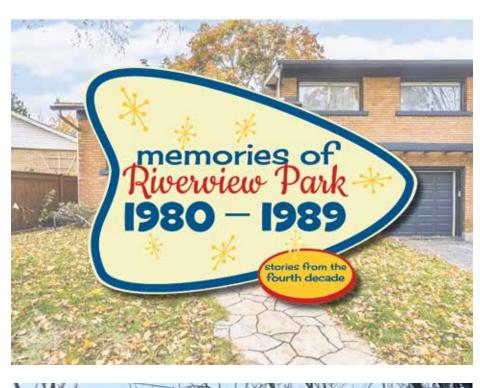


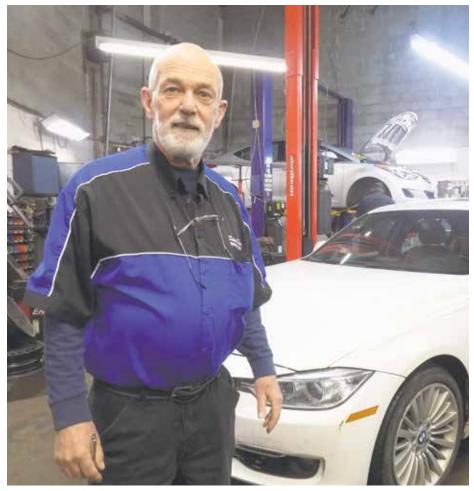
DECEMBER 2023

#### **AVOICE OF RIVERVIEW PARK**

JANUARY 2024







Many will recognize the name Danny Dear from his 35 years in business in Riverview Park. The top right cover picture shows Danny behind the scenes at his service centre during the busy season of winterizing vehicles. Danny Dear's story is on page 32. PHOTO: CAROLE MOULT

## "Memories of Riverview Park"

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

*School might be out* for retired Hillcrest teacher Roger Taguchi, however he continues on the path of life-long learning. Roger's story can be found on pages 30 and 31 in Section Two.

Follow the history of The General Hospital on its journey from Bytown to Riverview Park. It begins on page 25 and continues on pages 33 and 34.

Carleen and Ron Ridley enjoy the beautiful Ornament Path with pets Myla and Marley. Read their remarkable story on pages 28 and 29. Riverview Park resident, Anne Graham, was already a well-respected piano teacher by the time the eighties arrived. Her story can be found on p. 18.

Greg Money's visuals of the 1980s are on pp. 8 and 21.



## **RIVERVIEW PARK PRESIDENT'S REPORT**



## **RON RIDLEY RPCA** President

t has been a busy fall for the RPCA with our regrouping after the summer, the Annual General Meeting, the recent Fall Social, and all the work that goes into organizing these events.

The Annual General Meeting was a great success with presentations by CAFES Ottawa

(Community Associations for Environmental Sustainability) and Matthew House Ottawa. CAFES is a network of local environmental and climate leaders in the city of Ottawa encompassing urban, suburban, and rural community associations, environmental organizations, citizens organizations. and CAFEs spoke to the residents about Climate Resiliency and their findings from the recent workshops held all over the city. RPCA hosted one of these in Riverview Park in conjunction with AVCA in June. Matthew House Ottawa (MHO) spoke about their work to support I am very pleased with the great Ron Ridley. Special thanks to

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. The RPCA had chosen Matthew House Ottawa to be the recipient of our Fall Social fundraising event.

Marty Carr and representatives from David McGuinty's and John Fraser's offices also spoke briefly and answered questions.

I would personally like to thank all of the 2022/23 RPCA Board members: Jeff Blattman, Craig Cormier, Heather Dunlop, Carol McQueen, Kris Nanda, Bryan Orendorff and Lorella Piirik for their service this past year and for volunteering to stay on for 2023/24. I would also like to welcome Jonathan Lemieux, Stephanie Lines and Wanda Raymond for joining the board.



group of people and wide range of experience we have on the board for the coming year.

The RPCA's newly formed Social Committee organized its first event by hosting the RPCA Fall Social on November 4th. The event was a huge success bringing out ~98 residents (the capacity of O'Brien's)! The event raised \$5,200 through entrance fees and a silent auction, which was split evenly between Matthew House Ottawa (MHO) and the RPCA. The MHO donation will enable them to provide a bed, food, and settlement support for 2-3 refugee claimants for an entire month in one of its 14 transitional homes in Ottawa or alternatively cover the costs to furnish 5 homes for families in need across Ottawa. The RPCA will use the funds raised to help cover our operating costs and fund community building activities such as the winter carnival and movie nights next year. The social committee consists of: France Delude, Stephanie Lines, Tim Mark, Carol McQueen, Kris Nanda, Lorella Piirik, and

O'Brien's for preparing a great meal and experience for our social - much appreciated!

We would like to thank all of our silent auction donors/local companies that supported our Fall Social Fundraiser - please patronize these companies that support our community:

Mark Anthony Wine and Spirits, Anna Nitoslawska Photo, Atletico Ottawa, Bicycle Craft Brewery, Boogie and Birdie, Books on Beechwood, Bridgehead, Bytowne Cinema, Simply Chiropractic, Chef's Paradise, Chuck's Deli (Trainyards), Craig Cormier, Cyco's Bike Shop, David McGuinty MP, Decathlon, Eagle Automotive, Elgin Beer Project, Figure 8, France Tailor (Alta Vista Dry Cleaners), Ingenium (Museum of Science and Technology), John Fraser MPP, Councillor Marty Carr, Milo's Pastry, Movati Trainyards, Movies 'n Stuff, Mynott Construction, Napa Parts Store, O Brien's Roadhouse, Ottawa Titans (Baseball), Ottawa Pilates, Pet Valu Trainyards, Carleen Ridley, Ritchie Feed and Seed, Rock's Barbershop, Sail Trainyards, Scouts Canada, Sonja Payette Realtor, The Standard Tavern, Starbucks Trainyards, **CONTINUED ON PAGE 3** 



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 terrazo

terra 20

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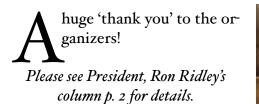
Hintonburg store owners.

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, terrazo 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 Riverview Park Community Association's Fall Social** A great way to bring a community together.





**Craig Cormier** 



**Event Photographer, Carole** Moult, PHOTO BY CARLEEN RIDLEY



Carleen and Ron Ridley



**Denise Kennedy and Tim Mark** 



Jasmin Simard and Denis Poitras of Figure 8



Denise De Laat, Phil Ritchie and **Tom Shillington** 



L-R: Karin Keyes Endemann, Carolyn Yip and Andrew Tunis



L-R: Calebu Ishara, Aziza Rezaie and Nadine Chamourel



Lise- Andrée Payette and Joe Murphy



Kris Nanda

More Photos, page 4

# RPCA president's report

#### **CONTINUED FROM PAGE 2**

Terra 20, Thali Restaurant, Vimy Brewing Company, and Zaks Diner (Elgin Street).

The next RPCA Community building event will be the Christmas Carol sing on Friday, December 15th at 7:00 pm at the Balena Field nity House Food Bank. House (1640 Devon St.).

along evening of Christmas Carols under the stars with hot chocolate and treats along with a fire pit and marshmallows for children. All are welcome, and if you are able, please bring a shelf stable food donation for the Blair Court Commu-

the annual RPCA Winter Carnival from 2:00-4:00pm. There will be lots of fun events including the Shoot-to-win and children friendly activities. It is always a great opportunity to get out and see your neighbours after a few months of winter!

24 winter marking our fourth year and growing every year. I hope you can get out and enjoy it.

Want to know more of what the RPCA is doing? Consider subscribing to our monthly newsletter e-mail, or an even better option, become a mem-The Riverview Park ber of the RPCA for only Mark your calendar for Ornament Path will be \$10. Thinking of going all

the RPCA to help in the community. Information is available on our website at www.riverviewparkca.com, or drop us a line at riverviewparkca@gmail.com with your suggestions, questions or thoughts, and/or come to the next monthly hybrid RPCA Board meeting dates and times are on

This will be a fun sing- Sunday, February 11th for up again for the 2023- in - try volunteering for our website.



#### **Riverview Park Review**

#### December 2023-January 2024



L-R: Lorella Piirik, Patrick Burns Armstrong, Lori Burns, Mike Dewing, James Lorimer, Audrey Lorimer, John Armstrong, and Dianne Delzotto



Alison Nanda, Stephanie Lines and Georgia Forler



Jonathan Lemieux



L-R: Marilyn Charpentier, Chris Wightman, Sherry McPhail, and Mike Laham



Vilbert Enviye and Donna Karam of Eagle Automotive



Jean and Sally Payette

# Four ways to cut monthly bills

#### by Eric Cosgrove SRES<sup>®</sup>

racking expenses and starting a budget are helpful tools to save money, but we should also consider ways to reduce the amount we spend each month. When small everyday expenses become a habit, we stop noticing what they costand they add up quickly. The first step to cutting your monthly bills is to start tracking them-something you can do with a personal finance app (like Mint.com or

tickets to local attractions and cle.org). Royal Lepage Once you've got a sense of the newspaper and magazine subbig spending picture, then it's 4. Ask for a better deal: time to figure out where you can scriptions to library cardholders. save. Here are a few small ways Some have a "Library of Things," Even if you've paid the same 613-238-2801

to reduce monthly expenditures that, taken together, can add up quickly.

#### 1. Audit subscriptions:

You may have an auto-renewing membership to something you've forgotten about and no longer use-the gym, a streaming service, an online magazine, etc. Scan your credit card statements for memberships and subscriptions you can cancel.

#### 2. Check out library perks:

YouNeedABudget.com) on your Public libraries offer far more (See "gift economy" websites like than books, including things like buynothingproject.org or freecyphone.

from which you can borrow, say, a food dehydrator, acoustic guitar, or weed whacker for free.

#### 3. Shop second-hand first:

Before you click the "buy" button on something brand new, see if you can get a used one first. Browse local thrift shops and set up search alerts on sites like Kijiji and eBay for items you're looking for but don't need immediately. You may even have local options for getting used items for free in a "gift economy" group near you.

amount for a cable and internet package for years, or you've had the same credit card interest rate since you signed up, it never hurts to ask for a better deal. Cable companies run promotions constantly, and while existing customers don't hear about them that doesn't mean they can't take advantage of them. And, if your payment history and credit score are good, your credit card company may be able to reduce your interest rate.

Eric Cosgrove, Broker SRES® Seniors Real Estate Specialist® Performance Realty ericcosgrove@royallepage.ca



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# Fall Clean up: another successful community event

Shared by France Dulude

bout a dozen people helped clean Balena Park and the surrounding areas. There was much less garbage than at the spring cleaning, but the activity was still very worth while. It was especially nice to involve newcomers and little people. What great helpers!









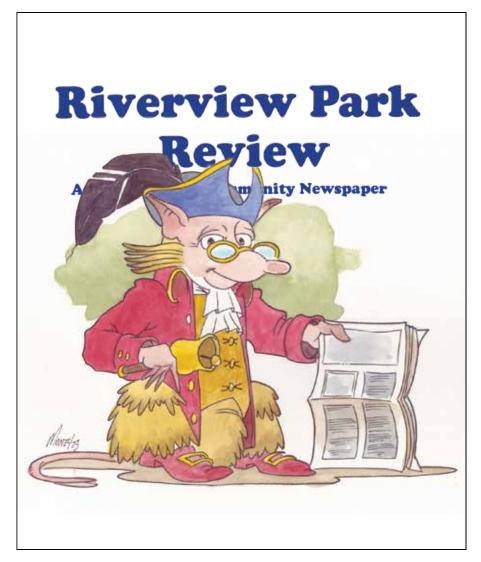






#### RIVERVIEW PARK REVIEW • Vol. 15, No. 5

**Board of Directors:** Peter Bishop, Dianne Hoddinott and Greg Money **Editor:** Carole Moult – editor.riverviewrpr@gmail.com **Advertising Manager:** Carole Moult – <u>advertise.riverviewrpr@gmail.com</u> **Layout and Design:** Patti Moran Graphic Design **Proof Reader:** Kathy Ullrich



Distribution Manager: <u>distribution.riverviewrpr@gmail.com</u> Cartoonist and Masthead Artist: Greg Money Treasurer: Janina Nickus Staff Photographer: mansolo Web master: Cyberlily Design Studio Printer: Hebdo-Litho

n Friday, September 15, Metroland Media Group announced the end of approximately 70 community papers in hard copy format. In the future these papers would be produced in digital editions only, "The media industry continues to face existential challenges, largely because digital tech giants have used their dominant positions to take the vast majority of the advertising revenue in Canada," the company said in a statement.

News of the *Perth Courier* closing gained perhaps some of the greatest attention given that it began publishing in 1834. Successive generations of a family had owned it for about 155 years until its most recent owner sold it to Metroland Media in 2006. It was the second oldest community paper to be published in Canada.

The *Kemptville Advance* was a part of the local publishing landscape, and it too was closed as part of the Metroland Media publication shuttering. Fortunately, the family-owned North Grenville Times still provides local community news.

Here in Riverview Park we do have a not-for-profit independent publication, produced five times a year, however, for how long? There are different pressures with every community newspaper and some are quite unique to the *Riverview Park Review (RPR)*.

Basically, we have no 'main street'. The greatest number of our hundreds of local businesses are corporate or destination locations. Historically, these companies do not advertise in community papers, only in flyers or on the web. And although a local resident recently noted, "The newspaper is our 'main street", out-of-town head offices do not see it that way. Fortunately, some wonderful advertisers help bring you our news.

Without a "mainstreet" or the print version of a town square, community news will doubtlessly be spread by a rumour mill. Smith Falls, for example, lacks a community paper and is having this problem. Facebook and other platforms are becoming the forum for unfounded stories and panic. Luckily Riverview Park has a local voice for local interests and will hopefully continue for the future with your help!

# About the **RPReview** community newspaper

*Riverview Park Review* is a non-profit community newspaper paid for solely by advertising. It is published five times a year. It is distributed free.

TO OUR READERS: The *Riverview Park Review* is in need of volunteer distributors. The paper is published five times a year: the first week of February, April, June, October and December. Volunteer hours can be provided. The Riverview Park Review could not be produced without the support of our advertisers. Please let them know you saw their advertisement in the *RPR*.

#### **Submission formats**

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

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

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

**RPReview is currently seeking distributors.** 

\* Contributions by politicians are paid announcements.

RPR back issues are online at **www.riverviewparkreview.ca** Use this QR code to go to there with your mobile device



## RPReview needs volunteers to help with distribution. Please contact Distribution.riverviewrpr@gmail.com Next deadline for advertising and copy: January 10 for the Feb.-Mar. RPReview

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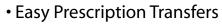




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The Honourable | L'honorable **David McGuinty** 

Member of Parliament | Député Ottawa South | Ottawa–Sud

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- » Student Loans / Taxation Issues

If I can ever be of assistance to you, on any federal matter, please do not hesitate to contact my office.

Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:

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- » le passeport canadien / Affaires Consulaires
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Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

#### The Honourable | L'honorable David McGuinty, MP | Député

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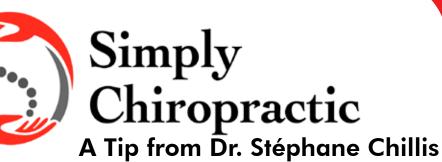
## How to de-stress over the Holidays

With Christmas just around the corner, it's almost time to carry all that Christmas shopping. Not to mention the dozen other chores that the festivities bring with them. You need to take special care of your back in all the hustle and bustle of the holiday season.

**T**oday you can order just about anything online. From food to clothes to toys, it's all available on the net. Nonetheless, you will still be doing some shopping the good old-fashioned way. There will be bags to carry, raw food items to get into your refrigerator etc.

# Here are some chiropractic Christmas survival tips to protect your back this holiday season:

- Make a List and Check it Twice
  - Making a checklist will help avoiding doing everything at the last minute.





- Eat and drink

Eating a healthy breakfast and staying hydrated will keep you alert and energized.

- Carry the Same Amount of Weight in Both Hands Distribute Evenly Balancing weights will put less strain on your spine.
- Walk at a Normal Pace Running or dawdling can cause back pain, walk at a comfortable pace.
- **Revisit Your Car During Shopping** Dropping bags at your car regularly helps during the shopping marathon.
- **Don't Rush** Be careful and use your legs and core muscles. And lift straight!
- **Don't Do These 3 Thing Together** Twist, bend, and lift – don't try to do these at the same time!

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.

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# TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF Five overlooked films for the Holiday Season

hen it comes to watching and recommending movies, a lot of times it's easy to recommend big, well-made movies like Oppenheimer, or smaller British films like The Lost King, however what happens if the films are so small that they don't have a builtin following waiting for their release? These next five films are smaller - both in budget and in stature - than the Oppenheimers or Barbies of the movie world, yet they deliver their own punch and deserve to be seen:

#### 1. Golda

Based on the Yom Kippur War, which lasted just over two weeks, this is an urgent drama which features an unrecognizable Helen Mirren as Golda Meir, a leader who must do what's best for her country or see it collapse. As Mirren's Meir chain smokes and tries to find answers, audiences will be swept up in her anxiety to do what's best for Israel while experiencing both successes and failures over the course of nineteen dramatic days. One of the year's most underrated movies with a searing performance by Mirren!

#### 2. Persian Lessons

In German-occupied France in 1942, Gilles narrowly avoids being executed by swearing he's Persian and not a Jew. While the lie saves him, he's then tasked with teaching Farsi to one of the senior guards at the camp. The only problem is - he has no idea how to speak Farsi! Tense and incred-



**Persian Lessons** 



Golda

ibly well acted by Nahuel Pérez thriller that moves along very Biscayart make this an absolute must-see film!

#### 3. Balloon

Two East German families attempt to escape to West Germany in a hot air balloon in this beautifully made political thriller with fantastic acting. A taut umentaries ever filmed follows

well and conveys how paranoid a time it must have been in 1979 in Germany, where the wrong move or the wrong thing said could result in death.

#### 4. The Velvet Queen

One of the most beautiful doc-





The Velvet Queen

Vincent Munier and Sylvain Tesson as they traverse the unrelenting Tibetan highlands trying to get a photograph of one of the most elusive creatures in the world - the Snow Leopard. As they get closer to their prize, they begin to ponder man's place next to the magnificent creatures and landscapes they encounter. A stunner!

#### 5. Past Lives

For the 5th film that needs to be seen, we're happy to defer to Hannah Holder from The Reel Study podcast:

A touching love story that explores fate, heartache, and life's big questions. It's all about what could have been and the complexities of relationships. Celine Song's first-time direction brings out these emotions in a really understanding and heartfelt way. An incredibly intimate tale that truly touches your soul.

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#### **HONORABLE MENTION:**

#### Jules

Milton is living a quiet life – that is, until a UFO crash lands in his back yard! A sensitive and sweetly told story of a magical friendship between an extraterrestrial, named Jules, and a tight-knit (kind of) group of seniors that know what will happen if Jules is discovered. Ben Kingsley, Jane Curtin and Harriet Sansom Harris show why they're considered acting royalty!

#### Page 11

# CHEO's 1Door4Care - a new beginning

HEO, already a global leader in pediatric care and research, this past month unveiled its plans for becoming an even more phenomenal facility. A new state-of-the art building, the CHEO Integrated Treatment Centre, or 1Door-4Care, will be located in front of today's CHEO at 401 Smyth Road. When completed, in about four years, the six-storey, 220,000 square-foot building will be connected by a tunnel to the hospital.

The reality of such a facility ever existing became closer in 2016 with the amalgamation of CHEO and what was formerly the Ottawa Children's Treatment Centre.

Today, many of the services that will be provided in 1Door4Care, are leased in locations across the



Front view of 1Door4Care

city. With the opening of the new facility, the various programs and treatments that many families rely upon will be merged into a single, purpose-built site on CHEO's main campus.

This new site will include multi-use clinic space, a physiotherapy rehab gym, expanded mental health clinics, indoor and outdoor space where teachers and therapists can combine education and therapy, plus secure space for children and youth with complex emotional needs, Modern treatment rooms for children with behavioural needs, advanced technology to enable virtual care, family support spaces, and a new parking structure will do much to make trips to this facility a positive experience.

Families of children with complex and special needs and other community members met the announcement about the project with great anticipation; a project which began in 2008, following the discussions and participation of many.

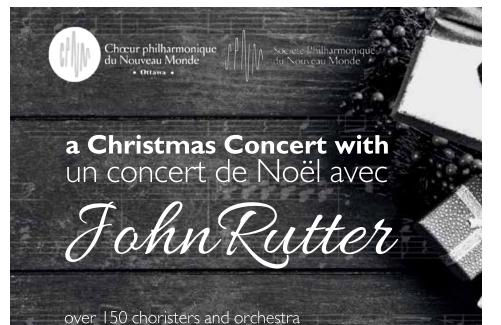


School playground





Main lobby of 1Door4Care. PHOTOS PROVIDED BY CHEO



plus de 150 choristes et or Ania Hejnar, soloist/soliste

directed by/dirigé par **Michel Brousseau** 

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# **COMPUTER TIPS & TRICKS** Is there a computer heaven?

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

t was your pride and joy! It cost a small fortune, but it would satisfy all of your needs (practically do your work for you) and make your life far less complicated. Sadly, in what seems like such a short time later, now it is gasping its last breath; slow to start, shutting down unexpectedly, taking forever to load web pages... and the new ones are on sale this week! The major remaining question is about what will be the final resting place for this old friend, and that will be our subject for today.

Over the years, you have entrusted a lot of important data to this device and you don't want to lose that but you don't want it to be out there accessible to anyone else. Transferring your data to a new computer is pretty straightforward but after you have confirmed that you haven't missed anything, the next step is to delete it from the old one. The easiest way is to remove the hard disk and store it in a drawer, so that you have a backup of that old data and the carcass will be secure



when it goes out the door.

Assuming that you are not going to keep your old machine for a spare or some special use, or pass it on to a friend or family member, you will have to decide on its future.

Your first thought may be to donate it to a charity. This commendable plan will only work in very narrow circumstances. To be brutally honest - if the computer no longer fulfils your needs, there is a good chance that it will not be useful for someone else, either. Needy recipients will not be unduly fussy about what is being offered, but the fact is that even the most basic uses nowadays are pretty demanding of a computer's resources and beyond a certain age and condition, it will not be

able to keep up. Certain organizations (... and Compu-Home is one of them) will accept and cannibalize and recondition the best fill facility south of Barrhaven. candidates for donation, but they have to be pretty good to start with.

One of your options is to return an electronic device for disposal to a store that sells that kind of equipment. The Government of Ontario allows stores to charge a small fee when they are selling new electronics, to compensate them for the costs associated with taking them back and recycling. You will likely find a bin near the front door.

Junk that Funk is an Ottawa company that creates popup E-Waste collection sites one day at a time at various locations throughout the city. The process is utterly free and painless; you drive through a helpful squad who will unload and categorize your offerings and you never have to step out of your car. Even when there are longer lineups they move quickly and the whole process rarely takes more than ten minutes. The company posts a yearly calendar of dates and locations on the Junk that Funk

website.

The City of Ottawa accepts E-Waste at the Trail Road Land-Hours of operation, a list of items that are accepted and other related information can be found in the www.ottawa.ca website under Hazardous Waste and Special Items.

Just in case you fear that eventually your E-Waste is still going to be dumped on the shores of a developing country on some far continent, as used to be the scandalous case in the past, Schroeder & Schroeder have published online a report titled E-Waste Management in Canada. Although the report is a few years old, there is a faint glimmer of optimism that we will gradually become more sophisticated in disposing of your old friend. You can Google Schroeder & Schroeder if you would like to read the report.

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



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# **Our Coronation Park** Splash Pad update December 2023

so the final installation can make

The splash pad is almost in- it ready for the next heat wave. stalled. Here are some im- Hard to believe that might hapages of the pad with soil pen as the snow is flying around. replaced and waiting for spring The opening of the splash pad is expected for June 2024.









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Pictured, after the RPCA Annual General Meeting are: (L-R) Kris Nanda, an RPCA Director and Chair of the Planning and Development Committee; RPCA President, Ron Ridley; Carol McQueen, an RPCA Director; and Brian Orendorff, Immediate Past President. PHOTO: CAROLE MOULT

# Riverview Park Community Association (RPCA)-**Annual General Meeting 2023**

n Wednesday evening, October 25, 2023, the Riverview Park Community Association held a successful Annual General Meeting (AGM) to share with those in attendance the plans they have for the upcoming year.

The new Board of Directors was also elected and presented, and several guests provided informative updates. Councillor Marty Carr shared information for Ward 18 residents and representatives of both John Fraser, MPP,

useful Ottawa South input on dance. their behalf.

tawa (Community Associations for Environmental Sustainability) and Matthew House Ottawa Ron Ridley, gives his report.

and David McGuinty, MP, offered further engaged those in atten-

Further information about the Presentations by CAFES Ot- Annual General Meeting and other RPCA initiatives can be found on p. 2, where RPCA President,







New Items **Arriving Daily! FREE PARKING** SUPPORTING THE FIGHT FOR THE CURE Follow us on Facebook to see antiving FASHIONS

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# TRINITY COMMUNITY GARDEN Trinity's bountiful season

by Rhonda Turner

A nother garden season has come and gone. Trinity Community Garden was established in 2012 and I joined in 2013. At that time there were only about 18 plots. I had to start my plot from scratch by digging up any grasses and weeds, turning over the soil and adding compost and creating a 4 x 20 ft plot. It was a lot of work with so many weeds and thistles which returned for several years on end.

There are now 44 plots and all of them have been established for many years. All plots have received several year's worth of compost and cultivation plus wooden boarders which help keep weeds out and veggies in. We probably don't think about the creation of our plot but only how easy it is when all we have to do is turn the soil and maybe add a little compost, level the plot and start planting.

In October pretty well everything in the garden is done. Usually just hardy plants such as kale, chard and sprouts may remain.

Our Fall Clean Up Day in mid October was very well attended.



Several tasks were completed. Old compost bins were emptied and much needed new compost bins were constructed ready to receive all of the dead foliage from the garden plots. The pollinator gardens were tidied up, removing what dead material could be removed. The aisles in the garden were cleared from overgrown weeds and grasses. Wood chips were spread between some of the aisles that needed a top up. Water tanks were winterized. Our shed was organized once again, as it tends to get messy just like closets at home. It was a beautiful fall day and we couldn't have asked for better weather. Thanks to all those who participated.

Our donation to Blair Court Community House Food Bank was the largest ever. We did have the benefit of an extra plot in which we grew butternut squash plants. Anyone who grows squash knows that they weigh quite a bit so having harvested probably 12 or so of them really improved our weight calculation.

Poor weather patterns this season with extreme heat and an over abundance of rainy periods contributed to some stunted growth. During such periods no donations were made for a few weeks at a



Sample of two different donation day contributions. PHOTOS: RHONDA TURNER (TRINITY

COMMUNITY GARDENS)

time. With this in mind, it is unbelievable how much we contributed this year. Since keeping track, our records show 2020 = 259 lbs., 2021 = 563 lbs., 2022 = 507 lbs., and this

year 2023 a whopping 914 lbs. Now that our gardens have been put to rest, gardeners will have already started scanning seed catalogues and planning their plots for next year. We will be making note of what worked and what didn't and perhaps consider reducing the amount of produce to plant next year in order to not overcrowd our plots. Right, I don't think there is a gardener out there who thinks that way but still has the discipline to refrain from planting just one more item.

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



Danny Dear Service Centre Dear's Small Engines 850 Industrial Ave., Unit 3

# (613) 521-4216

#### Page 17

## **ESSENTIAL HEALTH**

# Osteoarthritis

**T** o you have been told by your can help treat: doctor that you have osteoarthritis. Now what? While it may seem like a scary diagno- sis, physiotherapy is a really great tool to help reduce pain, improve range of motion and function.

Osteoarthritis (OA) is defined as degenerative joint disease in which the tissues in the joint break down and the bone begins to change. This can happen due to repetitive use of the joint, history of injury or surgeries to the joint, malpositioning, hypermobility, and aging. Muscle imbalances also can play a large role in this. Some common signs and symptoms of OA include: pain, loss of flexibility, crepitus (a grinding sensation), and stiffness. X-rays are commonly used to diagnose OA.

It is important to note that OA is different from osteoporosis, which is when the density and mass of the bone changes and from rheumatoid arthritis, which is an autoimmune condition where the body targets healthy joints in the body.

Common areas that are impacted by OA that physiotherapy

- Hands
- Feet
- Knees
- Hips
- Low back
- Neck

While the underlying condition cannot be changed, a lot can be done to slow the progression and improve symptoms by working at the level of the muscles. Acute management of OA may involve reducing pain by icing, bracing, elevation and rest. As the pain starts to subside, then gentle exercises are introduced. Long term management of OA may involve exercises for life.

When it comes to picking the right exercise for you, we use specialized testing methods to find the muscle imbalances, not only around the painful joint, but also exploring the involvement of muscles surrounding other related joints. This way, we can find which muscles are overworking and which muscles are under working. Muscles that are over working are stretched or



## **VERONICA ROGOVSKY**

Acute management of OA may involve reducing pain by icing, bracing, elevation and rest.

massaged and muscles that are under working are strengthened. Physiotherapy should be catered specifically to your condition and needs.

Other ways in which physiotherapy can help include hands on work on the muscles, offering suggestions to improve postures, and recommending lifestyle changes.

Another thing to consider is what we can do to reduce the risk of developing OA. Physiotherapy can also help with this, by working on the muscle imbalances before symptoms begin. An important

aspect to risk reduction is variety in movement; by ensuring that you are participating in a variety of different activities that use very different muscle groups and you are making sure to avoid repetitive movements and postures.

A final note, while exercise is a very important treatment method for OA, overdoing the wrong exercise can make things worse. It is best to talk to your physiotherapist to ensure that you are doing the right type of exercise for your body.

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 and physiotherapy might be able to help you, or about psycho-

therapy, please email info@essential-health.ca.



## Anne Graham – 65 years of piano teaching and counting (56 of them in Riverview Park)

by Kris Nanda

iverview Park residents passing by Anne Graham's home on Lindsay Avenue may notice a piano stained glass window and a music themed license plate but may not be aware of just how much musical history and memories are associated with its owner. Anne has been teaching piano since 1957 and has been doing so at her house on Lindsay since moving to Riverview Park with her late husband Don in 1967.

Born in 1939, she and her twin brother Bill Caswell (who also lives in Riverview Park), grew up in Old Ottawa South (Sunnyside Avenue) in a musical family, the youngest of Willard and Lila Caswell's six children. Her father was a violinist with the Ottawa Philharmonic Orchestra and her siblings (twin sisters, Sybil and Sally, and older brothers Ron and Barry) also played musical instruments.

Anne started taking piano lessons as a young girl while attending Hopewell School and then Glebe Collegiate, where she graduated in 1957. At Glebe, she played piano for numerous musical performances including Handel's Messiah. At one time, she also took organ lessons at Christ Church Cathedral from Godfrey Hewitt, father of world-renowned concert pianist Angela Hewitt. (Anne also studied at the Banff School of Fine Arts and in Montreal.)

Anne began teaching piano students at the age of 18 after a former teacher, Dorothy Slasor, suggested she might like it and be good at piano instruction.

In 1966, Anne married Don Graham, her high school sweetheart, who was working as an aerial geological photographer. The following year, Anne and Don moved to the house on Lindsay where they raised their two sons, Chris and Andy,

This beautiful stained glass picture was created by former Riverview Park resident, Lawrence Dumville, as a gift to Anne Graham. PHOTO: CHRIS GRAHAM



Anne Graham sits at the same piano where she has taught hundreds of piano students over the years. PHOTO: CHRIS GRAHAM

who attended Riverview and Vincent Massey elementary schools as well as Hillcrest High School.

Anne's sisters also lived in Riverview Park for many years - and her twin, Bill, moved to the neighbourhood about 10 years ago. (At one time three Caswell siblings were living in Riverview Park at the same time). While the Montessori school across the street from her house had not been built when she moved in, most other things have remained the same - and the character of the neighbourhood is still "friendly" Anne puts it.

Over the years, Anne estimates she has taught hundreds of children and adults (including two generations of some families) and has often encountered former students over the years. While none of her pupils have become famous musicians, many went on to take part in post-secondary music programs. Anne's pupils have included her sons and her four granddaughters (Allie, Emma, Kate and Ruby) who all still live in Ottawa. (Chris lives in Riverview Park) down to her children and grand- tinue to feel at home.



It was a number of years ago when Emma, Allie, Ruby and Kate joined their grandmother after playing in a piano recital at the Mennonite Church. PHOTO: CHERI GRAHAM



Bill Caswell, Anne Graham's twin brother, is also a Riverview Park resident. Pet, Cano, is beside him as the family enjoys a vacation. PHOTO: GRECIA CASWELL

children - both sons are musicians and Andy works at Steve's Music Store in Ottawa.

According to Anne, the reason she continues to teach piano at age 84 after so many years, is that, "I still really enjoy it."

Anne gets together with her children and grandchildren on a regular basis and likes to watch football games with her brother Bill on weekends. She can often be seen walking to visit Bill at his house on Knox Crescent where he lives with his wife Grecia and their dachshund, Cano. (Though Anne says that the sidewalk on Dorion Avenue is "in such bad condition" that she no longer feels safe walking to the Alta Vista Shopping Centre.)

Nevertheless, Anne says that the support of her sons and daughters-in-law Cheri and Sarah have enabled her to continue living in her home on Lindsay and notes that the residents in River-The musical gene has been passed view Park have helped her con-





# 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.

#### Happy Holidays!

I wanted to take this time to wish the residents of Alta Vista a safe and happy holiday season! However you choose to spend this time, I hope it is merry and bright. Enjoy this time to recharge and visit with family and friends and make the most of what the season has to offer. I hope to see you out and about at the many community events leading up to the holidays!

#### Food Security Fund Increase

I am proud to share that I have been working closely with Rachael Wilson of the Ottawa Food Bank to advocate for additional investment in the food security sector at a time when we are experiencing unprecedented need. As a result, this year's draft budget includes an additional \$400,000 in funding for agencies providing front line food support through the City's Sustainability Fund. Food insecurity is an issue I will continue to work on diligently as we see the need continue to grow in our community.

You can read all about the latest data on food insecurity in our community in the Ottawa Food Bank's 39th Hunger Report on the Ottawa Food Bank's website. Thank you to Mayor Sutcliffe, Dr. Vera Etches, my Council colleagues, and City staff for joining us for the launch of this report at City Hall the morning of November 20th.

#### Ward 18 Office Hours

#### Breakfast with Santa - December 9th

I am happy to be bringing back Breakfast with Santa this year at the Canterbury Community Centre (2185 Arch Street)! Come join us from 8a.m. to 11a.m. on December 9th for a pancake breakfast with coffee and tea, face painting, and a visit from Santa himself! We will also be collecting donations for the Ottawa Food Bank. You can find a list of their most needed non-perishable items on their website. I can't wait to see you there!

#### Winter is on its way!

We have already seen a few snowfalls take place over the past couple of weeks! When snowfalls take place, City road crews work hard to ensure that sidewalks, roads and winter cycling networks are clear of snow and ice. While we know that winter can be frustrating at times, please be kind when you see City crews out and about.

Be sure to keep your eyes out for winter tips that will be shared in my newsletter over the next few weeks! If you have a winter related question or concern, please contact 311. This is the fastest way to ensure your request is attended to by City staff. You can also file a 311 request on the City' of Ottawa's website or by emailing 311@ottawa.ca.

#### **Stay Connected**

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

I have been hosting biweekly office hours to meet with residents. There will be one final date for office hours in 2023. If you would like to book an appointment, please email my office at marty.carr@ottawa.ca or call us at 613-580-2488. 2024 Office hours are coming soon. I look forward to meeting with you!

Monday December 11th from 10a.m. to 2p.m. at Canterbury Community Centre.

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

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



f

Instagram (martycarrottawa)

110 Laurier West, Ottawa, ON K1P 1J1 | 613-580-2488 Marty.carr@ottawa.ca | martycarrottawa.ca

# FROM THE DESK OF BRUCE RICKETTS My nominee for Honorary Canadian

by Bruce Ricketts

ssac Newton once said, "If I have seen further, it is by standing on the shoulders of Giants."

Progress happens when men and women stand on the shoulders of other men and women. When Marc Garneau became the first Canadian in space he rode on the shoulders of John Glenn, Gus Grissom and many others.

When Chuck Yeager broke the sound barrier on 14 October 1947, he had been a pilot for only six years. He made his momentous progress standing on the shoulders of men like Chalmers Goodlin, a former-RCAF pilot, a good friend of mine and one whom I consider as qualifying as an Honorary Canadian.

Chalmers Goodlin was born in Greensburg, Pennsylvania on 2 January 1923. On his eighteenth birthday, he was inspired by the tremendous air battles over the English Channel in early World War II, but was unable to participate as part of the American military since the U.S. had not yet entered the war. So he joined the Royal Canadian Air Force (10%) of the RCAF enlistments at the beginning of WWII were Americans) hoping to get some fighter combat experience over the English Channel. He was at the time the youngest commissioned officer in the RCAF and in mid-1942, he reached England. However, he never had the opportunity to enter combat.

In December 1942, Goodlin was enticed to leave the RCAF for the US Navy to train as a Navy test pilot back in the United States. In 1943, he was released from active duty, never having an enemy. the opportunity to fire a shot at

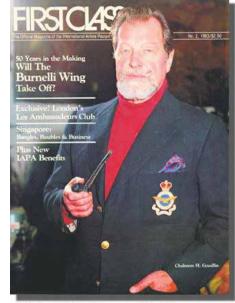


**RCAF** Goodlin



Photos from the private collection of Bruce Ricketts

joined Bell Aircraft as a test pi- RCAF jacket.



Chalmers H. Goodlin on cover of First Class magazine First Class is the Official Maga

own pilot, Chuck Yeager.

Not one to let moss grow under his feet, in 1948 he joined the Israel Air Force (IAF) as both a combat pilot and a test pilot.

Goodlin, in a personal message to me prior to his death, stated, "I believe my RCAF flight training was invaluable for my career and the accompanying military schooling was great character building for an 18-year-old fresh off the farm. I thank Canada for the opportunity they provided me."

Chalmers "Slick" Goodlin died on 20 October 2005, at the age of 82. He is missed by a great many persons... myself included.

But why do I think he deserves to be named an Honorary Canadian?

Chalmers owned an RCAFcrested jacket which he wore on special occasions. Like the time he was on the cover of First Class Magazine, an American publication. Or the time he testified in a U.S. Congressional hearing. And I will never forget the sight of this great American aviator being laid to rest in 2005, wearing his

In December 1943, Goodlin lot. As a test pilot he flew many You have slipped the surly Peace. (paraphrased from a poem by John Gillespie Magee Jr.)



and assorted aircraft built by bonds of earth... and touched the Bell. In 1946, he flew 26 missions face of God, my friend. Rest in in the X-1, in both powered and non-powered flight, and was on track to become the first pilot to take the "bullet" to Mach I (Speed of Sound). However, in June 1947, the US government took over the project from Bell and installed its

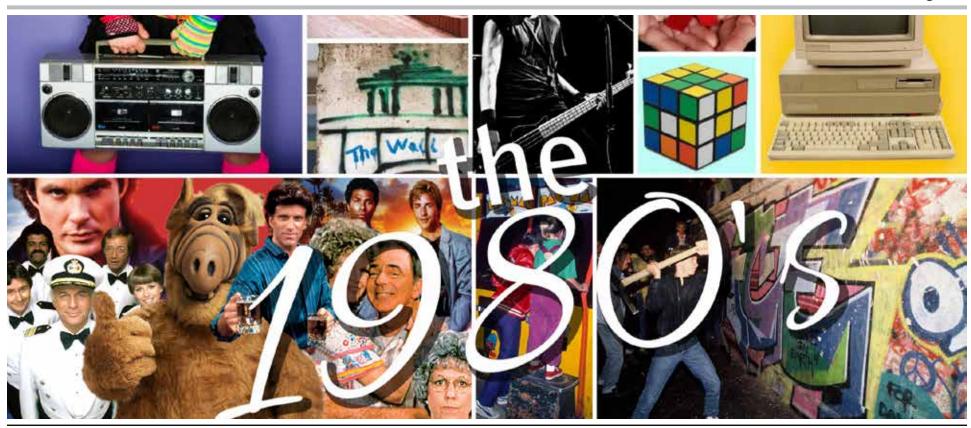
Bruce Ricketts is a historian, researcher, and author. Readers are invited to suggest topics for his column at: bruceericketts@gmail.com

#### **Business Hours:** Mon - Fri 10am - 8pm Saturday 10am - 6pm 10am - 5pm Sunday

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Read back issues of the **Riverview Park Review at** www.riverviewparkreview.ca



# **Ontario regional real estate insights**

n the province of Ontario, 35 per cent of residential mortgage holders will be renewing their lending agreement within the next year and a half (21%) within 12 months and 15% in 12-18 months). Of them, 74 per cent say they are concerned about their upcoming renewal.

"Many homeowners are concerned about their upcoming mortgage renewal. Banks are aware of this apprehension, and are preparing for many Canadians to shorten their next mortgage term or negotiate other changes," said Shawn Ramautor, sales representative, Royal LePage Wolle Realty. "Homeowners are considering all options on the table, including lengthening their amortization period in order to lower their monthly payments."

According to the survey, 81 per cent of mortgagees in the province obtained their mortgage from a prime lender; 73 per cent have a fixed-rate mortgage (open or closed); and 21 per cent have a variable-rate mortgage (open or closed).

Forty-six per cent of variable-rate or hybrid mortgage holders in Ontario say that higher interest rates have put major financial strain on their household; 30 per cent say that increased rates have imposed minor financial strain. In order to cope with higher mortgage payments, 54 per cent of them have decreased their discretionary spending. Six-

COMMUNITY ASSOCIATION **REGISTRATION OPEN** WINTER SESSION JANUARY 8 TO

ty-seven per cent of variable-rate – a more expensive one. As such, or hybrid mortgagees in the province say that higher interest rates have caused their mortgage payment to hit its trigger rate and subsequently caused an increase to their monthly payments.

"Homeowners in Ontario with a fixed-rate mortgage have been lucky enough to dodge the interest rate increases of the last year and a half, but most understand that the time will come when they will renew their mortgage in a very different borrowing environment

mortgage holders are preparing in advance for this inevitable increase, shopping around for the best rate and weighing all their options," added Ramautor. "Many buyers are still waiting on the sidelines, and will likely re-enter the market in late 2024, when rates are expected to start decreasing."

Source: 2023 Mortgage Renewal Survey Chart: rlp.ca/table\_ 2023mortgagerenewalsurvey Source: Royal LePage Canada



## Legislative Changes coming to the Real Estate Industry

Legislative reforms will come into effect December 1, 2023. The Real Estate and Business Brokers Act, 2002 (REBBA) has been renamed the Trust in Real Estate Services Act, 2002 (TRESA). This legislation brings important changes for consumers and those trading in real estate in Ontario:

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#### A few changes will be

• Clients and self-represented parties will continue, but customer relationships will be eliminated. This means that a party to a trade will be either a client or a self-represented party

Sharing contents of offers will be permitted with the seller's written direction (this applies in a Multiple Offer situation)

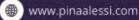
Adjustments to information and disclosure obligations to promote clarity in communication

• A new RECO Information Guide will be shared by registrants with those they engage with

Stay tuned. In the upcoming months I will go into further details. In the meantime, feel free to get in touch with me and will be happy to chat.

Call, text or e-mail me.





# New stamp honours internationally acclaimed **Canadian actor Donald Sutherland**

The prolific performer has appeared in nearly 200 feature films and television programs over seven decades

SAINT JOHN - Canada Post issued a new stamp today (October 19, 2023) commemorating the career of one of Canada's most respected and versatile actors, Donald Sutherland.

Born on July 17, 1935, in Saint John, New Brunswick, Sutherland studied engineering and drama at the University of Toronto before moving to England to pursue his passion for acting at the London Academy of Music and Dramatic Art.

He appeared in stage productions and television shows, making his feature film debut in 1963 as "Tall Man in Nightclub" in The World Ten Times Over. In 1967, Sutherland starred in his breakthrough role as killer Vernon Pinkley in the classic Second World War film, The Dirty Dozen.

His first lead role in a major motion picture came in 1970 when he played Captain Benjamin Franklin "Hawkeye" Pierce in the bitingly dark comedy,  $M^*A^*S^*H$ . The role transformed him into a Hollywood A-lister and one of the biggest movie stars in the world. It also earned him his first of nine Golden Globe nominations.

Sutherland's incredible talents and eclectic tastes led him to take on a broad range of roles over the course of his seven-decade career. He is known for memorable performances in a variety of films, including Klute (1971), Ordinary People (1980) Backdraft (1991), Disclosure (1994), A Time to Kill (1996), Fallen (1998), Pride



From left, legendary Canadian actor Donald Sutherland and Canada Post CEO Doug Ettinger are shown on either side of a frame displaying a new stamp designed in honour of Sutherland. CANADA POST

2015).

With his international success, Sutherland has remained a proud Canadian and starred in many Canadian productions, including the TV movie Bethune (1977) and the 1990 feature film Bethune: The Making of a Hero, playing legendary Canadian Dr. Norman Bethune in both.

His work in nearly 200 films and television productions has garnered him many awards, in-

& Prejudice (2005), and The cluding a Genie (1983), an Emmy Hunger Games franchise (2012- (1995), two Golden Globes (1995 and 2002), the Governor General's Performing Arts Award for Lifetime Artistic Achievement (2000), and an Honorary Award from the Academy of Motion Picture Arts and Sciences (2017).

He has also received stars on Canada's Walk of Fame (2000) and the Hollywood Walk of Fame (2011) and been named a Companion of the Order of Canada (2019) and a Commandeur

of France's Ordre des Arts et des

movie-poster-inspired The stamp, designed by Paprika and printed by Colour Innovations, features an image of the actor's profile, with several of his movie titles in English and French. Cancelled in Sutherland's birthplace of Saint John, the issue includes a booklet of 10 Permanent<sup>TM</sup> domestic rate stamps and an Official First Day Cover with an image of Sutherland as the character Sgt. Oddball in Kelly's Heroes (1970).

The stamp and collectibles are available at canadapost.ca and post offices across Canada.

# **Envirotips<sup>©</sup> for December 2023**

se more environmentally-friendly Christdecorations. mas Consider making your own decorations that you can use year after year instead of buying items made from plastic (which comes from a non-renewable fuel source). Instead of buying large inflatable plastic lawn decorations for Christmas, choose more modest ones that use less electricity and material.

**Reduce Greenhouse Gas** (GHG) emissions generated by on-line shopping and purchases (for home and work). Avoid two-day, same day or expe-

dited shipping as these scenarios lead to more air shipments, emptier trucks, less efficient routes and more GHG emissions associated with delivering the goods to you. Waiting an extra couple of days may lower shipping costs (as will having one larger order in your shopping cart rather than several smaller orders).

**Return your bags to the store** (rather than throwing them out) when gift shopping in clothing stores or department stores. You can also re-use these bags for future purchases or better yet, bring your own bags (in case

the merchandise will fit in them). Re-use or recycle gift packaging. Boxes and wrapping paper can be re-used or recycled. Styrofoam packing pellets can be reused and some delivery services or stores that sell packing material will even accept these.

Make a donation to a charity in the name of family or friends rather than buying people something they do not need for their birthday or a holiday. Many people are already trying to downsize or do not want or need another item around the house and would welcome a do-

nation to a charity of their choice instead of a gift they will not use. And 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 to share items you no longer need.

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

# FRIENDS OF RIVERVIEW PARK GREEN SPACES (FoRPGS) **December 2023 update**

by Ron Ridley,

'hile we have had a productive Green Spaces fall, everything is bedded down now under a layer of snow as you're reading this I expect. This down time will give FoRPGS time to grow and plan for 2024 and start the permit process with the city so we are ready to go in the spring.

Fall work consisted mainly of pollinator garden maintenance and invasives removal. FoRPGS received a\$2k grant through the Action Fund of the Invasives Species Center (ISC) in Ontario and our work on this grant scope is continuing. The ISC is an excellent resource with great material on all types of invasives, and while we mainly look to them for invasive plants information, they cover aquatics, insects, and plant pathogens. The grant scope money is going towards labour, tools and materials required to remove buckthorn and dog strangling vine.

Our Fall Cleaning the Capital city- sponsored event was well attended with -25 volunteers working in seven parks and green space



areas around Riverview Park. There was less garbage to pick up than in the spring and our parks were pretty clean.

FoRPGS is looking for volunteers to do some indoor gardening this winter growing native pollinators that will be planted around Riverview Park in the FoRPGS will provide spring. the trays, soil, and seeds and all you need to provide is light, water, and care (the green thumb part). If you are interested, please contact us at FoRPGSOttawa@ gmail.com.

Another way for you to experience our greenspaces in Riverview Park is through foraging. Our greenspaces are abundant with foraging opportunities including crab apples, apples (including apple trees from a former orchard), raspberries, blueberries, abundant Saskatoon / serviceberries and for the very well informed,

various mushrooms. Please learn lines of the RPCA's objectives be what is safe to forage from someone knowledgeable before you try as there are many non-edibles to outright dangerous plants and berries around as well.

The very popular ornament path through the woods will be returning this year. The path starts by the pollinator garden at the toboggan hill and runs east towards Balena between the hydro corridor and the Hospital Link Road. This will be the fourth year and there will be over 500 ornaments along the trail. There are also random bird feeders and a dog cookie treat jar for our fourlegged friends.

An interesting suggestion came up at the RPCA AGM during the FoRPGS presentation proposing that the RPCA develop a community job board where specific, discreet tasks needing to be done in the community along the

posted. This was thought to be a great idea for people to volunteer on their own terms matching their interests and commitment to tasks that needed to be done. The RPCA is looking at how to best implement this and the FoRPGS has some tasks waiting for volunteers!

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 and interesting work to do on our pollinator garden, invasives removal, path maintenance and planting around Riverview Park. You can join our mailing list at FoRPGSOttawa@ gmail.com or check out what we are up to on Facebook under Friends of Riverview Park Greenspaces.





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# **Riverview Park Review** SECTION TWO

DECEMBER 2023

A Voice of Riverview Park

JANUARY 2024

## Memories of Riverview Park 1980 - 1989

**Our General Hospital:** A long-ago journey that

began in Montreal

by Carole Moult

t would have been two very cold days in February 1845 when the 27 year old Élisabeth Bruyère lead a small party of the Sisters of Charity of Montreal to Bytown, The trip was over a frozen Ottawa River, by sleigh. The task of the four was to set up a community of the Sisters of Charity of Bytown. Established in 1826, Bytown was a growing timber-trade village on the Ottawa River.

The four Sisters soon recognized the needs of their new community; a place that they quickly discovered lacked any social services. Highly capable and tremendously motivated, only three months after their arrival they opened a school, a home for the aged, an orphanage, a home for abandoned children and on May 10, 1845, a general hospital (a mini Hotel-Dieu, the predecessor of the Ottawa General Hospital and Bruyère.). This hospital opened its doors at the corner of Parent and St. Patrick Streets. On January 1, 1855, Bytown was to become the City of Ottawa.

In 1861 construction of the Ottawa General Hospital began on Bruyère Street with the first patients admitted in 1866. Mère Élisabeth Bruyère passed away on April 5, 1876, when she was only 58.

Much of the following information about the **CONTINUED ON PAGE 33** 



Sister Élisabeth Bruyère. PERMISSION TO USE A REPRODUC-TION OF A DOCUMENT FROM THE ARCHIVES OF THE SISTERS OF CHARITY OF OTTAWA. ACCESSION NUMBER, TITLE, AUTHOR OF THE DOCUMENT: ASCO-P-A-001

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**The Benediction of the General Hospital Annex in 1898.** PERMISSION TO USE A REPRODUCTION OF A DOCUMENT FROM THE ARCHIVES OF THE SISTERS OF CHARITY OF OTTAWA. ACCESSION NUMBER, TITLE, AUTHOR OF THE DOCUMENT: ASCO-P-M10A-007

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# Facts of the eighties for Riverview Park

The eighties adapted from p. 15, Riverview Park Review, April 2017,

## 1980

The Ottawa General Hospital opened at 501 Smyth Road. 1980- Conversion from oil to natural gas extended to Riverview Park. [Ottawa Journal, 19 June 1980]

A Hillcrest High School team, coached by teacher and Riverview Park resident Roger Taguchi, won the Reach for the Top National Championship. They placed 2nd in 1982.

#### 1983

The Balena Park Speed Skating Oval was relocated from Balena Park to Brewer Park. [City of Ottawa]

Ronald McDonald House, Ottawa, was founded in 1983 and granted a charitable license in 1983. The House opened its doors to sick children and their families in June of 1984 and is part of a network of 14 Ronald McDonald Houses across Canada.



1983: Ronald McDonald House actually opened its doors in June of 1984. PHOTO: GREG MONEY

## 1985

The OMS-Montessori purchased two closed Alta Vista schools to accommodate the expansion of their ever growing program.



## 1986

South decided to build a nearby, low-cost motel. This was a huge undertaking at the time, and close to \$2 million was raised by Rotary Clubs, other service clubs and the community throughout Eastern Ontario. In July 1986, a 51-room motel opened its doors on the grounds of the Ottawa Hospital's General Campus, Smyth Road. Rotel provides lowcost and comfortable accommodation for CHEO and The Ottawa Hospital.

Aselford-Martin Ltd. built the Canadian Pharmacists Associcondominium complex on Riverside Drive (now referred to as the Rivieras). The proprietors of the company were John Garth

Aselford (1934-2014), the Pres-The Rotary Club of Ottawa ident, whose roots were in Carp and John W. Martin, the Secretary-Treasurer. Both had worked for William Teron, as vice-presidents of his company, before establishing their own company in February 1966.

## 1987

The Canadian Blood Services building was officially opened on August 31st at 1800 Alta Vista Drive (formerly the Canadian Red Cross until 1998).

#### 1988

ation building 1785 Alta Vista Drive, completed early 1986. Currently the home of Wavestone and North 57 Prosthodontics.



1987 (August 31): Formerly the Canadian Red Cross until 1998, this building, officially opened in 1987, is now the headquarters of Canadian Blood Services. PHOTO: MANSOLO





1988: Formerly the home of the Canadian Pharmacists Association, 1785 Alta Vista Drive, today the building houses a number of different businesses and offices. PHOTO: MANSOLO





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# Memories of Riverview Park 1980 - 1989 The Ridleys in Riverview Park from 1988 onward

Shared by Ron Ridley

originally were drawn to Riverview Park from further south in Ward 18 to be closer to CHEO where Carleen was working and OC Transpo where I worked. The community, green spaces, parks, convenience, and overall quality of life also all figured in. We were really hoping to make work walkable, and we did manage that for Carleen at CHEO. With her shift work early on in her career, I got into the habit of walking our dogs over to take her to work or meet her after work. At that time, we had a Chesapeake Bay Retriever and a Chocolate Lab that loved ripping

through the woods and on the hydro corridor on our way to or from CHEO.

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an-

Since those two dogs, we have had doodles, and as many dog walkers know, we currently have Marley and Myla, two Aussiedoodles. Owning a dog in Riverview Park, like most anywhere, is a great way to meet people, although you usually meet the dog(s) first and learn their names long before you learn the owner's names!

Back in the eighties, both Carleen and I were very involved with whitewater kayaking and canoeing. We canoe tripped for recreation and raced kayaks in whitewater slalom. Canoe tripping took us around the various Ontario and Quebec provincial parks and conservation zones, while whitewater slalom racing took us all over Ontario, Quebec, Alberta, British Columbia, northeastern USA, and Europe. We were both on the Whitewater Slalom National team, me from 1989 to 1994 and Carleen in 1991. Back in those days we would kayak vear-round in Ottawa at the local whitewater course as the whitewater wouldn't freeze, although it did make it difficult to change afterward as the water would freeze to our equipment and clothing. Riverview Park was convenient for getting to the Rideau River for flat water training, and to the Fleet Street Pumping Station, aka the Pumphouse, for our whitewater training. Around this time, a bunch of local National team paddlers had discovered the Pumphouse waterway and worked to develop it into our training facility. Over time and with a lot of investment, it has grown into one of the premier whitewater training facilities in



The Ridley's home when Ron and Carleen moved into the neighbourhood during the late 1980s.



After we retired from slalom racing, came kids, and Riverview Park was a great place for young kids, as it still is today. With young kids, we joined the Ottawa Internationals Soccer Club (OISC) Developmental Soccer Program, and our community field was at Riverview Alternative School (RAS). While we were both coaches with OISC, Carleen and I organized the Soccer X-Games at RAS challenging the players with many conventional and some unconventional soccer skills. Our son stayed with the Ottawa Internationals into adult soccer, while our daughter switched to Capital United Soccer Club and then was offered a full soccer scholarship to the University of Maine to play NCAA Division 1 soccer. Carleen and I both ended up coaching soccer for 17 and 15 years respectively. In the winter, both our children played hockey in the Canterbury Hockey Association where I was involved with coaching/administration for -11 years. With the arrival of kids, we knew we needed more space than our bungalow had to offer. Since we loved our neighbourhood and property so much, we decided to put on a second and third floor addition. Our planning was a bit off as we decided to do this just before the birth of our first child so that made things interesting **CONTINUED ON PAGE 29** 

Over three decades later, the Ridley's home today, -and after a tremendous amount of work.

Canada. Back then I was involved in the local kayaking club, the Ottawa River Runners, on the board and organizing kayak races, and I

have recently rekindled that passion, taking up recreation slalom training and helping with facility maintenance there.

#### **CONTINUED FROM PAGE 28**

to say the least. Carleen was a trooper working on the construction while 9 months pregnant and continuing after the birth of our son! As we did almost all the work ourselves around working full time, we finished just in time for our second child two years later. Our son really seemed to like growing up in a construction site where he could hammer and build what he wanted!

Being residents on the south side of Cluny Street, we loved having no one behind us and having our backyard opening onto the hydro corridor green space. We loved having this asset and the area became a well used extension of our property where impromptu soccer games, hockey rinks and even archery practice occurred. During the winter, cross country skiing, walking, tobogganing, and dog pulled pulk sledding filled in the days. Back then, our dogs thought tobogganing was too dangerous for our kids and they would grab the sled from the kids and run away with it whenever the kids fell off! This was all at the old toboggan hill by the Trans-Alta Cogen plant although the new toboggan hill looks equally fun.

Our kids enjoyed the greenspaces as well, learning about the various plants and animals, and there always seemed to be something they wanted to bring home from their walks out there. One very noticeable change is the number of milkweed plants and related monarch butterflies. When our kids were young, both were very abundant in the meadow where the current pollinator garden is, but sadly now they are both hard to find. Hopefully the pollinator garden and other native species being planted around Riverview Park will help reverse this trend.

Little did we know that in 1991, TransAlta's Cogen plant and then



Coach Carleen Ridley in 2002 with her team of young soccer players. The Ridley's daughter, Kendra, is in the front row, second from right.



much later, the infamous Hospital Link Road would cut up our walking routes and meadows. I was on the early community interaction group with TransAlta to address community issues like the low frequency rumble and the famous plume. Some active noise cancellation and operational changes were enacted although I am not sure how long they lasted.

Later in 2020, Carleen and I, along with many concerned neighbours and Riverview Park residents banded together to form the Friends of Riverview Park Hydro Corridor to stop Hydro One from razing our hydro corridor trees and wildlife habiRon Ridley, second left, back row, in 2002, with one of the teams from the days when he coached hockey at Canterbury. The Ridley's son, Brayden, is in the front row, second from right. PHOTOS SHARED BY THE RIDLEY FAMILY

tat. This group garnered a lot of support in the community and with the city/provincial and federal politicians managed to eventually change Hydro One's plan leaving our corridor as it was for residents to enjoy. The Friends group morphed into the Friends of Riverview Park Green Spaces (FoRPGS) after this and continues to do work in the community to improve our greenspaces. The work recently has been mainly on planting native pollinators and eradicating invasive species.

One of our favourite things in Riverview Park is the winter Ornament Path in the woods east of the toboggan hill between the hydro corridor and the Hospital Link Road. The path gets decorated around December 1st with -500 Christmas ornaments and becomes magical. There are also bird feeders, dog cookies and even human cookies on special occasions! The Ornament Path switches over from Christmas to Valentines before being taken down in late winter.

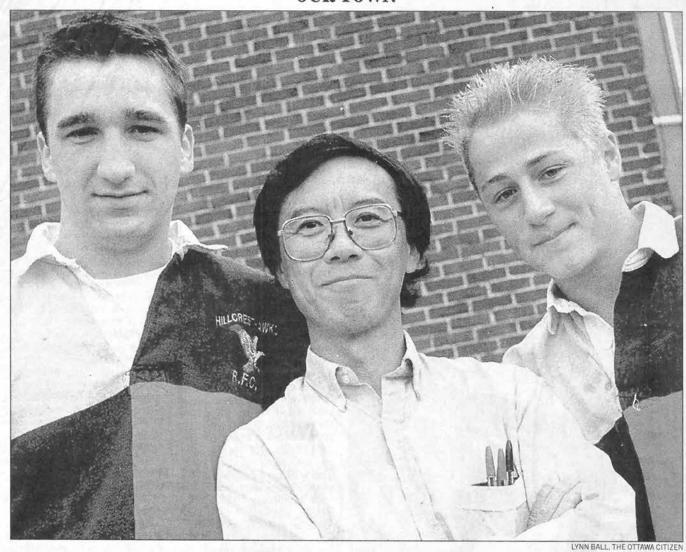
Make sure you make time to take a family stroll down the ornament path during this holiday season, and grab a homemade doggie cookie for your pup along the way!

# **Retired Hillcrest High School teacher Roger Taguchi**

Shared with Carole Moult and Kathy Ullrich

iverview Park resident Roger Taguchi taught Physics, Chemistry, Mathematics and General Science for 32 years, all at Hillcrest High School, starting in 1972 and retiring in 2004. Believing in leaving a low carbon footprint, he has always resided within 15 minutes walking distance from work, first at the apartments at 700 Coronation for 15 years. Ottawa bus service was good in his first year, usually on time, with 7 tickets costing \$1.00 (14¢ each). Of course, a box of Kraft dinner also cost 14¢, affordable on a salary for a Type "A" Specialist in Chemistry of \$8900. For the last 36 years he has lived on Knox Crescent near **Riverview Alternative School.** 

Some people may remember "Reach for the Top", a high school quiz show televised on CBOT, the local CBC station. In early September 1978, Roger mentioned to his Grade 13 Chemistry class that he watched one of the National Championship games, and the kids were beating him on trivia! Stephen Maulsby, one of his students, invited him to their first game of the season, to be taped on Saturday morning at the CBC studio on Churchill Avenue. Roger was amazed at how good the Hillcrest team was, partly because they were really smart and partly because they studied quiz book questions and old "Reach" practice packs (he didn't realize people actually studied trivia questions!). Roger was hooked,



## Roger Taguchi

Roger Taguchi, centre, is a remarkably dedicated teacher with the Ottawa-Carleton District School Board. A chemistry teacher at Hillcrest High School, with three decades of experience, he was the teacher-adviser this year to the senior boys rugby team. When Mr. Taguchi found out that the team's participation in the Ontario

finals would entail travel costs of about \$1,900, he decided to pay them himself. Mr. Taguchi is a fixture at the high school, taking pictures of all major school events and overseeing production of the yearbook. Here he is with rugby players Andre Bolotenko, left, and Adam Burke.

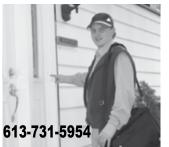
Retired Hillcrest High School teacher, Roger Taguchi, is shown with two of countless students inspired by his enthusiasm for learning – academic and beyond.

PHOTO: LYNN BALL, THE OTTAWA CITIZEN, JUNE 26, 2001 (PERMISSION RECEIVED TO PUBLISH.)

and attended practice sessions after school, contributing general knowledge and once drove Stephen to his parents' house on Knox Crescent (next door now). That year, the Hillcrest team won

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the Ottawa Regional Championship and lost in the Provincials to the eventual National Champions from Alliston ON. Hillcrest won the Ontario Championship in 1980 and 1982, and the National Championship in 1980.

After 1985, with no CBC funding, high schools subscribed to a veloping a theory of the human replacement "School Reach" quiz game, and Roger ran the Ottawa ties), and left academia to teach games in high school auditoriums high school. The time in Toronto on Saturdays for a couple of years, with teacher volunteers as Quizmaster. For Playoff and Championship games, a local broadcaster volunteered his time and effort several times; he was an excellent player himself but had been denied the chance to shine on CBC TV in 1986. His name? Mark Sutcliffe. Roger Taguchi was born in Winnipeg in 1945, and went to 5 different elementary schools in Manitoba and Ontario, where he was always treated very well, and never bullied or taunted despite his small size. He entered Grade 9 at age 12 in Burlington ON, and majored in Chemistry at McMaster University in Ham-

ilton. He spent 4 years as a grad student at the University of Toronto under Dr. John Polanyi who deservedly won the 1986 Nobel Prize in Chemistry. He did think up, execute and write up a short experiment in Chemical Physics but became interested in debrain and society (it was the Sixwas not wasted, as he gained confidence in his own judgment, and from 1997-2004 developed and taught a Grade 13 (OAC) course in "Science and Society" which included some of his theories of human behaviour. On Roger's first day in Kindergarten, he said "Hi!" to the kid beside him, and the kid said, "Hi!" too, but it sounded a little different. When Roger's mom picked him up at the end of the day, the teacher told her that maybe she should speak English at home. Roger had grown up hearing only Japanese at home, and did not know a word of English! Continued on page 31

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info@compu-home.com Malcolm and John Harding

#### Continued from page 30

Roger's parents, both born in Canada (Steveston BC), were functionally bilingual, so they spoke Japanese to each other, but from then on, English only to Roger. It took Roger only a couple weeks to get up to speed in English, although he was kidded for a while, when every second word he said was "Eh?".

In the summer of 1953, Roger's friend Tony Saltasuk said to him "Hey, did you know that the world is gonna come to an end on Saturday?" To prove it, they went to Sargent Avenue where there was a sign "The End of the World!!! Coming Saturday!!!" It was outside a movie theatre which was going to show "The War of the Worlds", based on H.G. Wells' story of invading Martians.

That Friday evening, Roger watched his parents carefully around the dinner table. They did not seem at all worried that they were all going to die the next day. Then the thought struck Roger that maybe his parents didn't know! Although kids in those days were supposed to be quiet and just eat, should Roger speak up and warn his parents? No, things couldn't be changed (the sign said so), so rather than upset his parents unnecessarily, Roger chose to shut up and say nothing. He went to sleep, sad that his short life was going to end so soon, but Shikata ga nai. Next morning, the Sun was bright and shiny, and the world did not end. Roger was actually a little peeved to find out that you can't believe everything you read!

"Into each life some rain must fall" [Longfellow]. Roger's youngest brother became mentally ill in 1974, and Roger has been looking after him 24/7 here in Ottawa since 2003. They exercise by walking along the sidewalk on Coronation Ave several times a week. Riverview Park has so many amenities!



Moose McGuire's in Ottawa, the #1 Site in Canada and the USA, in the SHOWDOWN Game on October 17, 2023. SUBMITTED BY ROGER TAGUCHI

ing to read all the books he had bought while teaching but did not have the time to read. It hasn't quite worked out that way, since new projects and activities keep popping up, especially those in understanding the physical universe

When the COVID pandemic first struck in January 2020, the push buttons, furniture, counter-WHO and our Dr. Theresa Tam tops, floors, etc. might be transclaimed that surgical face masks ferred physically to nasal passages were "useless". They wrongly asturned out to be unwarranted). meal and drinks. sumed that their purpose was to Early person-to-person transprotect the wearer from the vimission in a restaurant in China rus, which is so small that only involved a fan blowing tiny liquid N95 respirators (face masks) can droplets horizontally from one filter out the contagious partitable to patrons at another table, cles. However, surgeons and nursbefore desiccation could inacti-2001 to 2021. es in the OR wear loose-fitting vate the virus. masks, not to protect themselves, However, patrons on a side of the room away from the fans, or staff but their patients from germs in their exhaled breaths which members, or patrons on another ought not to reach open wounds floor did not contract the disease. and body cavities. Their exhaled Fears can be reduced through unair is blocked from direct travderstanding physical mechanisms. el forward by even loose-fitting However, health care workers or masks, and the thermal plume personal care workers at long term from a 37 Celsius human body residences who lean over the faces of supine patients who breathe or carries that exhaled air upward, available in PDF form. as may be visualized by Schlieren cough right into their faces or eyes For those interested contact photography. The virus is carried ought to wear N95 respirators and In retirement, Roger was go-

in tiny liquid droplets that quickly evaporate to dryness, leaving naked virus particles suspended in the air. These desiccated particles are much less infectious than those suspended in liquid droplets (early fears that desiccated particles on doorknobs, elevator

face shields. Etc.

Roger Taguchi still enjoys playing ntn Trivia Tuesdays from 8:00-10:00 pm with friends at Moose McGuire's in the shopping plaza at the corner of McCarthy Rd. and Paul Anka Drive. If you would like to help the team compete against bars in Canada and the USA, feel free to drop by, and share knowledge, jokes, a

Once a year, in late October or early November, Roger also competes at Ottawa's World Trivia Night; his team La Triviata has won 8 times in the years from

Footnote: Roger Taguchi notes that "new projects and activities keep popping up, especially those in understanding the physical universe." Mr. Taguchi has developed several theories: one on the optical activity of sugar solutions, and another on the absence of a greenhouse effect on Mars and Venus. His theories are editor.riverviewrpr@gmail.com





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# The 1980s **Tools of** the trade

by Carole Moult

efore the days of the internet things were quite different in every job and at every street corner, and such it was at Alta Vista and Dorion. The year was 1988 when Danny Dear joined our neighbourhood at the local BP Gas Service Station, taking over from the ever popular Gus McDonald.

Danny had been at the corner of Bank and Riverdale for 11 years. There he had set up quite a business where your cars were repaired, tires were changed, and staff would run out to pump gas for the many customers.

Mike Watson worked for Danny for several years in the mid eighties at Bank and Riverdale. He recently noted, "Danny must have been there at 5:30 or six every morning to pull out the racks of tires, get out the windshield washer fluid and set up for the day. Six days a week."

Then BP said they needed Danny over in Riverview Park – so Danny came.

At the time, at any service station, you would have noticed one fairly tall ladder, a stash of some very large numbers and pairs of extra warm gloves. These were the tools of the trade if you ran a gas station.

Remember, those were the days, when someone had to climb up and physically change the numbers several times a day as the price of gas went up and down. Mike Watson also remembers the gas wars of the mid-eighties and it wasn't fun. "You were up and down the ladder all day." In the winter you had to clap the plastic number cards together to get rid of the ice.

At the same time customers would drive up to the pump, wait for someone to rush over, and then have that someone pump \$10. or even \$25 worth of gas into an unlocked gas tank. Nor was it unusual to see that the person doing the rushing at this particular BP station was none other than the owner himself, Danny Dear.

"Alta Vista and Dorion was a #1 spot," recalls Rock Lalonde, when referring to Danny Dear's Service Centre, Rock's Alta Vista Shopping Centre neighbour of the late eighties and nineties.

located at 850 Industrial Avenue, Unit 3.

Mike Lamothe remembers those days vividly. He began working for Danny in 1991 when a friend said that Danny was looking for an apprentice. At the time Mike was going to Algonquin to obtain his Class A mechanic's qualifications. He had a young daughter and son and it just seemed like the right fit to apprentice at the Alta Vista and Dorion B.P. station. Thirty-two years later, his daughter is a nurse at CHEO, his son is a businessman, Mike is a grandfather of five, and he is still working as one of Danny Dear's Class A mechanics in the Small Engine department of this local business.

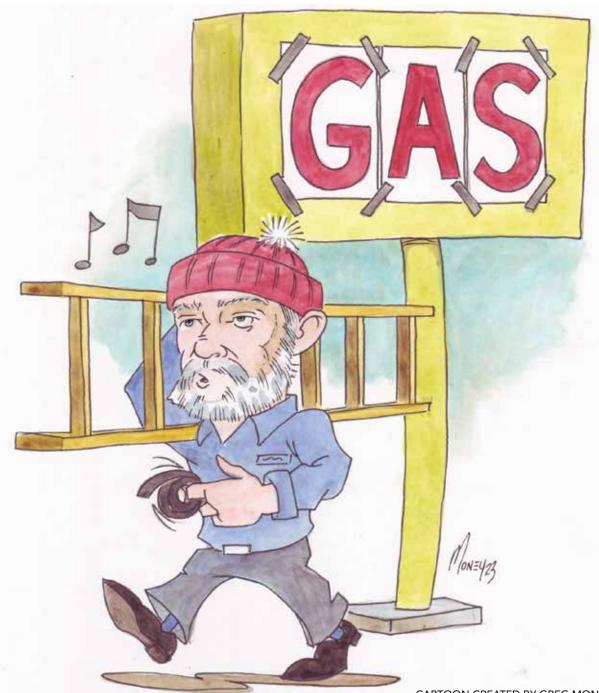
"Danny has always been fair, it has always been fun, and there is always something. A lot of the customers we had back then are still coming here," noted Mike a few weeks ago. "and now we're getting their kids here too." It was about a year or so later when Claude Dupuis came to work for Danny, although the two had known each other for years. Claude is a licensed mechanic or an automotive service technician, as the certificate notes. "We were like family," he says and smiles when he recalls their weekly 'staff meetings' at the local San Remos Restaurant in the mall. He also recalls how cold it was working at Alta Vista and Dorion.

CARTOON CREATED BY GREG MONEY

while the safe is no longer a needed commodity, Danny has also kept his office furniture of the 1970s and a 'terribly' ancient computer, copyrighted from 1985-1999. He does not like technology and will let you know it, however, he will use his Smartphone when it comes to showing pictures of the grandchildren. "Don't get me going," is one of his favourite sayings.

Alex Jolin joined the team in 2016. "I started here because of an ad I saw on Kijiji," he said recently. "They needed an automotive mechanic who could fix small engines too. I knew that it was a great business move to do both and I joined the Danny Dear Service Centre 'right on the spot'. Today Alex brings not only his expertise but great sense of humour to our neighbourhood. He also seems to have been told the stories often enough as to 'the way things were', because he can recite those past events almost verbatim when the need arises. Today, Alex, Mike and Claude are training the future of the trade with their two young apprentices, Lucas and Noah. Lucas is at Algonquin completing his last course, while Noah has just begun the three-year apprenticeship. Meanwhile, Danny has the final say in this story. "I'm not a boss, I'm a team player. I've been truly blessed with both staff and customers. I've always told my staff, you work on a customer's car as if it is your own. "Due to the evolution of the automotive industry, everything costs more. You need more software compared to the old days, and the cars have more electronics, making it more complicated work. Yes, the tools of the trade today are more expensive and much more complex to learn."

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"It was a busy place for getting gas, new tires, oil changes- everything. The military hospital was nearby which brought in a lot of customers, and Alta Vista Drive with its four lanes, was the 'main drag'. Then I remember when Petro Canada bought British Petroleum. They wouldn't allow a mini garage like Danny's and in 1998 the station was closed and torn down."

Petro Canada had wanted to build a huge bright 24 hour gas bar at this location. They said its proto-type was at Woodroffe and Fallowfield. The community saw this proto- type and the community fought back. The battle was referred to as David vs. Goliath. In the end, no huge gas bar came to Alta Vista and Dorion, however nor were Danny Dear and his garage allowed to stay. Today a Tim Horton's stands on the spot, and Danny Dear's Service Centre is

"The place was often cold because it was only made of cinder blocks."

Along with others, Claude also recalled that in those days, "Cash was king at a service station!" And when they had to relocate down the road to 850 Industrial, the story goes that they had to borrow Claude's brother's flatbed truck to get the safe to their new location. And

General Hospital CONTINUED FROM PAGE 25

1980 opening of a new Ottawa General Hospital was taken from a copy of The Ottawa General Hospital Official Opening Commemorative Album, an edition which is held at The City of Ottawa Archives, 100 Tallwood Drive, Nepean.

The introduction of the carefully bound album celebrating the October 28, 1980 opening of the new General Hospital on Smyth Road notes: 'Sisters of Charity Ottawa established the first Ottawa General Hospital'.

It was in 1967, Canada's centennial year, that the Sisters of Charity of Ottawa recognized the need for improved health care resources for our region. The General Hospital on Bruyère Street was now over 100 years old.

Within two years, hospital consultants, Gordon A. Friesen International, had provided a master program for a new hospital and architects Bregman & Hamann had developed a design.

Although it was initially intended that the new hospital be built on the site of the former hospital in the Lowertown section of the city, by the early 1970s it was decided the facility would be part of the Ottawa Health Sci-



Newspaper notice from Dennis Timbrell, Ontario Minister of Health, 1980, announcing the Official Opening of The General Hospital.. THE OTTAWA CITIZEN, TUESDAY, OCTOBER 28, 1980, P. 13

ences Centre. Accordingly, the already laid plans were adjusted to suit the new site in Alta Vista, with additional planning to span over the next several years.

"Prior to the start of construction in 1977, the Sisters of Charity renounced ownership of the new facility to a lay corporation, with the agreement that the bond between the old and new should not be broken. To help ensure this con-



The Ottawa Hospital - General Campus, November 2023. PHOTO: MANSOLO

tinuity, a new Board of Trustees was novative concepts." established with several members being from the former hospital.

Among their exhaustive tasks were the building, commissioning and finally, moving the hospital. Under the capable direction of the Thomas Fuller Construction Company, the hospital was substantially completed within 33 months, not only on time but also within budget."

Several pages in the Commemorative Album for October 28, 1980 describe the modern technologies in place and in the album on page four it was noted, "The \$66 million, 449 bed, energy efficient facility is truly one of the world's state- of -the- art institutions, due in part to Friesen's in-

Local resident, Jacques Desjardins, remembers well what was involved in moving from the old General Hospital on Bruyère Street to 501 Smyth Road, the location today of The Ottawa Hospital- General Campus.

"I was working for the Central Supply Room at the Bruyère location when we were called in to a mid-April meeting. Our job was now going to be to fill the new hospital. About 80% of the equipment was brand new including all the beds, with the rest brought over by a team from Bruyère. Our own team had to install the shelves, fill the shelves, install the boxes and prepare and put on all the labels-Continued on page 34

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#### Continued from page 33

and there were thousands. We even had to find a place to write the labels because at the time the hospital was like a big empty warehouse, beautiful but empty. We did this until the end of July," and according to Mr. Desjardins, "Many of the staff from various departments of the old General Hospital came to the new location to help with the preparation.

"Fortunately, while the hospital was empty, the cafeteria was open, and the food was really good, just like the 'old Bruyère. It was like eating in a high quality restaurant.

"Parking was also not a problem at the time." Jacques recalls driving his brand new 1979 red Corvette to work when the parking lot was part gravel and part asphalt. "The cost of parking came off our pay. Fifteen dollars every two weeks: \$30 a month. Of course, the garage wasn't there yet," he smiled when recounting the story.

It was around the first of May when great excitement came to the new, although yet incomplete, General Hospital. The movie, Threshold, starring Donald Sutherland and Jeff Goldblum was about to be filmed on site on one of the top floors of the yet unopened building. Jacques Desjardins vividly remembers the first time he saw Mr. Sutherland and recollects seeing the security plus



The new General Hospital, picture from The Ottawa Journal, October 1980. PERMISSION GIVEN TO COPY: CITY OF OTTAWA ARCHIVES, CA027929

all the trailers, 'out back'. The new General Hospital had become the setting of the \$5 million dollar scifi movie, with filming beginning in May and continuing until the end of July, just before the first patients were due to arrive over the long August holiday weekend.

Paul Rodney was the Ottawa Journal reporter who covered the Tuesday, August 5, story of moving the 95 patients from the old hospital to the new one over the long holiday weekend of August 3, 1980.

"Besides ambulances, vehicles used to transfer these final patients consisted of an OC Transpo bus, used by psychiatric patients, special vans equipped to handle wheelchairs and a 'flashy' ambulance bus from the Metro Toronto Ambulance Services which can carry 10 persons in stretchers with their life-support systems."

Sunday of that long weekend

in August was chosen because patient demand on the hospital would be lessened when many people would be away from the area plus the holiday would give the hospital a breathing space.

A straight forward route was taken from Bruyère Street in Lowertown, along Colonel By Drive, and down Main Street to the new eight storey building on Smyth Road just east of the Children's Hospital of Eastern Ontario. Paul Rodney titled his article, "Moving the 'General' easier than expected", while the Commemorative Album noted, "On August 3, 1980, the General made local history by successfully moving some 95 patients from the Lowertown hospital to the new facility."

'Within two months, the hospital was functioning normally, and by the time of the official opening on October 28, 1980 the facility was offering a full range of services.'

More than 300 guests were in attendance when Dennis Timbrell, then Ontario Minister of Health, officially opened the new Ottawa General Hospital. He was joined by special guests Ontario Premier Bill Davis; Governor General Edward Schreyer; Pierre Richard, Hospital Administrator; Ottawa Mayor Marion Dewer; and Mère Gratton of the Sisters of Charity.

It was 1998 when The Civic,

General and Riverside hospitals amalgamated to form The Ottawa Hospital. Up until then the Smyth Road facility had been referred to as The General Hospital. Today, The Ottawa Hospital- General Campus, 501 Smyth Road, is a world renown institution, one that has provided a wide range of exceptional services to the many in need of these.

Mère Élisabeth Bruyère's amazing legacy continues to live on at both Bruyère Continuing Care, 43 Bruyère Street, as well as at The Ottawa Hospital-General Campus.

Fittingly, at the Official Opening of the new hospital the Ottawa General Hospital's gift to the Sisters of Charity was a painting of Mère Élisabeth Bruyère, honouring the remarkable young Sister who accepted the challenge to make her new community a much better place in which to live.

#### **ACKNOWLEDGEMENTS**

For their contributions to this article, the following merit thanks: City of Ottawa Archives, Michel Kazan (City of Ottawa Public Library), Archivist, (Sisters of Charity of Ottawa Archives) and Jacques Desjardins, former staff member of the General Hospital.

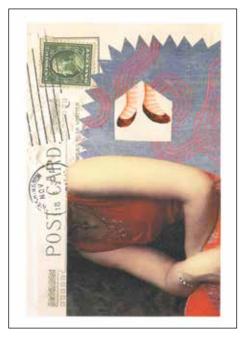
Information about Mère Élisabeth Bruyère was gained from the website: https:/bruyere. org>mother-elisabeth-bruyere



# Seasonal Collection: The holiday season is upon us!

isit the new Wall Space Gallery, 1090 Bank Street at Sunnyside, and view a unique collection of perfect gifts. Gallery Hours: Monday- Friday 10-6m, Saturday 10-5, Sunday Closed.

For information call: 613-729-0003



Julie Liger-Belair, little parable no. 1, collage, \$155



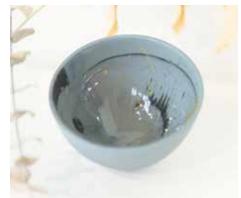
Olivia Mae Sinclair, STRENGTH, screen printing on fabric, \$50



LOUVE, Wooden square with green leather, \$120



Silvia Taylor, Pink Carafe, Handblown glass, \$55



Dauma, Snack Attack Bowl, porcelain with glaze, \$38



Lori Richards, Huddle of Pears, acrylic on panel, \$450



Dauma, Beetle 23, Porcelain, glaze, underglaze, 24k gold luster, mother of pearl luster, \$160

Brenda Wong, Round Pearl Hook Earrings, Round pearl with flower bead cap, sterling silver hook earrings in various colours, \$65







## **NICOLE ALLEN** Beyond the Garden Gate

Dec 9 - 23 Reception: Saturday, Dec 9 @ 3-5

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WALL SPACE

## THE PLANNING AND DEVELOPMENT UPDATE



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

Council for approval later in the year (Q<sub>3</sub>). Traffic calming consultations

for Riverview Park/Eastway Gardens. Input and suggestions have now been forwarded to Councilor Carr. Among the suggestions are

he Riverview Park Community Association (RPCA) and advocates tracks for the community on planning and development matters in and around the local community, as well as other developments such as the Lansdowne 2.0 project. The Board will provide input into the Transportation Master Plan (slated for completion in 2024)

which will guide transportation decisions and networks to 2046. https://engage.ottawa.ca/transportation-master-plan.

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. Any suggestions or comments can be sent to riverviewparkca@gmail.com.

#### Shopper's Drug Mart at Alta Vista Shopping Centre.

There are reports that Shoppers is planning to open a store at the old Farmboy location in the Ottawa Train Yards next year, but exact details and timeline are not currently known. Should Shoppers end up vacating the current location in 2024, the RPCA will support efforts of the mall owners 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.

#### Children's Hospital of Eastern Ontario (CHEO) expan-



#### **Pedestrian and Cycling** Matters

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. Residents report that so far, the signs do not seem to have made much of an impact and suggest they could be adjusted so more drivers can see them The RPCA and community were unsuccessful so far in efforts to get the City's permission to have a yellow pedestrian sidewalk painted across the entrance to enhance safety and keep the area clear from cars.

Multi-Use Connection (Terminal Avenue to Tremblay LRT Station) is ongoing. Two preferable locations have been identified and the study will look at several options, including a tunnel or overpass to traverse the VIA train tracks between the Ottawa Train Yards (Terminal Avenue) and Tremblay Road LRT station. Discussions are underway with VIA rail on how this project would affect their future redevelopment plans and how this connection can potentially be integrated with the VIA Rail Station. There are plans to host the final round of public consultations in winter/spring of 2024 with a presentation to

a stop sign and other traffic calming measures along Knox Crescent at Drake Avenue across from Riverview Elementary School and measures to slow down traffic along Coronation Boulevard. Improvements to the Alta Vista/ Industrial Avenue intersection to allow for safer bike and pedestrian passage across Alta Vista were also suggested plus a better sharrow for northbound cyclists on Alta Vista (the bike lane disappears after Rolland).

#### **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 The Environmental Assess- future travel demand, originally ment (EA) for the Tremblay to take place in fall 2023 may be approval. postponed. The RPCA and others continue to call for removing 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/

Transportation Committee and on hold. In the meantime, the RPCA has asked that the unsightly garbage and waste that litters this empty lot be removed.

#### **OC Transpo Matters** (non-LRT)

OC Transpo rejected a request to make permanent the temporary stop just east of Hurdman (that was set up during the sewer replacement at the Industrial/Riverside intersection earlier this year). There is currently no update on efforts to replace the protective awning that was removed at Hurdman Station earlier this year which had sheltered waiting bus passengers from the elements. There has also been a request to create a bus stop along Hospital Link Road at the pedestrian crossing where the path from the sledding hill and pollinator garden ends.

#### **Other Developments**

RPCA has contacted City Officials and Councilors office regarding the demolition signs at 400 Industrial (Between Metro Food Distribution Centre and Figure 8). The City Building permit office says they have no pending application or a demolition permit for the site.

An "as of right application" was received in November 2023 to construct three 17-storey residential use buildings at 1971 and 1975 St. Laurent Blvd with at-grade residential and amenity space and public park space fronting on St. Laurent Blvd. There will also be at-grade parking and a proposed new multi-level above ground parking garage. An information session was held in July 2022 and permission was granted for the new towers. (There are already two towers on the site). The applicant will have a year to start on his application from the date of

sion

Drawings of the \$371 million CHEO Integrated Treatment Centre, or 1Door4Care, showing a gym, a school, indoor and outdoor therapy and play space and room for dozens of outpatient services and clinics were released in early November. Construction is expected to have traffic impacts for neighbourhoods on both sides of Smyth Road. The six-storey parking garage and building are scheduled for completion by 2027. The RPCA will work with other stakeholders to monitor traffic impacts and the City has offered to provide an information session.

#### **Ottawa Trainyards**

Solutions is closing its Ottawa Train Yards location in the near future and a Winners store is scheduled to open in 2024. The proposed high-rise complex along Steamline (between the Walmart and the Post Office) remains

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

# **MARKYOUR CALENDARS** IMMACULATE HEART OF MARY CHRISTMAS CONCERT SUNDAY DECEMBER 10, 2023, 3:30 pm

Sunday, December 10th, 2023 at Immaculate Heart of Mary Church, 1758 Alta Vista Drive, come enjoy the music of the season! This event will feature local musical groups: the Ottawa Catholic School Board Chamber Choir, the Grand Choeur De La Salle, and the Immaculate Heart of Mary Church/St Mar-

garet's Church Choirs accompanied by the Ottawa Wind Ensemble, a 35-member orchestral group. They will be joined by tenor soloist Dr. Fraser Rubens, for special tributes to the musical season.

There will be carol singing for everyone to join in.

This 32nd Immaculate Heart of Mary Concert is held in support of the Heron Emergency terested in an advance donation Food Centre (HEFC). Admission to the Concert is FREE and there is ample and easily accessible parking. There will be collection baskets for voluntary monetary donations (cheque or cash). Tax receipts can be issued by the charity for donations over \$20 upon request. If you are in-

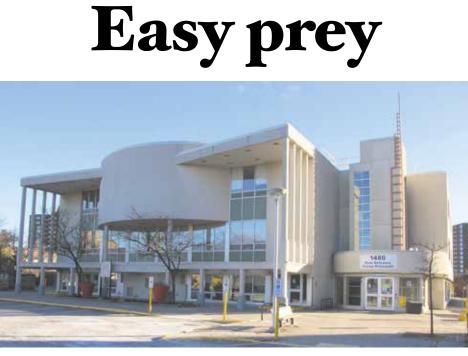
or have any questions, please contact the concert organizing committee at 613-791-9115.

Come and enjoy this wonderful prelude to the Christmas season; it's a joyous way to help those in need in our community.

#### by David Knockaert

Then City staff recently decided to transform the Heron Gate Community Center into a shelter (third time since 2020), Councillor Carr published a letter stating our Ward has done its share for aiding the homeless. Clearly Carr was implying the Ward has sacrificed enough through transforming the Dempsey Community Centre into a shelter, a transformation in its 4th continuous year and counting.

To sacrifice is to voluntarily surrender something of value in order to obtain, protect or re-direct something else of value. In truth, since volunteerism was absent, the Ward did not sacrifice Dempsey. Residents were neither consulted nor notified. During my tedious exchanges with City staff it became clear they accepted no responsibility for liaison with residents - our assigned interlocutors apparently being the Boys and Girls Club of Ottawa! Moreover, since it's reasonable to assume most Ward residents do not even know Dempsey's location, they lost nothing of value, they made no sacrifice. What did happen is that the City has made a sacrifice - of those who used, and would otherwise still use, Dempsey. The relevant question in this sad and rather immoral tale is WHY were users sacrificed by the City. The City has offered a superficial answer, a shallow response employed as a defensive diversion. This is that homelessness is a greater need than recreation. This elicits no argument from me. But it is far from a fulsome response since there are at least two underlying layers of WHY which bear investigation. The first is WHY had those City staff who expropriated Dempsey failed to arrange permanent shelter space, a failure which created the need to use our recreational facility? To that question



Heron Road Community Centre



Dempsey Community Centre PHOTOS: MANSOLO

there has been no admission of Councillor Carr co-authored an op-ed in the Citizen saying that failure, let alone an answer. And in respect to emergency housdespite City staff consistently asing, all parts of the City need to suring me they were working tirelessly to find temporary alternado their part. But to date words tives, none have been delivered. have not been converted to ac-Yet, in August, in a likely attempt tion. Why such is the case is not at appeasement, our Councillor hard to discern. Ponder the deoffered those staff effusive praise. mographics around Dempsey, Heron Gate, Jim Durrell, the are-As for the Mayor, it seems failure offers no lessons. His office has inna in Vanier and that of Bayview. Over the past four years that is dicated to me that going forward the City will continue to pursue where the City has expropriated the same leasing strategy which public community facilities for shelter use. Give specific attenhas led to the current problem. tion to Dempsey and Vanier since The second layer is WHY Dempsey and not, even as a last those communities have been resort, another of the 50+ comthe two most continuously sacrimunity centres the City operficed. Carr herself has alluded to ates? This autumn the Mayor and the answer in saying the City "are

During my tedious exchanges with City staff it became clear they accepted no responsibility for liaison with residents.

continually seeking out communities that are suffering from inequities". What we see is the City playing Job's tormentor -choosing to trial those communities for whom trials are not a stranger or the City choosing to role play as an anti-Robin Hood who steals from the poor to give to the poor but leaves the rich out of it.

Any analysis of practices the City has followed since COVID in respect to shelter locations leads me to only one reasonable final answer as to WHY some communities and not others were sacrificed - Bias. Now, I am biased as well - against people who don't signal when they turn. But the bias on display is a different kind, it's harmful and hateful. Sadly that is not going to change unless our Mayor decides to live

up to his word about every area in town doing its part.

As for Christmas I have a wish. Immediately following the Heron Gate announcement, Councillor Carr's team took action and found their users an alternative recreation location. Yet the Councillor has admitted that, " since almost the beginning of the pandemic, the Dempsey Community Centre... communities - including a seniors' building - has no local access to recreational programming". Therefore my wish is that someone could be as kind (albeit 3.5 years late), in respect to the former (and hopefully future) users of Dempsey.

# It's beginning to feel a lot like **Christmas at Oakpark**

Shared by Peter Kocoris, General Manager and Tegan Sulis, Activity Manager

et into the festive spirit with a series of delightful Christmas events coming your way at Oakpark Retirement Residence. Mark your calendars for the following events:

#### Let's Get Baked: **Gingerbread Social**

December 6, 3 to 4 pm Join us for a heartwarming gathering filled with the aroma of freshly baked gingerbread! Ginger Lattes and Ginger Beer. Get creative with decorating your own gingerbread!

#### **Egg-cellent Eggnog Tasting** December 11, 3 to 4 pm

Indulge in the holiday spirit with

a tantalizing array of homemade eggnog flavours! Sample and savour the richness of different blends that will surely tantalize your taste buds. Non-alcoholic will be available as well.

#### **Rideau Park United Church** Handbell Choir Concert

December 12, 3 to 4 pm Experience the enchantment of the season with the Rideau Park United Church Handbell Choir. Join us for an afternoon of musical joy and refreshments. Celebrate the spirit of Christmas with harmonious melodies and great company

Don't miss out on these merry gatherings! Join us in spreading the cheer and creating wonderful holiday memories. Please RSVP at 613 260-7144





**Celebrating Diwali** 





Enjoying Port and chocolate by the fire at Oakpark.





Pet visits

Honouring Remembrance Day,

# **Rock A Bye Baby**

by Brian McGurrin

The term *lullaby* derives from *lullen*, a verb in common use back in Chaucer's England (i.e. the 1300s), meaning to lull or to soothe. I read somewhere that lullabies and cradle-songs may be found in every culture, which seems quite plausible. We all know that music has an emotional impact, and we appreciate the fact that soothing music may distract or relax a restless child (or, for that matter, a restless adult).

There are many traditional cradle songs that are familiar to every parent: "Rock A Bye Baby on the treetop / When the wind blows the cradle will rock / When the bough breaks the cradle will fall / And down will come baby......(with or without playfully dramatic gestures) ...cradle and all."

Where did that come from? Nobody can say for sure. The website *Songfacts.com* attributes the song to "traditional" sources, meaning that it was anonymously handed down from one generation to another. We know that

the first printing of Rock A Bye Baby was in 1765, in a book titled Mother Goose's *Melody*, and that, surprisingly, included at that time а stern footnote presumably aimed at adults: "This

may serve as a Warning to the Proud and Ambitious, who climb so high that they generally fall at last."

It does seem unusual that a parent would attach a baby's cradle to a windy treetop or a spindly branch. One theory proposed to explain the bizarre lyrics is that the cradle signified the Stuart monarchy of 17th century England, and that the baby was the newborn son of the Roman Catholic James II, an event which precipitated the *Glorious Revolution* of 1688. In that instance, the lyricist evidently did not wish the baby well.

Of course, none of these speculations about subject matter counted in the least to centuries



of parents and caregivers, who lovingly sang this song to infants, and they counted even less to the infants who were soothed and comforted by the softness of the rhythm and the sweetness of the melody.

In 2001, a classical musician named Don Campbell published a book titled *The Mozart Effect*, summarizing some recent research in music therapy applied to children with dyslexia, attention-deficit disorders and autism. He promoted the notion that soothing music might have a beneficial impact even during the prenatal stages of development and that infants exposed to classical music *in utero* might end up (in my words) being smarter than

the average kid.

I imagine that in the fall of 1937 when I was still curled up in my mother's womb, I was probably getting a bit impatient, waiting for the delivery. There's not much leg room in there, and not much doing to occupy your time; but by the 24th week I had already grown a cute little pair of ears, and I was hoping to pass the time listening to some relaxing adagios such as from Beethoven's "Moonlight" Sonata.

I suspect that my intellectual development was not much enhanced by the enforced diet of my mother's favorite soap operas such as *Pepper Young's Family* and *Young Doctor Malone*. Her evening radio programs might have been more entertaining (some of you may recall the *Lux Theatre* and *Fibber McGee and Molly*) but of course those programs were way past my bedtime.

Are you feeling sleepy yet? Perhaps you'd enjoy a bit of Brahms *Wiegenlied* (from the German Wiege meaning *cradle*) which the 35-year old Johannes Brahms composed and dedicated to a former girlfriend on the birth of a son: *"Lullaby and goodnight, with roses bedight..."* 

# Art Lending of Ottawa: giving the gift of art

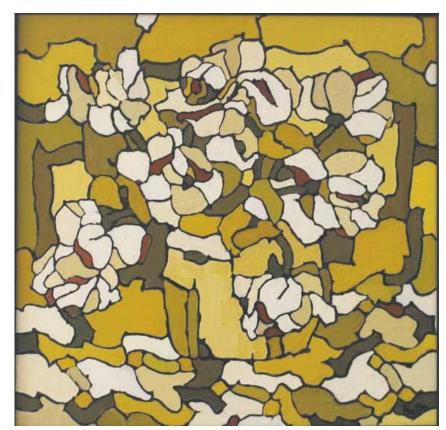
#### by Christine Osborne, Member of Art Lending of Ottawa.

ooking to give more meaningful gifts this holiday season? Consider giving the gift of art. Along with being unique and one of a kind, art can be a very personal and thoughtful gift. Art can evoke memories of a special event or serve as a reminder of the person who gifted the art piece. Of course art can also have decorative value and can enhance a person's living space. It can also serve as a great conversation starter. There can be long lasting value in art. It can appreciate over time, and people may even become art collectors. Giving art as a gift has the added benefit of helping to support local artists and the art community. Gifting art is great way to introduce the recipient to different artists and art styles. Art Lending of Ottawa is holding its final show of 2023 on Saturday, December 16 between 10am to 4pm at the RA Centre, located on 2451 Riverside Drive in Ottawa. Here you will find art of all styles by over 30 local artists, for sale or for rent. Not sure what art to choose? Gift certificates will be available and can be redeemed online at

www.ArtLendingofOttawa.ca or at a future show in 2024.

One of the artists who will be participating in the December show is Jacqueline Ratto-Allard, a professional artist who paints predominantly in oils and acrylics. Her paintings are described as featuring bold lines with vibrant colours, portraying strong yet sensitive reality, slightly altered in graceful forms and patterns. Her paintings focus primarily on still life, floral designs, old buildings and intricate designs.

Another featured artist at ALO



is Jane Barlow, a Fellow of the Ottawa Watercolour Society and a practicing Psychiatrist. She uses artistic expression to explore themes which are archetypal and combine both the figurative and symbolic. She believes that art is an offering which can allow the viewer to gain access to further knowledge about oneself by witnessing one's own reactions, physical, emotional as well as intellectual, to the work.

Jacqueline, Jane and the other artist members of Art Lending look forward to seeing you at our December holiday show! Admission and parking are free. If you miss our December show, mark your calendar for our next show on March 16th 2024.

Flowers. Artist: Jacqueline Ratto-Allard



This Land. Our Life. Artist: Jane Barlow

## LIFE AT MAPLEWOOD

# TAKE A LOOK... Explore life at Maplewood

pcoming Highlights For: December / January / February

#### DECEMBER

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

#### Christmas Concert with Live Entertainment

Friday, December 22 from 3:00 p.m. to 4:00 p.m.

with Musical Duo Sunday, December 31 from 3:00 p.m. to 4:00 p.m.

#### JANUARY Vegas Afternoon Live Entertainment

Friday, January 5 from 3:00 p.m. to 4:00 p.m. with live entertainment

Maplewood New Years Eve Celebration Classical Music Appreciation Wednesday, January 17 from 7:00 p.m. to 8:30 p.m.

> **Robbie Burns Dinner** Thursday, January 25 from 5:15 3:00 p.m. to 4:00 p.m. p.m. to 8:00 p.m.

#### FEBRUARY

Winterlude Interlude with p.m. to 8:00 p.m. **Games and Cocktails** Tuesday, February 6 from 3:00

p.m. to 4:00 p.m.

#### **Sweetheart Social with Live Music** Wednesday February 14 from

#### **Dinner and Dance with Live** Entertainment

Thursday, February 29 from 6:00 Call Brian today to book a personal visit! 613-656-0556 Ext. 701

# There's always much to do at Maplewood

Shared by Hilary McCormick, Activity Manager, Maplewood Retirement Community







Maplewood staff all dressed up to celebrate Halloween



Place your bets on Maplewood at our Casino Royale Night.





Apple picking and picnic at Mountain Orchard.



Maplewood's 10 year anniversary party!

**Residents enjoying Bloody Marys** at our Halloween Celebration

A fall scenic drive to Manotick for a lovely lunch at Miller's Oven.

# **DEAR FRAN** A messy garden is a good thing!



## **FRAN DENNETT**

fter years of gardening, minding the weeds, and watching for pests, I have given myself permission to allow the garden to manage itself. It was liberating as well as beneficial, not only for myself but also for the health of my garden, and the pollinators, and good bugs who keep the bad bugs in check.

Chemicals have not been used in our garden in well over twenty years, long before the government took them off the market.

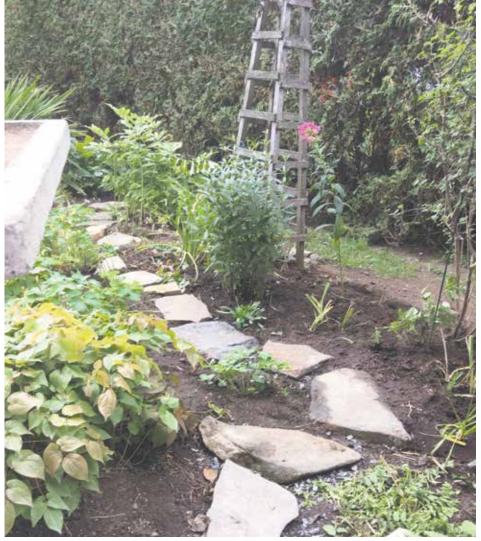
In the beginning, I loved pushing the envelope regarding hardiness and had many long-term successes that eventually succumbed to our harsh winters. Also I noticed a decline in bees and pollinators, and I was collecting less seeds. It bothered me as I was supposedly doing everything right. Then life and family intervened and the garden was left to fend for itself. Nothing horrendous happened. The plants I considered backbones in my garden flourished, and I planted more Echinacea and Asclepius. The Rudbeckias and Oenothera wan-

...life and family intervened and the garden was left to fend for itself. Nothing horrendous happened. The plants I considered backbones in my garden flourished, and I planted more Echinacea and Asclepius.

dered about. The columbines and Alliums reseeded. The Hemerocallus clumps thrived and the phlox were splendid. The garden survived with minimal care, as I grew older.

A young friend agreed to help me. It was a marriage made in heaven, she did the hard work I could not do, and in return she learned about gardening (Fran's





Fran's COVID Path, September 2020.

way) and received many plants as a bonus. We agreed that a path through the main flowerbed would be useful for maintenance and an opportunity to grow different height plants. Thus was born Fran's COVID Path. Stones were carted from the cottage and some donated by a friend until there were enough. My protégée laid the path over several weeks. It was finished in late fall and was perfect.

My garden continues to fend for itself with minimal input. Because I do not mulch, plants are grown close together and allowed to spread or not depending on how much I like them. My intent your garden not just work in it. is that weeds will

not have a chance to grow.

opened late due to the heat and the September drought, but were spectacular well past Thanksgiving.

The point of this rant is, do not spend every waking moment making your garden "look" like it should be in a magazine. My husband has never spent so much time reading and enjoying the garden as he did this summer. Finally, always place in your garden a bench, or a swing, or have a little nook, some place to sit and enjoy your garden for your mental health and especially your soul.

As always, I hope my musings encourage you to sit and enjoy



Michealmas daisies in Fran's garden, late fall. PHOTOS: FRAN DENNETT

Between the spring rain and the heat my garden was lovely right up to Halloween. The Michealmas daisies (hardy fall asters)

www.shoppersdrugmart.ca

Najlaa Ibrahim B.Sc., B.Sc. PHM. Associate / Owner

DRUG MART

N. IBRAHIM PHARMACY INC. 1559 Altavista Drive Ottawa, Ontario K1G 0E9

Tel: 613 738-1445 Fax: 613 738-6490 asdm639@shoppersdrugmart.ca

■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.



#### Page 42

## **ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES**

#### **ALTAVISTAAND ELMVALE ACRES LIBRARIES – DECEMBER** • Adult and Teen Soft Cover 2023/JANUARY 2024

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**

- Sunday, December 24th Christmas Eve
- Monday, December 25th -Christmas Day
- Tuesday, December 26th **Boxing Day**
- Sunday, December 31st -New Year's Eve
- Monday, January 1st-New Year's Day
- All other holiday season hours are as usual.

#### 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

- Adult and Teen Mass Market Paperbacks - \$1.00
- Books \$2.00
- Adult and Teen Hard Cover Books - \$3.00

 CDs and DVDs - \$2.00/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, which are brought in, are complete with no pieces missing.

#### CHILDRENS PROGRAMMING

#### **Bilingual Family Storytime**

Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program. 30 minutes. ALTA VISTA BRANCH Tuesdays and Wednesdays at 10:30 AM until December 20th. ELMVALE ACRES BRANCH Wednesdays at 10:30 AM until December 13th. Please check the website for January schedule.

#### **Bilingual Babytime**

(ALTA VISTA BRANCH) Stories, rhymes, songs and activities for babies (ages 0-18 months) and a parent/caregiver. Bilingual. Drop-in program. 30 minutes. Thursdays at 10:30 AM until December 21st. Please check the website for January schedule.

#### **Stay and Play**

(ALTA VISTA BRANCH) Meet new friends after Storytime! Chat and play with puppets, building blocks, crafts and much more. Bilingual. Drop-in program. 60 minutes. Tuesdays, Wednesdays, and Thursdays at 11 AM, until December 21st. Please check the website for January schedule.

#### Game ON!

(ELMVALE ACRES BRANCH) Building Boom! Show off your architectural creativity with Lego<sup>®</sup>! Drop-in program. 60 minutes. Ages 6 to 12. Fridays at 4 PM, until December 15th. Saturday, December 2nd at 10:30 AM. Please check the website for January schedule.

#### **Chess Club**

(ELMVALE ACRES BRANCH) Play and learn about chess. Ages 6 and up. Saturdays at 10:30 AM until December 16th. 90 minutes. Please check the website for January schedule.

#### **STEAM Saturday**

(ELMVALE ACRES BRANCH) Explore science with optical illusion activities. Drop-in program. 60 minutes.

Saturday, December 9th at 10:30 AM. Ages 6 to 10.

#### **Crafternoon!**

(ALTA VISTA BRANCH) Come crafting at the library, we have all the supplies you need to satisfy your creativity! Drop-in program. 60 minutes. Friday, December 15th at 4 PM. Ages 4 to 12.

Please visit our website for the most up-to-date information about children's programs. All children's programs are drop-in unless stated otherwise.

#### PROGRAMMING

#### **English Conversation Group** / Groupe de conversation en anglais

(SUCCURSALE ELMVALE ACRES BRANCH)

Practice your English conversation skills in a relaxed and friendly environment. All levels are welcome to this drop-in program. No registration required. Rejoignez notre groupe de con versation en anglais gratuit pour pratiquer l'anglais dans une atmosphère détendue. Tous les niveaux sont les bienvenus à ce programme. Aucune inscription requise. Tuesdays, 6 :30 - 7 :30 p.m. / Les mardis de 18h30 à 19h30.

relaxed setting. This group is for those at an intermediate level. No registration required. Wednesdays, 6:30 - 7:45 p.m. No group Wednesday, December 27th, or January 3rd. Les mercredis, de 18h30 à 19h45. Aucun groupe le mercredi 27 décembre, ni le mercredi 3 janvier.

#### **Protecting your PC**

(ALTA VISTA BRANCH) The average time it takes for an unprotected computer to be compromised after connecting to the Internet is under 15 minutes. Don't let it be yours. Chris Taylor, President of the Ottawa PC Users' Group will show you the simple steps you need to take to keep your PC from being hacked. And best of all, it can be done for free.

Thursday, December 7th at 6 PM. 120 minutes. Registration required.

#### **Needles and Threads**

(ELMVALE ACRES BRANCH) Bring your knitting or crochet project (or needlepoint, crossstitch, etc.) and share tips and tricks, ideas and conversations with fellow enthusiasts. For adults of all abilities. Drop-in. Thursdays, 6 to 8 p.m. Please check the website for January schedule.

#### **Fibre Fridays**

(ELMVALE ACRES BRANCH) Bring your knitting or crochet project (or needlepoint, crossstitch, etc.) and share tips and tricks, ideas and conversations with fellow enthusiasts. For adults of all abilities. Drop-in. Fridays, 2 to 3:30 p.m. Please check the website for January schedule.

#### **Sleuth Hounds Mystery Book Club**

(ALTA VISTA BRANCH) Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30 - 8:00 p.m. All are welcome. Thursday, December 21st, 2023 Year-end Planning party and holiday social.

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.

Lego<sup>®</sup> Block Party (ALTA VISTA BRANCH) Building Boom! Show off your architectural creativity with Lego®! Drop-in program. 60 minutes. Saturdays at 11 AM, until December 23rd. Ages 4 to 12 (Children Ages 4 to 6 must have adult supervision). Please check the website for January schedule.

Groupe de conversation en français (intermédiaire) / **French Conversation Group** (intermediate)

(SUCCURSALE ALTA VISTA **BRANCH**)

Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise. Improve your spoken French in a

Thursday, January 18th, 2024 Jane Casey Maeve Kerrigan series

#### **Book Banter** (ALTA VISTA BRANCH)

Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month 2 PM – 3 PM. All are welcome. Thursday, December 7th, 2023 Small Things Like These by Claire Keegan AND The Committed by Nguyen Viet Thanh

**CONTINUED ON PAGE 43** 

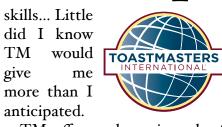


# The Toastmasters potential unveiled

by Karina Smith Te all know that personal growth and development are good for everyone. No matter your age there is no limit on learning and expanding one's knowledge.

When I joined Toastmasters at the age of 38 I knew I was an overachiever... that is in everything except for speaking in public. I procrastinated thinking why start to worry about public speaking now? But deep down inside I knew that if I did not do it, and now, I would regret it. I would regret not embracing this opportunity to challenge myself and develop new skills.

Why Toastmasters (TM)? I have always enjoyed learning and discovering new things and TM looked like it offered the perfect speaking opportunity that my introvert self could undertake. When I joined, I thought it was to improve my public speaking



ТМ

give

TM offers a dynamic and safe space that allows one to cultivate a multitude of skills. The club meetings include members from diverse backgrounds that come together to refine their public speaking skills. Through that journey we develop leadership skills, and out of those skills comes self confidence and self-improvement.

How might you wonder? It is during club meetings, when members are called upon to cover different roles, from prepared speeches to impromptu talks, to giving and receiving feedback that the supportive environment is so important. Through this cycle of practice, feedback, practice, small improvements add up to transformation. It is the feedback that is nurturing ground to evolve into so essential to our growth.

Mastering public speaking extends far beyond simple eloquence. It is a gateway to unlocking leadership potential. TM members hone their ability to lead, influence, and inspire others through meeting roles such as speech evaluator, meeting chair, listening, and giving feedback. All those skills are transferable to all other aspects of life.

Toastmasters has a holistic approach to the personal development of its members. Through public speaking, we embrace our vulnerabilities, learn from our mistakes, and cultivate resilience. Each club serves as a 'safe haven' where members can experiment with their communication styles, refine their messages, and build the self-assurance to use these skills and thrive in our various life situations.

The growth potential within Toastmasters is limitless. It's a

better versions of ourselves. Confidence blossoms, fears dissipate, and self-assurance takes root, empowering us to take on life's challenges. Although I still have butterflies before speaking in public, I have developed strategies to help me do that.

What I did not anticipate by joining Toastmasters was the community I connected with and the invaluable family I gained. This diverse family exposed me to different perspectives, cultures, and experiences which in turn fostered my understanding, and empathy. GoodMorning! Ottawa Toastmasters is a supportive community that cheers each other on and celebrates personal successes. It is there with a helping hand when I have a setback. I know this because I give as much as I get.

> Visit: https://goodmorning. toastmastersclubs.org

# Library updates CONTINUED FROM PAGE 42

Thursday, January 11th, 2024 (Note date change) Bloomsbury Girls by Natalie Jenner

#### **Infusions Littéraires** (SUCCURSALE ALTA VISTA)

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

Le lundi 18 décembre 2023 Plus jamais sans moi de Maud Akaoua. Le lundi 15 janvier 2024 Regardez-nous danser de Leila Slimani

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. 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.



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