" are normal. Whether it's back pain, neck pain, headaches, or lack of energy, they think that their age is the reason for their suffering.

What's worse, is that most people learn how to cope with their declining health, and own it as their new reality, as they turn to numbing drugs and coffee to get them through life.

The reality is that most people let poor health habits and unresolved injuries go untreated. They tend to forget about their aches and pains because they've become numb to them, or accepted them as their reality.

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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

These films missed by this much

by Peter Thompson

The Oscars don't really mean much in the grand scheme of things, but what they do for smaller films is elevate them to a higher level of public awareness. Take last year's winner, CODA, as the case in point. Without the Oscar nomination and subsequent win for Best Picture, CODA would hardly have been remembered. It was purchased by Apple out of the Sundance Film Festival and put in a limited theatrical run, but industry numbers for the opening weekend amounted to just under \$100,000 U.S. dollars. So, in other words, nothing happening theatrically. Then Apple aggressively launched it on Apple TV and just over 300,000 households rented it, so, still nothing special. However, that number rocketed to over a million when the Oscar nominations were announced and up to well over 2 million when it eventually won Best Picture.

Fast forward to this year. Producers rejoiced when smaller films like Women Talking and Triangle of Sadness were nominated for Best Picture. But for every success story like that, there are films that missed the cut by hundreds of votes and can't hang the Best Picture Nominee label from their mantle.

Here's a look at five films that could easily have been a part of Oscar night festivities:



Living

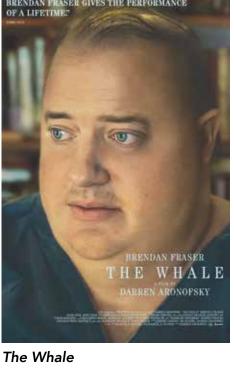


She Said

1. The Whale

Brendan Fraser would take home the Oscar for his performance in this film - which will bring a strong level of awareness, but what, a Best Actor nomination

said, The Whale missed the 10th slot for Best Picture by a minuscule amount. And no matter



(and win) is a lot less powerful than a Best Picture nomination. The question is: what would it have taken out?

2. She Said

The harrowing story of The New York Times journalists Megan Twohey and Jodi Kantor, who wrote the article that exposed Harvey Weinstein and marked the beginning of the #MeToo movement, deserved to be one of the nominees on Oscar night as well.

3. Aftersun

from what industry insiders have A very moving film about a daughter's memories of her estranged father during their trip to Turkey 20 years earlier. Nabbed a Best Actor nomination, but had this small film made the final list for Best Picture, many more people would have heard of it and seen it.

4. Living

Bill Nighy is so popular that people will watch any film that he's in, however, as always, small films need to garner as much attention as possible and even though Nighy was a nominee for Best Actor, *Living* (which is a remake of Kurosawa's masterpiece Ikiru), could have absolutely benefited from a Best Picture nomination.

5. Till

A mother's harrowing journey for justice was encapsulated so perfectly by Danielle Deadwyler, and yet this powerhouse film missed the cut and has been relegated to a small release that will rely on word of mouth to even be seen.



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TRINITY COMMUNITY GARDEN

Another season at the garden (Once all this snow disappears!)

by Rhonda Turner

rinity Community Garden (TCG) was pleased to offer three new gardeners a plot at the garden this year; last year it was five plots. Our waiting list was very long, at times around 14. It's nice to make some of those waiting so very happy.

In the last issue I wrote about purchasing a heat mat, especially for pepper and tomato seedlings. I'm pleased to report that it was a great success. The peppers sprouted within the 10 days as suggested would happen. They're now growing well under grow lights and will be nice and sturdy plants to transplant into the ground. I started my tomato seedlings on March 7 in tall yogurt containers with about an inch of soil. Within four days on the heat mat, there were several tiny little sprouts popping



Nine-week-old Shepherd Pepper plants.

PHOTO CREDIT: RHONDA TURNER

up. As the sprouts grow, I continually top up the soil burying the stem up to their first set of leaves. When it's time to plant the tomato in the ground, I'll have run out of space in the container and the plant will have grown well above the rim. I chose this method, instead of

transplanting the tomatoes into many larger pots several times before planting in the ground. When planted, tomatoes should be what is called 'deep planted'. This is when you dig a hole deep enough to completely bury the whole tomato seedling up to the first set of leaves.

Another method is to dig a trough and lay the seedling on its side and gently bend the leafy portion of the plant so it will be above ground. Either way of planting enables the stem of the tomato to grow roots along the buried stem making for a stronger plant.

TCG is preparing paperwork for registration/ payment for the upcoming season. Once weather permits, a work day will be scheduled to clean up following the winter. Water tanks are set up and filled. Perennial gardens are tidied and cleared of dead material. Donation plots are turned over and compost is delivered. Once the work day is done, gardeners can work their own plots preparing them for planting or seeding.

Now the fun begins when everyone is planning their plot, what to grow and where to grow it. Many of us want to grow so many things and try to squish in too many. It's tough to hold yourself back and grow less. Lots of times, the plots are so full some crops are hidden under something else. Another disadvantage of this is that the veggie that is hidden doesn't get sufficient sunlight to grow properly.

Whatever method you chose, it's nice to get to the garden and meet up with others enjoying the same thing. If you're unable to get a plot, there're many online suggestions for small space or container veggie gardening.

Consideration on how and what to plant in the donation plots is always on our minds. We try to grow high yield crops that benefit Blair Court Community Food Bank.

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







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BEST OF RIVERVIEW PARK

Best of Riverview Park: The Real Estate Edition

by Patrick Lawlor

It's no secret that we've been living in a highly stimulated real estate market the last couple of years. A market that has favoured sellers, speaks to a shortage of homes available to interested buyers.

Doug Ford's government has introduced a new bill meant to stimulate densification and alleviate the housing shortage here in Ontario. Introduced in late November of last year, Bill 23 amends the *Planning Act* to create a new provincial threshold of what can be built; up to three units per lot. The *More Homes Built Faster Act* is an investor's dream.

This was all good news to local resident Michael, a Canadian diplomat who often works abroad in international development. Meanwhile, back home on Pullen Avenue, Michael has taken full advantage of the new zoning and modified site plan control approvals to build his own development which has become known as, Michael's hole.

He has discovered a solution that is both cost effective and environmentally sound. Con-



Michael relaxing in his new development on Pullen Avenue. PHOTO: PATRICK LAWLOR

sidering the rising costs of steel and concrete, Michael has opted for an inexpensive renewable resource that is overlooked by many of his neighbours and often seen as a nuisance. Now that the Site Plan Control no longer has oversight on the design of building exteriors, Michael was able to unleash his creativity.

With a few clients in mind, I was interested in seeing if this small scale residential development would be suitable. I was gra-

ciously invited to take a tour and found a modest dome- shaped structure, open concept with just enough room for two adults to sit shoulder to shoulder. Not of concern, now that the city is no longer able to regulate minimum unit size for small projects. The moisture present in the walls, roof and floor along with a missing door was another issue, unless you enjoy the cool winter breeze.

This rental will certainly not be available for long in this warming



Michael's daughter Lena looking cool in the living room of their project! PHOTO: MICHAEL CREIGHTON

market. Sadly, the change in season may have already destroyed all the fruits of his labour.

If you're interested in getting insight into more delightful properties in the neighbourhood, I would be pleased to lend a hand and, of course, guide you in the home buying or selling process.

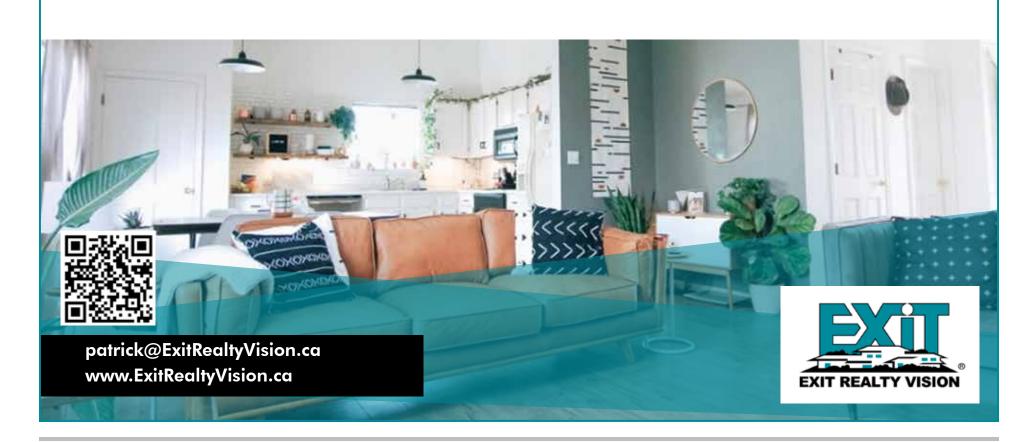


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Power behind the throne

by David Knockaert

The mayor is conducting a strategic review. While it's a nice idea, in my experience reviews work best when a pre-determined result is imposed from above. That provokes a bureaucratic scramble to find the means to achieve the desired result. But the mayor's plan is to have three people amble through the bureaucracy as staff guide them to the hidden skeletons. We can guess how that will turn out - staff will choose which closet doors to open and which to avoid - because below the surface, it is they who wield authority. Perhaps time would be better spent evaluating how to resolve the disunion at City Hall between authority and accountability.

We complain about federal/ provincial elected officials, but the structure of those governments is sound. Decisions are made by a Cabinet comprised of elected officials who each manage, and bear public responsibility for a cadre of non-elected staff - authority and accountability is enjoined.

At City Hall, 'Cabinet' authority is held by non-elected officials (e.g. city manager, treasurer) who are not answerable/ accountable

to the public. While elected councillors are accountable, they only offer broad policy direction, possessing no power to implement or direct those staff charged with implementation. Councillors cannot deliver the goods because they lack authority.

While the mayor possesses both accountability and authority, organizational sprawl limits the depth at which he can impose himself. So, by default true authority falls unelected/non-accountable staff and democracy suffers. Such a consequence can be mitigated were senior staff to assume a high profile, becoming answerable to the public. Yet, apart from the police chief and occasionally the head of OC Transpo, that has not occurred, leaving us with authority exercised in the absence of accountability.

By way of example, in January three media stories came in quick succession; a resident's house was partially flooded due to a water meter exchange gone wrong, followed by residents in both the east and west ends claiming damage/disruption from LRT work. In each case City staff reportedly told affected residents resolution would be between themselves, the City's contractor or their personal

to the public. While elected counhome insurer. Since each project cillors are accountable, they only was carried out upon demand of

the City, under City authority, paid by the City and under the City's direction, City staff were clearly accountable to those residents. But staff felt free to say 'no, we're not'... with nobody to contradict them.

Also in January I re-initiated correspondence with the City staff responsible for expropriating Dempsey Community Centre. In their view they bore no responsibility for anticipating, mitigating nor compensating for any adverse consequences to residents - or even for talking or listening to affected residents...they act as if they are not answerable to us.

Finally, consider the special Ward 18 levy to help pay for the Canterbury Outdoor rink. At no

time
over the past
6 years has the City offered
any accounting of the project or levy, despite the latter being highly controversial.

PHOTO: MANSOLO

What details have been elicited from the City appear to indicate that each of the varied parties who promoted the project and to which they promised funds, have been granted significant (sometimes complete) discounts on their financial commitments. In contrast, residents who were barely consulted before the levy was imposed are being charged far more than initially promised. How can this be? The only answer is that City staff do what they wish because their authority is not constrained by accountability.





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A tick bite, the Powassan virus, and MaryAnn's struggle

by Blair Crawford

s a child in the 1950s and '60s, MaryAnn Harris played in the woods and fields of Riverview Park with abandon. The biggest fear was being swarmed by mosquitos or, if your luck was really bad, stepping on a wasp nest. Ticks? That was just the sound of a Timex watch.

Today, the danger of tick-borne disease is very real. For MaryAnn, who grew up on Chomley Crescent and still lives in Pleasant Park with her husband, well-known fantasy novelist Charles De Lint, that danger came from the bite of a black-legged tick, more commonly known as the deer tick.

Though it took doctors a long time to diagnose, MaryAnn had been infected with Powassan virus, a rare but potentially fatal illness. She picked up the tick either in her yard or while she and Charles admired the vegetables in the community gardens off Kilborn Avenue, their favourite place for a stroll.

'We were never aware of the bite. We never even saw the tick,"

Charles said.

It was Labour Day 2021 when MaryAnn first began to feel ill. She told Charles she felt tired and needed to lie down. When Charles checked on her later that evening she was feeling nauseous and complained of double vision.

When Charles called Telehealth Ontario for advice, the nurse urged them to go to the nearest Emergency Department.

By the next morning, Mary-Ann was in ICU and on life support, breathing with a ventilator. Within hours of the tick bite, she had developed encephalitis — swelling of the brain — with life-threatening complications.

Today, more than a year and a half after falling ill, MaryAnn remains in hospital, paralyzed except for movement in one toe. She still needs a ventilator to breathe.

"The doctors didn't know what was wrong," said Charles, a threetime Aurora Award winner, and a member of Canada's Science Fiction Writers Hall of Fame. "They assumed it was a virus of some sort. It looked like they had 70

There's been a slow and steady increase in the number of cases reported,

Director of the Center for Vector-Born Diseases at the State University of New York

Saravanan Thangamani

little machines feeding her different kinds of antibiotics."

Powassan virus was first identified in 1958 when it infected and killed a young boy in Powassan, Ont., on the outskirts of North Bay, 200 km northwest of Ottawa. Until 1998, there had been only 27 cases in all of North America. Since then, the numbers have been rising: 5-10 cases a year in the U.S. from 2010 to 2015; and 25-30 a year since.

Since 2017, there have been 21 cases in Canada. Most infections occur in the northeast U.S., Eastern Canada and around the Great Lakes.

The deer tick, now common in Ottawa, also carries the better known Lyme disease. It takes 24 to 48 hours for a tick to transfer the bacteria that causes Lyme disease, and doctors can prescribe a preventative antibiotic up to 72 hours after the bite. It takes just 15 minutes after a tick attaches for it to transmit Powassan virus. There is no cure, nor even a treatment beyond standard rehabilitation therapy.

between one and five weeks after the bite. Fortunately, in most cas-

they're infected or passes off the illness as a mild flu. But for an unfortunate few like MaryAnn the sickness can be severe. About half develop encephalitis or meningitis, leading to lifelong neurological disorders.

"There's been a slow and steady increase in the number of cases reported," said Saravanan Thangamani, director of the Center for Vector-Born Diseases at the State University of New York in Syracuse. "This is a rare virus. However, it is a dangerous virus. It can be fatal and those that survive can have long-term neurological consequences for the rest of their lives.

MaryAnn's symptoms were classic Powassan: fever, headaches, vomiting, weakness, tremors, seizures and paralysis. The disease is fatal in 10-15 per cent of cases.

Still, Charles doesn't dwell on the disease or how MaryAnn caught it. He's focused on the road ahead.

"Ok. She got bit by a tick. She has Powassan. She got encephalitis," he said. "For me, I'm more interested in what's happening now, not what happened before."

The couple — Charles is 71 and MaryAnn is 70 — have been together for 47 years and married for 42. With their guitar and banjo, they are well known in Ottawa's folk and bluegrass music

Charles's novels, many of them set in the fantasy city of Newford, have a worldwide following. MaryAnn is his business manager, editor and illustrator. Her illness Powassan symptoms appear has left Charles with little time to write since he now spends five hours a day at Saint-Vincent Hoses, the person doesn't even know pital, six days a week. He pays







for a caregiver on the seventh.

Friends, family and fans have rallied around the couple. Musicians have visited the hospital to play for MaryAnn. A GoFundMe started to help pay for the many expenses they now face has topped \$90,000. Fans have also subscribed to Charles's Patreon account to help support his writing.

Meanwhile, MaryAnn bides her time in hospital. Charles manages her care, carefully protecting her from stresses that might trigger anxiety. Able to speak, but unable to move, she uses Siri to do what she can on her iPhone, listening to music and audiobooks and chatting with friends on the phone.

Through a friend, the couple was put in touch with another woman who contracted Powassan virus four years before MaryAnn



With their guitar and banjo, MaryAnn Harris and Charles de Lint were well known in Ottawa's folk and bluegrass music scene.

and has mostly recovered. It's a **Tick Talk: Prevention is the** glimmer of hope.

"She's not fully recovered, but she walks around and she's able to garden. She's an artist — like MaryAnn — so she can paint again. She can play her piano again, at least to some degree," Charles said.

"Ultimately, our hopes are for a full recovery — to get her moving and get her back home. With Powassan, there's so little known about it, it's hard to know what's going to happen."

best protection

- Assume ticks are present in any natural area.
- Wear long-sleeved shirts and long pants, tucked into your socks to minimize exposed skin. Light-coloured clothing makes it easier to see ticks. Throw your clothes into a hot dryer for 10 minutes at the end of the day to kill any unseen ticks.
- Stay on trails, if possible, and avoid long grass or brushing



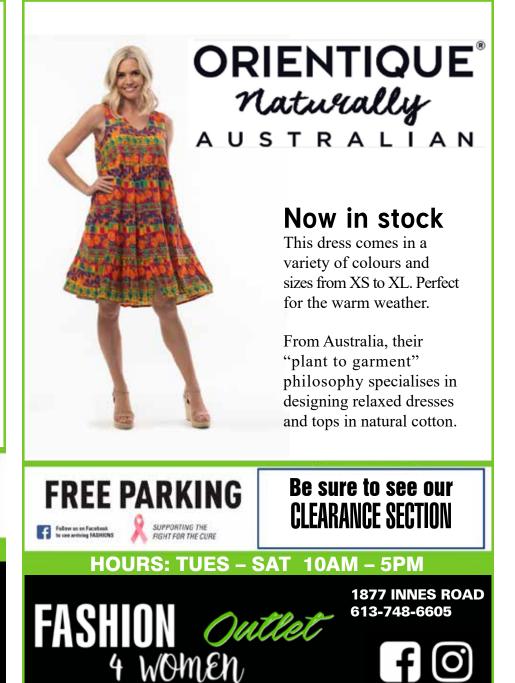
against trees or bushes.

- Use an insect repellent containing DEET or icaridin. Tick-repellant clothing that's been treated with Permethrin is also safe and effective.
- Do a full body check of yourself and children, paying particular attention to toes, knees, armpits, groin and scalp, areas where ticks like to latch on. Ticks can be tiny, no more than the size of a poppy seed for nymphs and sesame seedsized for adults.

Blair Crawford is an Ottawa Citizen reporter who grew up Riverview Park and attended Riverview and Alta Vista public schools and Hillcrest High School. This story is adapted from one originally published in the Ottawa Citizen.







Milestone at Ottawa Hospital for gay men's health

Courtesy of The Ottawa Hospital

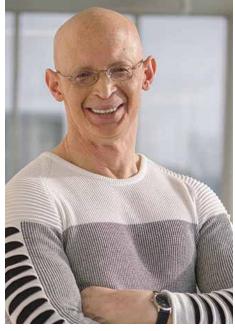
Dr. Paul thing MacPherson wants gay men in Ottawa to know is: "The Ottawa Hospital (TOH) is working towards relevant health-care delivery for you," he says. "We're not there yet, but we're committed to getting there."

As both researcher and gay, Dr. MacPherson knows all too well the stigma, stereotypes and misinformation that gay men often encounter in the health-care system. He has dedicated much of his career to breaking down these barriers by helping health-care providers become more attuned to the unique care needs of gay men.

"I want to make health care more accessible and relevant to gay guys," says the physician-scientist with TOH's Clinical Epidemiology Program. "And I want to make gay men's health less of a mystery to care providers."

Beginning this year, Dr. MacPherson will have the tools he needs to chip away at more barriers—and maybe even knock them down completely.

Just named Clinical Research Chair in Gay Men's Health, a



Clinical research chair Dr. Paul MacPherson set to break down barriers. PHOTO: THE OTTAWA HOSPITAL

the first of its kind in any Canadian hospital. The Chair was the brainchild of a gay man in our community who championed the idea to TOH Foundation.

Dr. MacPherson and his team of researchers will work towards filling some of the biggest gaps that gay men face in the healthcare system.

"We will address these issues through a two-pronged approach of educating health-care providers on comprehensive gay men's new academic role at TOH, it is health and developing clinical

are relevant to gay men," explains Dr. MacPherson. "And we'll be reaching out to the gay community to get their feedback and to give them peace of mind that these issues are being addressed."

Dr. MacPherson's survey of gay men in Ottawa shed light on the many difficulties they face in receiving quality care.

"In Ottawa, a quarter of gay men don't disclose their sexual orientation to their health-care providers. And in the towns outside the urban core, that number goes up to almost 50%," he reports. "They're afraid of what kind of reaction they'll get if they disclose. That is a huge barrier to health-care delivery."

"We found these men were screened for common health conditions like diabetes, heart disease and high blood pressure. But perhaps not knowing they were gay or what some gay men's health issues were mental health issues and other sexual health problems like sexual dissatisfaction and anxiety were overlooked.

Based on the survey results and his conversations with gay patients, Dr. MacPherson plans to prioritize mental and sexual health.

"In our survey population,

programs that acknowledge and there are very high rates of depression and anxiety," he elaborates. "Seventeen percent of gay men in Ottawa and 24% percent province-wide exhibit symptoms of depression. Sixteen percent reported childhood sexual abuse, and 35% reported a history of physical abuse—being kicked, slapped or punched—by a family member. These are very troubling mental health statistics that we need to address. We need to find ways to help guys come forward with their issues and to provide them with relevant programming to help them recover or cope."

These unaddressed mental health issues can also impact sexual health. "Our data found that 24% of gay guys find sex stressful at least half the time," he explains. "We need to work on making sex a more satisfying and pleasurable experience."

Currently, sexual health programs for gay men tend to ignore the emotional aspects of sex, focusing exclusively on STI and HIV treatment and risk reduction. Dr. MacPherson wants health-care providers to take a more comprehensive approach and that means they must be prepared to sit down and have meaningful conversations with their patients.



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ESSENTIAL HEALTH

Spring forward!

K, let's be honest, this winter hasn't been one of our best. We've had a terrible winter for runners! After many heavy snow falls and nothing but grey skies for what feels like ages, we're all experiencing an unrestrained urge to get out into the fresh air! While it's tempting to jump right back into your old routine, remember to try to take it easy. You wouldn't want to blow your whole running season before it even starts, due to an early, avoidable injury.

Don't forget that running on pavement is very different from running on a treadmill. According to "Runner's World" running coach Jenny Hadfield, runners often expect to get back to their regular, pre-winter routine right away, and then overdo it.

For the first 2-3 weeks of springtime outdoor running, remember to slow your pace by a minute or so, or cut your mileage back to half of what you were doing pre-winter (or on a treadmill). This will allow your body time to adapt to the feel of running on

unforgiving pavement. After the 2-3 weeks, you can start increasing your pace or mileage incrementally over the next 2-3 week block of time.

Don't forget to warm up before you run. You should be doing this anyway, but it's especially important when getting back into outdoor running. Walk at a brisk pace for 3-5 minutes before you start to run.

When you're finished your run, don't forget to stretch! You should be focusing on glutes, quads, hamstrings and especially calves. Don't forget about your upper body, and it works out while you're running too! Stretching is vital after every run to help keep muscles limber and prevent injury.

When you're getting back into your routine, you should also take longer breaks to give your body time to recover and prevent injury early in your season. Triathlon coaches recommend running once every 72 hours in the beginning, to give your bones, connective tissues and muscles time to rest and regain their strength.



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Your body gets sore after new or changes to your exercise routine, there's no way around it! To better help manage muscle soreness, and decrease your recovery time, book regular massages during your running season. Just like wind sprints and 'long, slow distance' days, make preventative massage an integral part of your running workout schedule.

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 or physiotherapy might be able to help you, or about psychotherapy, please email info@essential-health.ca.



Spring garden clean up – It's worth the wait

by Katherine van der Linden for the Ottawa South Eco-Action Network (OSEAN)

pril is full of promise for gardeners; days grow longer, the wind hints of spring, and snow melts. But as we eagerly anticipate outdoor gardening, it's important to remember that jumping into yard work too early can undermine your success later in the season. That's because your garden's ecosystem relies on the early spring "mess" in your yard. In fact, many beneficial insects remain protected by leaves, twigs and branches through the cold months. These critters, the friends every gardener should welcome, include pollinators, such as the native Mason Bee and Spangled Fritillary Butterfly caterpillars, as well as beneficial insects like ground beetles. As temperatures warm up, they become partially active, but still need shelter on cooler days and nights.

A good rule of thumb is to hold off on your cleanup until temperatures are consistently above 10°C (50°F) for at least seven consecutive days. Delay cutting back last year's growth on perennials, cleaning up leaves, mowing your lawn, and adding mulch to beds.



Spangled Fritillary Butterfly.

PHOTO: BERIT ERICKSON, OTTAWA, CORNERPOLLINATORGARDEN.NET

If you absolutely can't wait to get out your clippers, a second-best option is to keep the pieces of cut stem until the weather warms up. Simply pile this material out of the way in your yard. If you want to take it a step further, you can create DIY insect hotels by tying stems or twigs into small bundles together with jute twine. Hang your hotels in a tree or lean them

against a fence.

It's safe to prune trees and shrubs before temperatures rise; just keep an eye out for cocoons and chrysalises. Some butterflies and moths spend the winter in the pupate phase attached to last year's growth. For example, Ottawa residents may find Cecropia Moth cocoons and Black Swallowtail Butterfly chrysalis. If you

find one, simply skip that branch or stalk for a later time.

For those who struggle to ignore the leaves, or who have mixed feelings about encouraging insect populations in the yard, try to imagine the leaf litter as a buffet of early food for insect-eating birds. Many of our beloved local birds rely on insects to feed their young, and leaves in your yard can provide prime hunting ground. By taking a relaxed approach to raking, you are supporting an essential base step in local food chains.

While waiting for warmer weather, you can scratch your gardening itch by learning more about ecologically-responsible gardening. Here are a few resources to get you started:

- Ottawa South Eco-Action Network https://ottawasoutheco-actionnetwork.ca/
- Wild Pollinator Partners Ontario East - Outaouais: https:// wildpollinators-pollinisateurssauvages.ca
- •Rebugging the Planet: The Remarkable Things That Insects (and Other Invertebrates) by Vicki Hird
- Nature's Best Hope: A New Approach to Conservation that Starts in Your Yard by Douglas W. Tallamy.



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larot Card Reading

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Meet your Ward 18 Office Team

The Alta Vista ward office is 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.

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Office Manager: Jane Gibson (jane.gibson@ottawa.ca)

Executive Assistant: Sarah Falkowsky (sarah.falkowsky@ottawa.ca)

Case Worker: Dave Woods (dave.woods1@ottawa.ca)

Communications Assistant: Heather Moore

(heather.moore@ottawa.ca)

Trees in Trust

The City of Ottawa's Trees in Trust program needs your help to find suitable locations for street trees. Street trees are available by request on a first come, first served basis. Please note the following information and criteria:

- There will be no charge to the homeowner (supply and planting will be provided by the City).
- The program applies only to homes with street frontage (the space between your property line and the roadway).
- The property owner must pledge to assist with the proper tree care (watering) for the first three years of the tree's life. Instructions will be provided.
- Trees will be a minimum size of 50 mm diameter, or 2 to 3 meters in height.
- Limit of one tree per single fronting household or two trees per corner lot.
- The proposed location must meet the Trees in Trust program criteria.

In addition, tree planting projects on school property within the City of Ottawa are eligible to apply for the Schoolyard Tree Planting Grant Program. The application deadline is June 1, 2023. Trees are already set to be planted at Featherston Drive Public School and Hillcrest High School. A big thank you to Gillian Cooper and Janet Mark Wallace for their leadership in this!

Hydro Ottawa Presentation - Keeping Ottawa Connected

I invite you to join us for a virtual information session on **Thursday, April 20, from 7p.m. - 8p.m,** where Hydro Ottawa will be discussing their upcoming initiatives. At this meeting, Hydro Ottawa will discuss their power outage restoration process, their tree trimming program, emergency preparedness, how to use generators safely during prolonged power outages and ways to help you stay safe and prepared for the next storm. Following the presentation, there will be a Q&A period for residents. A meeting link will be shared on my website shortly. I look forward to seeing you there!

Interested in Helping our Local Greenspaces?

Swallow-Wort, commonly known as Dog Strangling Vine (DSV), has been spreading rapidly across the City of Ottawa and has wreaked havoc in many of our green spaces, pushing out much of our native flora.

You are invited to attend a DSV Removal Workshop on **April 27, 2023,** led by the Alta Vista Community Association. The session will run from **6:30p.m. to 7:30 p.m.** A link to the event will be posted on my website shortly.

They are also looking for volunteers who are interested in spending a few hours outdoors either on a regular basis (or even just once!) No special skills or knowledge are required, and team leaders will show you everything that needs to be done! Management practices set out by the Ontario Invasive Plants Council will be followed. No pesticides or power tools will be used. If you'd like to join, or want more information, you can send an email to avcadsv@gmail.com. More information can be found at www.ontarioinvasiveplants.ca.

Stay Connected

Website: Please visit my 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 in our community. There is a link to sign up for the newsletter on my website—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)

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Why food banks?

by Tim Mark

I f you go grocery shopping you know that prices are increasing. As of January, baked goods are up 5.5%, dairy products 12.4% and fresh vegetables 4.7% over last year. There seems no end in sight. How does this affect the Riverview Park community, and what can be done to help?

Alta Vista Ward Councillor Marty Carr notes that in Ottawa in 2017 one in 15 households reported experiencing food insecurity; in 2022 that number rose to one in 7.

"We know that many people within our communities are going without meals in order to make ends meet," states the Ottawa Food Bank (OFB).

The City-wide view

Ottawa is fortunate to have a number of agencies which address food insecurity. These include the Salvation Army and Food for Thought (based here in Riverview Park) and local food banks.

Since 1984, the OFB has been the backbone for the collection and distribution of food to all major food banks and emergency food programs in Ottawa. Demand is skyrocketing. There were over 403,000 visits to its 112 agency partners in 2022. That's an increase of 37.5% over the previous year. To find which agency serves an area, go to ottawafoodbank.ca/volunteer-to-help.

Riverview Park and food insecurity

Local agencies include Blair Court and Russell Heights food banks. Within Ward 18 we also find Confederation Heights Food Bank and Heron Emergency Food Centre.

Blair Court Community House (BCCH) at 1566 Station Blvd. runs the main food bank for Riverview Park. Kristy Fudakowska is executive director.



Exterior view of the new food bank facility at 2001 Bantree Rd. SUBMITTED BY OTTAWA FOOD BANK

Use of this food bank has doubled since January 2022. It now runs to 110 households with two or so more added every week. Users come from many parts of Riverview Park. Enough food for 3-5 days per month is generally provided, with the healthiest choices possible. The OFB provides 95% of the food. Since January 2023, Blair Court has moved to a "choice" model to provide recipients with culturally and ethnically appropriate foods. Fresh seasonal produce from the local Trinity Community Garden is also much appreciated. One way to increase food security is to lend kitchen appliances. A crockpot, for instance, can give you new recipe ideas for nutritious and inexpensive meals.

Heron Emergency Food Centre (HEFC)

The HEFC, established in 1987 as a short-term emergency food program, plays a critical and invaluable role serving south-east Ottawa.

Every year since 1992, proceeds from the Immaculate Heart of Mary (IHM) annual Christmas concert support the HEFC. The 2022 concert raised the extraordinary amount of \$14,200 mostly through freewill offerings, but also including \$3,500 raised by choir member Susan Girguis with her unique hand crocheted angels. Bravo to the IHM choir and to the Ottawa Catholic School Board Chamber Choir, the Harmonia Choir of Ottawa and the Ottawa Wind Ensemble.

A special shoutout goes to



Kristy Fudakowska, Executive Director Blair Court Community House

Francine Brisebois, IHM choir director. Francine was joint organizer of the original Alta Vista Ecumenical Hymn Sing, when IHM first teamed up with Katherine Carter and St. Timothy's Presbyterian Church. Now Francine heads a dedicated team of volunteers that makes the concert possible. Why does she still do it after 30 years? "It's the joy of music and singing," she says. "It's the chance to share some wonderful Christmas music, and contribute to charity." When the complete ensemble combines- for instance in the Handel's Hallelujah Chorus – "it's like being present at the final game of the Stanley Cup."

What next?

Councillor Carr says the City is working on a poverty reduction and food security strategy but "from my perspective, dependency on food banks will be reduced only when governments at all levels take concrete steps to reduce poverty, including ensuring affordable housing and income supports. In the meantime, I encourage those that are able to support one of your four neighbourhood food banks (Blair Court, Confederation Court, Russell Heights

and the HEFC)."

Adds Kristy at Blair Court: "It takes a community to support a community." A community of helpers is always needed.

The needs of our less fortunate neighbours are serious and urgent. Please consider helping with money or your time. A financial contribution to the OFB to Blair Court is eligible for a tax receipt.

Both the OFB and Blair Court welcome volunteers. At Blair Court volunteer receivers are needed every Tuesday 8:45am -9:30 am. to move and unpack the weekly delivery of pallets from the food bank. They also welcome adult food sorters. Their job is to sort food and assist clients with choice selection. Shifts are 2-3 hours at your convenience. You can also provide food directly to Blair Court. Foods often requested and in demand are: quinoa, barley, tomato paste, coffee, tea, salad dressing, crackers, sugar and

If you are reading this and are warm and well-fed, please help those less fortunate to give them encouragement and hope.

For more information call Kristy Fudakowska at (613) 736-5058





Francine Brisebois organizer of the annual IHM Christmas concert. PHOTO: MANSOLO



Rainyday savings

by Rhonda Turner

e have a very savings-conscience squirrel in our yard. Over the winter it has stashed some of its findings into the corners of our windows. Another time while the garage door was left open for a few minutes some of its treasures were placed on the snowblower. These range from peanuts to crackers and cookies, whatever they have found nearby. So, take a peek around your windows, you may find a cache of goodies waiting for that rainy (or snowy) day.



Why a decline in Canadian real estate prices could be good for sellers

shared by Pina Alessi

he Canadian real estate market is going through an adjustment period, conditions seem to be settling, the frenzy is coming to an end, and Canadian housing markets are returning to equilibrium.

According to the Canadian Real Estate Association (CREA), residential property sales nationwide have tumbled nearly 40 per cent from a year ago, while the benchmark MLS® Home Price Index (HPI) has slumped more than four per cent year-over-year. The national average home price was about \$632,000 in November, down 12 per cent from the same time in the previous year. So, what is happening exactly? First, the Bank of Canada (BoC) has been raising interest rates, tightening mortgage rates. Second, there has been uncertainty in the housing market and the broader economy. Third, many households have exhausted their savings, and inflation has diminished their purchasing power.

Ultimately, the Canadian real estate market is slipping into balanced territory because of the latest developments nationwide. A new REMAX Canadian Housing Market Outlook for 2023 suggests that more than half (55 per cent) of housing markets in Canada will return to balance or even shift into a buyer's market this year. As a result, the national average price is forecast to slide 3.3 per cent in the upcoming year. But while all the talk is that this is advanta-

geous for future homeowners, what about sellers? Is this environment beneficial for sellers?

So, what exactly is a balanced or buyer's market anyway? A balanced market is when the supply of residential properties meets the level of demand. A buyer's market is when there is a greater inventory of homes than the number of buyers.

With prices expected to fall further in 2023 and conditions tilting in favour of buyers, where is the good news for sellers? First, this figure is a national average and may be higher or lower depending on the location. For example, if you are selling your single-family home or townhouse in the Calgary market, the sale price is expected to rise seven per cent in 2023. Meanwhile, if you are listing your home for sale in the Ottawa market, prices are expected to rise four per cent this year. It should be noted that the national downturn or correction may have already peaked.

Second, if you are selling your home, you will also need another place to live once the transaction is completed. Therefore, if you take the equity and purchase another residence, you will not have to endure the frenzy and panic of a seller's market.

Finally, a balanced market does not mean you will need to give away your home. But you might need to employ a few measures to attract buyers such as being sure your home is in tip top shape. Curb appeal is important and removing clutter will be beneficial. Depending on market conditions adding incentives can attract buy-

Remember, there is still demand for housing. Immigration levels are growing, interest rates are expected to stabilize, home buying is expected to pick up again.

Article submitted by Pina Alessi, Real Estate Broker, RE/MAX Affiliates Realty Ltd., Brokerage.613-762-6670, 613-370-2615. This is an extract of the REMAX Canadian Housing Market Outlook for 2023.



New Federal Housing Initiatives to Watch for in 2023

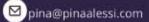
Whether buying or selling, it should be about the services you need! Knowledge is power, it is important to stay up to date about the governing bodies, provincially and federally.

To address Canada's current housing crisis, the federal government introduced new housing policies and measures that have come into force or will in 2023. It's about to get a bit easier for people who don't already own property to buy a home in Canada as the federal government prepares to launch a brand new Tax-Free First Home Savings Account (FHSA) plan Coming into force: April 1, 2023.

The Tax-Free First Home Savings Account (FHSA) is designed to give first-time home buyers the ability to save \$40,000 on a tax-free basis with an annual contribution limit of \$8,000. The government is working with financial institutions to have the infrastructure in place for individuals to be able to open an FHSA and start contributing at some point in 2023.

Chartered Professional Accountants of Canada says Canadians can begin contributing to the FHSA in 2023 even though the rules don't come into effect until April 1, 2023.

> Have more questions? Let's chat. Call, text or e-mail me.





www.pinaalessi.com

COMPUTER TIPS & TRICKS

by Malcolm and John Harding of Сотри-Ноте

f course, we are fully aware of the fact that the vast majority of our readers are utterly meticulous about the organization of their email. They methodically file messages into folders that they have created and diligently delete outof-date mail daily. Their Inboxes are sparse and efficient, with only current and important messages. This column is for only those rare individuals who occasionally fall behind in their email maintenance chores.

We often get calls for help from people who are warned that their email account is getting close to the capacity allowed by the email provider. Some providers offer additional capacity for a fee, but others simply insist you make room in your account, or you will no longer be able to send or receive.

Email providers vary somewhat in their approaches, but Gmail is a typical example. You will receive a message alerting you when you have reached 70% of your capacity and advising you to act soon - remove some content or buy extra space.

Email housekeeping



dire jeopardy. Consider the length of time you have used your Google account and in all of that time you have filled only 70%. That likely means considerable time will pass before you'll be nearing a more critical stage. Your Google account allows 15 gigabytes (GB), of which 70% is 10.5 GB. This means you still have 4.5 GB of unused storage. If an average attached photograph is 5 megabytes First realize you are not yet in (MB), for example, you could re-

ceive nearly 900 more photos before reaching your capacity, even if you didn't download them. It's time for action, but not panic mode. The following facts and suggestions will help:

- •Email messages are usually extremely tiny files. What consumes significant storage space is usually attachments, which take up much more space. When considering what to delete or download, remember videos are usually the largest attachment files, followed by photos and then documents.
- •If you have received a file attached to a message and have

downloaded that file, it's now stored on your computer's hard disk and would not be permanently lost if the message and attachment were deleted. (This refers only to the attachment and not the accompanying message which would, in fact, be lost if deleted.)

- •Sent messages are also taking up storage space.
- •If you receive a message and forward it, it's now taking up that amount of space twice once as a received message, and again as a sent item. Thus, a message with a 5-MB attachment that you receive and forward, is actually taking up 10MB of storage space.
- •Don't forget that a message you deleted is simply moved to the Trash folder and continues to occupy storage space until the Trash folder is emptied.

In the specific case of Gmail, remember it's only one component of your Google account, and items saved also in Google Photos and Google Docs are part of your 15 GB allotment. You can check your account overall at one.google.com/storage

A tidy Inbox is a happy Inbox.

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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Riverview Park Review

SECTION TWO

APRIL 2023 A Voice of Riverview Park MAY 2023

When your Cubmaster is an RCMP officer you can't help but succeed.





Facts of the fifties for Riverview Park

Re-told from pp 14, 15, Riverview Park Review, April 2017,

1950

(January 1) Some 14,605 acres of the Township of Gloucester were annexed by the City of Ottawa. This included Overbrook, Hurdman's Bridge, Billings Bridge, Ellwood, Hog's Back, Manor Park, Rideau Park, Hawthorne and the developing communities of Riverview and Alta Vista. [Gloucester Historical Society-A historical timeline for the Township of Gloucester by Glenn Clark]

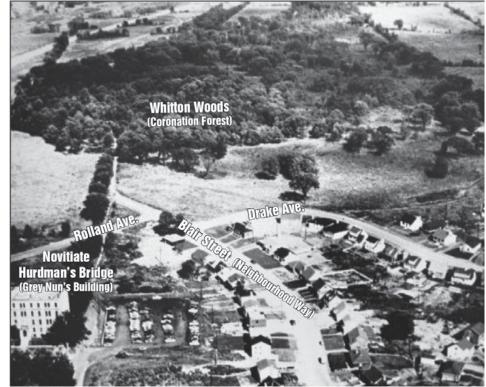
1950- On June 12, 1950 Mayor Bourque announced that "the last hurdle in the way of commencement" for the building project in Gloucester had been surmounted. He said that the Grey Nuns of the Cross had made a verbal agreement to sell the site for \$500 an acre. [Ottawa Journal, 12 June 1950.]

On July 14, Mayor E. A. Bourque made an announcement: "The City of Ottawa has signed an agreement with the Grey Nuns of the Cross for an option of 333 Hurdman's Bridge acres for the development of a 1,200-home housing scheme . . . I hope a start on the badly-needed

homes can be made by early Fall." He went on to say that while the City had secured the option, the actual purchase of the property would be made by the Federal and Provincial Governments, in partnership. [Ottawa Journal, 14 July 1950.]

1949-1961

There were spies in Riverview Park. The Communications Security Establishment, the Communications or Signals branch of the National Research Council (CBNRC), moved into the former Novitiate Hurdman's Bridge (Grey Nuns of the Cross Convent) in December 1949. It was called the Rideau Annex and was surrounded by a high fence. The Establishment expanded during the Cold War and was used until 1961. When the CBNRC required larger quarters for their signals intelligence (SIGINT), they moved to the Sir Leonard Tilley Building at the corner of Riverside Drive and Heron Road in November 1961. [Mark Kristmanson, Plateaus of Freedom: Nationality, Culture and State Security in Canada, 1940-1960, (Toronto: Oxford University Press, 2003)] [Riverview Park Re*view*, April 2017, p. 14]



An aerial view of Riverview Park in its early days with the Grey Nuns of the Cross building on the left edge. PHOTO FROM THE PAUL WALSH COLLECTION

1951

Sale of the individual lots in Riverview Park commenced September 10, 1951. With a few exceptions, lots were sold at \$250 each regardless of size or location, limited to one per buyer, and were sold on a first-come, first-served basis. [Ottawa Journal, 11 December, 1951.]

By December, 98 of 130 were sold. Riverview Park was developed in four parts, over a number of years. Part 1 was north of Alta Vista; Part 2 was west of Coronation Woods; Part 3 was east of the woods and Part 4 was developed by Robert Campeau.

Churchill Drive was renamed Alta Vista Drive because of name duplication after the City of Ottawa annexed a portion of Gloucester Township. [Gloucester Historical Society, Vol. 16. No.4. 2015]

1952

The first meeting of the Riverview Park Property Owners Association was held on 17 November 1952 [Orrin Clayton, A History of Riverview Park, 2007]

1953

"After the pioneers had broken ground," demands for lots accelerated. When the final portion of lots went on sale in 1956, the stampede of prospective lot owners reached land-rush proportions."... "It appears that land was released for development in three stages by C.M.H.C." [Ottawa Journal, 21 October, 1961]

OTC started a new bus line to serve the growing residential area.





Novitiate Hurdman's Bridge (Grey Nun's of the Cross Convent).

SOURCE: ARCHIVES DES SOEURS DE LA CHARITÉ D' OTTAWA

[Ottawa Journal, 27 November, 1953]

Riverview Park Skating Rink was approved by City Council for Riverview Public School grounds, to be maintained by the Riverview Park Property Owners. [Ottawa Journal, 22 December, 1953]

1954

Immaculate Heart of Mary Church was built at 1758 Alta Vista Drive.

Charles Rock Lamoureux, Gentleman Usher of the Black Rod (1947-1970) bought his family a new home that was being built on Dorion Avenue next to where the Alta Vista Shopping Centre would be completed two years later. This home remains in the family.

1955

Riverview Park Public School was CONTINUED ON PAGE 27





Riverview Public School was built at 260 Knox Crescent. The gym was added later. PHOTO: MANSOLO

CONTINUED FROM PAGE 26

built at 260 Knox Crescent.

The new Hurdman's Bridge opened on December 19th. [Plaque attached to bridge.]

1956

The seven apartment buildings at Alta Vista and Dorion were completed in August. Each building had six units. It was a development headed by members of the family of Reuben Palef. (1913-1990). The Palefs were prominent produce dealers in the Market. They had purchased the land, about two acres, from Central Mortgage and Housing.

The Alta Vista Shopping Centre, on the northeast corner of Dorion Avenue, opened on April 11. It had 12 stores and a service station. It was anchored by Sam and Reuben Palef's *Clover Farm Food Market*. [Ottawa Journal, 11 April 1956.]

The official blessing of Don Bosco (French School) took place on November 18th. It was located at 1577 Drake Avenue. In 1961, Don Bosco changed its name to De-la-Nativité.



Balena Avenue in the late 1950s. PHOTO SHARED BY CECIL FIETZ.

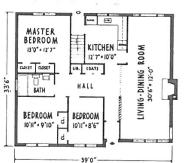
The school closed in 1980. [Ottawa Catholic School Board]

1957

The Palef family built and then opened a warehouse on Industrial Avenue in September. Its 54,000 feet provided storage for the produce of their *Ottawa Fruit Company* and served also as a distribution centre, with eight loading docks. It also had the latest in refrigeration facilities.

Robert Campeau began selling homes in Part 4 of Riverview Park. There were a number of models, each with its own letter and num-





Robert Campeau began selling homes in Part 4 of Riverview Park in 1957.

ber. Model homes to view were in Elmvale Acres.

Robert Campeau set up a wooden structure on Shelley Avenue and posted a night watchman to keep an eye on the houses being built. There was a huge spotlight but no streetlights as yet.

Robert Campeau was pressing for a Smyth Road Bridge, not that it would simplify his task of selling homes, he noted, but because the city had repeatedly given assurance that the Smyth Road span would be given top priority. [Ottawa Journal, 27th May, 1957]

1958

Ron Lawruk was posted to the NRC's facility in the former Rideau Military Hospital. "It was an old stone building surrounded by a high chain-link fence located next to a small shopping centre... Security was very tight." [Ron Lawruk, Out of the Shadows: The Life of a CSE Canadian Intelligence Officer]

1959

Mrs. Orville Kerr (Yvonne Coté), of the Riverview Park Community Association, organized and chaired a committee whose purpose was to open clinics to inoculate residents against polio. The first clinic was held in the hall of the Immaculate Heart of Mary Church on Alta Vista Drive. The clinics were sponsored by the RPCA as a neighborhood project. [Ottawa Journal, 16 April 1959]

Residents of Riverview Park opposed the apartments on Coronation Ave. [Ottawa Journal, 10 June 1959]



The early days of Riverview Park from a kid's perspective

by Peter Bishop

y family moved in to Riverview Park, February of 1953. That's pretty much 70 years ago. We moved onto Abbey Road. There was my Mom, Marjorie Bishop, Dad, Ted Bishop and my two sisters Jane age 5 and Susan age 2. My brother Bill came along in Oct 1954 and the best was last ME- Peter, July 1956.

Our house was just across from the 7 red brick 6-unit apartments on the corner of Dorion and Alta Vista Drive. There were lots of kids on our street and we played in Dale Park and along the old rail line and also on the other side of the tracks where there was an old farm house, with the most beautiful grey barn, owned by Ottawa University I believe. The main feature was, without a doubt, the beautiful duck pond with an island in the middle and a hand made wooden bridge. We would feed the ducks for hours there.

In the winter we would skate and play hockey at the Ottawa U High School rink at what is now called Lycée Claudel School. We would spent hours there freezing and certainly had the old itchy wool sweaters, either Montreal or the Maple Leafs, my bother Bill and the Shaw boys, Sharkey boys, Chas Cross, Hronowski boys, Galls and Greens also the Lamoureux boys, and Tom Donner and the LaDelphas and not to forget Putt, Putt Poirier, to name a few. Never had so much fun in our lives.

We would also hang out at the end of Abbey Road, where there was a creek, with round rocks and the creek crossed Alta Vista Drive and went under the church parking lot and meandered towards the rail line, where it went under the tracks in the dark, 'kinda scary' tunnel. The group was called the Raiders. (Be afraid- we were scary I assure you.)

Around the corner were some older kids, I remember Pierre and Claude Boucher who were cool Ottawa U guys, who each had a scooter, one red and white, the other, blue and white. These guys were sooo cool. Dark slim fitting suits and dressed for serious learning, they used to babysit us.

We used to gather the Raiders and go to a small hill in the mid-



Marjorie and Ted Bishop moved into their Abbey Road home in February 1953. Ted Bishop was a Spitfire Pilot in World War II with the RCAF-Special Reserve.

dle of Dale Park and dressed in dad's old shirts made into capes. We would summon up the Maloff Brothers and friends from Dale Avenue to do battle. All was fun until some stones were thrown and things got a tad dangerous and were straightened out by the dads intervening. All good fun.

The Alta Vista Shopping Centre was opened just in time for supply of diapers needed in 1956. There was an IGA, Dempsey's Foodliner etc over the years, Spic and Span Cleaners, Ritchie Hardware, Williams Drug Store and Gift Shop, Lynhurst Restaurant, hairdressers. bank- run by good old Mr. Kelly (the best banker ever). Gus Mac-Donald owned the Garage and later our beloved, Danny Dear. I used to go into the drug store often before going back to Riverview after lunch and buy two five- cent chocolate bars for my sweet hearts. They changed over time but one was Debbie Furness and another Wendy Thomson (without a P). Those were fun days. Good mem-

There was our principal, Mr. Smith, at Riverview Public School, teachers Miss Early, Mr. Morrison, Miss Merkley, Miss McGregor....on and on. Good old Mr. Smith would want to talk to us so we would line

up out in the school yard. And he would always start, with "Now Kiddies." He was a fine man that Mr. Lawrence Andrew Smith.

We used to slide down the hill next to where Shoppers is today. That land, now a parking lot, was a hill. Wow did we have fun there, also at the old Grey Nuns building that we called "The Research". It was a good place to play when we could sneak in. We were normally with the bigger guys, and sometimes a cop or two would scout the place so we would be really quiet and hide away until they left. Whew- such adventure.

My parents Marjorie Lyon Bishop and Ted Bishop were very busy during the early years with four children. My Father the former Spitfire pilot and my Mother the dancing teacher, who taught 400 kids a week and made it look effortless. She was always calm and cool about everything. Nothing seemed a problem, they just got on with life.

My Mom opened her dance school in 1937 at age 17 after being caught entertaining at an event, during the day and her principal from High School of Commerce (connected to the Old Glebe High School). He pulled my Mother aside and they discussed what

she wanted to really do, and she said – open my own dance school. He said well Margie (that's what he called her) go and do it then, so she did. She ended up owning the largest school in Ottawa, and taught the likes of Adrienne Poy and her brother, Dr. Neville Poy, -Yes Adrienne Clarkson, from *Take* 30 and also our former governor general. My Mom always told the story of having the biggest school in Ottawa by age 21- which she accomplished along with a black Buick convertible with red leather seats. Oh also a fur coat (a big deal in the 1940's). My Moms favourite person that she put on Christmas shows for was Cecil Morrison, who owned Morrison Lamothe Bakery. She just loved sending her students there to perform. Also she did many Orpheus Productions as choreographer, i.e.- The Red Shoes, Annie Get Your Gun and Mame....

My Father was with the RCAF, and designated as Special Reserve, and was awarded the Croix de Guerre by the French Government. After the war he worked for a beer company, his area being all the bars and hotels in Ottawa and the Québec side, like the Alexandria hotel in Ottawa, the Chaudiere club, The Glenn Lea on the



Marjorie Bishop opened her own dance school at age 17. It became the largest of its kind in Ottawa. PHOTOS COURTESY OF PETER BISHOP.

Quebec side. Then he joined the Dept. of Defense Production and worked there until he passed away in 1970.

The first meeting of the RPCA was next door to our house on the corner lot facing Alta Vista Drive. Dr. Paul LaDelpha was in charge of the meeting and a party, to which my father was in charge of balloons and ice-cream for the group.

I remember my friends telling me how cool my Mom was, teaching them tap dancing in the kitchen and driving around in her burgundy 1968 Buick Wildcat convertible. How my Mom did all that



Peter Bishop in front of his home on Abbey Road. PHOTO: MANSOLO

and choreograph the half time shows at Lansdowne Park for all

don't know.

the Ottawa Rough Rider games, I cranny of Riverview Park has a

memory for me. Some are worthy Looking back, every nook and of a childish laugh of what we got away with.



Caverley Street in the 1950s

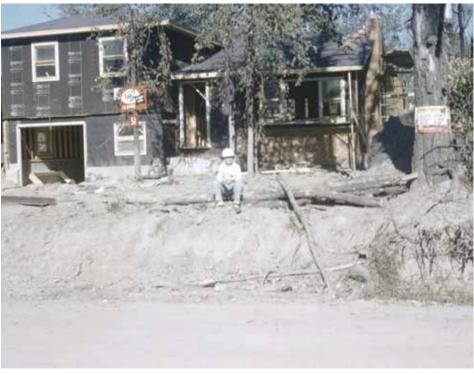
by Dianne Hoddinott

y family recalls that in early 1957 my father, Lequipped with a military-issue down-filled sleeping bag, slept in a line overnight in hopes of purchasing a lot in Riverview Park. My parents had recently moved from Goose Bay, NL and purchased a bungalow in Faircrest Heights but were anxious for the opportunity to build their dream home. Once at the front of the line, Dad was offered the choice of 2 lots, one on Mimosa and one on Caverley Street. He chose Caverley and paid \$1,500.

The plans for the home were drawn up by my uncle, an engineer from Massachusetts, and approved by Central Mortgage and Housing in June 1957. Documents show that a mortgage was then granted in July for \$13,056 at 6% interest rate.

Construction at that time was extremely swift, as the contract stipulated the home had to be completed in four months. Dad assisted the builder with some of the construction and continued on the family theme, all of the plumbing and heating was completed by my grandfather, who owned a plumbing company in Oshawa. This explains why the home has one of the few boilers in the neighbourhood and no heating ducts. The house was finished in October 1957 and my parents, brother, sister, and cousin moved in. I arrived a little later.

Caverley Street soon had 27



August 1957: Joan Hoddinott (Parks) sitting in front of her parent's almost completed house. ALL PHOTOS COURTESY OF THE HODDINOTT FAMILY

With that many children eve-

nings and weekends were busy on

the street. In summer, the lamp-

post between my house and the

neighbours was the home base

for many an evening of hide and

seek. Kids would just show up,

and play the game until the lamp

lit, the universal signal (for most)

that it was time to go home. Or

a few kids would show up with

new homes and by all accounts, the families were all moved in by 1958. The street was filled with families whose fathers held a variety of occupations, mainly government, private industry, and business owners. Very few of the mothers worked outside the home, and if they did, it was usually part-time.

One of my old neighbours recalls that in the early 1960s, there were 82 school-age children on the street! Everyone walked to school every morning, returned home at lunch, then walked back for the afternoon session. If you lived at the bottom of the street you would pick up your friends on the way, stopping at each house, ringing the back doorbells, collecting your friends, and moving on

road hockey would break out.

Winter activities included skating at Balena Park, sneaking onto the speed skating rink after hours, or building snow forts in the massive snow banks. There were always adventures to be had exploring the fields and woods at Balena and Mimosa, or the farm at Coronation and Russell Road.

I moved back to the family house on Caverley in 2009 after my mother moved to Alta Vista Manor. There's only one of the original neighbours left on the street, most of the others moved in 10 to 20 years ago and raised their families.

The street remains close-knit, with pre-Covid, an annual July I potluck dinner and a Christmas party.

At last count, there are now only 13 school-age kids on the street but they have kept up the tradition of playing outside. Most summer nights you can hear a game of street hockey being played at one end, and the sound of a basketball being dribbled at the other. The original Caverley Street kids would be proud of the continuation of their tradition.



Some Caverley Street kids are in the Hoddinott back yard. Dianne Hoddinott is pictured front row right.

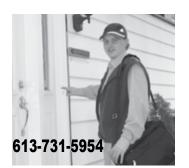


A young Don Hoddinott enjoying his snow fort in front of the newly-completed Hoddinott home.

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Malcolm and John Harding

Balena's beginnings

by Carole Moult

t was the spring of 1958 when Cecil and Edith Fietz first heard about the National Capital Commission selling off empty lots that had been turned in because people couldn't get the mortgage for a house in Riverview Park. Their Saturday night bridge partners, Bob and Shirley Gavin of Bloor Avenue, suggested they look into the sale of the nearby building lots. Both men were working at the relatively new Royal Canadian Mounted Police (RCMP) headquarters of the day, located at 1200 Alta Vista Drive.

Cecil Fietz called twice. The first time he believes it was a Mrs. Baker he spoke to about having his name added to the list for a Balena Avenue lot. A few weeks later he called again. There were about 300 names on the waiting list.

"You must really want a lot badly," noted a Mr. Mortimer at the other end of the telephone line, "because I saw your name on the list two times."

The cost of a Balena Avenue lot was \$250. You needed a deposit of \$1,000 for local improvements such as sidewalks and streetlights. Moreover, you had to pay the \$1,250 in just 24 hours. Cecil and Edith Fietz got the money.

"Our mortgage on our house couldn't be more than 25% of our gross salary," Mr. Fietz said recently. "Within six months the concrete and wood had to be showing.

"Riverview Park was a planned community where each lot was assigned the type of house to be built on it. Ours was to be a 1-1/2 storey house and the placement of it had to conform with the street. The cost ended up to be close to \$14,000."



Pictured here, Cecil Fietz answers a knock at the same front door as he has done for 65 years.

new home before August 20, 1958, because, remembers Mr. Fietz, "that was my wife's birthday."

At the time they had been renting an apartment in a house in Elmvale Acres. "My wife, a nurse at the Civic Hospital, took the car to work. I got a ride to RCMP headquarters with others. There were no buses out here. There were only dirt roads, no pavement, nothing. We were out in the country. Those were the Charlotte Whitton days," he added.

The three Fietz children were born and raised on Balena Avenue and went to local schools: Riverview, Vincent Massey and Hillcrest. When his two sons, Alan and Evan became of an age when they could attend cubs, Mr. Fietz was encouraged by local resident, Malcolm Brooks, to become a Cubmaster of the 31st, B cub pack at Riverview School. This he did



Cecil and Edith Fietz had their Balena Avenue home built in 1958 when the lots were \$250. PHOTOS BY MANSOLO

"It was a really good experience," he said as he told about how their cub's hockey team practiced at the Balena rink, played there against other teams and likewise played games at other rinks as well. The Fietz' daughter, Laura, attended both Brownies and Girl Guides also at Riverview Public

Over the years, Mr. Fietz had occasion to be a patient at another local landmark, the National Defense Medical Centre (NDMC) at 1745 Alta Vista Drive. "NDMC was a hospital par excellence where both the RCMP and armed forces were treated. They had some of the best surgeons in the country," Mr. Fietz noted when remembering the excellent care he received at the nearby military hospital.

Many changes were to come to this area over the next 65 years. On October 5, 2011, the RCMP relocated its national headquarters from 1200 Alta Vista Drive to 73 Leikin Drive while the former RCMP headquarters, originally built as a seminary, currently has hood in which to live!

the address of 1200 Vanier Park-

The NDMC that opened in 1961 was closed in the 1990s due to budget cutbacks in National Defense and Veterans' Affairs Canada and today, the Canadian Forces Health Service Centre Ottawa is on the Montfort Campus. Various other departments are now located at 1745 Alta Vista Drive.

Cecil Fietz retired in 1986 from the RCMP as an Inspector and now age 93 has more time to do his amazing woodworking in the basement of the home he had built in our community's early days.

"We got a house to raise our children in, in a nice community, with close proximity to everywhere. I am blessed to be in my own home," he summarized his time in Riverview Park recently.

And although, as many of you will note, Balena Avenue still does not have the sidewalks possibly paid for as a local improvement fee 65 years ago, you would probably agree with Mr. Fietz that this is indeed a wonderful neighbour-







Charles-Roch Lamoureux, Gentleman Usher of the Black Rod, greeted Queen Elizabeth II on October 14, 1957, with Prince Phillip looking on. That opening of the Twenty-Third Parliament was an occasion of unprecedented significance for Canadians. Her Majesty Queen Elizabeth II, accompanied by His Royal Highness the Prince Philip, read the Speech from the Throne and thus became the first Sovereign to inaugurate in person a session of Parliament as Head of State of Canada. PHOTO SUBMITTED BY THE LAMOUREUX FAMILY

A man of exception

by Carole Moult

\rom 1947 until 1970, Charles-Roch Lamoureux was the Gentleman Usher of the Black Rod in Canada's Parliament. From 1954 until his death in 2000, Mr. Lamoureux lived in our neighbourhood and was not only a gentleman in every sense of the word but an important part of our community's early beginnings.

The Gentleman Usher of the Black Rod is best known as the person who summons the members of the House of Commons to appear before the Governor General in the Senate for the opening and closing of Parliament and for the giving of royal assent to bills. He is a Senate official and his duties include management of the senate protective service, messenger service and char staffs and the issuing of invitations for openings of Parliament. The name Usher of the Black Rod comes from the ebony cane that Black Rod carries as a symbol of authority. Under a 600-year-old parliamentary tradition, the Black Rod is the personal attendant and messenger of the Sovereign or the Sovereign's

Parliament.

Charles-Roch Lamoureux took on the role of Gentleman Usher in 1947 after a notable service in the military. In November 1945 he received a well-deserved Distinguished Service Order (DSO) for an event that happened just three days before the fighting ended in World War II and in the last major battle his Régiment de la Chaudière, fought.

Lamoureux read as follows: On April 24, 1945, he particularly distinguished himself at Hemmrich, near Bunde, Germany. The battalion was attacking an important crossroads, well defended by a stubborn enemy trying to delay the advance. Major Lamoureux was leading the advance with his company. The enemy suddenly opened fire with an intense concentration from all types of weapons. The intensity of the fire forced the company to take cover.

"After a few minutes, this company commander realized that the attack was in danger of bogging down. Taking immediate action he stood up on the shell-swept

representative when either is in road and rallied his company, encouraging his men on, and taking the lead, personally led a gallant charge, being wounded but nevertheless carrying on. He finally reached the enemy position where he fell severely wounded a second time. Inspired by this gallant display of leadership, his men charged on and cleaned out the position, routing the enemy.

"It was due to the superb and gallant display of high devotion to reux, his personal bravery, utter contempt of danger, utmost gallantry, that the position was taken, allowing other companies to go through and capture a sizeable portion of enemy territory."

That Charles-Roch Lamoureux survived the war was truly amazing. Known as "Rocky" to his fellow officers of the Régiment de la Chaudière, a piece of shrapnel had pieced his brain, initially leaving him with his right side paralyzed. Rushed by plane to the Canadian Army hospital at Basingstoke, England, a six hour operation removed part of his skull and extracted the shrapnel.

In June, he was repatriated

to Canada on the hospital ship, "Lady Rodney" and immediately taken to the Queen Mary Road Military Hospital in Montreal for a second surgery. A metal plate replaced the piece of his skull which had been removed and while a patient he was informed he had been awarded the DSO.

The following January he left the hospital, returning daily as an out-patient until September 1946. In October he was permit-The citation for Charles-Roch duty on the part of Major Lamou- ted to go back to Crédit Foncier Franco-Canadien his work place in Montreal prior to joining the

> On January 13, 1947 Charles-Roch Lamoureux received a telephone call from the Prime Minister's office noting that William Lyon MacKenzie King would like to see him in Ottawa the following day. It was during the interview that Mr. King informed him that he was being considered for the post of Gentleman Usher of the Black Rod. Ironically, it was while he was on the train returning to Montreal on January 15, that he read in a newspaper of his appointment to the position.

CONTINUED ON PAGE 33

The Lamoureux family

by Carole Moult

hen Charles-Roch Lamoureux bought his new house on Dorion Avenue he had been Gentleman Usher of the Black Rod of the Parliament of Canada for seven years. William Lyon MacKenzie King had appointed him in1947 and Mr. Lamoureux was to hold that position until he retired in 1970.

Today his middle son, Jean Lamoureux, owns the family home where he grew up and enjoyed the early days of Riverview Park with his older and younger brothers Pierre and Jacques.

The first Ottawa home of the Lamoureux family was on Crestview Road in Alta Vista. To get there and back from Parliament Hill Charles-Roch Lamoureux traveled down the unpaved Alta Vista Drive daily and it was on these trips that he noticed the yellow brick and stone house being built next to the Alta Vista Shopping Centre, also under construction.

The Crestview Road home was becoming much too small for a family with three growing boys, and Mr. Lamoureux was so obviously impressed with the Dorion Avenue building in progress that he decided to stop one day and ask a few questions.

"My dad made an inquiry," said Jean Lamoureux recently. "It was in 1954 and the man he spoke to was having the house custom built." And not only were his father's questions answered but he was given a tour of the yet to be completed bungalow.

"He needed a bungalow," added his son, Jean, "because he had been injured in the Second World War and his right leg was paralyzed."

Charles-Roch Lamoureux was not originally from Ottawa. His parents came from Sorel, Quebec,



The Lamoureux family from left to right: Jean, Jeannine Lamoureux, Pierre, Charles-Roch Lamoureux and Jacques in their Dorion Avenue home.

PHOTO SHARED BY THE LAMOUREUX FAMILY

later moving to Montreal. It was when he lived in Montreal as a young man, both before and after the war, that he first took a job with Crédit Foncier Franco-Canadien.

After World War II broke out in 1939, just as over one million Canadians and Newfoundlanders did, Charles-Roch Lamoureux joined the war effort signing on in 1941 with Régiment de la Chaudière, a French Canadian regiment from the province of Quebec.

Jean Lamoureux summarized his father's military career, "My father was a liaison officer in the Régiment de la Chaudière and held the rank of lieutenant-major. He did come ashore in Normandy on D-Day, and did the campaigns of France, the Netherlands and then into Germany. He was critically injured in April 1945 in Germany just before the end of the war when an enemy aerial shell exploded and shrapnel pieces pen-

etrated his brain. The operation to save his life lasted many hours, but the injury left him permanently paralyzed in the right leg."

Mr. Lamoureux's wife Jeannine, whose maiden name was Blain, grew up in a well to do family of 10 children in Montreal. During the war, Mrs. Lamoureux, like thousands of other young women in Canada, played a key role in the war effort by replacing the men who were serving in the military overseas. She went to work at Crédit Foncier Franco-canadien where she met Mr. Lamoureux when he returned to work there after the war. Although hesitant in the English language, she eagerly followed her husband to Ottawa after their wedding in May 1947.

In addition to managing full made good friends, was entime the family household, she ly active with Legion Branactively participated in various Trafalgar House, and in 1956 was President of Instructions, particularly the annual 1956 was President of Instructions. An avid card nadien-français d'Ottawa.

player, she also enjoyed numerous fishing and picnic expeditions with the entire family.

Life in early Riverview Park was filled with plenty of wide open spaces in which to bike and play however the family also took studies very seriously. Mr. Lamoureux had heard about the excellent reputation of École Garneau in Sandy Hill and decided that this was the school where his sons would attend for their elementary education.

Each morning on the way to Parliament Hill for work he would drive the three to the Cumberland Street school and at the end of the day a taxi would bring them back home to Dorion Avenue.

Fortunately for the family, Ottawa University High School (later to become Lycée Claudel on Old Riverside Drive) was much closer for secondary schooling and the three Lamoureux boys could easily walk there. Jean Lamoureux remembers the students had to flood the rink for hockey plus they also belonged to the soccer club. He still has his year books from those high school days.

French-speaking families at the time had been holding their Sunday mass in a neighbourhood school. Administrators of the local parish, founded in 1959, wanted to have their own church.

"My dad and three or four other gentlemen were the founding members of Nativité-de-Notre-Seigneur-Jésus-Christ at 355 Acton," said Jean Lamoureux about the family's involvement in La Nativité. In 1961, Governor General Georges Vanier and his wife Madame Pauline Vanier were at the official opening.

Charles-Roch Lamoureux lead a very active life in his 46 years as a Riverview Park resident. He made good friends, was extremely active with Legion Branch 16 at Trafalgar House, and in 1955 and 1956 was President of Institut canadien-français d'Ottawa.

CONTINUED FROM PAGE 32

Charles-Roch Lamoureux returned to Ottawa to take up the post for the year's opening of Parliament, January 31, 1947. Newspaper clippings, including from The Globe and Mail, Saturday, February 1, note that unfortunately 'the Acting Gentleman Usher of the Black Rod officiated at the first opening of the House of Commons that year when the dress suit of the Gentleman Usher of the Black Rod failed to arrive in time.' The Montreal Standard, March 29, 1947 similarly reported this unfortunate event as part of their newspaper series, Man of the Week. Their article was titled, 'Gentleman Usher, Major C.R. Lamoureux'.

Throughout the story *The Montreal Standard* described Major Lamoureux as an exceptional person. Much of that story is included in the article for this paper.

Over the following decades Charles-Roch Lamoureux continued to lead a most remarkable life here in Canada's capital.

In 1955 and 1956 he was President of Institut canadien-français d'Ottawa and in the late 1950s here in Riverview Park became

one of the founding members of the parish church, Nativité- de-Notre-Scigneur-Jésus-Christ.

In the early 1950s Major Lamoureux joined the Trafalgar Branch No.16 of the Royal Canadian Legion, and in the 1960s, he was not only a Life Member but became branch President for two years. As President, during one of the Branch's most crucial times, Major Lamoureux helped spearhead their relocation to their new and necessary quarters at 110 Argyle Avenue. Governor General Georges Vanier officially opened Trafalgar House on Sunday after

noon, September 25, 1966 with both *The Ottawa Citizen* and *The Ottawa Journal* reporting the successful event.

Charles-Roch Lamoureux was an incredible individual. What he accomplished for his country, his city and community would be unparalleled.

Those who knew him would have used the words honourable, courageous and well respected to describe this gentleman. For those of us who have only read about Charles-Roch Lamoureux, we would have to agree that this was indeed so.

Oakpark's Oscars!

by Josh Dubovie

s we left the 'Season to be jolly' in our fond memories and sprang forward into spring, one theme became apparent while reflecting over the past few months here at Oakpark – 'celebration!'

While residents have enjoyed the reliable and convenient ecosystem that Oakpark provides inside, it's also nice to participate in events that are happening outside of our bubble. That said, Oakpark recreated their very first annual Oscar Awards Celebration to compliment the famous TV awards that were also airing that weekend across the world. Residents were nominated for categories including; Most Adventurous, Best Walker, Funniest Jokes, Most Positive, Best Librarian and many more. We transformed our main lounge into a classy Oscar awards ceremony and asked that residents wear their finest clothes - and they did not disappoint! We had trophies and certificates, and each winner walked up the aisle to claim their well-deserved prize!

This was all part of Oakpark's 'Spirit Week' - a week dedicated for residents and staff to up their spirits and boost morale. We had a Sports Day featuring a staff vs residents 10 pin bowl-off, Crazy Hair Day, Fun Hat Day and even a Mad Hatter style tea party.

The theme of celebration has been so important here at Oakpark because it serves as a great reminder that whatever comes our way, there is always an opportunity to celebrate what we have and how far we've come. In its nearly 15 years of existence, Oakpark has proven to be a staple in the Alta Vista community. With concerts, day trips, open house events, brain training programs, art classes and a whole plethora of other activities, the residents feel engaged and activated.

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

To become part of our fun and wholesome community, please reach out to us at:
613.260.7144 or jdubovie@riverstoneretirement.ca





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Tai Chi back after the pandemic







Oscar celebrations

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APRIL-MAY 2023

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- Monday and Wednesday: 10 AM to 6 PM
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- Saturday: 10 AM to 5 PM
- **CLOSED** Friday, April 7 Good Friday, Sunday, April 9 - Easter Sunday, Monday, April 10 – Easter Monday
- CLOSED Monday, May 22 -Victoria 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.
- 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.

■ 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 & Teen Mass Market Paperbacks - \$1.00
- Adult & Teen Soft Cover Books - \$2.00
- Adult & Teen Hard Cover Books - \$3.00
- CDs & DVDs \$2.00 per disc The price of certain items may be different than shown here. Prices are subject to change.

■ BOARD GAME AND PUZZLE SWAP

The Alta Vista Branch hosts 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 (30 minutes - All ages). No Storytime on Monday, April 10 (Easter Monday), Monday May 1 or Wednesday May 3.

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 (30 minutes – All ages).

Babytime

months).

(Elmvale Acres branch) Stories, rhymes and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program. Wednesday mornings at 11:30 AM (30 minutes - 0 to 18

PD Day Friday Crafternoon

(Elmvale Acres branch) Come join us at our DIY work-

shop and make artistic creations from several kinds of materials available at our branch. Bilingual. Drop-in Program.

Friday, June 2 at 4 PM (60 minutes).

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 PM 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 PM. All are

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

Thursday, May 18, 2023: TBD Thursday, June 15, 2023: Ruth Ware - The Death of Mrs. Westaway

Book Banter

(Alta Vista Branch)

Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month 2 PM – 3 PM. All are welcome. Thursday, April 6, 2023: This is Happiness by Niall Williams Thursday, May 4, 2023: The Spoon Stealer by Lesley Crewe Thursday, June 1, 2023: The Night Portrait by Laura Morelli

Infusions Littéraires

(Succursale Alta Vista) Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.

Le lundi 17 avril 2023: Ma mère avait raison d'Alexandre Jardin Le lundi 15 mai 2023: Les hirondelles de Kaboul de Yasmina Khadra

Le lundi 19 juin 2023: Tiohtia:ke de Michel Jean

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 at 3:30 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.

A valid Library card is required.



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Rideau Park United Church (parking lot)

2203 Alta Vista Drive

Hours



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Saturday 10am to 6pm

9am to 5pm Closed on Sunday.



Foster Family Farm now has a Community Supported Agriculture Program.

Running from July to Thanksgiving, subscribers will receive a box of fresh produce weekly.

For more information visit: www.FosterFamilyFarm.ca/csa/

Snow, snacks and racing sacks

uring one of Ottawa's snowiest winters, the Riverview Park Community Association (RPCA) held its annual winter carnival at Balena Park on Sunday, February 12. Although the snow was very deep on a sunny afternoon, everyone appeared to be having a great time enjoying the snacks, hot chocolate, apple cider, great skating rink, games and toasting marshmallows around a blazing campfire.

Many added funny faces to pose for photo ops and even some dogs had pairs of extra ears added to join in the festivities.

A sincere thank you to all the volunteers who turned out to help make the afternoon the success that it was. Sincere appreciation is given to Doug Woodburn who loaned us real burlap bags for an old-fashioned potato sack race, plus Agent Signs and Designs who gave us the corriboard for the game signs. PHOTOS BY MANSOLO

















Attention Drivers

Remember to Renew your Licence Plate on your Birthday!

Your vehicle must have a valid licence plate and be insured to drive legally in Ontario.

The licence plate renewal period varies depending on type of vehicle and if you choose to renew for 1 or 2 years.

Renew online at: www.ontario.ca/page/renew-your-licence-plate or visit a Service Ontario location.

When you renew:

- you will no longer receive a sticker
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- law enforcement will be instantly aware your licence plate was renewed

Get free ServiceOntario digital reminders by email, text message, or phone call 60 and 30 days before it's time to renew your licence plate, driver's licence, health card, or Ontario Photo Card.

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

• individuals with a driver's licence class A, B, C, D, E, or F

• individuals aged 70 years and older

Free Tax Clinic Location: 1883 D Bank St.

Saturday, April 15, 2023 Time: 9:30am-1:30pm
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johnfraser.onmpp.ca



THE PLANNING AND DEVELOPMENT UPDATE



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

The Riverview Park Community Association (RPCA) tracks and advocates on planning and development matters in and around the local community, including improving pedestrian and cyclists' networks. The Board also contributes input into the Transportation Master (TMP) slated for completion in 2024, which is intended to guide transportation decisions and networks to 2046.

Proposed high-rise complexes on St. Laurent Blvd.

Several proposed high-rises, to be located along St. Laurent between Smyth Road and Industrial Ave., would see well over 1,000 new units and additional vehicles.

Developments are planned at the following locations:

- •1802-1804 St. Laurent (presently occupied by Tim Hortons and Burger King)
- •1740, 1754 and 1760 St. Laurent (current site of Petro Canada, St. Hubert and 168 Sushi)
- •1971 and 1975 St. Laurent (across from Elmvale Acres)
- •2025 Othello (corner of St. Laurent and Pleasant Park Road)

Councillor Carr hosted public meetings on some of these developments on January 24 and March 21, 2023.

Pedestrian and cycling matters

Efforts were unsuccessful to get the City to clear its portion of the pathway in Cancer Survivors Park approaching Riverside Drive.

Progress is being made to address safety concerns on the Dorion Avenue entrance to Tim Horton's. RPCA board members and residents met with Councillor Carr and a representative from the Alta Vista Shopping Centre ownership to discuss options for improving flow to and from the drive-though and better signage to enhance pedestrian and cyclist safety along Dorion.

Councillor Carr's office shared a 1996 traffic study which stated that the developer was responsible for creating a yellow pedestrian crosswalk for pedestrians at the Dorion entrance to Tim Horton's. A work order has now been submitted for "do not block intersection" signage for this entrance which is expected to go up around June. While City officials indicate there is no budget to paint the yellow crosswalk, Councillor Carr is looking to see whether another option is available to paint the crosswalk.

Design work on the old rail bridge across the Rideau River just south of the Queensway is expected to begin in 2023, with

construction beginning in 2025. The City has indicated that the current bridge, which is used by pedestrians and cyclists, has structural issues that need to be addressed.

Shelter protection for bus passengers at Hurdman Station

To cut expenses, OC Transpo recently announced plans to remove a tarp and scaffolding that currently protect bus passengers from inclement weather.

The scaffolding will stay in place until end of April 2023. Councillors Carr and Menard and others are working on a long-term solution. The RPCA passed and forwarded a motion to City Transportation Commission councillors and OC Transpo management calling for them to "maintain scaffolding/tarp to protect waiting bus passengers at Hurdman Station from inclement weather (rain/ snow) and to find permanent solution to allow protection of bus passengers as they wait."

Trainyards store closings

Nordstrom Rack and Bed Bath and Beyond (which also owns the Buy Buy Baby store) are closing their Canadian operations and will be shutting their stores at Trainyards. No new tenants have been announced yet for these locations or for the former Farm Boy site next to the LCBO. Starbucks in Trainyards has been temporarily closed while it undergoes renovations.

Consultation and public input opportunities

The City started consultation on

a new Zoning By-law; seven discussion papers were posted on the City's Engage Ottawa page on March 6. They have also launched its public engagement efforts for Lansdowne 2.0, for further development and enhancement.

An updated part 1 of the TMP, posted on Engage Ottawa, will be coming before the Transportation Committee in April and Council in May. Public engagement on the Origin Destination Survey results and future travel demand will take place in fall 2023. The RPCA and others will continue to reiterate the removal of future stages of the Alta Vista Transportation Corridor (AVTC) roadwork from the TMP.

To monitor and provide input on these initiative and others, follow the links on the City's Engage Ottawa website: engage.ottawa.ca/

Other developments

Additional information is expected to be available in April on a proposal to construct an office complex at 1867 Alta Vista Drive, across the street from the Canadian Blood Services complex.

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 Kris Nanda at krpp1415@gmail.com. For more information on Riverview Park, please see the RPCA website at www.riverviewparkca.com or email the RPCA at riverviewparkca@gmail.com

A letter to Mayor Sutcliffe, Members of Transportation Committee and Senior OC Transpo staff.

From: the Riverview Park Community Association (RPCA) Re: Providing Adequate Protection for OC Transpo Customers at Hurdman Station.

Good morning.

At the Riverview Park Community Association (RPCA) Board meeting on March 8, 2023, the following motion was passed unanimously asking the City to maintain adequate protection for bus passengers from inclement weather at Hurdman Station. This protection from rain, snow, freezing rain, etc. (and a restoration to standards that existed at Hurdman Station prior to construction

of the LRT where there was a permanent heated shelter) is essential as part of providing adequate services to OC Transpo customers who are already paying high fares.

Failing to provide paying customers with adequate protection from inclement weather at this hub which services thousands of clients each day will only lead to more passengers abandoning the LRT - leading to a further loss of revenue that OC Transpo can ill-afford. Removing this type of weather protection as a shortterm money saving measure is penny wise and pound foolish.

MOTION: The Riverview Park Community Association calls on OC

Transpo and the City of Ottawa to maintain scaffolding/tarp to protect waiting bus passengers at Hurdman Station from inclement weather (rain/snow) and to find a permanent solution to allow protection of bus passengers as they wait. We call for restoration to the standards that existed at Hurdman Station prior to the construction of the LRT when there was a permanent heated shelter.

Thank you for taking these concerns into consideration as you deliberate on OC Transpo spending priorities.

Kris Nanda

Chair, Riverview Park Community Association Planning and Development Committee

In early March Councillor

Marty Carr moved a motion to keep the covered scaffolding at Hurdman Station until the end of April and both Councillor Carr and Council-Ior Shawn Menard have asked City staff to report back with suggested improvements to Hurdman and Tunney's Pasture, including permanent sheltering solutions.

Kris Nanda

RIVERVIEW PARK FIRST-VICE PRESIDENT'S REPORT



RON RIDLEY RPCA First Vice-President

s winter transitions to spring, the RPCA has been doing some transitioning of its own! Heather has done a lot of work to improve our website content and presentation, and Jeff, Heather, Kris, Brandon and I have worked to streamline our membership process. We hope you like the improvements!

The Winter Carnival was a huge success again this year with over 150 people, excellent weather and great ice. Many residents were just happy to get out on a relatively warm, sunny winter day and socialize! The swag, food, drinks and games were all a



hit. Our youngest residents were well entertained with Carole's games and then mesmerized by the campfire and marshmallows. There was a lot of good feedback for next year and many people suggested having more campfires and a similar summer event so we are looking into that for 2023. The next community event will likely be a summer event in Balena Park. Stay tuned for further information. The RPCA is also looking at holding a fall social event at a local establishment.

In light of climate events experienced in 2022, the City is coordinating preparedness events in conjunction with Ottawa Hydro. Work is underway for a joint City/ Hydro presentation on keeping Ottawa Connected on April 20. They will touch on their power outage restoration process, tree trimming program, emergency preparedness, how to use generators safely during prolonged power outages and ways to help residents stay safe and be prepared for the next storm. More information will be available on the RPCA and City websites.

We are continuing work with the City of Ottawa on improving the utilization of the Balena Field House (BFH) for the community. We have had initial meetings with the City, and started tidying up the BFH while we think about future plans.

I would encourage you to get out and enjoy our beautiful neighbourhood. The weather is getting better every day 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, sidewalks, ski trails and connections to larger networks like the city bike paths/Rideau Winter trail so close by.

Lastly, the RPCA is looking for help on two new positions – Social Coordinator and Fundraising Coordinator. If one of these sounds interesting please contact me at president@riverviewparkca.com

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, or come to the next hybrid RPCA Board meeting on April 12.

More winter carnival





PHOTOS: MANSOLO



LIFE AT MAPLEWOOD

TAKE A LOOK...Explore life at Maplewood

Upcoming Maplewood highlights for April to June

APRIL

Daffodil Tea Friday April 7: 2- 3 p.m.

Piano Bar

Thursday April 20: 7-8 p.m.

Building Healthy Habits that Last with Meg Stickl

"all about the knees and hips"
Monday April 24 at 10:30 a.m.

Open House

Saturday April 22: 10 a.m. to 4 p.m.

Maplewood Maplefest

Wednesday April 26: 2-4 p.m.

MAY

Mother's Day Brunch and Mimosas

Sunday May 14: 11:30 a.m. to 2 p.m.

Dancing Our Way Through Spring

Thursday May 25: 7-8 p.m.

Cinco de mayo party

Friday May 5: 3-4 p.m.

JUNE

Wine Tasting & Pairing in Italy

Culinary Experience

Thursday June 15: 5:30-6:30 p.m.

Strawberry Social

Thursday June 29: 2-4:00 p.m.

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

Making memories at Maplewood



Maplewood residents enjoyed a delicious Snow Rose Wine Tasting with a fabulous Provençal-style dinner prepared by our very own general manager, Peter Kocoris. The menu consisted of a bouillabaisse soup, orange and onion salad with balsamic dressing, residents' choice of paillard of chicken breast with ratatouille and roasted potatoes or for the brave, gigot d'agneu herbes de Provence and finally for dessert, pink prosecco poached pear with pound cake.

by Danielle Marcoccia

e did it! We made it to spring! Through this last stretch of winter, our Maplewood activities made sure residents sustained a very active lifestyle not only physically but mentally and socially as well. While being surrounded by friends and experiencing new memories, our residents enjoyed various events and classes; from Zumba to shuffleboard and wine tastings to Maplewood parties. Our residents are always laughing and smiling.



We had a fun Jersey Day to support two of Maplewood's favorite teams as they went against each other in a great Ontario battle. A little friendly competition never hurt!





Maplewood residents sure know how to share the love! We celebrated Valentine's Day with delicious treats and tea during the day and then enjoyed entertainment while sipping on rosé in the evening. We caught some beautiful memories in our photo booth and serenaded each other while singing along to the amazing performance!

DEAR FRAN

Options for the shady garden



FRAN DENNETT

By Fran Dennett

ardeners not blessed with ralot of sun in their gar dens still have flower and vegetable options they can plant. Plants grow differently in the shade or semi-shade, for example, leaves may be larger or flowers fewer. There are still options for both colour and interest in a shady mixed border.

One possibility is to interplant vegetables, shade annuals or herbs. These interplantings are especially useful in small gardens.

The lettuce family does well in semi-shade situations; just remember to water them frequently as they are almost all water and if grown too dry will taste bitter. Plant as many lettuces as you can in a pocket in the front of the border, and depending on the type, harvest according to the package information. Cucumbers do well in an area that

receives 4-6 hours of sun. You may not harvest a huge number but you will have enough for your daily needs. I have grown a single plant of the bush variety of Delicata squash in my vegetable garden which receives 4-5 hours of sun, and I have harvested around ten squashes from the one plant. If there is an isolated sunny spot stake a tomato or set one there in a pot.

Annuals that do well in shade are the upright tuberous begonias, blue or white Browallia, New Guinea impatiens, Torenia (wishbone flower), caladium, Nemesia, Mimulus (monkey flower), wax begonia, Dragon wing begonia (my favourite) and calendula. Impatiens walleriana has been decimated by impatiens downy mildew and should not be planted as they start out the season looking great and slowly succumb to the mildew about halfway through the season. Grown plants of some of these



Dragon wing begonia. PHOTO: PANNARAI NAK-IM/VECTEEZY

suggestions may be hard to find oregano or lovage can also be in the nurseries but the seed is easy to buy and grow.

for the shade. Annual plants of parsley, cilantro, sorrel, thyme, rosemary, summer sage, dill and ficial insects which eat pests. chervil can be planted in pockets in the front of a border. Perennial plants of sage, chives, your garden this season.

planted.

The benefits of mixing all Herbs are the last option these plants in a shade border are huge. The diversity alone attracts the pollinators and bene-

> I hope this information leads you to trying something new in

- ■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.

World Lymphedema Day – March 6, EVERYWHERE including Ottawa!



Pictured, L-R: Stephen Kelland (Advocate-at-Large, "LymphoGWG"); Mayor Mark Sutcliffe; and Elaine McArdle (Co-Champion for the Cause and spouse of Stephen Kelland, representing the Supporter component of the Lymphedema Community

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Chartered Accountants

by Stephen Kelland

be great aim of education is not knowledge, but action" - Herbert Spencer, 19th century British philosopher, sociologist and academic

Each March, there is an adtention, recognition and educa- ers. tion for lymphedema and World Lymphedema Day. Because so little is taught about lymphatics in medical schools, those living with lymphedema (LE) are left without proper care and support.

Lymphedema is an accumulation of high-protein lymphatic

fluid that causes swelling in the legs, arms, genitals, trunk/torso, head, neck and affects men, women and children. Lymphedema has severe physical, emotional, psychosocial and financial impacts and consequences on patients, their families and vocate-driven campaign of at- extended networks of caregiv-

> LE afflictees are often medically marginalized plus socially stigmatized, and left with an un/under/ mis-diagnosed chronic, progressive scourge of a disease for which there is no cure. An estimated 1 million Canadians affected, plus their caregivers, loved ones and other supporters, need to sound the alarm for action. Fortunately, with active, engaged advocacy, the call for help is beginning to be heard, including in Ottawa.

For more information go to https:// lymphaticnetwork.org/wld/(Lymphatic Education and Research Network) or on Facebook: Lymphedema -LE Nexus Canada



The fun never stops here at Riverpath

"Our residents love to enjoy concerts, bake, play bingo, and go out on excursions, amongst many other activities. It is such a pleasure to see their beautiful smiles."

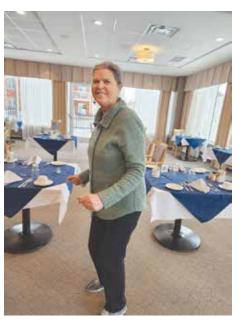
Shared by Rebecca Moline Activity Manager, Riverpath Retirement Community























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FRIENDS OF RIVERVIEW PARK GREEN SPACES (FoRPGS)

FoRPGS April update

by Ron Ridley

Thile spring looks to be right around the corner, all that snow says otherwise! We're looking forward to seeing how our community pollinator garden fared over the winter. We expect the garden will require some replanting but are optimistic all those native plants were hardy enough to ride out the winter. It looks so quiet and peaceful right now. If there are any interested students looking for volunteer hours or keen gardeners, FoRPGS is interested in studying the use of the pollinator gardens by local pollinators.

RPCA/FoRPGS is working with CAFES Ottawa (Community Associations for Environmental Sustainability) on cli-

mate resiliency opportunities in our ward. Planning for the community workshop is underway and more information will follow. Our councillor is working to get all Ward 18 community environmental groups talking to work on common initiatives and synergies.

Part of the wooded trail between the hospital link road and the hydro corridor was renamed for the winter as "Riverview's Winter Wonderland" and hosted Christmas, Valentine's and St. Patrick's Day decorations, along with themed cookies for Valentines and St. Patrick's Day. I hear these were a sought-after treat - thanks to the cookie bak-

FoRPGS has applied for city permits for the various Riverview parks to address invasive/ obnoxious plant/tree species and to clean up our parks. The city has advised that they will do the invasive/obnoxious plant removal as required. We will be monitoring this as FoRPGS has not had good service in our area parks on these items in the past.

FoRPGS/RPCA will be leading the Riverview Park entry in the City-wide "Cleaning the Capital" event for our parks and green spaces again this year. Through this city initiative, RPCA "earns" city credits which can later be applied to the rental of city parks, etc. for the community. Some of the earned credits were used to offset city costs for the winter carnival.

Recently, there were two incidents of lost dogs, and while both ended positively after a few hours, that's a long time for the nervous dog owner to wait worrying about their dog. A subset of the community dog walkers will be forming an informal dog owner contact registry to assist in connecting lost pets back to their owners in Riverview Park. More information will be available on the RPCA website shortly if you are interested in registering your pet or being on the help list.

In the spring, we'll be looking for volunteers to help tend 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.

Envirotips[©] for April-May 2023

by Kris Nanda

phone – According to the Consumer Electronic Association the average lifespan of a smartphone is 4.7 years, but the average North American replaces theirs within three years. Waiting longer to upgrade your phone reduces demand for production while lowering your environmental footprint. Keeping your phone for an extra year can reduce your lifetime device usage by 25%. There are also numerous tips for extending the battery life of your smartphone.

Restore the tree canopy by encouraging the planting of front-yard trees in your **neighbourhood** - Ottawa's tree canopy is in need of resto-

ration and there are several ways https://www.matthewhouseot-eating meals with lower food-reto support planting new trees in- tawa.org/ and House to Home lated green-house gas emissions. **Tait an extra year** cluding taking part in the City's (if possible) to re- Trees in Trust Program which place your smart- encourages residents to have a cycle items out of the landfill and staples in many cuisines tree planted on the city-owned property in front of their home. The City will supply and plant a tree at no cost to the homeowner who then commits to help care for the tree. Call 311 or search on the City's website (www.Ottawa. ca/en or www.ottawa.ca/fr) for more information.

Donate unneeded furniture and household items to a local refugee/immigrant support organization - Furniture, bedding, small appliances and other items that you no longer need can be used by immigrants and refugees. Local organizations that welcome donations include Matthew House

https://h2hottawa.com/

by contacting Earthhub Want to know how to recycle pill verse plant-based ingredients bottles, ball point pens, mascara wands, crayons and other small items that might otherwise get lost in the City of Ottawa blue or black bin programs? Earthub's Ottawa Chapter https://letsgozerowaste.com/places/earthub-ottawa/ has a Facebook Group and you can contact the Chapter at ottawa@earthub.ca for information on the services they provide at one of its 56 drop-off locations around the city.

Eat more climate-friendly foods, including a variety of **plant-based items** - Reduce your environmental footprint by

Plant-based ingredients are of-**Keep small but hard-to-re**- ten delicious, nutritious, cheap around the world. Try using dilike amaranth, lentils, seaweed, mung beans, quinoa, flax seeds and sprouted chickpeas.

> Use a push lawn mower -It's quieter, does not pollute and you burn calories rather than fuel. If you must use a motorized mower, use an electric model (they are quieter and more environmentally friendly than twostroke gas mowers).

> Re-use pet food bags as garbage bags - Large plastic dog and cat foods bags can be placed in your garbage can to hold non-compostable household waste material.



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