

OCTOBER 2023

AVOICE OF RIVERVIEW PARK

NOVEMBER 2023





In 1974, CHEO, a paediatric health-care and research centre opened at 401 Smyth Road. It is affiliated with The Ottawa



Local barber, Rock Lalonde, has been at the Alta Vista Shopping Centre for 45 years. Michael Noble, a client of Rock's, has been sitting in Rock's chair since 1993 when he was 11. Rock Lalonde's story is on page 32.

"Memories of Riverview Park"

This edition of the Riverview Park Review contains the third in a series that looks at our community over the decades. For October 2023, stories are from the seventies. Pages 26 and 27 add some perhaps little-known facts from that decade.

On page 30, Helen McGurrin talks about family life when they moved to Alta Vista Drive in 1975 and all the benefits of living in Riverview Park. She presented her story with a combination of humour and appreciation. Her daughter, Eileen, contributed a postscript to the article. The Section 2 cover of photos on page 25, taken by Helen McGurrin, gives us a glimpse of Alta Vista Drive in the 1970s.

Longtime resident and ardent Blue Jays fan, Mary Flowers, has enjoyed living in Riverview Park for many decades. Over the years, she has enjoyed the companionship of dogs, three of whom were named Teddy. As a lifelong resident of Ottawa, Mary Flowers praises her chosen community of wonderful neighbours and shares her secret of longevity. See page 31.

Hospital and the University of Ottawa. CHEO includes a hospital, children's treatment centre, school, and research institute. CHEO is a founding member of Kids Health Alliance, a network of partners. Next year, May 17, 2024 CHEO celebrates 50 years of helping children and their families.

Some of the history and future initiatives of CHEO is presented on pages 28 and 29. PHOTO: CAROLE MOULT

For page 33, Enjoy Greg Money's collages of magazine and album covers popular in the 1970s. The nostalgia will delight readers of all ages.



by David Knockaert

s the housing crisis really just a matter of 'affordability'? Is it not also a question of dignity? It has been a culturally accepted expectation in Canada that housing is inextricably linked to the maturation process. Young people express their independence from their parents by taking up a separate residence. At some later time many choose to cohabitate and turn their residence into a home. Eventually the human instinct for possessiveness spurs a desire to pursue home ownership.

Now, dignity may be socially constructed and therefore impermanent, but having lived in two Asian countries for 14 years, for a decade across 3 European countries as well as a period of residence in the US, my experience tells me that this 'Canadian' expectation is in fact universal. So, when housing unavailability in Canada prevents the attainment of a universal expectation, dignity suffers. That's not good for society. Yet, our politicians continue to fail to address this very serious problem with honesty and clarity.

At the municipal level, elected officials too often talk a different language. Their affordability conversation is principally limited to homelessness, either in its actuality or its potential, with the solution being taxpayer sub-

"A crisis, let's talk"

sidization (a word they avoid like the plague). When they discuss the rental market, it is usually in terms of negotiating with developers (more subsidization) to expand housing opportunities for the lowest income earners. As for house pricing, our municipal officials choose not to speak at all since municipal policy (converting houses to rental properties and restricting the urban boundary) will choke off supply, eventually making house prices even more unaffordable.

At higher levels of government, the unanimous solution is "build more housing". They agree because it sounds so sensible and simple. But with politicians there is always going to be equivocation. Not to pick on Pierre Poilievre but he recently stated the housing crisis was a Liberal/NDP creation. By way of evidence he revealed that Canada has the lowest ratio of housing to population among G7 countries. Well, we are lowest at 424 housing units per 1000 people. But our most obvious comparator is the US which has a ratio of 427 units per 1000. And bear in mind that Canada has something most G7 countries do not broadly share, a severe winter. Though the NRC may say winter has no effect upon construction, Canadian housing starts in the 6 months of spring/summer 2022 were 37% higher than during the 6 months of winter. Poilievre also continues to point out that Canada has more land available for development than other G7 countries. It remains a surprise to him that almost three-quarters of Canadians in Canada live south of our so-called 49th parallel border with the US. Land is available, but apparently not desirable.

The "build more housing" mantra also may have some less than pleasant consequences. Across political lines getting to more houses means further subsidization of the construction/real estate sectors (e.g. eliminating the GST, dispensing with development charges) which diminishes government revenue, potentially restricting future citizen This subsidization is services. being offered out of recognition that inflation combined with higher interest rates means new housing will be more expensive than existing. But subsidization only works to improve affordability when it results in a market rate decline. Unfortunately, increasing supply sufficiently to have a downward effect upon the market rate will likely take decades. Until then we should expect any new housing supply to remain unaffordable.

A larger cloud on the horizon and one which politicians of all stripes avoid talking about is corporate leveraging. We have heard for decades, concerns about household debt. But what is seldom mentioned is leveraging among the Canadian corporate real estate and construction sectors. By the end of 2022 they were holding approx \$500B in debt with the operational profit of the construction industry being negative. One can imagine that much of that debt will need to be renegotiated in a changed interest rate environment (US commercial real estate sector holds \$1.5T in debt due for re-financing by 2025). So, when politicians say "build more housing" they are asking those sectors to increase their debt load. Are they going to hold on, or will they need to be bailed out?

But let's close on less doom and gloom. Demographers have recently announced their expectation that due to continued declines in fertility rates, the global population will soon max out, after which it will suffer a precipitous and irreversible decline. That should solve the housing crisis or at least give us something else to worry about.



Kas MacMillan, owner of terra20 Train Yards, has had an eventful three years of business. Opening in the middle of 2020, the then 28 year old had to circumvent the many obstacles of owning a brick and mortar store during the pandemic. The now 31 year old owns the brand along with the terra20 Uistanburg store owners.

terra 20

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5-197 TRAINYARDS DRIVE 613.860.5656 Hintonburg store owners.

Business is anything but predictable, but going from a cashier 7 years ago at the original terrazo store, to store manager, to franchise owner, to now full ownership of the brand is nothing that Kas could have ever dreamed of.

Having two locations, terra20 is one of Ottawa's small business staples when it comes to refilling your cleaning and personal items. Hosting a large refill station, each terra20 offers only Canadian made, biodegradable, kid safe, and pet safe products in their refill station. Both locations host a wide assortment of locally made brands that you may recognize like Koaino Soaps, Eco Chic Movement and Tease Tea.

The past few years have been an unpredictable time for everything. But looking forward, Kas has a smile on his face for what is to come for his local small business nestled in the north-east corner of Trainyards Shopping Centre.

The Balena Park Corn Roast in pictures:

Great food, fun, family and friends • September 17, 2023



Mayor Mark Sutcliffe and Councillor Marty Carr join the hundreds at the Balena Corn Roast. PHOTO CREDIT: ANNA NITOSLAWSKA



Vivien helped Stewart, the guinea pig, meet the Corn Roast guests.



Melissa from Fantasy Face Painting created designs for Theo and a long line of others. PHOTO: CAROLE MOULT



Magician Magical Marvin earned lots of cheers and claps from the crowd. He also greeted the awe-struck guests while wearing stilts during the afternoon. PHOTO: ANNA NITOSLAWSKA



Lisetto, Shoawyer, Brooks and Two year old Nash had a wonder-Elyse enjoy their first Balena Park ful time trying out the play struc-**Corn Roast.** PHOTO: CAROLE MOULT



ture. PHOTO: CAROLE MOULT



John Fraser, MPP (L) and David McGuinty, MP were two of the many people who appreciated the freshly cooked corn. PHOTO: CAROLE MOULT



Three year old Shea had already checked out the 1928 apparatus made at the Buffalo Fire Appliance Corporation, then he got comfortable. PHOTO: CAROLE MOULT



By the end of the day, about 15 of the 101st. Ottawa (St. Aidan's) Scouting Group and three of their leaders would have husked about 600 ears of corn. Thank you for a job well done! PHOTO: CAROLE MOULT



Another Celtic Tigers success story for Multiple Sclerosis

Shared by Aileen Comerton

eam Celtic Tigers have fundraised for MS by biking in the MS ride for 25 years. They have raised \$ 200,000 for MS over the years. Team Captain/Riverview Park resident, Aileen Comerton has done all 25 rides. This year, the team had ten riders who biked to/from Brockville and four of the team are local Riverview Park residents: Eric Chrystal,(Lennox Park), Jackie Bohémier, (Lindsay), Mary Comerton, (Braydon) and team Captain Aileen Comerton, (Balena Ave.). The other team members were Andrew Sharp, Andrew Davidson, Andrew Wiens, Laura Lewin, Bernita Butler and Jackie McConville. We are all fortunate to have the health to do this long ride as many living with Multiple Sclerosis are not so lucky.



PHOTO: THE MS PHOTOGRAPHER

Preparing Ottawa homes for a cozy winter (Top 3 Tips)

by Eric Cosgrove SRES®

s the calendar turns to winter in Ottawa, it's vital for seniors to take proactive steps to prepare their homes for the challenging months ahead. Ottawa's winters are known for their frigid temperatures and heavy snowfall, which can pose unique challenges for homeowners - especially seniors. As a Senior Real Estate Specialist, I understand the specific needs of our aging population. Here are the top three essential tasks to undertake to ensure a safe and comfortable winter:

1. Inspect and maintain your heating system:

The first and most critical step in preparing for an Ottawa winter is to ensure your heating system is in peak working condition. Schedule a professional HVAC inspec-

tion to identify and address any issues. Regularly change filters in your furnace or boiler to maintain efficiency. Consider upgrading to a programmable thermostat to efficiently regulate indoor temperatures and reduce heating costs.

2. Draft-proof your home: Ottawa's winters can be unforgiving, and drafty homes can lead to discomfort and higher energy bills. Inspect your windows and doors for drafts and seal them with weatherstripping or caulk. If you have an older home, consider adding insulation to improve energy efficiency. Installing thermal curtains or blinds can also help maintain a comfortable indoor environment by keeping cold air out and warm air in.

3. Winterize your outdoor spaces: Don't overlook the exterior of your home when preparing for winter. Clean gutters to

prevent ice dams and potential roof damage. Trim overhanging branches that may become weighed down with snow and pose a risk. Maintain clear pathways, driveways, and walkways to prevent accidents. Consider investing in a snow removal service or a reliable snow blower to keep outdoor areas safe and accessible.

In addition to these top three tips, it's important for seniors to have an emergency preparedness plan in place. Stock up on essential supplies, including non-perishable food items, bottled water, flashlights, batteries, and a first-aid kit. Keep a list of emergency contacts readily available, and ensure your mobile phone remains charged.

By following these recommendations and proactively preparing for winter, Ottawa seniors can enjoy a safer and more comfortable cold season. Don't hesitate

to seek assistance from family, friends, or local services when needed. Your home is your haven, and with proper care, it can provide warmth and security throughout the winter months.

Remember, thorough winter preparations not only enhance your comfort but also help protect your property's value. As a Senior Real Estate Specialist, I am committed to assisting seniors in making informed decisions about their homes and lifestyles. If you have any questions or require further guidance on preparing for winter in Ottawa, please feel free to reach out. Stay warm and stay safe this winter!

Eric Cosgrove Broker SRES® Seniors Real Estate Specialist[®] Royal Lepage Performance Realty ericcosgrove@RoyalLepage.ca 613-238-2801





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by David Knockaert

n the 19th of July the City formally announced that the 2023 deficit for OC Transpo would be \$44.3M. Five weeks later, on the 28th of August, the City said the 2023 deficit would be \$35.0M. Two weeks later, on the 07 September, the City tabled a report stating the 2023 deficit would be \$40.8M.

Despite their total inability to produce consistent figures over the remarkably short period of seven weeks, the City came forward a couple of weeks later, with crystal ball in hand, forecasting 25 years into the future. They tell us that future is going to be grim.

Now, things most residents of Ottawa have been asking for years is "who is going to be held accountable for the public transit mess?" or more directly "Why has nobody been held accountable?" Finally, we have the answer... courtesy of Mayor Sutcliffe. The feds and province are to be held accountable. "The feds" (substitute "province") is a neutral term, used intentionally because it is neutral. What "the feds" really means are the tax payers across Canada - those in Corner Brook and Coquitlam and thousands of centers in between. This is because federal revenue effectively equates to those personal, consumer and user taxes paid by individuals.

Certainly companies pay duty on imports as well as corporate tax but those are simply cost items rolled into the price of the goods and services for which the individual is the end purchaser.

Wheels on the train...



Sutcliffe goes further by saying that the City of Ottawa (and we residents) are entitled to have our shortfall covered. Why? Because, how could the City possibly be held responsible for forecasting the current state of affairs or managing its own affairs.

Indeed how? Let's not blame the City just because it was the City which decided on a public-private partnership, chose the contractors, set the terms of the contract, delivered oversight, preferred materiel untested in North America, procured trains and tracks which are in conflict with each other and managed the entire process opaquely/with

deception. Let's not blame the had begun at least 15 years ago. City for choosing a rail system designed to bring passengers in and out of "downtown" despite the fact that every Census in recent memory has shown that our population has dispersed, initially east to Orleans, then west to Nepean-Barrhaven-Stittsville, and more recently south to Findlay Creek. Let's not blame the City for not anticipating remote work - though anyone who has watched HGTV at any point in recent memory will have been aware that people want/need home offices. Certainly COVID greatly accelerated the transition to remote work but that transition rest of Canada unawares.

Sutcliffe is pointing his finger and his finger is very long, reaching into every corner of this country. But for some reason it remains resistant to pointing in the direction of City Hall.

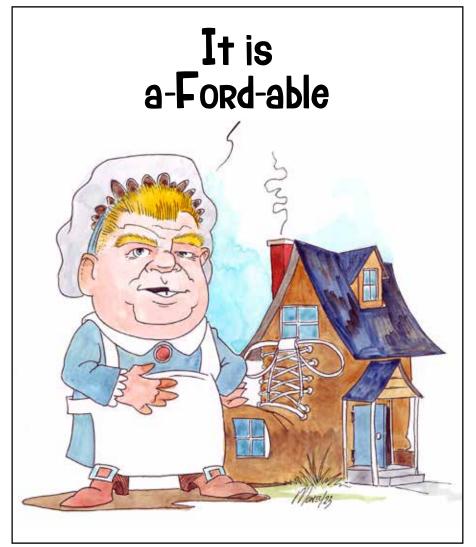
While Sutcliffe may feel entitled to money, I suspect that if taxpayers across the country were aware their money was to bail the City out of its self-created financial hole, they would not feel a related sense of obligation. Luckily for Sutcliffe (and we local residents), with an upcoming election, money will likely be found and in a manner which leaves the



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Sometimes semantics can be the bane of politicians. For example, the shift from "affordable" to "attainable" housing. Backing away from the economic calculation for housing – that roughly 30 percent of household income should go towards housing costs, "attainable" is much more abstract with roots in "achievability" and "realistic/manageable" goals to work towards.

Attainable housing however is similar to affordable housing in that it is exempt from community benefit charges, parkland dedication and development fees that developers had to include in their projects. While ideally this is to streamline processes, it leaves neighbourhoods underrepresented.

Ontario's "More Homes, Built Faster Act" is designed to meet a goal of 1.5 million homes. And part of this act is to encourage the development of residential lots. Without bylaw or zoning amendments or even municipal permission, duplexes or triplexes could be built on single lots. Further, a main home could install a basement apartment and also put a "garden" or "laneway" house on the property.

Notably, there will be limits put on third-party appeals. That means appeals made by individuals or community groups, like the RPCA, to the Ontario Land Tribunal over zoning or Official Plan amendments will no longer be possible. Community public meetings will be limited to health and safety issues. Restrictions on unit sizes or the requirement for more than one parking space per unit are also disregarded to facilitate affordable housing.

Looking at the possible changes coming to Riverview Park, attainability might be possible for developers, and it might make a good catch phrase. Where the Provincial and Municipal rush towards "attainability" clashes with "maintainability" is going to be a local problem. With fewer options to challenge the system, semantics may come back to bite politicians in the next election.

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

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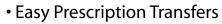




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Roger Neilson House. PHOTOS: GREG MONEY



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Chiropractic Care for Posture Correction

Poor posture can lead to a variety of health issues, including back pain, neck strain, and headaches. In this post, we'll explore the role of chiropractic care in correcting poor posture and preventing related health problems.

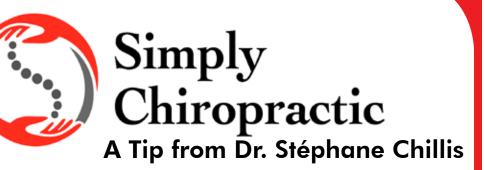
The Impact of Poor Posture on Health

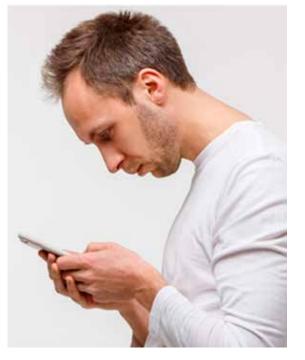
Poor posture can negatively affect your health in numerous ways, such as:

• **Musculoskeletal Imbalances:** Poor posture can cause imbalances in your muscles and joints, leading to pain and discomfort.

• **Reduced Mobility:** Over time, poor posture can limit your range of motion and flexibility.

• **Increased Risk of Injury:** Improper alignment can put added stress on your body, increasing the likelihood of injury during physical activities.





• Headaches and Neck Pain: Strain on your neck and shoulders from poor posture can result in tension headaches and chronic neck pain.

How Chiropractic Care Can Help Correct Posture

Chiropractic care offers various benefits for posture correction and overall spinal health:

- **Spinal Adjustments:** Chiropractors perform spinal adjustments to correct misalignments, helping to improve posture and decrease pain.
- **Muscle Release Techniques:** Chiropractors use muscle release techniques to relieve tension and tightness in the muscles supporting the spine, promoting better posture.
- Strengthening and Stretching Exercises: Chiropractors can recommend specific exercises to strengthen weak muscles and stretch tight ones, further improving posture.
- **Ergonomic Advice:** Chiropractors can provide guidance on proper workplace ergonomics and daily habits to maintain good posture throughout the day.

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

> 1569 Alta Vista Drive, Ottawa Ontario K1G 0E9 613-520-0123

TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF **Eight of the best TV shows to watch!!**

ith a writer's strike in full swing in Hollywood, what can we expect in the ways of new TV shows? Well, that depends on if you like TV shows from Europe, because they are wholly unaffected. Not only that, European distributors are hastening to get their products out to quell the appetites of voracious viewers.

So, come on down and check out the following shows:

1. London Kills

Newest season releasing: October 10th. London Kills centers Happy Valley around an elite murder investigation squad in London headed by DI David Bradford, an experienced detective whose judgement is called into question following the unexpected disappearance of his wife. Season 4 will be among the most anxiously awaited new series of the fall!

2. Dark Winds.

Newest season releasing: October 17th. Based on the novel series by Tony Hillerman and set in the 1970s, "Dark Winds" follows the FBI investigation of a bank robbery in Gallup, N.M., and the Navajo Tribal inquiry into the local murder of two Native residents. After a ferociously entertaining Season 1, it's great to have the 2nd season of this Robert Redford produced series back!

3. Darby and Joan

There's no new season of this releasing, but this is one of the best them form an unlikely duo as they





Blood of the Vine

of the relatively low key detective mystery series. Greta Scacchi plays a widowed nurse who is on a quest to find out more details about her husband's mysterious death. Meanwhile Bryan Brown is an ex-detective who has taken to the open road. The two of traverse across the beautiful outback of Australia. Highly recommended!

4. Blood of the Vine

All 4 seasons of this French detective series are now available, and if you haven't checked it out yet, do yourself a favour. A wine





London Kills

expert in France helps local detectives on a series of murders within the wine industry. The scenery is wonderful, the cast is excellent - well worth a watch!

5. Happy Valley.

All three seasons of this amazing detective series are now available. Calder Valley is known as Happy Valley for its extensive drug use and drug related crime - and Catherine Cawood is the police sergeant who has her hands full.

6. The War is Over

In this touching real-life drama, an engineer and a group of educators care for Jewish orphans after World War II. Beautifully made Italian drama that more people need to seek out. By the makers of the wonderful Detective Montalbano series (which is also a must see!!).

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7. Paris Police 1900

In 1899, the Republic is on the verge of explosion. The corpse of an unknown woman found in the Seine will propel an ambitious young inspector into the heart of a criminal investigation which will reveal a heavy state secret. Gritty, realistic and harrowing, this is another must see out of France!

8. Fog and Crimes

A police chief near the Po River delta in northern Italy is ferocious about finding criminals, but soon his ways take a toll on his private life.

Meet Dr. Natasha Kekre, The Ottawa Hospital's new Research Chair in Advanced Stem Cell Therapy

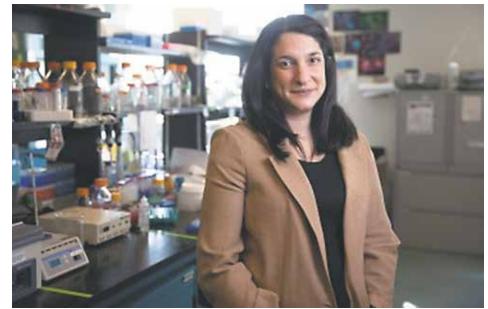
Reproduced with the permission of The Ottawa Hospital

September 18, 2023 – "When you get to tell someone that their cancer is shrinking, or even gone, it is the best feeling in the world," said Dr. Natasha Kekre. The best part of Dr. Natasha Kekre's workday is when she is able to offer hope to her patients through clinical trials. As The Ottawa Hospital's new Research Chair in Advanced Stem Cell Therapy, Dr. Kekre is looking forward to many more hopeful conversations and even cures for her patients with blood cancer.

"When you get to tell someone that their cancer is shrinking, or even gone, it is the best feeling in the world," said Dr. Kekre, a hematologist and scientist at The Ottawa Hospital and associate professor at the University of Ottawa. "We've seen huge advances in cancer research in the last decade, and I think we'll be seeing even more in the next one."

World-class physician-researcher was already in Ottawa

When The Ottawa Hospital's Division of Hematology first proposed establishing a Research



"When you get to tell someone their cancer is shrinking, or even gone, it is the best feeling in the world," said Dr. Natasha Kekre.

Chair in Advanced Stem Cell Therapy, they were prepared to search all around the world for the best candidate, but it turned out the best person was already there.

Dr. Kekre had joined The Ottawa Hospital in 2015 after completing postdoctoral studies at Harvard University and the Dana Farber Cancer Centre. As a physician in the Transplant and Cellular Therapy Program, Dr. Kekre specialized in stem cell transplantation for blood cancers such as leukemia and lymphoma. While this treatment can save lives, it doesn't always work and patients can relapse after a few years.

While training in the U.S., Dr. Kekre gained extensive experience with a new kind of cancer therapy called Chimeric Antigen Receptor T (CAR-T) therapy. This treatment involves extracting immune cells called T cells from a patient, genetically engineering them to enhance their cancer-killing ability, and then giving them back to the same patient. It applies many of the same techniques used in blood stem cell transplantation.

"CAR-T therapy has been a game-changer for people with blood cancer, but the original therapies were restricted to people with just a few kinds of blood cancer, and only if they fell into certain age ranges and weren't too sick," said Dr. Kekre. "Traditionally, CAR-T therapy has also been very expensive and has involved shipping cells to the United States and back."

Made-in-Canada CAR-T therapy saving lives and providing hope

In 2016, Dr. Kekre brought colleagues at The Ottawa Hospital, BC Cancer and BioCan-Rx together to develop the first made-in-Canada CAR-T therapy program, called Canadian-Led Immunotherapies in Cancer (CLIC). This program uses a different kind of cell manufacturing that opens the door to less expensive and more equitable CAR-T treatment across Canada. It also provides a platform for developing even better cellular immunotherapies that may work for more kinds of cancer.

Dr. Kekre launched the first CONTINUED ON PAGE 12



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Dr. Natasha Kekre

CONTINUED FROM PAGE 11

clinical trial of made-in-Canada CAR-T cells in 2019. More than a dozen people with cancer who had exhausted all treatment options are alive and cancer-free today thanks to this clinical trial.

"Without this trial, I don't think any of these patients would be alive today, so we are very encouraged by these results," said Dr. Kekre.

Several patients who participated in the trial have shared their stories, including Camille Leahy and Owen Snider.

Community, patients and physicians provided support

"Dr. Kekre saved my life, not once but twice!" said Ottawa resident and radio host Stu Schwartz, who led the #StuStrong campaign to raise funds for the Research Chair in Advanced Stem Cell Therapy. The Research Chair in Advanced Stem Cell Therapy will directly support Dr. Kekre's groundbreaking research and clinical trials, allowing more patients to be treated and new therapies to be developed. The Chair was funded by The Ottawa Hospital's Division of Hematology, in addition to many generous donors to The Ottawa Hospital Foundation.

Ottawa resident and radio host Stu Schwartz led the #StuStrong



"Dr. Kekre saved my life not once but twice!" said Ottawa resident and radio host, Stu Schwartz, who led the #StuStrong campaign to raise funds for the Research Chair in Advanced Stem Cell Therapy. SHARED BY THE OTTAWA HOSPITAL

campaign to raise funds for the Chair while he was a patient of Dr. Kekre's.

"Dr. Kekre saved my life, not once but twice!" said Stu. "She's my favourite woman next to my wife."

Many physicians and donors also supported the Chair through events such as Dancing with the Docs, which Dr. Kekre participated in.

"Dr. Natasha Kekre is an excellent example of the calibre of talent at The Ottawa Hospital and why our research is so well respected globally," said Tim Kluke, President and CEO of The Ottawa Hospital Foundation. "For the many donors who have generously supported cancer research at our hospital, today's announcement is a wonderful reminder that exciting work is underway, and with researchers like Dr. Kekre, breakthroughs will continue to happen right here in Ottawa."

Taking cellular immunotherapy to the next level

Dr. Kekre and the CLIC team are now expanding their research thanks in part to a \$4 million grant from the Canadian Institutes of Health Research. An expanded clinical trial will treat patients in Ottawa, Vancouver, Calgary, Winnipeg, Saskatchewan and Halifax with cells manufactured in Ottawa, Victoria, Calgary and Winnipeg.

"We hope this trial will lead to Health Canada approval of made-in-Canada CAR-T therapy, so patients across the country can access it as part of routine care and not just through clinical trials," said Dr. Kekre. "Expanding our CAR-T and biomanufacturing infrastructure in Canada will also enable more Canadian innovations and clinical trials."

The Ottawa Hospital's Biotherapeutics Manufacturing Centre will continue to manufacture the viral vector needed to create

wa Hospital Foundation. "For the the CAR-T cells and will also many donors who have generously supported cancer research at our trial participants."

> "Dr. Kekre's research exemplifies the kind of translational, patient-focused research that we specialize in at The Ottawa Hospital," said Dr. Duncan Stewart, Executive Vice-President of Research at The Ottawa Hospital and professor at the University of Ottawa. "I want to thank everyone who supported this Chair, as well as all the donors who provide unrestricted gifts that allow us to support the world-class facilities needed by researchers like Dr. Kekre."

> In addition to the Chair in Advanced Stem Cell Research, Dr. Kekre's research is supported and enabled by BioCanRx, the Canadian Institutes of Health Research, the Ontario Institute for Cancer Research, The Ottawa Hospital Foundation, the Department of Medicine, BC Cancer, BC Cancer Foundation, the Ottawa Regional Cancer Foundation, the Leukemia and Lymphoma Society of Canada and the Ottawa Methods Centre.

The Ottawa Hospital is a leading academic health, research and learning hospital proudly affiliated with the University of Ottawa and supported by The Ottawa Hospital Foundation.



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Pursuing goals the heron way

by Cynthia Adam

he last few months of the year are an excellent time to reflect on where you are headed. Does the direction you are going still feel right to you? This applies to major vocational and educational aspirations, as well as to personal interests. An encounter with a heron gave me new insights about pursuing our most important goals.

I was out walking with a friend near the Perley Health Centre duck pond, when we came upon a magnificent Great Blue Heron on our side of the water. I was struck by how still it was, listening and watching intently with its head cocked to one side. When it moved forward, it did so with slow, deliberate motions, carefully placing one foot on a round stone and gripping it tightly with its long, pointed toes before stabilizing itself with the other foot. My friend and I observed the heron for a long time, until it caught and ate the fish it had been tracking.

The way the heron moved to-



PHOTO: TERRYSARTIFACTS

ward its target, one careful step at a time, seemed an apt metaphor for focused goal pursuit. The awe-inspiring bird was successful because it paid attention to environmental cues, eliminated all distractions, and was ready to act when the moment was right. At one point, it veered around in one deft movement to better position itself to strike. Because it was working from a firm foundation,

this was possible. Watching it, the following steps came to me:

- 1. Decide what your goal is, large or small
- 2. Break it down into manageable steps
- 3. Find your footing, one step at a time
- 4. Focus
- 5. Eliminate distractions
- 6. Reorient yourself if you need to (adjust according to conditions)
- 7. Follow your intuition

During the pandemic, many people began to feel differently about their work or how they spent their time. It inspired a reconsideration of the boundaries between responsibilities and personal activities. In your life, have you had a yearning to do something you really enjoy more often?

It might be a leisure pursuit, like hiking or oil painting, or it could be an activity that might help you professionally, such as taking a course or reading a book. Maybe you even have a dream that you would love when the moment is right! to make your living by applying a talent or skill set. The key is to carve out time now to practise, develop and become more expert at those competencies.

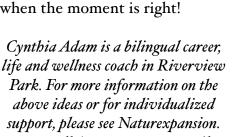
as an alternative source of income, are you able to devote a certain amount of time to it each week? Daniel Pink and other researchers have shown that what gets scheduled is more likely to happen. First, reflect upon what is most important to you. Then you can slot everything into your schedule, building around those blocks of time. Think about the time of day when your energy level is highest and capitalize on it.

Also, you may find that the morning is best for problem-solving or organization and the afternoon is optimum for creative work, etc. Consider these individual differences to find the most productive time slots for your priority activities. As the heron does, focus on your target, reduce distractions, and adjust if you need to do so.

This last quarter of the year is a perfect time to find your footing and make room for your most cherished goals. Then, like the heron, you will be ready to strike



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Canadian cuisine: How it's become a mouth-watering blend of many cultural influences

by Carole Moult

T tatistics Canada has launched a new tool to watch our pop-**J**ulation growth in real time. The 'Canada population clock' keeps an ongoing tally of births, deaths, immigrants, emigrants, non-permanent residents and inter-provincial migrants. This tracker also keeps count of the population of every province and territory, as well as the population change since midnight.

According to Statistics Canada's Population Clock, on June 16, 2023 the total population in Canada was estimated at 40 million people. Last year, Statistics Canada had already noted that of our population eight million immigrants with permanent residence status live in Canada or roughly 20 percent of our total Canadian population.

So, what do these Canadian population statistics have to do with what we eat you might ask?

Our wonderful Canadian cuisine has been shaped by both this country's history and its geography. According to the 2021 Canadian census, over 450 "ethnic or cultural origins" were self-reported by Canadians.

As a result of these large numbers, we have been given the opportunity to try an intriguing variety of delectable food choices. From traditional indigenous dishes to more recent immigrant contributions, our cuisine has evolved over time to become a unique and delicious blend of flavours.

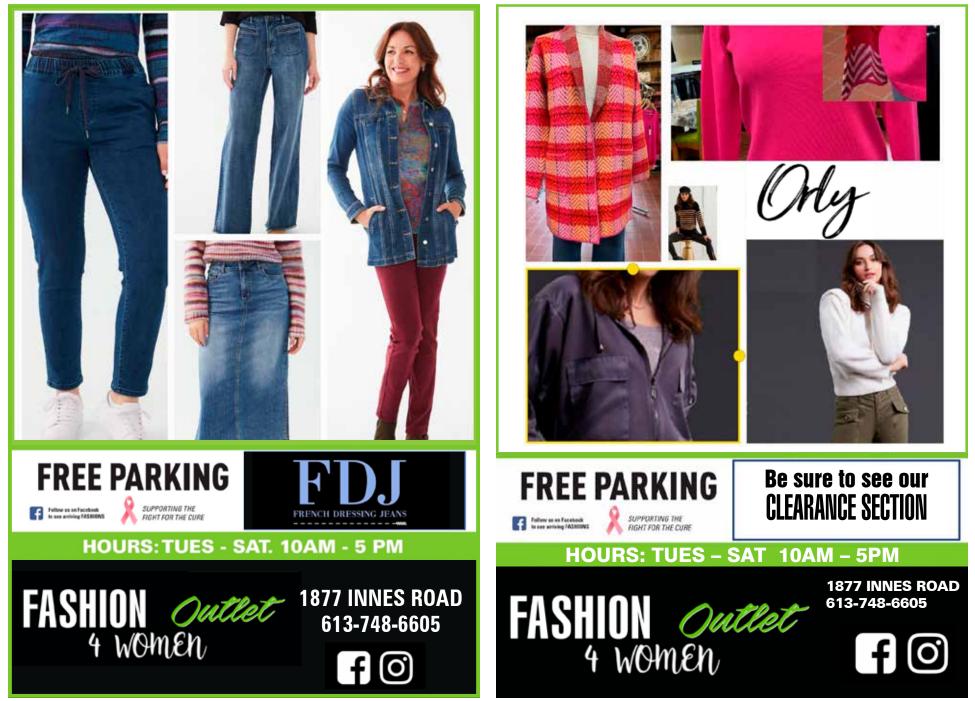
Canadian food origins can be traced back to the country's Indigenous peoples. It was the vast and diverse landscape of Canada that traditionally shaped and formed Indigenous food systems. Food sources varied from region to region, however it was game, seafood, birds, plants and berries that established the basis. Each of these could differ across the country with seafood more likely to be a staple in the coastal regions and game meats more likely found inland and to the north. Today Bannock flatbread, Pemmican, Saskatoon berries and The Three Sisters' various presentations (beans, squash and corn), are often referred to as Indigenous staples, and are becoming much more familiar as a part of our diet. With the arrival of European

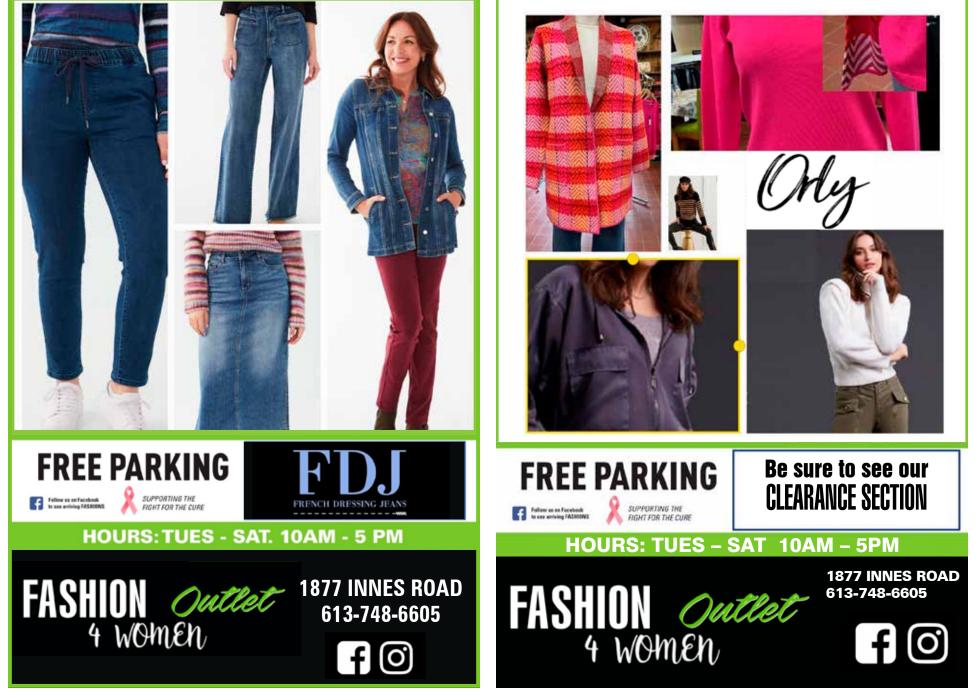
settlers to North America beginning in the 16th century, Canadian cuisine began to evolve and incorporate new influences as these new arrivals introduced traditional dishes from their homelands. The three major immigrant groups of the time (British, Scottish and French) brought with them among many other dishes: roast beef and Yorkshire pudding and steak and kidney pies from Britain, haggis and Scotch pies from Scotland and tortière plus Boudin noir from France. Other delicious mainstays too numerous to mention also came with these early settlers.

Later, the popular dishes of pizza, pasta and gyros were brought to us by Italian and Greek immigrants while cabbage rolls and perogies came to Canada with people from Poland and Ukraine. Think Dim Sum, sushi, and samosas for just a few of the appetizing food choices from the Asian countries of China, Japan and India, with shawarma, kebabs, hummus and tabbouleh introduced by people arriving from the Middle East. Today it should be of no surprise then that our country is often referred to as an amazing smorgasbord of culinary cuisines from all around the world. Even fusion foods that combine elements of different traditions, flavours, ingredients and cooking techniques are making their mark.

Canada's food scene has been flourishing in recent years with credit to its country being multicultural and to its varying topography and climates. Immigration has certainly helped provide the basis for many unique opportunities in the shaping of our cuisine into the diverse and rich food culture that Canada has today. And aren't we fortunate that this is so?

This article was sponsored by 168 Sushi located at 1760 St.Laurent Blvd., between Smyth Road and Industrial Avenue. Open 7 days a week + holidays with over 168 items on the *menu*. Lunch buffet: 11: *a.m.* – 3:15 p.m. daily. Dine in Sunday-Thurs*day from 11: a.m. – 9:00 p.m. and* Saturday and Sunday 11:a.m. – 10:00 p.m. Order the On-Line Sushi for Take-Out or have it delivered with Uber Eats, SkipTheDishes, Door Dash or Fantuan Delivery. Telephone 168 Sushi at: 613-523-1680. Or check out: 168SushiBuffet.com





CHEO Construction Association Community Cares

Equipment Drive-By

hether you were watching from a window or waving from the Ring Road, the third annual CHEO parade would have brought a smile to your face. As far as the eye could see, huge heavy construction vehicles moved slowly along their route to the delight of people of all ages. The parade, sponsored in combination of the National Capital Heavy Construction Association (NCHCA) and the Ottawa Construction Association (OCA) raised over \$30,000 for CHEO and Roger Neilson House. Well done everyone!









ESSENTIAL HEALTH

Delayed Onset Muscle Soreness



CINDIE HELMER Registered Massage Therapist/ Owner of Essential Health Massage Therapy in Riverview Park

Ever get the feeling of sore, achy muscles a day or two after some unusually strenuous activity? That condition is called DOMS - Delayed Onset Muscle Soreness. DOMS causes muscles to feel noticeably sore or stiff, usually starting 24 to 48 hours after activity. DOMS can affect people of all ages and all fitness levels. It occurs whenever the body experiences unusual activity such as stepping up the intensity or duration of your workout, the first day of gardening in the manage DOMS? spring, or that first day of hockey practice after a summer off.

When we engage in unusual or increased activity, we stress muscle tissue. This stress causes tiny tears in the muscle fibers...don't worry...this is normal! Those tiny tears cause inflammation which then causes muscle soreness and stiffness resulting in DOMS.

The good news is that DOMS can actually help improve overall

While DOMS can be uncomfortable, it is manageable.

strength and endurance in muscles. The body is very adaptable, so the more we engage in an activity, the easier it becomes, and DOMS will be experienced less frequently. While it's good to challenge our bodies, we don't want to cause injury.

So, what can we do to help nanage DOMS?

Even if you're "just" working in the garden, it's important to do a gentle warm up beforehand, and a cool down or gentle stretching afterwards. A warmup increases oxygen and nutrients to muscles to better prepare them for your activity. This can also help joints avoid some stiffness as a result of DOMS.

Use good posture and body mechanics for all activities. When exercising, choose to gradually increase either intensity or duration slowly. Don't try to do both at the same time. When DOMS occurs, give the affected muscles time to heal before working out at the same intensity or duration.

Hydrotherapy such as a hot bath with Epsom salts, or a cold bath, can be very beneficial. A combination of hot and cold compresses works well when applied for 5 minutes at a time. This can be repeated a few times but be sure to end the process with the cold application.

When discomfort is really bad, Anti-inflammatory medication can be used.

Booking regular massage therapy appointments is a great way to manage the effects of DOMS. Massage therapy can be used when muscle soreness is acute, but it's even better when used for prevention and maintenance. Massage therapy reduces muscle tension, improves circulation which helps flush the inflammation out of the muscles.

While DOMS can be uncomfortable, it is manageable and shouldn't prevent anyone from improving their overall strength and endurance for the activities they love doing.

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

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





COMPUTER TIPS & TRICKS Online financial adventures

by Malcolm and John Harding, of Compu-Home

My bank account has been hacked!"... is a frantic report that we hear far too often in Compu-Home telephone calls or email. The huge convenience of online banking takes a major hit when security is compromised and large amounts of money are at stake. Unfortunately, months or years of trouble-free transactions can lull us into a false sense that we are fully protected, when there are precautions that we have failed to set up.

It is perhaps worth noting that a successful hack of your account may not necessarily be as a result of ignorance or negligence on your part but the possibility of it being the bank's own security that was broken is moot; first, because it is unlikely that the bank will admit to that and second, because you will still probably have to carry out the same police report, sworn and notarized statement and scan of your computer(s), wherever the fault lies. Furthermore, it is wrong to assume that your financial institution will always reimburse you for the amount that was stolen; compensation seems



to be decided case-by-case.

First: DO NOT allow your web browser to save your bank account numbers or passwords. It is bothersome to have to type this information at every login, but if you are someday duped by a smoothtalking hacker on the telephone who wants to "address security issues on your computer," you will be very relieved that your financial credentials are not simply sitting there visible and ready for him to pounce on them. By the way: that same hacker has already today stolen thousands of dollars from people who are as savvy as you are; they are extremely welltrained, articulate and clever.

Second: Bite the bullet and set up and use multi-factor identification security. It is a big additional level of inconvenience to have to wait for a code to be sent via text and/or email, but that is a small price to pay in comparison with the potential of losing thousands of dollars for the sake of saving a few seconds now and then. The caveat here is that you MUST record and keep up-to-date those email and text addresses because if you change your smartphone number or email address and do not update that information into the multi-factor security system, you risk a mountain of wasted time and frustration.

Next: Don't overlook the system of "Alerts" that most financial institutions have built into their online banking nowadays. For example: In order for an Interac eTransfer to be sent to someone, that person has to be registered as a Payee in your account. Some banks allow you to set up an email

and/or text message notification whenever a new Payee is added and this would be an obvious alarm if you received such a message when you yourself had not added that name. Other Alerts that may be useful, depending on your situation and habits, would include whenever a password is changed, or when an unsuccessful login has been attempted. Sometimes you can even be alerted every time there has been a login to your account. All of these are over and above the multi-factor identification system mentioned above. Institutions vary in the kinds of Alerts that they offer (or if in fact they offer them at all) but it is certainly time well spent having a look through the enhanced security options that are available to you.

We are always glad to try to help, but we hope that you are never in a situation that you have to call us with this kind of problem.

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





MARTY CARR Alta Vista Ward 18 Alta Vista Quartier 18 Councillor | Conseillière



martycarrottawa.ca

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 at marty.carr@ottawa.ca or by phone at 613-580-2488.

Ward 18 Office at Heron Community Centre - Office Hours

I will be hosting biweekly office hours to meet with residents face to face. If you would like to book an appointment, please email my office at marty.carr@ottawa.ca or call us at 613-580-2488. I look forward to meeting with you! **Upcoming office hours are:**

Thursday October 12th from 2p.m. to 4p.m. Monday October 23rd from 10a.m. to 12p.m.

Ward 18 Temporary Traffic Calming Consultations

Some of the most frequent inquiries to my office are regarding traffic. As promised, we will be hosting community consultations regarding current and future Temporary Traffic Calming measures in September and October of this year. These meetings are divided by neighbourhood. I hope to see you at one of the following meetings:

October 5: Alta Vista and Faircrest Heights **Location:** Virtual - link on website **Time:** 6:30p.m. to 8p.m.

October 12: Elmvale, Canterbury and Urbandale **Location:** In person - Canterbury Community Centre - Hall B (2185 Arch Street)

Time: 6:30p.m. to 8p.m.

October 26: Ridgemont and Herongate Location: Virtual - link on website Time: 6:30p.m. to 8p.m.

Please share your thoughts on the ongoing Temporary Traffic Calming Measures program by completing the survey on my website. The survey will remain open until November 6, 2023, following the meetings being held throughout September and October.

Playfair Drive Accelerated Neighbourhood Traffic Calming Study Webpage and Survey

Traffic Safety is a top priority that I continue to work on diligently. The City of Ottawa is proposing permanent traffic calming measures on Playfair Drive between Delmar Drive and Dunkirk Crescent.

The purpose of this project is to address concerns raised by residents by reducing the negative effects of vehicular speeding on this roadway. The City is asking for resident input and support for this project is important.

Please share your thoughts on this project by completing an online survey. Your feedback is greatly appreciated and will help to determine overall comfort levels within the community for the proposed plan. The survey closes on September 29th, 2023. More information about the project, and the survey can be found at <u>Ottawa.ca/PlayfairDrive</u>.

Ward 18 Environment Series Webinars – Heat Pumps and Energy Audits – October 19th and November 23rd

My office will be hosting two upcoming webinars as part of the ward 18 environment series. I am excited to announce that these webinars will be continuing after a brief summer break! Our two upcoming webinars will be in collaboration with EnviroCentre and will take place on Thursday, October 19, discussing heat pumps and Thursday, November 23, discussing energy audits. More information and links to the virtual webinars will be available on my website shortly.

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.

Lunch and Learn Series at Heron Seniors' Centre

Join the Heron Seniors' Centre (1480 Heron Road) for the Lunch and Learn Series where we have special guests to discuss a variety of topics each session while enjoying a small lunch on us! The first event will be taking place on October 11th from 11a.m. to 12p.m. in collaboration with Age Well Solutions. Please visit the Heron Seniors' Centre or call 613-247-4808 x 2 to register or for more information. Spaces are limited. **Social Media:** I invite you to follow me on my social media channels for frequent updates and more informal news and views:

F Facebook (Marty Carr - Alta Vista/Quartier Alta Vista)

🧐 Instagram (martycarrottawa)

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FROM THE DESK OF BRUCE RICKETTS

Lest We Forget

by Bruce Ricketts

was going through some old photo albums recently and L I came across a photo dated April 1940. It showed my parents, George and Joan Ricketts, and two of my father's best friends growing up in Toronto, Buster Brown and Harry Lloyd. The picture was probably taken around the time that my parents were married. All had smiles on their faces and were enjoying each other's company.

But the picture also held another story; that of three life-long friends who were going off to war.

When the war in Europe broke out in 1939, my father, George, was 19, Buster was 18 and Harry was 20. George and Buster had military experience as they had served part-time in the Governor General's Horse Guard militia. Harry had spent his time training as a surveyor.

At the time the picture was taken, George and Buster were in the Canadian Army, George with the Royal Canadian Corp of Signals (RCCS) and Buster in the 11th Army Tank Brigade (Ontario Regiment). Harry had just finished his surveyor training and was preparing to join the Army.

Throughout the period of the war, all three men would be posted to different locations but always remained in close touch.

When my father went to Iceland with the Z Brigade, Buster was sent to guard the Welland Canal. In the summer of 1941, the two men met up, this time in the U.K. George was in training south of London and Buster was blowing things up on Salisbury Plain, west of London. Shortly thereafter, the trio were back together as Harry had arrived in the

As George, with the HQ Sig-Bruce Ricketts is a historian, Training for all three men of Cassino, to a town called San continued until July 1943, when nals group, moved up the inte- Angelo. As Buster's tank moved George and Buster joined 150,000 rior of Sicily, he received a mes- forward, a German anti-tank shell invited to suggest topics for his



Ricketts, George Ricketts



Medals of Cpl. G.E. Ricketts. PHOTOS: SHARED BY BRUCE RICKETTS

for the invasion of Sicily... Operation Husky. George was one of the first ashore to establish the command communications headquarters. Buster, by this time a Sergeant and a tank commander attached to the British 156 Pioneer Tank Company, came ashore a few days later near San Giorgio

shot in the leg by a sniper and had been removed to a hospital for surgery. Buster's leg healed and after a lengthy convalescence he rejoined the Ontario Regiment in Italy on 2 April 1944 near the town of Villa Caldari, where "B" Squadron was training with the Royal Gurka Rifles.

Headstone of Harry Lloyd

London area after spending a few and made his way up the eastern By 14 May, "B" Squadron had Lest we forget. months in Scotland. side of Sicily. fought their way west to the area



Headstone of H. E. (Buster) Brown

immediately. George was only 50 km away near Caserta.

Meanwhile Harry had been finally sent to the field when he arrived in Italy in November 1943. His delay back in the U.K. was due to his involvement in the planning for the D-Day landings scheduled for June 1944. As a member of the 1st Survey Regiment, he was assigned as a forward observer attached to the Royal Canadian Artillery, directing artillery fire.

On 12 October 1944, Harry was granted leave and took a jeep to tour the countryside and decompress. In the area of Jesi, near Ancona, Harry's jeep overturned in a ditch, and he was killed instantly with a massive head injury. George was less than 150 km away near Florence.

George survived the war and died peacefully in 1992.

Three men, friends since childhood, went to war and only one returned.

researcher, and author. Readers are other soldiers, sailors, and flyers sage saying that Buster had been slammed into it, killing Buster column at: bruceericketts@gmail.com

"Fire prevention is your responsibility!"

Fire Prevention Week is Sunday, October 8- Saturday, October 14.

Every couple of years the Ottawa Fire Department goes out into the community to meet face to face with the public and offer tips on fire safety in the home. Advice on decisions when there's a fire, smoke alarms, carbon monoxide detectors, escape plans and fire extinguishers are all presented in an easy to read brochure.



Left to right: FF Landry, FF Gray, FF Coburn and Capt. E. Quesnel helped give one community a head start last June before **Fire Prevention Week** this fall. PHOTO BY MANSOLO

No fury like a woman scorned

Review by Qais Ghanem

Author Bill Fairbairn is a highly experienced writer whose novel brings together his rich experience of life garnered from numerous places, including his native Scotland, Europe, Africa and Canada, where he settled.

That experience is clearly and cleverly reflected in his latest novel, Lies, Love, Blood, which demonstrates the cultural similarities and differences between Cameroon and Germany, the doubtless consequence of colonialism.

In the novel set in Stuttgart, the protagonist, Daiga, swears undying love for his fiancée, Mungwi, before travelling to Germany to study the language on a government grant. Once in Germany, however, he decides he wants to stay and looks for ways to do so

Enter Monica, a Jewish girl, whose culture and religion is vastly different from his own, whom he ends up marrying mainly because she has a rich father. Those vast differences

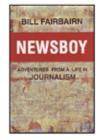
result in a longing for the remembered personal harmony of his homeland and Mungwi. He plots his escape back home. But then the unexpected happens and readers are taken on a thrilling journey that expounds the idiom 'hell hath no fury like a woman scorned'.

Lies, Love, Blood is Fairbairn's fifth book that merits reading for its wilful characters, plot and historical interest.

Book reviewer Qais Ghanem is the author of Democracy, Deity & Death, a novel about some important facets of Islam from the perspective of its four protagonists. Both books are published by Austin Macauley of New York.

LIES, LOVE, BLOOD **BILL FAIRBAIRN**

Following on the release of his book NEWSBOY, local author Bill Fairbairn is pleased to launch his newest book Lies, Love, Blood.



For your personalized copies, contact the author befair@sympatico.ca or 613-737-3212 1563 Balena Ave. Ottawa, ON. K1G 0X1

Published by Austin Macauley, New York,

Lies, Love, Blood is living proof of duplicity craving wrath. Heed this cautionary tale as we track rascal and scholar Daiga, his loyal, faithful bride-inwaiting Mungwi, and his duped and deserted wife Monica in their three-ring circus of intrigue, passion and dispair along Cameroon and Germany's cultural crossroads.

It drives home with a vengeance this timeless truth of war and wedlock: "We must love one another, or die"

W.H. Auden

Order your copy today from:

Austin Macauley publisher, 40 Wall Street, 33rd Floor, Suite 3302, New York, NY 10005, USA.

TRINITY COMMUNITY GARDEN

by Rhonda Turner

hat a summer we have had. So hot, with 35 degree temperatures in June, the same in July and a little cooler at 28 in August. Lots and lots of watering by hand but then rainfall became one of the garden's biggest issues.

After the heat this was definitely the summer to be part of the water team that normally fills up the three water tanks. With all the rain there was no need to fill the tanks making it like a holiday for the team.

Far too much moisture con-

Rain, rain go away





PHOTOS: RHONDA TURNER

Sad as it is we do set a date that individual plots should be cleaned up of everything other than the few colder temperature veggies. Then the whole garden will have a total fall cleanup day when the garden pretty well gets shut down for another season. In the next issue I will give the annual total contribution numbers. Then it should be all over for another year and gardeners will be right back at looking at seed catalogues and planning next year's gardens.

tributed to a very stunted growth of many vegetables. We went for weeks on end not having to water anything. Just like the farmers on the news, our seeds sometimes rotted in the ground due to the wetness. Roots of some plants also rotted and the plants died.

Items in our donation plots went weeks without being harvested where we would normally donate weekly. Everyone's tomatoes were on the vine but were refusing to turn red, seemingly lasting for weeks remaining green and splitting due to the excess moisture.

Now the weather has turned for the better. Tomatoes are ripening

and there is the usual abundance of ripe tomatoes and everyone is trying to give them away. Last week the garden donated 52 lbs of tomatoes to Blair Court Community Food Bank along with lots of chard, kale, collard greens, zucchinis, carrots, scarlet runner beans and peppers.

Many gardeners have started with the big clean up. Plants that no long produce veggies are being cleared from the garden and composted. Not to be discouraged there is still lots of time for things which can continue to produce such as kale, chard, collards, sprouts and various squashes. These survive well into very late fall and can take frosts. Carrots can remain in the ground well into the colder temperatures. Some say sprouts carrots are sweeter after the cold has hit them.

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

FRIENDS OF RIVERVIEW PARK GREEN SPACES (FORPGS) **October update**

By Ron Ridley

hope you have had a great summer - our pollinators, gardens and green spaces have all thrived in the heat, and then wetness, and then heat that was our summer - unfortunately the mosquitos have as well.

As you can see in the photo, our pollinator garden has exceeded expectations for its first full season. If you haven't had a chance to visit it yet, please consider dropping by. I think you will find it very impressive with over 350 plants comprising of 20 different varieties. Many residents have enjoyed stopping by to chill in the Zen setting around the garden on our unofficial bench.

The June Climate Resiliency workshop hosted jointly with RPCA and AVCA in Riverview Park was a great success with ~25 residents joining CAFEs facilitators to express their views and experiences on the recent weather events with a look ahead on opportunities to lessen impacts. The information from our workshop and the many others held throughout the city will be compiled into a final report by CAFEs for presen-



A view of the Grand Opening of the Riverview Park Pollinator Garden. PHOTO: CARLEEN RIDLEY

tation to the City and guide the city's climate resiliency policy. As if to reinforce the importance of the workshop, shortly afterward our ward experienced the rain deluge with considerable flooding!

FoRPGS continues to work with the city to obtain permits to do green space improvement work in the Riverview Park Green Spaces. We received one permit covering Riverview Park, Coronation Park, Balena Park, Dale Park and Rail Line but are still waiting on



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The remedy for this, is Bill 55 The Stronger Protection for Ontario Consumers Act, 2013. New rules to handling offers came into effect July, 2015 which stem from the changes of Bill 55.

Here are some changes for your added protection.



L to R, at the Grand Opening: Anna Nitoslawska, Marty Carr, Ward 18 Councillor, Ron Ridley and Lynne Patenaude. PHOTO CREDIT: ANNA NITOSLAWSKA

permits for two other applications. Anna and I visited our co-horts in AVCA to tour their green spaces work areas in late August. Valuable information and experiences with the city were exchanged and we look forward to working together in the future.

FoRPGS applied for a micro-grant from the Invasives Species Centre for the eradication of Dog Strangling Vine, Buckthorn and Garlic Mustard as these are rampant and currently uncontrolled in our community. We were successful receiving \$2000. And will be working in the meadow area near the toboggan hill. We hope to engage local high linator garden, invasives removal,

the remaining funds to purchase tools and supplies needed to perform the work.

By the time you read this, our fall work Cleaning the Capital effort and green spaces work sessions will be well underway - you can find out where we are working and what we are up to on our Facebook Page or by joining our e-mail circulation list.

If you would like to get out and do some green work and meet like-minded people while improving our community, please consider volunteering with FoRPGS. We have rewarding interesting work to do on our polschools with "seed" money to path maintenance and planting raise awareness in the younger around Riverview Park. We can

- Offers must be signed and in writing. A written offer must be signed to be valid.
- A realtor cannot indicate that they have an offer unless it is received.
- The seller's broker must keep a record of all written offers that it receives.
- Unsuccessful offers must now be kept for at least one year. Successful offers will continue to be kept for at least six years.
- Consumers and realtors who placed an offer on a property may contact The Real Estate Council of Ontario (RECO) to confirm the number of offers that were received

Upon receipt of a completed complaint form, RECO may contact the listing brokerage to confirm the number of offers that a property received. RECO may also request documentation for each offer. The brokerage is required to provide this information upon request.

RECO will only disclose the number of written offers received to the person who requested it. RECO will not release any detail regarding the offers. If after its investigation that the number of offers differs from what competing buyers were told by the seller's brokerage and if serious misconduct is found, it could result in disciplinary action or charges of an offence under the Provincial Offences Act.

Have more questions? Let's chat.

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generations of the damaging ef- be reached at: FoRPGSOttawa@ fects of invasive species and use gmail.com



PHOTO: LYNNE PATENAUDE

Riverpath and the summer days had lots in store for us

Shared by Rebecca Moline, Activity Manager, Riverpath Retirement Community, 80 Landry Street, Ottawa

Bien que nous soyons impatients qu'arrive l'automne, nous n'arrivons pas à croire que l'été est passé si vite! Cet été, à Riverpath, nous avons fait une croisière sur le canal Rideau, une excursion de journée à Merrickville et une sortie aux feux d'artifice du Casino Lac-Leamy. Nous avons également profité des spectacles chez nous avec des artistes comme Jumping Jimmy, Just us Band et Gertrude Letourneau. Nous avons été créatifs et avons réalisé nos propres sculptures et peintures. Nous avons même cuisiné nos propres cupcakes, sushis et fajitas. Nous sommes impatients de voir ce que l'automne nous réserve!

Though we are excited for autumn, we can't believe how fast the summer flew by! This summer at Riverpath, we went on a Rideau Canal boat cruise, a day trip to Merrickville, and to the Casino Lac Leamy fireworks. We also enjoyed in house entertainment by the likes of Jumping Jimmy, the Just us Band, and Gertrude Letourneau. We were creative and made our own sculptures and paintings. We even made our own cupcakes, sushi and fajitas. Excited to see what autumn has in store for us!























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Riverview Park Review SECTION TWO

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Memories of Riverview Park 1970 - 1979



Riverview Park in the 1970s

Shared by Helen McGurrin,

These Alta Vista Shopping Centre photos were taken over 40 years ago as part of a course I was taking at the University of Ottawa towards my Bachelor's Degree in Communications. The project was to paint, photograph or make collages from newspapers or magazines of places, items, people that would serve to crystalize the early memories of our neighbourhood decades later. The professor of that course may not realize how prescient his remarks were. It has been a glorious trip down memory lane to write the article (page 30).





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Facts of the seventies for Riverview Park

Retold from p. 15, Riverview Park Review, April 2017- The 1970's

1970

The Canadian Medical Association Headquarters was opened at 1867 Alta Vista Drive (October 2)

1970

(October 5) Canada Post Ottawa Mail Processing Plant opened on Alta Vista Drive [Ottawa Citizen, Oct. 7, 1970 p.12] Now 10 Sandford Fleming Ave., (previously Caledon Place).

1970

During the October Crisis, and with the use of the War Measures Act in place, the area which now includes the Ottawa Hospital General Campus was the home of a Royal Canadian Army tank brigade. They stayed behind clumps of trees hidden from the road, although one tank could be seen with its cannon sticking out.

1972

Lycée Claudel opened at 1635 Lycée Place, previously the University of Ottawa High School. It was first established in 1962.



(October 5) Canada Post Ottawa Mail Processing Plant opened on Alta Vista Drive [Ottawa Citizen, Oct. 7, 1970 p.12] Now 10 Sandford Fleming Ave., (previously Caledon Place). PHOTO: CAROLE MOULT

CONTINUED ON PAGE 27







CHEO opened on May 17, 1974 at 401 Smyth Road. PHOTO: GREG MONEY

1972

A General Meeting was called for Dempsey Community Centre was the Riverview Park Little League to be held at the Little League Canada Headquarters, 235 Dale Ave. [Ottawa Journal, April 5].

1974

CHEO opened on May 17, 1974 at April 29th, Rock Lalonde opened 401 Smyth Road.

1976

The Canadian Dental Association Head Office was built at 1815 Alta Residents of Abbey Road began the Vista Drive.

1977

dedicated. The mayor was Lorry Greenberg. This whole area had once belonged to the Dempsey family farms.

1978

Rock's Barber Shop; the official place to go for local information.

1979/1980

first Neighbourhood Watch in Ottawa.



The Canadian Medical Association Headquarters was opened at 1867 Alta Vista Drive. A 4 storey 'Pod' was added in1993 however the whole structure was demolished at the end of 2016. PHOTO: BARBARA SIBBALD



1972 Lycée Claudel, previously the University of Ottawa High School. PHOTO: CAROLE MOULT



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The journey continues as CHEO prepares to celebrate 50 years

by Carole Moult and Kathy Ullrich

The Children's Hospital of Eastern Ontario is having a special birthday next year. Rebranded in 2019 as CHEO, this incredible institution was opened on May 17, 1974. Premier Bill Davis was the honoured guest at the Official Opening. On May 17, 2024 this world-renowned institution will be 50.

The Ottawa Citizen and The Ottawa Journal, May 16, 1974 both carried articles about the soonto-be-unveiled hospital and the six years of planning to have one of the 'finest' children's hospitals in the country.

Parents had wanted a children's hospital for their youngsters and they worked hard to get one. Up until the opening of the new children's hospital, young people were taken to the paediatric ward of The Civic, The General or The Montfort Hospitals when in need of hospital care. All this was to change with the opening of The Children's Hospital of Eastern Ontario."

The following are interesting excerpts from *The Ottawa Citizen*, May 16, 1974, p. 33:

"The new hospital, built and equipped at a cost of 18 million, will offer a complete range of in-patient and out-patient services for children from infancy to the age of sixteen. Facilities of the bilingual institution will be available to half a million children in Ottawa, Eastern Ontario, and five counties of Western Quebec."

"C.H.E.O. will be a teaching centre in paediatric medicine for interns and residents from the University of Ottawa. It will also serve as the clinical facility for local universities and community colleges in nursing, psychology, social work, family studies and other allied health professions." "Planning for a specialized hospital to serve the children of this region goes back to 1960, when the Ottawa Paediatric Society presented a brief to the Ontario Hospital Services Commission asking for a 150-bed children's hospital." "Six years later, Premier John Robarts, in April 1966, announced that funds for the Children's Hospital of Eastern Ontario would be provided by the Ministry of Health. Construction was started in March 1972 and completed in February of this year." (1974). "Although the provincial government has provided the larg-



Ontario Premier Bill Davis at opening ceremony of the Children's Hospital of Eastern Ontario, May 17, 1974. PERMISSION PROVIDED: CITY OF OTTAWA ARCHIVES / CA027905 CA027905



the many individuals who were instrumental in contributing to the success of this complex undertaking. Recently she recalled,

"From the very beginning, the focus was on the child and the family working together."

Critical care nurse, Hélène Thibault, praised the CHEO approach of sharing information by dealing with the child at their own level of understanding and communicating with the parents in more comprehensive terms.

Shirley Post, who contributed to the Denise Alcock book, was CHEO's first director of nursing. She talked "about the ten years before a building existed- a period when the vision of a Children's Hospital had its spark and came to life."

Carleen Ridley and her family watched the hospital being built from their home nearby. She later began her CHEO career as an emergency room nurse in 1986 and remembers the many portables that started to appear at the ever- growing children's hospital. The overwhelming response to this specialized facility soon became evident as numerous portables eventually had to be added. Carleen's family, like so many other CHEO and General Hospital staff, later moved into the Riverview neighbourhood, appreciating being able to walk to work. In a recent interview, Carleen noted that space issues at the Children's Hospital of Eastern Ontario had drawn the attention of the Ministry of Health. As a result there was a review of space **CONTINUED ON PAGE 29**

Max Keeping Wing. PHOTO: CAROLE MOULT

est share of the money required to build and equip the hospital, the community has also raised over four million dollars. During the past nine years, an estimated 10,000 people in the region have been actively involved in fund-raising projects. There have been almost 600 special events in addition to four lotteries that raised \$52,000 each. The Chil-

dren's Hospital Auxiliary, founded in 1965, has raised over \$25,000." The first President of the newly-built Children's Hospital of Eastern Ontario was David Gowing and the first Vice-President was Leo Stevens.

Denise Alcock. in her book, Birthing a Children's Hospital, CHEO (1974-1989) presents a well-researched recollection of

CONTINUED FROM PAGE 28

at this highly regarded institution. Following the required process for an initiative of this complexity, the first new wing was added to C.H.E.O. and named after one of this city's greatest city builders, Max Keeping. As a CHEO ambassador, Max Keeping participated in the raising of over one hundred million dollars for this amazing facility. He was the face of the CHEO Telethon for over 25 years. The wing was opened in 2003. Max Keeping's assistant for 32 years, remembers how humbled Max was when informed about the tremendous honour.

Six years later, the Garry Cardiff Wing was built. Its name was given in honour of CHEO's longest serving CEO (1987-2006). At the opening of this wing in 2009, the premier of Ontario, Dalton McGuinty acknowledged, "Garry Cardiff brought bold leadership to the Children's Hospital of Eastern Ontario. It was on his watch that CHEO took on new responsibilities, like Ontario's Provincial Centre of Excellence for Children's Mental Health and the Newborn Screening Program for all Ontario babies."

Construction of the Garry Cardiff Wing took place during the tenure of President and CEO, Michel Bilodeau. (2006-2011).

As of 2011, Alex Munter has held the position of CHEO President and Chief Executive Officer (CEO). In a recent interview, Mr. Munter shared information on today's CHEO and some future initiatives. CHEO serves not only Ottawa but Eastern Ontario, Northern Ontario, Western Quebec, and Nunavut. The hospital also has satellites in Cornwall, Kanata and Renfrew. On the CHEO Campus itself, the following facilities also serve children and their families: the Ottawa Children's Treatment Centre



Garry Cardiff Wing. PHOTO: CAROLE MOULT



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Ronald McDonald House, Roger Exterior of the CHEO building, January 9th, 1974. PERMISSION PROVIDED: CITY OF OTTAWA ARCHIVES / CA027904 CA0

Soon the Ottawa campus of CHEO will host a new hub called 'IDoor4Care' which will consolidate seven local satellite offices, clinics and a range of services under one roof. This new hub will occupy 198,000 square feet.

The success of all facilities, past, present and future depends on the enthusiastic support of thousands of generous volunteers. Mary Lou Trappatt has been one of these volunteers who was not only a CHEO administrator (1976-2012) but also a CHEO volunteer. Her dog Clarence, trained to work with children, became a

favourite visitor at both the Ottawa Children's Treatment Centre (OCTC) and the STEPs Program (off-site).

"I enjoyed my career, I still wanted to be part of it... and I'm still a casual!"

Alex Munter, CHEO President and CEO, in his own words summarizes, "One thing that has been constant throughout the 49 $^{1}/_{2}$ years at CHEO, is that the people are spectacular. Their commitment here to help children achieve their best lives is very inspiring." CHEO has a mission statement. 'We provide exceptional care and advance how children, youth and families obtain it through partnership, research and education.'

On May 17, 2024, CHEO will have much to celebrate as it looks back over its 50 years of excellence!

ACKNOWLEDGEMENTS

For their contributions to this article, the following merit thanks: Denise Alcock (Author of *Birthing a Children's Hospi*- tal, CHEO (1974-1989), Natalie Hawkins and Katie Hull (City of Ottawa Archives), Michel Kazan (City of Ottawa Public Library), Andrea MacLean (Director of Communications, CHEO), Alex Munter (President and CEO of CHEO), Carleen Ridley, Hélène Thibault, Mary Lou Trappatt,

> Every effort has been made to ensure the accuracy of facts and dates in this article. Not all information submitted could be accommodated due to space.

Riverview Park in the 1970's

Shared by Helen McGurrin,

ur family moved into Riverview Park in mid-August 1975. When we saw this house come on the market I fell in love with it right away. It was a two-storey house, a centre door plan, a dining room, and three bedrooms upstairs with a finished basement and a second bathroom. We had four children, three of them could attend a French school just blocks away, (that school now forms part of the Montessori school) and our oldest attended Samuel Genest on Smyth Road. That took care of school requirements. A French High School (Charlebois, now St. Patrick's) would be there for the children's high school years. The English high school, Hillcrest, was handy and the school our youngest chose, an excellent choice for his future career.

BONUS! The Alta Vista Shopping Centre was just a block away, where you could buy any food you needed at McDonaugh's IGA, order take-out at San Remo's Italian bistro, or Chinese food at the take-out place next to Rock the Barber's, get your hair done at the hairdresser, next to the Stationary and Gift Shop, and get your prescription filled at the DRUG store (that title probably wouldn't fly today). There was a CIBC bank where you could do all your banking, standing in line for a free cashier. This was sheer luxury for me as we had a 2 km walk to go to the nearest food shop in our previous home.

And there was a handy bus



There was a lot to do around the neighbourhood when the McGurrin family moved into Riverview Park. Posing for a family portrait of the four McGurrin children are: front row Kelly and back row, Eileen, Tim, and Terry. PHOTO: SUBMITTED BY THE MCGURRIN FAMILY

stop, the number 62 that took you downtown directly and you could actually get a seat on the bus and chat with your neighbours heading downtown to work in those filled office towers. And buses did come every five minutes in rush hour.

Love is blind they say, and that applies to a house as well. I didn't see that the summer kitchen that opened off our kitchen door which I envisioned as a beautiful screened-in porch suitable for a candle-lit, mosquito-free haven for meals, had a well-stained ceiling which crashed down on the kitchen table the first winter we were in the house! And the windows did not block out the sounds of trains to the back of us, buses to the front, and kids squabbling next to us over who would get to sit at the small kitchen counter we had in our small kitchen!

Location. Location, Location! It's true, nothing could mar the fact that I loved the busyness of papers could be seriously heavy back Alta Vista Drive. And in those then with all the advertising and days, Alta Vista was four lanes, countless flyers and none of us wanttwo lanes each direction but ed the full route.) My portion thanknarrowing to one lane each at fully included the Alta Vista Estates the end of Cluny, so cars would start gunning it to pass each other right in front of our house before the road narrowed. Ι must confess that I grew up in a small town on a street that was the main road to the U.S. border from Montreal (now they have super highways bypassing that town). Our week-end pasttime was sitting on our porches watching car accidents, fortunately never serious accidents, mostly fender-benders. But we loved the reaction of the drivers and the police cars coming with their flashing lights.

One thing that has not changed, and hopefully won't, is the greenspace surrounding us in Riverview Park. Our kids learned to cross-country ski across the street, even my grandkids have experienced that joy, twenty years later. Tobogganing down the hill by NDMC (which at the time was the renowned National Defense Medical Centre where senior Public Servants, diplomats, and politicians could get heart surgery in its earliest days).

Change always brings strong reactions. The designation of the Hospital Lands back in the 1970's was made in anticipation of the closing of the Old General Hospital on Bruyère Street (now the Bruyère Centre, a very well-known and loved palliative care and rehab centre) and a new Children's Hospital. Both institutions have contributed so much to the overall health needs of our larger community. Despite these changes, I am grateful that much of our greenspace has survived as you can see for yourself by the ski and snowshoe marks on that greenspace. Plus the neighbourhood support for the planting of flowers to attract bees.

I am sure I am forgetting some other great activities that have been supported by our community, neighbours, and our Riverview Park Community Association. Please accept my apologies and accept my most sincere gratitude for living in this community for over 43 years. #Feeling Blessed. #Feeling Grateful.

A footnote from Eileen McGurrin: I recall sharing a newspaper route with a few girlfriends in the late 70s, The Ottawa Citizen. (Those low-rise apartments at the corner of Dorion and it sure was nice to go in there to warm up on cold winter days. I recall delivering the papers with front page news on the death of Elvis Presley: bad news on the doorstep, just like the song. An older man lived across the street just beside the tennis courts (there was nothing else in Dale Park at the time) and he could recall when Alta Vista was a dirt road and he would go duck hunting in all the swampy areas nearby as a boy. How strange to see everything change so much around you, I thought then. I understand the feeling better now!

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Memories of Riverview Park 1970 - 1979 Mary Flowers - Riverview Park's biggest Blue Jays fan

by Kris Nanda

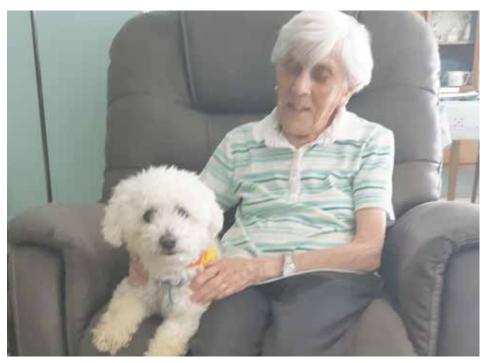
any people in Riverview Park will know or at least recognize Mary Flowers, a longtime resident who is a fixture in the neighbourhood as she takes her beloved Bichon Frise dog Teddy, for walks around the community. But there are many things you might not realize - for example that Mary, who just turned 95 in August and is a huge Toronto Blue Jays baseball fan who watches every game and who keeps score by hand? Or that she grew up in Old Ottawa south as the youngest of six children (four brothers and one sister) who were active in sports and music? We spent a few minutes recently catching up with Mary to learn more about her and to get some words of wisdom.

Mary was born in 1928 in Ottawa and grew up in Old Ottawa South and attended Hopewell Elementary School and Commercial High School (which was attached to the current Glebe High School). As a child she liked sports and said she played centre on her elementary school basketball team because at the time she could jump the highest. Mary also used to go on long walks around Ottawa, a practice which she continued for many years and says "I have walked all my life."

After high school in 1946, she started working at the Central Mortgage and Housing Corporation (now the Canadian Mortgage and Housing Corporation -CMHC) in the communications area eventually becoming a section manager before retiring in 1983. (CMHC helped provide affordable housing to veterans and others, including some of the homes



Neighbours dropped by all day to wish Mary Flowers a happy 95th birthday. Shown here, are Richard and Kris who each came sporting their baseball caps.



Teddy III gets part of the credit for Mary Flower's longevity. Except for extremely cold days, you can see them out bundled and walking. PHOTOS: KRIS NANDA

continued to live with her (and a her parents over 60 years ago to her house on Drake Avenue and succession of dogs) on Drake unin Riverview Park.) another brother, Johnny lived til he passed away in 2020 at the Mary and her brother Jimmy just around the corner on Acton age of 97. Mary remained active in moved to Riverview Park with Street. Mary's brother Jimmy lawn-bowling and badminton for walk, you can make it."

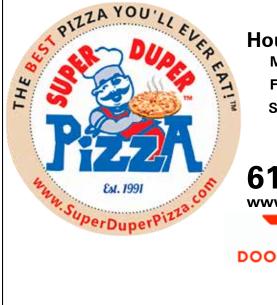
many years into her retirement. She still has a driver's license, although she has not driven since breaking her hip earlier this year.

Mary has been a Blue Jay fan since the club came into existence in 1977 and has gone to Spring Training in Florida with her brother to see them, although she has never seen them in person in Toronto. Her devotion to the Blue Jays is exemplified by the team's logo on her house and the cupcakes that she had for her recent birthday. In fact, Mary's only complaint when she was hospitalized earlier this year was that the TV in the hospital did not show any Blue Jays games. (Baseball fans may find it ironic that a namesake for former Blue Jay slugger Jose Bautista moved into the house across from her earlier this year)

While the neighbourhood has changed somewhat since Mary moved in, she says that the people have always been nice and there has been a good sense of community. In fact her advice is that "newcomers should join in with the community." She advises that "when newcomers arrive, you should always welcome them and come by to say hello." Mary adds that she always goes over to greet new neighbours and then asks them whether they own a dog.

Mary has long been known for her love of dogs, having been around canines all her life. In fact, her current dog is actually Teddy III, the third Bichon Frise she has had (all of them named Teddy, although each has had a different personality).

When asked about what she attributes her longevity to, Mary replied that it was her dogs that have kept her active, since they require her to go out for walks (except in really cold or stormy weather). As she put it, "If you can get out and



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Rock Lalonde and his barbershop

Looking after our community for 45 years

by Carole Moult The year under discussion was 1978. "That was a different generation," Rock Lalonde said recently as he told about taking over our local barber shop at the Alta Vista Centre. 'Louie's Barber Shop' had come into being with the opening of the mall in 1956. And although there were three barber chairs in the shop at 1579 Alta Vista Drive only one other barber had ever worked there along side of the owner.

There was no sign, "New owner" displayed in the window on that opening day in April nor was there an "Under New Management" poster hanging outside. Louie Charon just quietly retired on a Thursday evening, April 27 and Rock Lalonde began cutting hair on a Saturday morning two days later, April 29. Spic and Span Dry Cleaners was on one side of his shop to the west and the ever popular Johnny Fong Chinese Restaurant welcomed Rock on the other. The beer store two doors down didn't remain long after Rock moved in as the CIBC was willing to pay double the rent...and they did.

"I had about five-10 customers that first day," remembers Rock. "I had to introduce myself because the sign still said, 'Louie's'. Today, many of those same people who sat in his barber's chair and paid about \$1.75 per cut almost 50 years ago are considered important and long-time friends.

How the history of Rock's Barber Shop came about was really quite simple and

then continued to sit in that same chair at Rock's whenever a cut was needed.

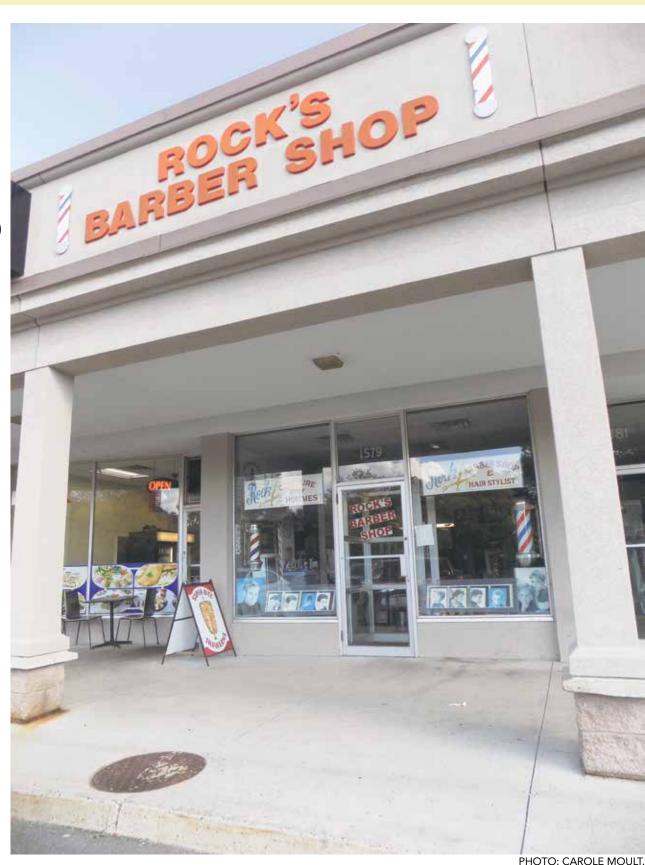
"Rock is a very generous person," Mr. Grant commented recently. "He even came and cut my hair here at the house when I couldn't make it into the shop."

For his part, Rock also remembers many kindnesses from this neighbourhood after he located here in 1978. In particular, it was one family on Dale Avenue who often made very much the way things happened at the certain that Rock received his evening meal when his wife was in The General Hospital for many months at a time and on numerous occasions, Helen Dudas did the cooking and after work her husband would carry a covered dish over to Rock at the barber shop. "We liked the aspect of giving to someone we knew," said Steve Dudas when asked about Rock's memory of this particular thoughtfulness. "Rock also gives a lot of himself. He will drive a customer home. He's a caring individual," Mr. Dudas added. No story about Rock Lalonde would be complete without the input of Danny Dear who for many years owned Danny Dear Service Centre just a stone's throw away from Rock's Barber Shop, where Tim Hortons is now located at the corner of Alta Vista and Dorion. Rock had been working at his shop for about 20 years when Danny Dear 's BP

PHOTO: CAROLE MOULT.

station was moved from Bank and Riverdale to his Alta Vista and Dorion location.

Rock's vehicle at the time was a 1976 burgundy Buick LeSabre and a well taken care of car it was. It was no doubt over the topic of cars that the friendship began and even today many years later, Rock highly praises Danny Dear for his 'honesty'. It was in 1995 that Danny Dear had to move out of our neighbourhood location. However for his part, Danny Dear commented this past month, "Rock is a



time. No job posting sites existed such as Indeed, LinkedIn, SimplyHired or Handshake. Instead word of mouth was frequently the only way job opportunities unfolded- and such it was with Rock Lalonde and his new neighbourhood barber shop on Alta Vista Drive.

"I worked cutting hair with Louie's sister in Gatineau and had gone to school with his younger son, Denis, in Overbrook where I grew up," said Rock.

"Go and see my uncle, he wants to sell," said Louie's nephew in the spring of 1978, and Rock did.

Today Drake Avenue resident, Garfield Grant, remembers "finding it very convenient to have a barber in the local mall" when he moved into the neighbourhood in 1966. He began going to Mr. Charon and super guy. He is still dealing with me and continues to recommend me to his customers," something that the team with Danny Dear truly appreciates.

When asked if he had any plans for retiring, Rock replied, "Not yet! I like the people. It's like a family after 45 years. You come to know them even more than your own family."

Rock Lalonde is extremely appreciative of the neighbourhood for all these years. "There are so many good people. It's unbelievable. Everything they've done."

And it is no doubt true that all those people spending time in Rock's barber chair or stopping by to chat or sit on the bench he puts out every morning think exactly the same thing about Rock's generosity as well. Isn't this a wonderful combination to have in a community!

Magazines and newspapers were a big deal in the 1970's. Pop culture, politics and fashion were daily or weekly consumables.

Today these are mostly digital - notably NOT the Riverview Park Review - but once upon a time every horizontal surface was covered.



If the magazine covers were on the coffee table upstairs with the adults, the kids were in the basement playing these albums. Mulling over the album cover artwork, reading the lyrics on the sleeves, and with ears buried in the huge cabinet speakers. Turn tables and amplifiers had cables draped all over the wood paneled "wreck-room". There were black lights, lava lamps, posters on the walls and old couches that, well, if they could talk...



Riverview Park Review

Heaven must be light: the engaging exhibition of Ava Margueritte

by Carole Moult

he evening was Saturday, September 15 as the atmosphere buzzed with excitement at the Grand Opening of the new Wall Space Gallery, 1090 Bank Street, corner of Sunnyside. Just looking at the re-do of the exterior of the building drew amazed and appreciative glances, while inside the new gallery the room hummed with anticipation as to what guests would discover at the newly opened venue.

D.J., Michael Caffrey was inside the front door with his turntable and vinyls, pleasing an overflowing crowd with appealing choices for background music.

Throughout the new gallery you could see friends chatting with friends about the engaging exhibits on the pristine white walls, observe a variety of guests viewing showcases of the work of Ottawa and other Canadian

jewellers, and note many visitors mingling as they enjoyed the delicious appetizers and a variety of spirits.

Meeting the guest artist, Ava Margueritte, was an added bonus for the overflow crowd who wanted to not only celebrate this milestone of a favourite gallery at its new and very central location but also take the opportunity to make inquiries about the analogue photographs displayed around the room.

The majority of the pictures are images from the artist's own Ottawa experiences which she captures using a medium format consisting of a larger size negative in a Mamiya C220 twin lens camera. Wall Space does the framing to maximize the essence of the photograph's message.

Ava Margueritte was overwhelmed with the positive response to her first solo exhibition. "This September marks my



Analog photographer, Ava Margueritte, stands beside, The divide, at the front of the bright new Wall Space Gallery. Analog on archival paper, 36 in. x 36 in. PHOTOS: CAROLE MOULT



CONTINUED ON PAGE 35 D.J. Michael Caffrey chooses the great vinyls we heard that evening.



October-November 2023



At the south-west corner of Bank Street and Sunnyside the new Wall Space Gallery adds a tasteful addition to Old Ottawa South.

CONTINUED FROM PAGE 34

5th year in Ottawa. I was excited to feel the energy of this vibrant space on opening night," she later commented.

The exhibition, titled 'Heaven must be light,' closed on Saturday, September 30, however guests visiting the Wall Space Gallery, 1090 Bank Street will still be able to view a number of the intriguing photographs that remain on display.

Ava Margueritte graduated

from the Ontario College of Art and Design University, (OCAD) Toronto, with a Bachelor of Fine Arts in Conceptual Photography (BFA) and has received many honours and accolades in her career as an analogue photographer. Visitors to the new Wall Space Gallery should be delighted to see the work of such a gifted photographer. The doors are open Monday- Friday from 10 am-6 pm.+ Saturdays from 10 am-5 pm.

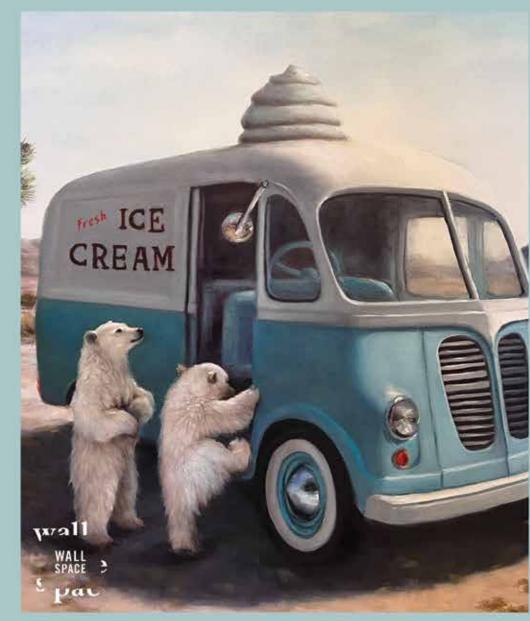


Left: Dauma Stirbyte, a London-based ceramic artist, known for her unique, sculptural and functional ceramic work created *Heavy Is The Head*, an intriguing creature. Porcelain, glaze, underglaze, 24k gold luster, mother of pearl luster

Below: Riverview Park Residents, Wilson and Mark, admire the intriguing work, *All we know*, by guest artist, Ava Margueritte.

Analog on archival paper, 20 in. x 20 in.





RICHARD AHNERT WHAT WE KNOW SO FAR OCT 7 - NOV 14

OPENING RECEPTION OCT 14 @ 3-5 PM

WALL SPACE GALLERY 1090 BANK ST, OTTAWA WALLSPACEGALLERY.CA

THE PLANNING AND DEVELOPMENT UPDATE



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

he Riverview Park Community Association (RPCA) tracks and advocates for the community on planning and development matters in and around the local community, including the potential loss of the Shoppers Drug Mart at the Alta Vista Shopping Centre. The Board will also provide input into the Transportation Master Plan (slated for completion in 2024) which is to guide transportation decisions and networks to 2046. https://engage.ottawa.ca/transportation-master-plan.

Shopper's Drug Mart at Alta Vista Shopping Centre. Shoppers is reportedly planning to move to the old Farmboy location in the Ottawa Train Yards in 2024 but the exact details and timeline of the move have not been determined. Should Shoppers end up vacating the current location next year the RPCA will support efforts of the mall owners in their efforts to recruit a suitable anchor for the plaza in keeping with the notion of a walkable community for local residents. Potential tenants could include another drug store or a small grocery store.

Installation of new sewers at 1460 Riverside Drive (intersection with Industrial Avenue/Terminal Avenue). This summer has seen considerable construction activity and lane closures on Riverside Drive in conjunction with installation of new storm and sanitary sewers. These sewers were necessary to decom-

mission the existing sewers that had been in operation and to ensure proper infrastructure is in place for any development proposals that might be received for the site. (The parcel is already zoned for high-rise residential units but no formal applications have been received yet). The sidewalk and road surface are being reinstalled along with removal of the existing sewers from 1460 Riverside Drive. The 1460 Riverside property will be re-landscaped later this fall.

Pedestrian and cycling matters

The RPCA supports initiatives that support active transportation in Riverview Park and elsewhere, including filling in gaps in pedestrian and cyclist infrastructure and improved winter maintenance of sidewalks and pathways.

In response to concerns about traffic flow and pedestrian and cyclist safety regarding the Dorion Avenue entrance to Tim Horton's, two "Do not block driveway" signs were installed along Dorion asking drivers not to block the sidewalk. The RPCA and community were unsuccessful in efforts to have a yellow pedestrian sidewalk painted across the entrance to enhance safety and keep the area clear from cars. City officials asserted it might set a bad precedent as there was no guarantee that the property owner could maintain the painted crosswalk and the City would be liable. They also expressed concerns that the wrong kind of paint might be applied, and that the City could be sued if someone slipped on the paint.

Work on the Environmental Assessment (EA) study for the proposed multi-purpose link between the Ottawa Train Yards (Terminal Avenue) and **Tremblay** Station (preferably an overpass across the VIA train tracks) has now started. This link would fill in a gap in the City's long-term Cycling and Pedestrian Plan network and fulfill a condition of the 2000/2001 approval for the Ottawa Train Yards Development. Two preferable locations for the link have been identified and the study is looking at several options, including a tunnel or overpass. The RPCA is part of the EA's Public Consultation Group which held its first meeting in June. Further consultations are planned for this fall.

Design work on the old rail bridge across the Rideau River just south of the Queensway begins this year in 2023 with construction starting 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.

Consultation and public input opportunities

An updated Part 1 of the Transportation Master Plan (TMP) was submitted to 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 -- https://engage. ottawa.ca/

Other developments

Additional details are not yet available regarding a proposal to construct an office complex at 1867 Alta Vista Drive, across the street from the Canadian Blood Services Complex at 1800 Alta Vista Drive

Construction is supposed to start later in 2023 on the Schlegel Villages project at 1967 Riverside Drive (between the Riverside Hospital campus and Smyth Road). This project will create a senior's community consisting of a Long-Term Care Home (256 beds) in Phase 1, and a 15-storey registered retirement home (270 beds) and shared amenity space in the second phase.

Scaffolding for bus passengers at Hurdman Station. The scaffolding has now been removed and Councillors Carr and Menard are still working with OC Transpo on a solution.

Water and storm sewer connection and installation infrastructure work on the Station Boulevard Splash Pad is winding up. Construction on the Splash Pad is scheduled to start this fall, with an expected opening date for summer 2024.

Information on some project proposals can be found at the City of Ottawa website at: https:// devapps.ottawa.ca/en/The RPCA welcomes your input on these proposals and any other potential developments in the area.

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

RIVERVIEW PARK FIRST-VICE PRESIDENT'S REPORT

RON RIDLEY RPCA First Vice-President

hope you have all had a great summer and a good start to the fall - it was certainly a summer to remember. While the RPCA Board doesn't meet over the summer typically, a small part calendar will be our Annual Gen-

of the board was active with some new RPCA members to form a Social Committee with a new event already planned!

Next up on the RPCA activity

eral Meeting. This year it will be held on Wednesday, October 25th at 7:00 pm at the Trinity Church of the Nazarene at 480 Avalon Place in Riverview Park.

Shortly after the AGM, the RPCA will be holding our 2023 Fall Social and Fundraiser. This event hasn't been held since well before Covid, but we are looking forward to getting people out to meet at O'Brien's Roadhouse on Industrial Avenue. The event will be held on Saturday, November 4th starting at 6:00 pm for drinks and mingling, followed by a dinner at 7:00 pm featuring a choice of four main courses, plus two sides and a dessert. There will also be live entertainment by Craig Cormier and a silent auction, all to get people out, socialize, while raising money for the RPCA and Matthew House Ottawa. Tickets will be \$40 which includes cost of dinner, entertainment, and support to the RPCA **CONTINUED ON PAGE 37**

Canada Post issues new stamps to commemorate **National Day for Truth and Reconciliation**

Brantford, Ont. - Today, Canada Post unveiled four new stamps that shed some light on the truth and legacy of residential schools, whose impacts are still felt by Indigenous Peoples today. The stamps - being released on September 28 in connection with the National Day for Truth and Reconciliation on September 30 - are the second issue in the annual series for the future of truth and reconciliation.

Featuring stark archival images of residential schools in different parts of Canada, the stamps serve as a reminder of the fear, loneliness, pain and shame experienced by generations of Indigenous children in these federally and church-created institutions. The stamp issue serves as a vehicle for truth about Canada's residential school system to help support the process of reconciliation and, ultimately, healing.



lier today at the Woodland Cultural Centre in Brantford, Ontario. The centre was established in 1972 after the closing of the Mohawk Institute Residential School; a photograph of the Mohawk Institute is featured on the Official First Day Cover.

Truth before reconciliation

Canada Post worked closely with the Survivors Circle of the The stamps were unveiled ear- National Centre for Truth and Reconciliation this year on its hawk Institute, in Brantford, Onannual Truth and Reconciliation stamp issue. The Survivors Circle stressed the necessity to address the truth before Canadians can collectively work toward reconciliation. Canada Post thanks the Survivors Circle for their guidance and collaboration.

The residential schools and school residence featured on the stamps are Kamloops Residential School, Kamloops, British Columbia; Île-à-la-Crosse Residential School, Ile-à-la-Crosse, Saskatchewan; Sept-Îles Residential School, Sept-Îles, Quebec; and Grollier Hall, Inuvik, Northwest Territories.

About the stamps

The stamp issue includes an Official First Day Cover (OFDC) and a booklet of eight PermanentTM domestic rate stamps. The front of the OFDC features the Mo-

tario - the first school in Canada's residential school system. The cancel location is Ottawa, Ontario, the seat of the federal government, where policies of assimilation were created that forcibly separated Indigenous children from their families and communities.

The stamp products will be available at canadapost.ca and postal outlets across Canada beginning on September 28, to commemorate the National Day for Truth and Reconciliation on September 30.

The National Indian Residential School Crisis Line provides 24-hour support to former residential school students and their families. If you require support, please call 1 866 925 4419.

For links to images of the stamps and other products, visit Details magazine and other resources.

First vice-president's report CONTINUED FROM PAGE 36



and Matthew House Ottawa. Tickets and information can be found at www.riverviewparkca. com.

Matthew House Ottawa (MHO) was founded in 2010 to support refugee claimants who arrive in Ottawa without the benefit of sponsorship by providing shelter, food, and settlement assistance in a family atmosphere through its Refugee Services program. MHO currently has 13 homes (3 reception houses and 10 transition houses) allowing it to serve more than 150+ refugee claimants per year. Residents arrive at MHO from 50+ countries, predominately from Sub-Saharan Africa. In 2012, MHO assumed operation of the Furniture Bank of Ottawa to address furniture poverty by accepting and redistributing gently used furniture and household items to diverse individuals, and families referred by the City of Ottawa and 50+ social service agencies. Referrals include refugees and other newcomers, people with physical and/or mental health disabilities, women fleeing violence, youth aging out of foster care, Indigenous people, LGBTQ+, and families moving out of homeless shelters. The

Furniture Bank program furnishes 1100+ homes each year, serving more than 3000 people.

RPCA membership levels are recovering after Covid, but we would like to grow the association while being more open, inclusive, and engaging across the community. Toward this goal, we have drafted a survey covering all aspects of the benefits the RPCA could provide the community to learn what would be important and valuable to our residents. Please complete the survey at: https://forms.gle/h8zh-TUTGrFamTykh7. Community association involvement can offer numerous benefits, ranging from personal growth and civic engagement to improved living conditions and a stronger sense of community. By actively participating in your neighborhood association, you can make a lasting positive impact and contribute to building a thriving community.

our website at www.riverviewparkca.com, or drop us a line at riverview-parkca@gmail.com Board meeting. Dates and times with your suggestions, questions are on our website.

or thoughts, and/or come to the next monthly hybrid RPCA

Riverview Park Community Association

2023 Fall Social and Fundraiser

Come meet your neighbours and raise funds for the RPCA and Matthew House Ottawa: supporting refugees arriving in Ottawa

Saturday

O'Brien's Roadhouse

Want to know more of what the RPCA is doing? Consider subscribing to our monthly electronic newsletter e-mail, or an even better option, become a member of the RPCA for only \$10. Thinking of going all in – try volunteering for the RPCA to help in the community. Information is available on Nov. 4, 2023

6:00 pm Cocktails and Mingling

> 7:00 pm Dinner

Tickets \$40

730 Industrial Ave (at Russell Rd) **Door Prizes** Live Entertainment with Craig Cormier Silent Auction

Information & Ticket Purchase: <u>Riverviewparkca.com</u>



Updates from 2 Valour Drive: the Oakpark Retirement Community

Shared by Bonnie Miller, Marketing Manager, and Tegan Sulis, Activity Manager, Oakpark Retirement Community

n August 20th Oakpark celebrated its 15th Anniversary, it was quite the bash. We celebrated those 15 years with a wonderful Black-Tie Cocktail party. The event was full of music and fine foods such as the Smoked Salmon Charcuterie board and delicious homemade cream puffs.

Oakpark has continued to grow over these last 15 years and we have welcomed so many of you from the community into our home, and still would love to welcome everyone for many more years to come.

In August we also enjoyed a proper Afternoon Tea at the Billings Estate right here in out community. Tastes and beautiful sights were in abundance that day as the weather was perfect.

In the up coming months, we invite you to join us for our Community Bridge tournaments on October 5th at 2:00 pm and October 26th also at 2:00 pm. On October 10th, we will be joining in the Oktoberfest fun with a rousing good time beer tasting as well as listening to German music by the International Trio.

Our return to our Classical Series will continue with an English Romantic Classical performance by Ottawa's own Shawne Elizabeth Beames and Alan Thomas.

If you would like to tour please contact Bonnie Miller bmiller@ riverstoneretirement.ca or call today at 613-260-7144.









Above and bottom: A proper English Tea at our nearby Billings Estate. Above: Our Black-Tie Cocktail party.











Under the covers with Doris, Etta, and La Vern

by Brian McGurrin

ust to be perfectly clear, a cover is a performance of a work that is not an original, but is by an artist different from the artist of the original performance.

Item 1. In 1947, after Doris Day left Les Brown and His Band of Renown to begin her acting career with Warner Bros., her first film, Romance on the High Seas, featured a romantic ballad composed by Jule Styne and Sammy Cahn, titled It's Magic.

Doris recorded the song for Columbia Records on Nov. 12, 1947, and Warner released the film in June 1948. However, just one month later, as Day's version of It's Magic began charting toward its eventual rise to #2, a Dick Haymes version of It's Magic on Decca and a Gordon MacRae version on Capitol had already entered the pop charts. Then in August a Tony Martin version on RCA Victor and a Sarah Vaughan version on Musicraft both appeared on the charts - and by September, yet another version by Vic Damone on Mercury!

None of these five cover versions rose any higher than #9on the pop charts, but they obviously resulted in a significant



reduction of royalty revenues for Doris Day and Columbia. Does this imply unethical industry practices? Clearly, the banning of cover versions would have resulted in a financial benefit for Day, but wouldn't that also infringe upon the rights of the composers, Styne and Cahn, to profit through licencing the broadest possible access to the output of their intellectual efforts?

Item 2. For its time, in the mid-1950s, the lyrical phrase, "You got to roll with me, Henry" was

considered risqué, just as the very white cover by Georgia Gibbs," as label "rock and roll" was understood to have a sexual connotation. The line, "Roll With Me Henry" comes from a 1954 Etta James recording titled "The Wallflower," composed by Johnny Otis, Hank Ballard and Etta James. After becoming a smash hit on the Billboard Rhythm and Blues chart, it went on to become a pop hit in the spring of 1955 - but not for Etta James. Re-recorded by the white pop singer Georgia Gibbs, with "toned-down" lyrics, "Dance With Me Henry (Wallflower)" rose to #1 on the pop charts in the spring of 1955, setting off a dubious trend known as "whitewashing." These two recordings raise difficult issues of community values, copyrights and racial discrimination.

Item 3. The robust R&B vocalist La Vern Baker learned to sing in the black Baptist church, but didn't become well known until she signed with Atlantic Records in 1954 and then began to produce a steady stream of successful recordings, including Tweedlee Dee, Jim Dandy and I Cried a Tear.

Arnold Shaw, in his fine history of Rhythm & Blues (Honkers and Shouters, 1978) relates how Baker's Tweedle Dee, "became something of a cause celebre because the

imitative a treatment as could be derived from the original," rose to #2 on the pop charts, and "destroyed any chance of La Vern's disk going pop." In other words, Gibbs' cover deterred Baker's R&B recording from crossing over into the broader and more lucrative pop segment of the record markets.

Baker was so incensed by Gibbs' "whitewashing" of her recording that she went to her congressman and (unsuccessfully) tried to get him to introduce a bill making it illegal to copy musical arrangements. Gibbs later pointed out that she worked under contract to Mercury Records and had no direct control over the choice of either songs or arrangements, and Mercury evidently would have been licensed by the song's composer, Winfield Scott.

But what about the arrangement? Was Shaw referring to the song's rhythmic "Latin-inflected riff" or perhaps to Baker's, "memorable and horny, bompy-ombom-bom fill," or what exactly? Should it be left to the courts to determine which elements might be either unique contributions to a musical arrangement, or alternatively, merely derivative elements? Just asking...

Protect Yourself this Fall

Ottawa Public Health experts remind everyone to stay up to date on COVID-19, flu, school and routine childhood vaccinations.

Thousands of children and youth under 18 years old in Ottawa are missing routine vaccinations that would protect them from diseases such as measles, polio, meningitis, and HPV. Vaccinations required for child care centres and schools should be kept up to date and are free.

Flu shots will be available for the most vulnerable high-risk populations, including hospitalized individuals, hospital staff and residents and staff in long-term care homes, followed by those in retirement homes and other congregate settings. Free flu shots for the general public aged six months and older will be available starting October 30th at doctor and nurse practitioner offices, some public health units and participating pharmacies.

It is safe and convenient to receive both the COVID-19 and flu shots at the same time, reducing the need for multiple visits. The province expects to start receiving doses of Moderna's updated SPIKEVAX XBB COVID-19 vaccine later in September, which better protects against the new Omicron XBB variant. This vaccine is Health Canada approved for people aged six months of age and older, however initial doses will be prioritized for higher risk populations. The current COVID-19 vaccines will also continue to be available for Ontarians, as long as it has been a recommended six months since their previous dose.

Please contact us with any matter of concern to you including:

•Birth, death and marriage certificates •Congratulatory messages

•OHIP cards

Driver's licences

•Landlord or Tenant concerns •Family Responsibility Office

•The Legislative Page Program General inquiries regarding provincial programs

Here to Help

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



John Fraser, MPP

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



LIFE AT MAPLEWOOD

TAKE A LOOK...Explore life at Maplewood

pcoming Maplewood highlights for October Halloween Costume through December

OCTOBER Casino Royale Thursday, October 12th from 6:30 p.m. to 8:00 p.m.

Fall Leaves Tour and Drive to Chateau Montebello for lunch Thursday, October 19th departure time 10:30 a.m.

Party with Live Entertainment Tuesday, October 31st from 7:00 p.m. to 8:00 p.m.

NOVEMBER Veterans Tea Saturday, November 11th from 3:00 p.m. to 4:00 p.m. with live entertainment

Wine and Cheese afternoon

with live entertainment

Friday, November 17th from 3:00 p.m. to 4:00 p.m.

Sip and Paint Night Thursday, November 23rd from 7:00 p.m. to 8:00 p.m.

DECEMBER *Evening Drive to see the* p.m. to 4:00 p.m. Christmas Lights Thursday, December 7th with a departure time of 6:00 p.m.

Ugly Christmas Sweater Party with live entertainment Tuesday, December 12th from 3:00 p.m. to 4:00 p.m.

Christmas Concert with Live Entertainment

Friday, December 22nd from 3:00

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

Summer socializing kept us busy at Maplewood

Shared by Hilary McCormick, Activity Manager, Maplewood Retirement Community









Maplewood's Lobster Boil included Dixieland- style music, cock-







Residents of Maplewood travelled to Merrickville for a day of shopping and a picnic!



Riverstone's first annual BBQ at Britannia Park had residents all smiles as they won prizes and enjoyed great food!

DEAR FRAN Allium – flowering onion



FRAN DENNETT

den, there is always room for flowering Alliums.

The Allium genus is a large genus of monocotyledons that includes both ornamental and cultivated onions, garlic, scallion, leek, chives and many more. They are found in almost every country as either a bulb or perennial. This article is focusing on the ornamental flowering onions.

Alliums with ornamental value that flourish in our zone 4-5 are 3. *Allium cristophii (Star of purchased and planted in the fall. In general, their requirements are few: sun or shade, any type of soil as long as it is well drained and an occasional top dressing of compost in the fall. They can be planted individually or in groups of odd numbers which are more appealing to the eye, and if not 4. *Allium 'Purple Sensation' has dead-headed they will reseed a border with abandon.

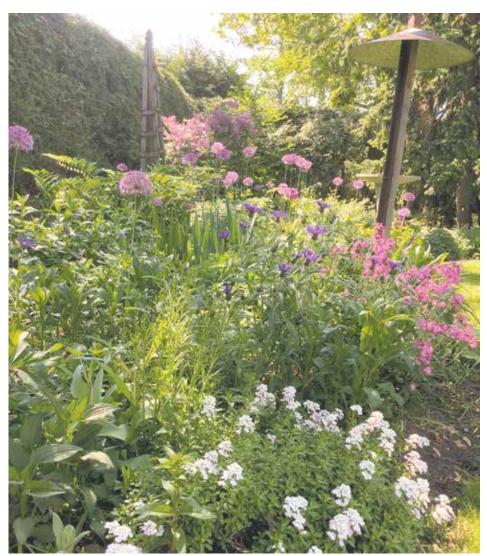
leaves that emerge in early spring and may start turning yellow as the flower stem appears. The size of the leaf depends in the species you planted. Some are grass-like, and others can be wider than a tulip leaf. The flower stem height varies with the species and appears in late spring to early summer and some in early fall. If you plant several different species you will have Alliums in bloom over a long period of time. If the seed head is allowed to dry, the seeds can be collected, and the flower through the border instead as head saved for a dried arrangement or spayed gold or silver for an outdoor Christmas arrangement. Or let the seeds fall to the ground for future blooms. Of the following Alliums, those starred I have grown in my garden for years.

- o matter how small a gar- 1. **Allium sphaerocephalon* (drumstick allium) has an egg-shaped flower head that is a tight cluster of tiny magenta florets. It is 45cm tall.
 - 2. Allium 'Globemaster' has a 14-25cm, light purple flower head and is 121cm tall. It must be fertilized yearly to maintain the large flower head. Otherwise, the flower head gets smaller each year, but is still lovely.
 - Persia) has a flower head with up to 100 individual light purple flowers in each head. This Allium is 37cm tall and should be planted 15cm deep and 25cm apart for best effect in a border. Fertilized yearly.
 - 10-12cm globe flower heads on 90cm stems.
- Learn to recognize the green 5. Allium caeruleum has sky blue ball-like clusters on 37cm stems.
 - 6. Alliums suitable for a rock garden are Allium molly (early leek) and *Allium cernuum (nodding wild onion).

Alliums are available now in garden centers carrying tulips. Mine were planted many years ago and have reseeded so there are usually twenty or more in bloom in late June. I like that the Alliums have scattered one group, but that is my preference.



Allium 'Purple Sensation' and Camassia. PHOTO: FRAN DENNETT



Alliums that have seeded in Fran's garden. PHOTO: FRAN DENNETT



Again I hope this information causes you to try flowering onions in your garden. The beneficial insects, pollinators and butterflies will thank you.

It's hard to imagine a civilization without onions.

- Julia Child -

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.



ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

OCTOBER- NOVEMBER 2023

For the most current updates as well as information about available services, please visit www. biblioottawalibrary.ca or call 613-580-2940.

The Library has returned to pre-COVID hours and are as follows:

- Monday to Thursday: 10 AM to 8:30 PM
- Friday: 1 PM to 6 PM.
- Saturday: 10 AM to 5 PM

CLOSED

- Saturday, September 30th
 National Truth and Reconciliation Day
- Monday, October 9th Thanksgiving Day

Please note the following when visiting:

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Public computer use is currently limited to two hours per user per day. To reserve a computer ahead of time, reservations can be made either at the branch or online from home.
- All seating is now available.
- Meeting and program rooms are now available for booking.
- Please visit our website for the most up-to-date information with regards to programming.
- Outdoor book drops are open 24 hours a day, 7 days a week.
- Museum passes are available once again on a first come, first-serve basis. Please contact the museum in question before you visit to inquire about hours, closures, protocol etc.

Please visit www.biblioottawalibrary.ca for the most up-to-date information. Info Service is available for many inquiries and services by calling 613-580-2940 or emailing: infoservice@biblioottawalibrary.ca

FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

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

- Children's Books \$1.00.
- Adult and Teen Mass Market Paperbacks - \$1.00
- Adult and Teen Soft Cover Books - \$2.00
- Adult and Teen Hard Cover Books - \$3.00
- CDs and DVDs \$2.00 per disc.

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

BOARD GAME AND PUZZLE SWAP

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

CHILDRENS PROGRAMMING

Family Storytime

Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program. 30 minutes. Tuesdays at 10:30 AM until October 24th (No program on October 17th). Wednesdays at 10:30 AM until October 25th.

Stay and Play

Meet new friends after story-

60 minutes

Tuesdays at 10:30 AM until October 24th (No program October 17th). Wednesdays at 10:30 AM until October 25th.

Please visit our website for the most up-to-date information about children's programs.

ADULT PROGRAMMING

Groupe de conversation en français (intermédiaire) / French Conversation Group (intermediate) (NEW DAY/ NOUVELLE JOURNÉE) 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. / Wednesday, 6:30 - 7:45 p.m. Les mercredis de 18h30 à 19h45. **Sleuth Hounds Mystery Book Club**

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

Thursday, October 19th, 2023 Steve Cavanagh – any title. Thursday, November 16th, 2023 Scott Pratt – any title.

Book Banter

Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month 2 PM – 3 PM. All are welcome. Thursday, October 5th, 2023 *The Vanishing Half* by Brit Bennett

Thursday, November 2nd, 2023 *The Committed* by Nguyen Viet Thanh des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.

Le lundi 16 octobre 2023 *Là où je me terre* de Caroline Dawson

Le lundi 20 novembre 2023 *Amun, une Collection de nouvelles* éditée par Michel Jean

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

ONLINE COLLECTIONS AND SERVICES

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

These resources include:

- Digital eBooks and Audiobooks via Overdrive/Libby and CloudLibrary for English titles and Cantook Station for French titles.
- Language learning courses via Mango Languages.
- Streaming movies via Hoopla, the Kanopy Collection, Kanopy Kids and Access Video on Demand.
- Free magazines and newspapers via Flipster, Overdrive Magazines or PressReader.
- Children's resources for educational videos and online books such as Just for Kids and the Tumblebook Library.

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

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

time! Chat and play with puppets, building blocks, crafts and much more. Drop-in program.

Infusions Littéraires

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ST. AIDAN'S YULETIDE BAZAAR and ONLINE AUCTION October 23–30

For a link to the auction, log onto www.staidansottawa.com between Oct. 23-30. Winners pick up items Sat., Nov. 4, during St. Aidan's in-person Yuletide Bazaar (10 am to 2 pm), 934 Hamlet Rd.

Saturday, November 4

St. Aidan's Yuletide Bazaar, in-person, Sat. Nov. 4, 10 am to 2 pm., 934 Hamlet Rd. (behind Elmvale Acres Shopping Centre). Home baking, jams, preserves, a Boutique (jewellery & accessories), books & puzzles, and silent auction. Snacks/ light lunch at the Celtic Cross Café. Visit www.staidansottawa.com for details. Everyone welcome!

For more information about our Yuletide Bazaar and Online Auction, visit (www.staidansottawa.com) or telephone 613-733-0102.

More about the 1970s.

FADS:

Mood rings, bell bottoms, corduroy, pet rocks, disco, shag rugs, roller skates, Troll Dolls, Citizens' Band Radio, and punk rock.

TOP 10 SINGLES IN CANADA:

Bridge Over Troubled Waters, I think I Love You, Let It Be, Lookin' Out My Back Door, American Woman, Raindrops Keep Falling on My Head, In the Summertime, Cracklin' Rosie, Close To You, and As the Years Go By.

TOP 10 MOVIES OF THE SEVENTIES:

The Godfather, The Godfather-Part 2, One Flew Over The Cuckoo's Nest, Star Wars: Episode IV-A New Hope, Alien, Apocalypse Now, A Clockwork Orange, The Sting, Taxi Driver and Monty Python and the Holy Grail.



by Keith Landry

n the heart of early spring, when the world around us was teeming with life, my friends - Paddy, Kevin, and Terry - stumbled upon a hidden gem in the midst of the woods. It was a hollowed-out tree trunk, a refuge just large enough for one adventurous soul to nestle within.

The air was filled with the earthy aroma of damp soil and decaying leaves, intermingling with the sweet, heady scent of budding wildflowers. The distant croak of frogs served as a steady rhythm to

our adventure, while the chirping of crickets and the occasional splash of a waterlogged critter added a melodic charm to the swamp's composition.

The day began bathed in warm sunlight, its golden rays filtering through the thick canopy of budding trees. The water in the swamp sparkled like liquid glass, inviting us to explore its hidden secrets. We took turns paddling the weathered tree trunk, our laughter echoing through the tranquil swamp, resonating with the calls of unseen birds.

But as the sun gradually de-

scended beyond the horizon, casting long, eerie shadows, the warmth of the day slipped away like a fleeting dream. We were oblivious to the chill creeping into the air, lost in our swampy adventure. Hours of play left us soaked to the bone, our clothes clinging to our shivering bodies, and our teeth chattering like castanets.

Suddenly, the enchantment of the swamp was replaced by a stark reality. The once-inviting waters now felt icy, and the fragrant symphony gave way to the sharp scent of wet earth. We

knew it was time to return home. Reluctantly, we left our makeshift raft behind, trudging through the swamp's muddy trails, each step accompanied by a squelching sound.

Our journey back home was accompanied by the chorus of frogs, serenading us under the moonlit sky. As we finally reached the safety and warmth of our houses, the memory of our swamp adventure lingered, a tale of springtime camaraderie, filled with the sounds and smells of an enchanting, but equally treacherous, early spring swamp.

Envirotips[©] for October 2023

lights in the evening, you will reduce the light pollution that interferes with bird migration. You will also help reduce the number of bird-window collisions. **Embrace** "Meatless Mondays". Eat less meat and dairy. Eating more vegetables, fruits, whole grains, legumes, nuts, and seeds, can significantly lower your environmental impact. Producing plant-based foods generally results in fewer greenhouse gas emissions and requires less energy, land, and water. Reduce the amount of information you store on your computer. Computer storage uses up a lot of energy so give

im the lights for birds at your online storage a fall cleaning customer can use it. night. World Migratory by deleting duplicates or files you

Bird Day is October 15, no longer need, unsubscribe from **bubble wrap.** Instead of throw- age, and transport it. And when 2023. By dimming or turning off newsletters and regularly delete ing away bubble wrap or bubble food rots in a landfill, it produces wrap envelopes you can re-use them as padding for fragile items. Compost your pet's fur. Composting allows you to turn all that cat and dog fur into something useful. If you garden or even have a few plants, composting may be precisely what they need to thrive. Cat and dog hair and fur are natural sources of nitrogen, which plants love .You can also put it in your green bin. Plan your shopping so you purchase only what you need, use what you buy and compost any leftovers. Buying too much food means you are more likely to throw more of it away. When you throw food away, you're also wast-

ing the resources and energy that Reuse or give away plastic were used to grow, produce, packmethane, a powerful greenhouse gas. Cutting your food waste can reduce your carbon footprint by up to 300 kilograms of CO2e per year. Remember that one-person's trash (e.g. ripped jeans, leftover boxes, empty maple syrup bottles) is another person's treasure. There are several local "Buy Nothing" Facebook pages or 'Trash Nothing' websites https://trashnothing.com/beta/ full-circles-ottawa/browse share items you no longer need.

all those spam emails in your online folders.

Divide and share some of your plants. Many types of plants such as peonies, poppies, and bleeding hearts, like to be divided in the fall because the cooler, wetter weather encourages the plants' roots to grow before winter. Once the plant is divided, replant the new sections or share with a friend.

Return grocery store flyers when you finish shopping. If you pick up a flyer from the grocery store and no longer need it for future trips that week, you can place it neatly in the flyer stand by the entrance so that another

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