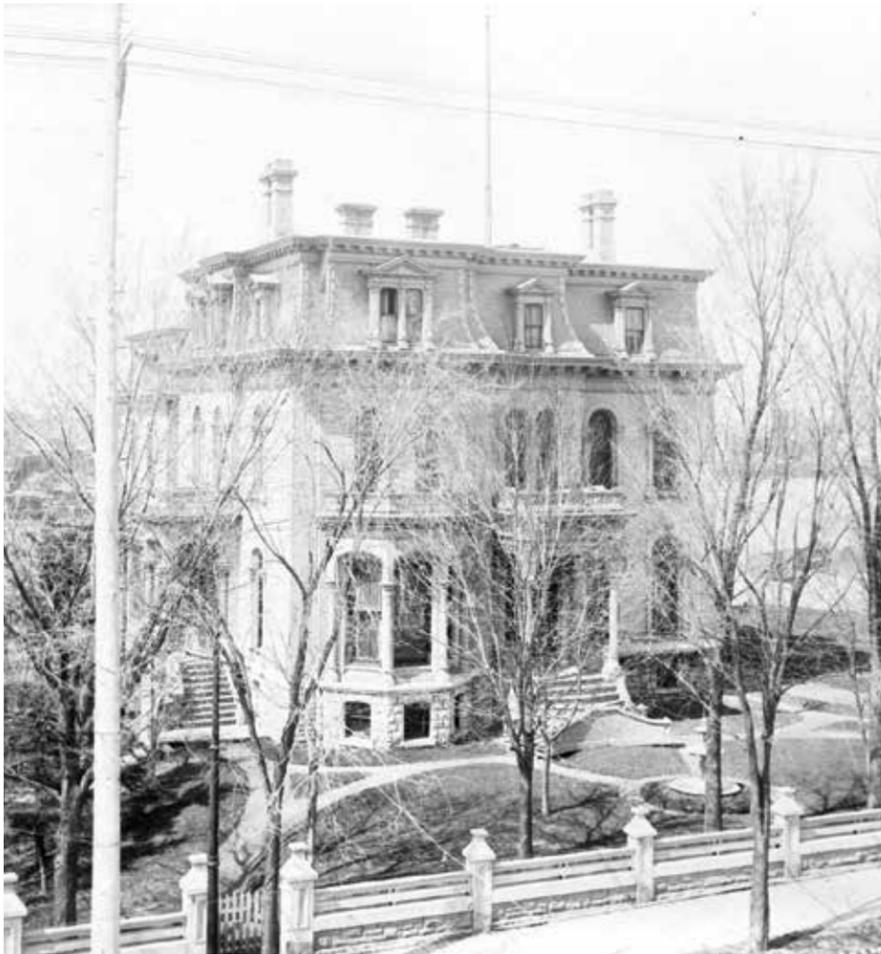




FEBRUARY 2024

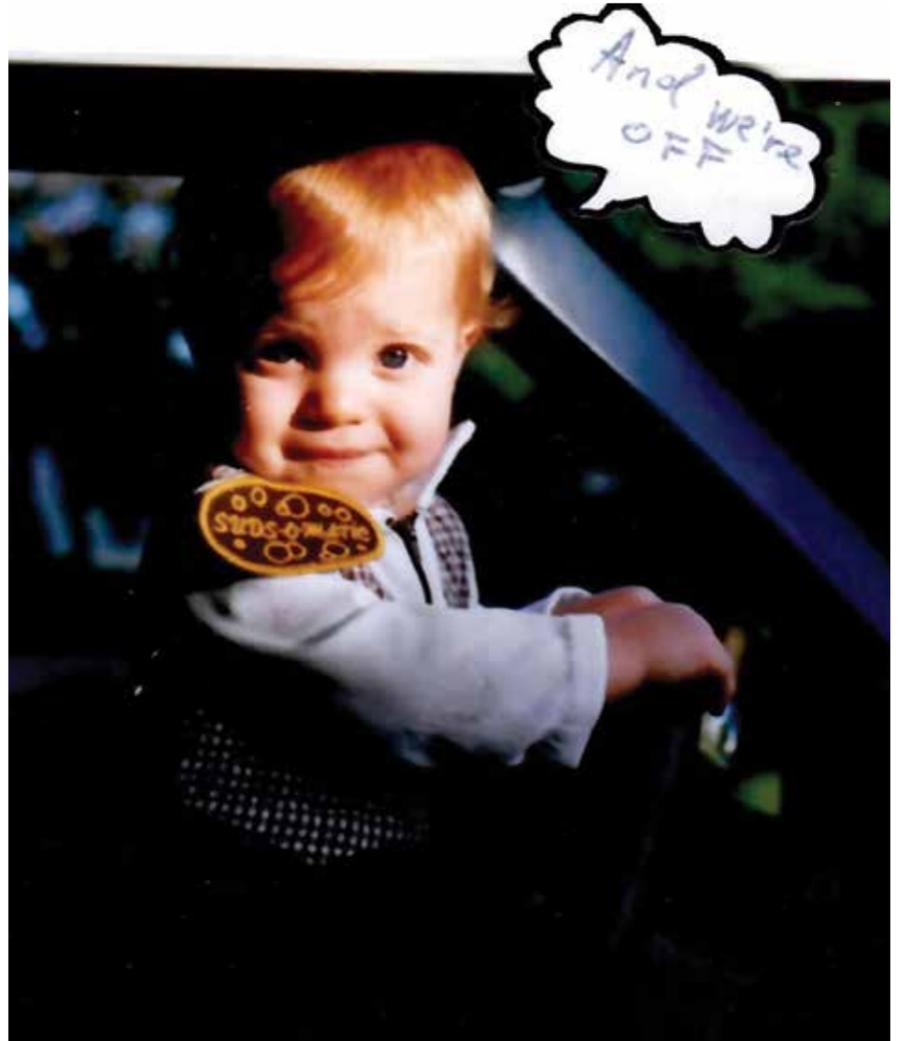
A VOICE OF RIVERVIEW PARK

MARCH 2024



Perley Health at 1750 Russell Road has a history that goes back to 1898 when the Perley Home for Incurables opened in a mansion at 415 Wellington Street, the former home of William Goodhue Perley. Read the remarkable story on pages 32 and 33.

PHOTO: WILLIAM JAMES TOPLEY STUDIO/ LIBRARY AND ARCHIVES CANADA, ITEM ID NUMBER: 138219.



Enjoy the story of Riverview's resident Wikipedian, Earl Washburn, as he shares the influences of his upbringing in this community. The above photo was used in the yellow pages to advertise his father's business. See pp. 28-29. PHOTO: SHARED BY THE WASHBURN FAMILY

“Memories of Riverview Park”

This edition of the Riverview Park Review contains the fifth in a series that looks at our community over the decades. For February 2024, stories are from the nineties. Pages 26 and 27 add some perhaps little-known facts from that decade.

Resident, realtor, and volunteer, Denise Kennedy, has continually contributed to, and promoted the attributes of Riverview Park. She shares some of her *art of persuasion* stories and experiences on page 30.

Penny Turnbull and Ken Church recall their attraction to Riverview Park when they purchased a home here in 1991, and describe their continued pride in the Riverview community decades later. Page 31 tells the story.



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Chinese New Year has just arrived

And along with it come some very fascinating facts

by Carole Moulton

1. Chinese New Year has a history that spans over 3000 years. Originally intended to celebrate the end of winter and the beginning of spring, this centuries-old Spring Festival or Lunar New Year is deeply rooted in fascinating Chinese mythology and folklore.

2. Each year Chinese New Year falls on a different date than on the Gregorian calendar, such as the calendar we commonly use. The Chinese New Year dates usually range sometime between January 21 and February 20. Celebrations last for 16 days ending with the Festival of the Lanterns. In 2024, Chinese New Year is Saturday, February 10.

3. Over 2 billion people, or about one fourth of the world's population, celebrate Chinese New Year in some way, even if it's just a national acknowledgment. Besides China, countries such as Indonesia, The Philippines, Vietnam, South Korea, Malaysia, North Korea, Singapore, and Brunei have public holidays during Chinese New Year.

4. In Canada, many people will also be celebrating Chinese New Year. According to Statistics Canada, from the 2021 Census, there were more than 1.7 million

Chinese people residing in Canada, representing 4.7% of the total population.

5. Every Chinese New Year starts with a new animal's zodiac year. There are 12 Chinese zodiac animals, beginning with the Rat, then Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog and Pig. Each zodiac sign is also associated with one of five elements: Gold (Metal), Wood, Water, Fire, or Earth. This means, for example, that this year's Wood Dragon comes once in a 60-year cycle.

6. Dragon is the only zodiac animal that is imaginary. Dragons are also said to be the most vital and powerful beast in the Chinese zodiac. Many in ancient times thought Dragons were best suited to be leaders.

7. Certain foods are eaten during the Chinese New Year period for their symbolic meanings. Dumplings are included because they represent wealth, fish because the word fish in Chinese sounds like 'surplus', and oranges and tangerines are displayed as they are believed to bring good fortune because of their word pronunciation and characters.



8. Billions of red envelopes are exchanged each year. Giving these is a way to send good wishes and luck, as well as money. Today many of these are sent electronically. Red is considered lucky, representing many positive things. Red decorations such as paper lanterns trimmed with gold are used extensively during this special holiday.

9. Millions of people travel to enjoy reunion dinners with family during what is known as 'chunyun' or the Spring Festival Travel Rush. It is said to be the world's largest annual human migration [*Global Times, February 16, 2023*], and in 2023, post-Covid, there were reportedly about 1.595 billion passenger trips during the 40-day travel period.

10. Many superstitions and taboos surround Chinese New Year, both for New Year's Day itself plus during the whole Spring Festival. On New Year's Day: no sweeping or taking out garbage because this symbolizes removing good luck from the house, no washing your clothes or hair because it is seen as "washing away one's fortune", no needle work as it depletes wealth, and definitely you are not to use 'unlucky' words.

For the Spring Festival Season: no crying, breaking dishes, scissors or knives, lending or borrowing money, black or white clothes, giving odd amounts of lucky money, killing or hospital visits.

11. Dragon and Lion Dances are good to watch since these dances are believed to bring good luck and drive away evil spirits. Here in Ottawa's Chinatown, on Lunar New Year, February 10, between 10:00 am and 12:00 pm the parade and Kings of Good Fortune procession will go through streets, restaurants and stores giving away Lucky red envelopes. And won't that be fun!

<https://ottawachinatown.ca/chinatown-new-year-parade/>

This article was sponsored by 168 Sushi located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Avenue. Open 7 days a week + holidays with over 168 items on the menu. Lunch buffet: 11: a.m. - 3:30 p.m. daily. Dine in Sunday-Thursday from 11: a.m. - 9:00 p.m. and Saturday and Sunday 11: a.m. - 10:00 p.m. Order the On-Line Sushi for Take-Out or have it delivered with Uber Eats, SkipTheDishes, Door Dash or Fantuan Delivery. Telephone 168 Sushi at: 613-523-1680. Or check out: 168SushiBuffet.com

Remembering Bruce Ricketts

by Carole Moulton

Almost 10 years ago at the Perley and Rideau Health Care Centre, as it was then called, a connection was made between historian Bruce Ricketts and this community newspaper. As fate would have it, among the hundreds of guests that morning, Bruce and this

paper's Editor struck up a conversation that resulted in a near decade of submissions to the *Riverview Park Review* five times a year. While the headers may have changed, the column's popularity remained.

Sadly, the December 2023 column would be Bruce Rickett's last as he passed away unexpectedly on January 2, 2024. Bruce was al-

ways inquisitive and authentically interested in the people and world around him. He was an exceptional storyteller and always willing to share his knowledge and experience.

He had an eclectic and outstanding career in sales and marketing, commercial scuba-diving, computer technology, virtual reality, politics, improv acting,

private investigation and was the author of multiple books and writings. He was a proud supporter of Veteran's welfare through his social and professional endeavors.

Readers of the *Riverview Park Review* will miss the engaging contributions of Bruce Ricketts, historian, researcher, and author.

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Ron, Melanie, and company – 19 foster children (and counting)

by Kris Nanda

Riverview Park residents Ron and Melanie have taken the commitment to fostering children to a remarkable level. In addition to having three biological children, (Caleb, Logan and Amelia), Ron and Melanie have fostered 19 children since 2012, two of whom they have subsequently adopted (Olivia and Eveyln) and they are finalizing the adoption of a *sixth* child. With six busy children plus one foster baby, two dogs (Belle- recently passed away- and Knox) and one cat (Hazel), there is a beehive of activity at their home in Riverview Park.

We recently sat with Ron and Melanie to find out more about them and what drew them to Riverview Park and to being such prolific foster parents. Both Ron and Melanie (“Mel”) grew up in the Ottawa area, (Ron in Greeley and Mel in Nepean), and they met in the early 2000s when working at CHEO, where Ron was working as a Registered Nurse and Mel was a Child and Youth Counsellor. Both still work at CHEO where Ron is now the Care Facilitator on the in-patient eating disorders unit and Mel continues to serve as Child and Youth Counsellor one day a week on the same unit, as well as providing training through Children’s Aid Services (CAS) for potential foster and adoptive parents.

After marrying in 2002, Ron and Mel decided to move to a neighbourhood that would allow them to live closer to work. In 2003, they bought their home from Helen MacDonald, the widow of the original owner, who was excited to sell the house to a young family. Ron and Mel were both attracted by the fact they could walk to work, and while they originally planned to only stay in it for a few years, they changed their mind as they found the location at the end of a cul-



Melanie, Ron and family pose for a holiday photo.

de-sac and near the woods and greenspace was ideal for raising a young family. (Not to mention forming some good friendships with others in Riverview Park through their children and pets).

Growing up in a family where her parents were actively involved in fostering children, Mel says it was only natural to her that she would also want to foster children in addition to raising her own – something that she discussed with Ron early on in their relationship.

After receiving training and being approved for the foster care program, Ron and Mel received their first foster child “on very short notice” just before Christmas Eve, 2012. Since then, there has been an almost constant stream of babies and infants arriving to be fostered, and as Mel puts it, “it’s our normal life” and feels like a calling. The children all pitch in welcoming the foster infants “as instant members of our family” and helping their parents. (In fact, their eldest son is currently studying Social Work at Carleton University with the goal of working in some aspect of child welfare.)

Ron and Mel indicated that their work fostering children and giving them love and stability in those critical early years of life is a way to give back love and live out their Christian faith. It is part of a bigger picture as having a new foster baby “allows you to pour love into someone who needs it



Hazel

and be part of something bigger.” Ron and Mel have chosen to focus on fostering infants, and the desired goal is always reunification with the birth family – when that family is in a healthier position to look after their child(ren). The children they foster may come from family situations that involve, but are not restricted to, the lack of necessary supports, addiction, mental illness, and/or domestic violence. In several instances, Ron and Mel have developed lasting relationships and friendships with the birth parents – even after the children are returned to them. In one instance, Ron and Mel were actually asked to serve as godparents! Their love for foster children has also allowed them to build and deepen relationships with several other neighbourhood families down the street who have also become involved in fostering children.

While acknowledging that there is a sense of loss when the foster



Knox and Belle

children leave, in a way, it is a sign of success since the infants have been given a chance to experience love and secure attachments that they might not otherwise have had. Ron, Mel and company are comforted knowing that the child is going back to someone who wants them (in many cases the birth parents, who may not have been ready to take care of a newborn child). Ron and Mel note that their “foundational” role as infant foster parents is to help the infant develop healthy and secure attachments in a safe and loving environment. As they explain, “establishing secure primary attachments during those first years of life gives our foster children transferable skills to form future healthy, secure attachments, and sets them up for success when the time comes to transition, and onward.”

Ron and Mel are happy to answer questions and provide information to those thinking of fostering children. They advise that prospective foster parents should be people who will want to get attached to the children they look after, though they caution that foster parents need to be prepared to feel and accept a sense of loss when their foster children are either returned to the birth family or placed with another family for adoption. The sense of loss and grief is actually a good sign – as it is evidence that a loving bond has been created with a child when they needed it.

For more information on the foster program in Ottawa, please call 613-747-7800 or visit <https://casott.on.ca/services/fostering/>.

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Are you ready?

The City of Ottawa actively plans for 30 different types of emergencies and disasters. Our goal is to be ready, ready to protect and preserve life, infrastructure and property.

Are you ready for the next emergency?

It's never too late to start preparing, and the City of Ottawa's Office of Emergency Management is here to help! There are three simple steps to follow:

1. Know the risks. Ottawa is a large city, prone to different hazards. It is important to know the risks in your area, which could include flooding and power outages, among others.

2. Make a plan. During an emergency, it can be difficult to think clearly. Having an emergency plan will help you to remain

calm and focused. You may be without power for an extended period, or you may be asked to evacuate your home. Your plan should include:

- an emergency meeting place, like a relative's or friend's home in a different part of the city.
- a list of emergency contacts.
- any additional health needs (e.g., a list of prescriptions).
- options for your pets.

3. Prepare an emergency kit. An emergency kit contains the supplies you need to sustain yourself for at least 72 hours. The following types of kits are recommended:

- A basic grab-and-go kit that should contain water (at least two liters per person per day), lighter forms of non-perish-

able foods (e.g., energy bars), a flashlight, a small portable charger power bank, small amounts of cash, and copies of important papers (identification).

- A shelter-in-place/evacuation kit that is basically a larger grab-and-go kit – it should contain two additional liters of water per person per day, enough non-perishable food for several days, a first aid kit, bedding, clothing, and additional portable charger power banks or a portable generator.
- A vehicle kit that can be kept in your vehicle. It should contain items such as a blanket, flashlight, first aid kit, non-perishable food and water. Make sure to practice your plan! Please also consider people in your neighborhood who may need your help, such as those living alone.

For more information on emergency preparedness, including checklists, visit ottawa.ca/areyouready or email AreYouReady@ottawa.ca

The City communicates emergency information through local news media and through the City News email newsletter and the City's social media accounts. You can find the social media account links on the bottom of Ottawa.ca under "follow us", where you will also find the link to the e-subscription. Choose "City News" to receive the email newsletter that shares the latest City updates and news, including emergency information.

Beth Gooding,

Director, Public Safety Service

Riley Brockington,

*Chair, Emergency Preparedness and Protective Services Committee
City Councillor, River Ward*

Transforming your home in 2024

New Year's Resolutions for a safer, smarter, and more efficient living space

by Eric Cosgrove SRES®

As the New Year unfolds, consider investing your energy into upgrading your living space. Beyond immediate benefits, such improvements can enhance your comfort, safety, and overall enjoyment while potentially boosting your home's resale value. Here are nine transformative ideas to kick-start a home-focused New Year:

1. Eliminate Home Hazards: Identify and remove potential tripping hazards such as rugs, wires, clutter, and obstructive furniture. Clear pathways within rooms to ensure easy navigation and prevent injuries as you age.

2. Plan Aging-in-Place Upgrades: Strategize and save for significant aging-in-place enhancements, including replacing flooring, installing ramps or chair lifts, and modifying kitchen countertops for wheelchair

accessibility. Consider additions like an Accessory Dwelling Unit (ADU) for caregiver accommodation or redesigning spaces to support multigenerational living.

3. Embrace Smart Technology: Explore the benefits of smart home technologies like Amazon Echo and Google Home. These devices enable voice commands for tasks such as home security monitoring, thermostat control, and door unlocking; enhancing both convenience and energy efficiency.

4. Conduct a Home Energy Audit: Enlist the expertise of a professional home energy auditor to pinpoint areas of energy loss, such as insulation, HVAC systems, and windows. Implement recommended fixes to reduce utility costs and improve overall comfort.

5. Explore New Technologies: Stay ahead by researching and investing in efficient technologies for critical systems like HVAC, water

heaters, and appliances. Consider options such as heat pumps for heating and cooling, heat pump water heaters, and heat pump dryers for long-term energy savings.

6. Upgrade to Energy Star-rated appliances when replacements are due. These models not only reduce energy consumption and utility costs but also contribute to environmental sustainability. For instance, switching to an Energy Star fridge can save approximately \$230 over its 12-year lifespan compared to older models.

7. Investigate various financial incentives available for energy-efficient home upgrades. Explore Canada's energy efficiency programs and incentives like grants and loans through the Canada Greener Homes initiative to offset upfront costs.

8. Plan Routine Maintenance: Establish a regular maintenance schedule to prevent small issues

from escalating into costly repairs. Tasks include changing furnace filters, inspecting the roof for damage, cleaning gutters, testing detectors, trimming trees, and more.

9. Get Organized: Join the de-cluttering movement and invest in home organization. Explore different methods, such as Marie Kondo's "spark joy" approach or Apartment Therapy's January Cure. Find a strategy that suits your lifestyle and maintains a cleaner, more organized home.

In ushering in 2024, these resolutions promise a year of positive transformation, turning your home into a safer and more energy-efficient haven.

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Positive change and personal growth in the New Year

by Karina Smith, Vice-President
Education GoodMorning! Ottawa
Toastmasters

As the clock strikes midnight on New Year's Eve, many individuals around the world embark on a journey of self-improvement by setting resolutions aimed at encouraging positive change in their lives. Among the numerous resolutions, personal growth, effective communication, and leadership often stand out. Toastmasters International, a global organization dedicated to empowering individuals through public speaking and leadership development, could be the answer to this pursuit.

The essence of a New Year's resolution lies in the commitment to change, and Toastmasters provides a structured platform for individuals to translate their aspirations into reality. By joining a Toastmasters club, participants make a deliberate commitment to invest time and effort in honing their communication and leadership skills, plus fostering a positive and constructive environment for personal development.

A New Year: a New You?



Public speaking often ranks high among people's most common fears. If this year is the year when you want to check off new abilities from your list, Toastmasters offers a supportive space for individuals to conquer their fears and anxieties. Part of dealing with fears and anxieties is taking the first step towards addressing what troubles us. It can all begin with a first step.

Through a comprehensive, step-by-step program and structured club meetings, a Toastmaster member gradually progresses through different public speech projects while developing their confidence, effective communication skills, and ultimately become skilled public speakers. It does not need to happen overnight. A member can take as much time as they need to

achieve their objectives.

In Toastmasters, we believe that progress is the key to positive change. Whether it's conquering stage fright, refining vocal delivery, or mastering the art of impromptu speaking, each small achievement contributes to an individual's overall growth. For some, the New Year becomes a symbolic starting point for a journey filled with milestones and accomplishments. But in all honesty, nobody needs to wait for the New Year to move towards the achievement of their goals, regardless of what they are. Once you start the journey, you will see a positive ripple effect on various aspects of your life.

Working on oneself is a continuous process, and Toastmasters recognizes the importance of feedback and mentorship. Through participating in various meeting roles, members receive constructive feedback and build on their skills. This structured approach ensures that individuals stay focused on their growth trajectory, fostering a sense of accountability and commitment to their resolutions. Nobody else can achieve your goals for you.

You must put in the work and dedicate the time.

You are not worried about public speaking? That's good. Maybe you can help other people conquer their fears by becoming a mentor! Being available to help others is a noble goal and it fosters a multitude of essential leadership qualities. A good leader does not always have to be loud and proud. There are different types of leaders who have different parts to play in our world. As individuals embark on their New Year's resolutions, Toastmasters stands as an affordable opportunity towards their commitment to personal growth, effective communication, and leadership. Through the support of a community that values progress and positive change, Toastmasters could be the catalyst for transforming aspirations into accomplishments, as members work on themselves, and progress, and emerge as confident and effective communicators and leaders. Good Morning! Toastmasters meet on ZOOM, weekly, every Thursday morning at 7:15am. If you are interested in knowing more about our meetings please contact us at <https://goodmorning.toastmastersclubs.org?contact>

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“My best advice to writers is
get yourself born in an interesting place”*

*Pierre Berton

**How do you find a journalist at a party?**

Don't worry; they'll find you and start asking questions.

And that is the big thing about community newspapers like the *Riverview Park Review*. They like to ask questions. More importantly, they like to ask questions about local people and issues. Wherever there is a sense of personal investment or interest in the local, questions pop up. Sometimes it is as simple as asking about your neighbour and finding a bit about their history or interests. Sometimes it is as simple as expressing interest in local development and why things are the way they are. Either way, curiosity is key.

Community newspapers nurture their community and its businesses, and vice versa. If it were not for interesting people and their stories, neighbourhoods would not thrive. The advertisers know that interesting and interested people recognize local investment. Call the immediacy of a local newspaper a virtuous circle for advertisers, readers and, importantly, writers.

The RPR is proud to be able to be a space for those writers and their stories. As a new production cycle starts up with this issue, the *Riverview Park Review* is opening its doors to even more stories. If you have an interesting story to tell and, importantly, want to write about it, the RPR wants to hear from you. We are lucky to have several contributors to our paper who like to ask questions and write down their ideas.

Reviewing local events that interest you or reporting on upcoming stories that connect readers is what the *Riverview Park Review* is here for. Ask your neighbour about their art or music background. Find out why your Alta Vista neighbours think it is a good idea for the Alta Vista Corridor to be resurrected. Ask why war-time gardening is making a comeback – but fruit trees are not allowed to be a part of the plan. Ask why community centres are being used for homeless centres in Ward 18, but not in wealthier neighbourhoods. And then write about it.

You could be the next Lois Lane or Clark Kent. Minus the cape, unless you think it will really help.

About the *RPR* 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.

RPR is currently seeking distributors.

* Contributions by politicians are paid announcements.

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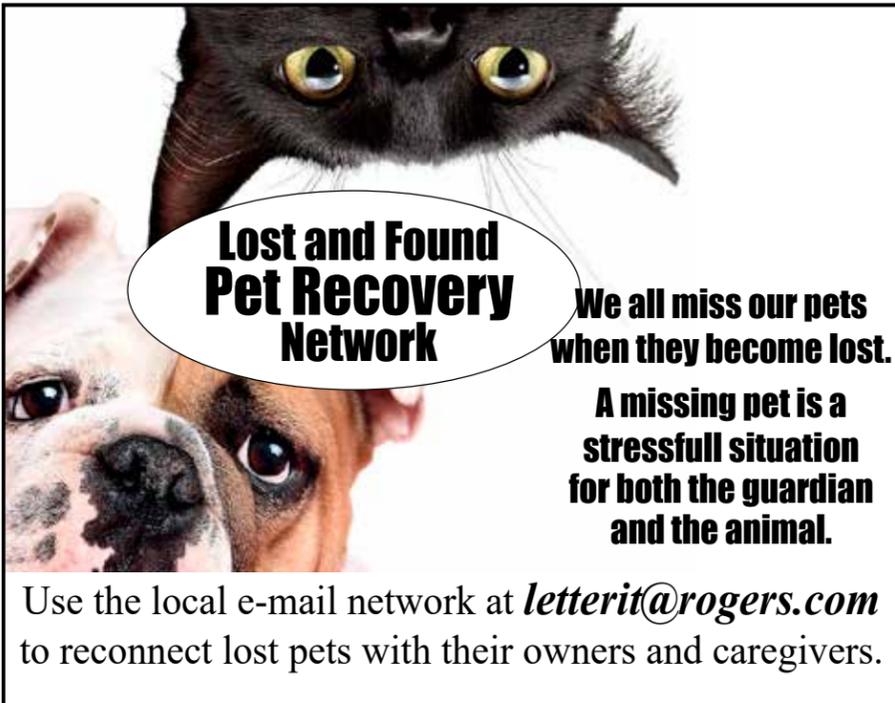
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For full details go to the RPCA website:
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Oakpark Retirement Community at 2 Valour Drive helps welcome February

Shared by Peter Kocoris, General Manager

Escape the mid-winter blues with a burst of excitement at Oakpark Retirement Community! February brings a flurry of activities designed to warm your spirit and lift your mood. Join us for heartwarming social events, engaging arts and crafts workshops, and rejuvenating wellness activities that will chase away the winter chill.

Embrace the season with enthusiasm as Oakpark Retirement becomes a hub of vibrant energy and camaraderie. Don't let winter get you down – come share the warmth and joy with us this February.

Upcoming events: Please join us...

Friday, February 9th at 3:00 pm: Champagne Dreams, Chocolate Kisses and Jazz Wishes w/ The Doug Martin Jazz Duo.

Wednesday, February 14 at 2:00 pm: Sweethearts Tea: A Celebration of Love Social w/ Giuseppe Borracci

Please RSVP at 613 260-7144



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- » The Canada Pension Plan / Old Age Security
- » Guaranteed Income Supplement
- » Immigration Matters
- » Citizenship Inquiries
- » Canadian Passport / Consular Affairs
- » Business Opportunities / Grants & Funding
- » 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:

- » le Régime de pensions du Canada / la Sécurité de la vieillesse
- » le Supplément de revenu garanti
- » les demandes de renseignements relatives à la citoyenneté
- » les questions d'immigration
- » le passeport canadien / Affaires Consulaires
- » les occasions d'affaires / les options de financement
- » les prêts aux étudiants / les questions sur l'impôt

Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

David McGuinty, MP | Député

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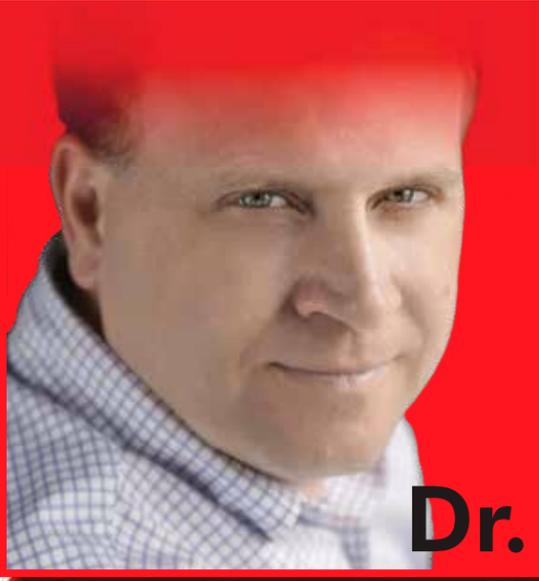
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Simply Chiropractic

A Tip from Dr. Stéphane Chillis



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

The Great Escape(r) in February!

As the Oscar nominations are announced, you'll hear a lot about Oppenheimer and a lot about Barbie... again. You'll probably also hear more about Killers of the Flower Moon, perhaps you'll also hear of two foreign language films being nominated for Best Picture for the first time ever. But hopefully you'll also hear quite a bit about one of the movies in our "must see" guide for February:

Róise & Frank

A charming comedy/drama out of Ireland (and in Gaelic) about a woman mourning the death of her husband and a stray dog that comes into her life. The twist here? Róise begins to believe that the dog is actually a reincarnation of her husband - particularly when he starts doing some of the little things her husband used to do. The best part of this film isn't the unusual premise, nor is it the quickly likable characters, it's that it never gets too sweet to the point of sugary, which makes it one of the best films of the year!

The Girl in the Fog

A 16 year old girl goes missing in a remote town in Italy and a highly decorated detective is called in. Amidst a media-storm, no one is above suspicion and the eyes of the townspeople start shifting to one another. Did this young girl run away or is there a wolf in sheep's clothing among them? Twist after twist in this Italian thriller, which is ultimately quite an enjoyable ride!



The Holdovers



The Great Escaper

The Great Escaper

Based on an incredible true story, Bernard Jordan absconded from his old age home in Sussex, UK and headed to a celebration of the 70th anniversary of D-Day in

France. In what is apparently his final film, Michael Caine plays Jordan - and as you can imagine, he plays him perfectly! Glenda Jackson, who passed away after making this film, co-stars as his



Róise & Frank

loving wife, Irene. A sometimes sobering, sometimes amusing adventure featuring two of cinema's greatest actors.

The Holdovers

Oscar talk, you say? Why did this get nominated for five Oscars? First off, there are the performances. Paul Giamatti headlines as a curmudgeonly teacher who is forced to spend the Christmas holidays babysitting a group of rag-tag teens who have nowhere else to go. Da'Vine Joy Randolph plays a cook who stays at the school to try to come to terms with the death of her son - and she is fantastic. And then, you have Dominic Sessa playing a snotty, know-it-all teen who hates the fact that he's stuck there with them. All stirred delicately together by Alexander Payne (Election, Sideways) and beautifully photographed. This is absolutely one of the best films of the year and by the time you read this, a multiple Oscar nominee to boot.

Dumb Money

Another true story about a crew of everyday people on Reddit who buy copious amounts of a failing company's stock (Gamestop) and turn it into the hottest stock in the world - much to the confusion of the Wall Street elite. The script is snappy, the acting excellent and this film is severely underrated!

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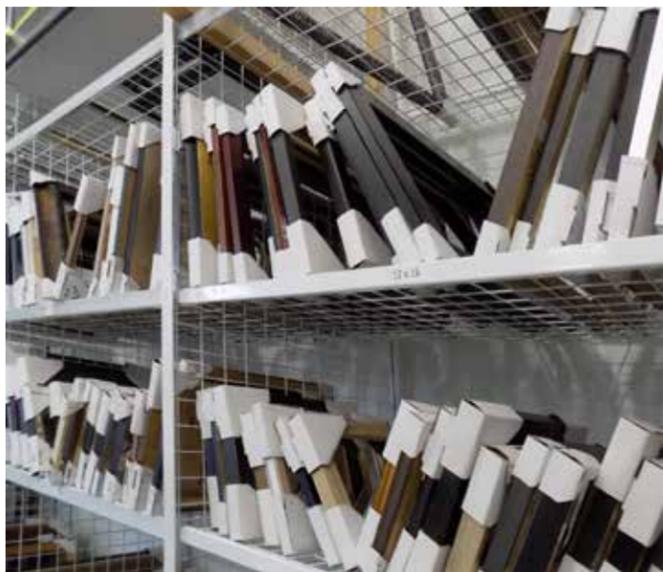
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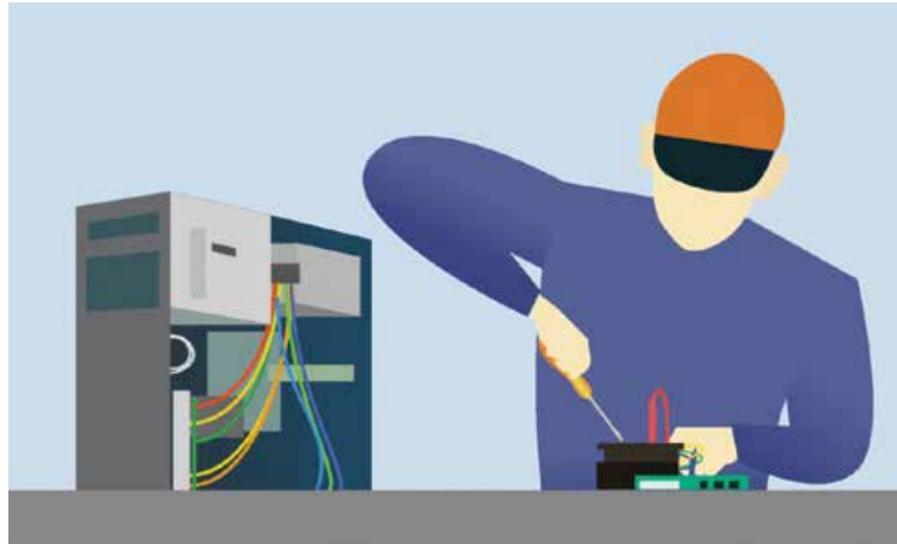
COMPUTER TIPS & TRICKS

Right to repair issues are only part of the problem

by Malcolm and John Harding,
of Compu-Home

We hope that there are more readers who are familiar with the term “right to repair” than would have been the case just a couple of years ago. Fighting the right to repair issue has historically been a long, painful and uphill slog, with more setbacks than successes, but in the past year there has started to be some momentum in the right direction. Legislation is dying on order papers less often now, and jurisdictions – earlier in Europe but now also North America – seem to be learning from one another to work on laws that plug the loopholes. Equally important is the fact that in the past year the media appear to have recognized the importance of this issue. They have exposed the more egregious practices of some manufacturers, and publicity, and encouragement is starting to snowball for those who are fighting on the side of consumers.

Before you begin your homework reading (below) it might be helpful for us to think about some definitions and perspec-



tive. Over recent decades it has become widespread that manufacturers stimulate extra revenue by marketing products that nobody except that manufacturer can repair, or that cannot be repaired at all. You probably already have in your home items that are unnecessarily complex, perhaps containing electronics or software designed to block access by anyone but an “authorized” individual. Parts and the tools and manuals to install them are not made available. In addition, it is common to hear about aggressive tactics ranging from accusations of copyright infringement to lobbying and lawsuits, intended to prevent third-party technicians,

mechanics or repairmen from coming to the rescue, and the articles we have provided offer plenty of horror stories.

It is safe to say that the mention of right to repair almost always first brings to mind smartphones, tablets and computers but the readings below demonstrate that the scope of this issue is far beyond the traditional tech world and has implications everywhere from food prices to appliances, toys, transportation, farm machinery, family finances and environmental impact.

You can find all of the following articles (and more) quickly with a Google search:

IT World Canada: *Class Action Against HP Printer Ink Scandal Continues* – October 2023

CBC Radio – *What on Earth: Let's Talk About All Your Broken Stuff* – Nov. 2023

The Conversation: *Giving Canadians the Right to Repair* – Natasha Tusikov – April 2023

Canadian Bar Association: *Demanding a Right to Repair* – Doug Beazley – July 2023

Successful Farming: *Cost to Farmers of Lack of Right to Repair* – April 2023

Policy Options: *Canada Needs Right-to-Repair Legislation* – Anthony Rosborough – May 2021

Western News: *This Western Professor Is Fighting for Your Right to Fix Your Own Stuff* – Megan Stacey – March 2023

We love feedback! 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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Perley Health commits to double the numbers of seniors and veterans served

by Akos Hoffer, CEO, Perley Health

Perley Health's strong and ongoing recovery from the COVID-19 pandemic has inspired our Board of Directors to make a new commitment: double the number of seniors and Veterans we serve by 2035. The tangible progress made during the past year on all elements of our strategic plan supports our ability to achieve this ambitious target.

A significant achievement is the successful completion of Perley Health Foundation's Answering the Call campaign, which raised \$10 million! Thanks to your support, work is well underway on several projects that support our goal of transforming care for Seniors and Veterans. Various accomplishments detailed in the recently released Community Report demonstrate that Perley Health continues to drive change and is increasingly recognized as a leader in the sector.

A strong example involves a series of recent developments related to the Lead and Advocate for Change pillar of our strategic plan. In late October, I visited Queens Park alongside Board Chair Margaret Tansey and Katrin Spencer, Director of Strategy, Partnership and Growth. We met with Minister of Health Sylvia Jones, and attended a session of the Ontario Legislation, where John Fraser, Member for Ottawa South and interim leader of the Liberal Party, introduced us to his fellow MPPs. We also met with senior provincial officials.

A key takeaway is that an issue for Ontario



Volunteer Joan Olinik helps facilitate a greeting across the generations. The intergenerational playgroup is part of a larger partnership with Andrew Fleck Children's Services.

SHARED BY PERLEY HEALTH

officials leading LTC reform is also a strength for Perley Health. The issue involves caring for residents living with both dementia and multiple other health conditions. Perley Health's community-of-care model, which includes the Specialized Behavioural Support Unit, Respite House and Day Program, along with the supports provided to both residents and tenants, were of particular interest to officials, as were our rent-geared-to-income apartments for seniors.

In November, Minister of Long-Term Care Stan Cho enjoyed his first tour of Perley Health. The Minister visited the arts studio and the Commons apartments, sang along

during a music class, and addressed a group of Algonquin College RPN students in our Living Classroom. The Minister also met with Kim Hiscott, Executive Director of Andrew Fleck Children's Services, our partner in the weekly intergeneration playgroups at Perley Health.

In support of the People First pillar of the strategic plan, we plan to create an on-site childcare centre in partnership with Andrew Fleck Children's Services. And our recruitment efforts this year continue to bear fruit; one campaign alone led to 46 hires.

Several other recent achievements also relate to Perley Health's strategic plan. Assuming management of the Interprofessional Clinic—renamed The Care Clinic at Perley Health—will improve revenues, for instance, and better meet the needs of clients. And earning Exemplary Status from Accreditation Canada is one of several accomplishments that align with the Excellence in Care and Services pillar.

Perley Health's ability to deliver exceptional care and to continually increase our contribution to the community is made possible by broad collaboration among staff, volunteers, residents, tenants, families, donors and various organizations. This sense of shared purpose defines the Perley Health community and inspires each one of us to do our best for our entire community, including our valued neighbours in Riverview Park. Together, we are transforming care for seniors and Veterans.

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Specsavers



Riverpath Retirement Community has truly kept everyone busy

Shared by Shannon Waters, Activity Manager at Riverpath

After coming out of the last few years of isolation periods and restrictions, this December was a month full of fun and festivities for the holidays at Riverpath Retirement Community.

From parties and entertainers, plus baking and eating, we had a great time playing games, making seasonal crafts and having a few outings. Residents and employees alike searched for Gnomes and participated in our holiday fun week wearing crazy outfits, ugly

sweaters, and funky hair. Santa didn't forget us as he came just in time when we were about to take everyone's pictures for Christmas.

Our performers treated us with beautiful music, plus made us dance and sing along. The culinary team impressed us with a holiday party dinner out of this world.

The New Year with its promises of a new beginning will be enjoyed one day at a time but carefully planned month by month ahead of time so that we will keep enjoying life to the fullest and making every moment count.



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TRINITY COMMUNITY GARDEN

A winter break or time to start seedlings

by Rhonda Turner

Trinity Community Garden is quietly sleeping under a nice blanket of fresh snow, taking a rest before the oncoming growing season. Meanwhile, some may have itchy green thumbs and are anxiously reading seed catalogues and planning their plots.

While we are months away from preparing the garden plot, for some the season is just starting. Many will take this time to contemplate in their minds their plots, while others will get the ball rolling. Now is the time you can start various seedlings indoors. I started Shepherd Pepper plants on January 7th. Peppers like warm soil and can take a long time to germinate, but with a heat mat they can sprout within 10 days. Once sprouted, the seedlings need either natural sunlight or light from grow lights. Good news, my peppers sprouted in 12 days. In mid March I start my tomato plants. I only grow about 4 to 6 plants, whereas some gardeners are very serious at growing lots



An abundance of blooms in the pollinator garden.

PHOTOS: RHONDA TURNER

of tomatoes. One gardener grows nothing but tomatoes in their 4' x 20' plot. Sadly tomatoes tend to ripen all at once, so you had better have good plans for their use.

One gardener suggests that during the off season they grow sprouts (broccoli, alfalfa, mung beans) and keep some herbs growing on the kitchen windowsill. Also, although the season is long over, gardeners are still enjoying produce from last season, e.g. squash and garlic (stored in



Donation plots with lots of sprouts.

the cooler garage), preserved tomato sauce from last September and kale in the freezer.

Now might be a good time to take stock of any preserves you made last fall. I still have some frozen tomato and carrot soups along with some tomato sauce. Think about using them because soon it will be time to do it all over again and there may not be space in the freezer.

Rather than showing a photo of the garden all covered in snow I

chose to show what will be in a few short months: photos of an abundance of blooms in the pollinator garden and beautifully planted donation plots with lots of sprouts.

Chin up! Only 15 more weeks until the long May weekend, and we will be preparing and planting our gardens once again.

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

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ESSENTIAL HEALTH

Tummy troubles?

When many of us think about massage, we think of decreasing stress and anxiety, relaxing tense muscles and injury repair. We generally think of massage on our back, arms, legs, neck and shoulders, but one area not commonly considered is the abdomen. Abdominal massage not only helps with stress reduction, but it can also aid digestion, help with waste elimination, secretion and elimination of hormones, and reproduction!

The abdomen contains abdominal muscles related to core strength, the abdominal apron that helps hold our organs in place, and many vital organs such as the liver, gall bladder, pancreas, bladder, bowels and uterus. Massage to this area can help abdominal contents lay in their most natural positions allowing for better functioning.

Stress and anxiety can often cause nervous digestion, which can lead to acid reflux and heartburn. Abdominal massage increases blood flow to organs around the stomach and intes-

Massage to this area can help abdominal contents lay in their most natural positions allowing for better functioning.

tines, which can improve digestive functioning. Those suffering from conditions such as constipation, irritable bowel syndrome (IBS), and Crohn's disease experience relief as manual massage of the large intestine can help remove backed up waste. Abdominal massage is VERY good at stimulating the colon!

Abdominal massage can help relax the muscles and fascia allowing for deeper breathing, and drawing better blood and lymphatic flow to the area. An increase in oxygenated blood to the abdominal organs stimulates liver, gall bladder and pancreatic func-



CINDIE HELMER
RMT

tions, which promote secretion and elimination of hormones and other forms of metabolic waste. This can prevent toxicity in the body that can lead to other symptoms such as headaches and migraines.

There are particular benefits of abdominal massage for women. Massage to this area can actually help decrease menstrual pain. Regular treatments can also help regulate menstrual cycles and decrease PMS symptoms, as well as symptoms related to conditions such as Endometriosis.

When booking an abdominal massage as a focused treatment, it is better to keep to a shorter time period, such as 30 minutes. It can also be included in the routine of a full body massage. Just be sure to indicate to your therapist that you would like it included in the treatment.

As with all forms of massage

treatment, there are some instances when abdominal massage is not appropriate. These include during active menstruation, if an IUD is present, if there are any forms of active infection in the abdominal area, during the first trimester of pregnancy, after recent abdominal surgery and during active bouts of diarrhea or loose bowels.

If you have any questions about abdominal massage and how or if it can help you, discuss it with your therapist at your next visit!

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

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

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Going once, going twice, sold!

by David Knockaert

In a bid to become eligible for federal Housing Accelerator Funds, our City Council recently voted to raise permissible heights on minor corridors (e.g. Pleasant Park, Kilborn, Heron Road). This decision offers further proof that history does repeat itself. It was only 2000 years ago that Emperor Vespasian imposed a tax upon the public latrines of Rome. When chastised by his son Titus for such a distasteful act, Vespasian waved coinage under Titus' nose, proclaiming "Money doesn't stink."

From Vespasian's perspective, his tax was justified because it delivered to him fresh spending money, and what was good for the Emperor was indirectly good for his public. Yet for the citizens of Rome free public latrines had been an existing public good. By imposing the tax, Vespasian eliminated a realized public good in favour of a hypothetical. It seems to me that in their recent decision our Council has done Vespasian one better.

This is not new Council behaviour. When interest rates were low and developers were developing, hardly a single planning meeting went by without Councillors acceding to a devel-

oper's request by evacuating existing zoning laws, so developers could exceed height restrictions. The prior height restrictions, just as with those on minor corridors had been established in consultation with residents as a reflection of the public good - supportive of residential quality of life. In bowing to developers or the feds, Council mimics Vespasian not only by abandoning an existing public good but doing so upon catching a whiff of money - be that in the guise of grants from the feds or a park/'affordable' apartments from developers.

However, the loss of a public good is not the most significant thing we lose. For these types of Council decisions strike at the heart of democratic society. In openly putting our bylaws on the negotiating table, be it with developers or the feds, our City Councillors declare that the law, and by extension, we the citizens, are priced for sale.

Our Councillors likely join Vespasian in believing their decision was for a good cause and that the ends justify the means. Certainly they give me the impression that they again wish to mimic Vespasian, a man whose last words were reputed to be: "Oh, dear, I think I'm becoming a God."



Streets such as Pleasant Park, Kilborn and Heron Road need to be established in consultation with the residents. PHOTO CREDIT: GREG MONEY

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The Ward 18 Office Team

Please reach out to my office at anytime by email at marty.carr@ottawa.ca or by phone at 613-580-2488.

Ward 18 Office Hours

Office hours are hosted on the first Monday of every month at Jim Durrell Recreation Centre (1265 Walkley Road). If you would like to book an appointment, please email my office at marty.carr@ottawa.ca or call us at 613-580-2488. Appointments are available on a first call, first served basis. I look forward to meeting with you!

Upcoming office hours:

Monday March 4th from 10a.m. to 12p.m.

Bank Street Renewal Information Session

As construction progresses on the Bank St. Renewal project, the City is hosting an information session. This will take place on February 13th from 6:30-8:30 at Jim Durrell Recreation Centre. Detailed design drawings will be on display for your review and staff will be onsite to answer any questions.

There will not be a formal presentation at this open house. Please attend at your leisure. This information session will cover phase 1 from Riverside Dr. to Collins Ave.

More information about the project can be found at ottawa.ca/BankStreet

Commemorative Naming Policy Review

The City is requesting your feedback regarding a review of the current Commemorative Naming Policy for Municipal Streets, Parks and Facilities. Information gathered from this public engagement initiative will assist us in the development of a revised policy that values the perspectives and uniqueness of Ottawa.

To provide feedback or for more information visit engageottawa.ca/commemorativenaming or call 613-580-2424 x 27551 or email NamingOttawa@ottawa.ca

Emergency Preparedness for persons with disabilities

The City's Office of Emergency Management, Accessibility Office and Ottawa Public Health will provide information and resources with a focus on key emergency preparedness considerations for those living with disabilities. There will also be opportunity for feedback and discussion.

When: Tuesday February 13, 2024

Time: 1pm to 3pm (EST)

Location: Virtual Event over Zoom

To register please contact the Accessibility Office at 613-580-2424 extension 21633 or email accessibilityoffice@ottawa.ca

Vacant Unit Tax Reminder

All residential property owners will be required to register the status of their property during the previous year; if no declaration is made, the property will be deemed vacant and will be subject to the tax.

To declare a property status, please visit the City of Ottawa's website at the following address: <https://ottawa.ca/en/living-ottawa/taxes/property-taxes/vacant-unit-tax/declare-property-status>

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.

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)

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A BEGINNING TO A NEW BEAT

La Vie De S.O.L.E

by Mariam Omar and
Sofia Campaña

La Vie De S.O.L.E, the latest iteration of S.O.L.E, marks a new chapter in community support and engagement. Through a collaborative effort, the seventh-grade immersion classes at Vincent Massey Public School have devoted themselves to making a positive impact on our community.

Since December 4th, 2023, Vie de S.O.L.E has taken the lead in organizing the annual food bank event at Vincent Massey. Students from EF7A and EF7B have actively participated by going from classroom to classroom, collecting boxes to contribute to this meaningful cause. On December 18th, 2023, Vincent Massey collectively gathered 1800 items as a school, showcasing the power of unity and commitment to making

a difference.

On Monday January 15th, 2024, students from EF7A and EF7B helped House to Home relocate. Ten students from each classroom participated in helping House to Home by folding and organizing clothes.

La Vie De S.O.L.E has numerous plans that revolve around engaging in helping the community. This includes hosting a winter clothing drive at Vincent Massey,

tutoring grade 3 students, landscaping with Ottawa Community Housing and performing some random acts of kindness along with our annual Bike Tune Up event.

The group is currently attempting to make their way into the community. They do this by contacting others, attending events, putting up posters, handing out business cards and writing articles to the local newspapers.

EnviroTips[©] for February 2024

Change shopping habits to reduce food waste. Instead of taking one big trip to the grocery store every one or two weeks, shop more frequently and focus on buying for meals over the next couple of days, including more fresh veggies and fish rather than frozen foods. With a half empty fridge, it is easier to see everything you have in there and use it before it goes bad.

Make vegetable stock/broth from vegetable peels and trimmings. Use mild-flavored vegetables, such as the ends and peels of carrots and potatoes, interior layers of onions, the woody bottoms from asparagus,

celery or broccoli, or the stems left after you strip off leaves of chard and kale or neutral herbs such as parsley. Put them in large-size zip-top freezer bags and stash them in the freezer until there are two full bags. Thaw and combine with water at a ratio of two parts leftovers to three parts water and cook for 30 minutes before straining out the solids.

Walk to local shopping destinations. Weather permitting and depending on your age (and if conditions are not too slippery), consider walking to the Train Yards or other local merchants. A brisk walk in the cold can be an invigorating exercise

and reduces vehicle emissions.

Scatter used coffee grounds on icy patches in your driveway or walkway. While coffee grounds may not be a de-icer, their coarse texture mimics sand and provides much-needed traction in slippery conditions.

Pick up discarded beer cans or wine bottles littering sidewalks or other public spaces. You can either take them back to the Beer Store for a refund or put them in the blue bin with the rest of your recycled glass and metal.

Re-use old bread bags or produce bags instead of poop bags. Re-using these bags which

might otherwise go straight into the garbage, will allow them to get a second use and reduce the need to buy as many specialty poop bags for your dog.

Use oven lights to check on food. Instead of opening the oven door to check on food you are cooking, try turning on the oven light to look through the glass window.

Use ceiling fans to keep warm. Adjusting ceiling fans to turn in a "reverse" (clockwise) direction at a low speed gently draws up the warm air and pushes it back down, allowing it to circulate.

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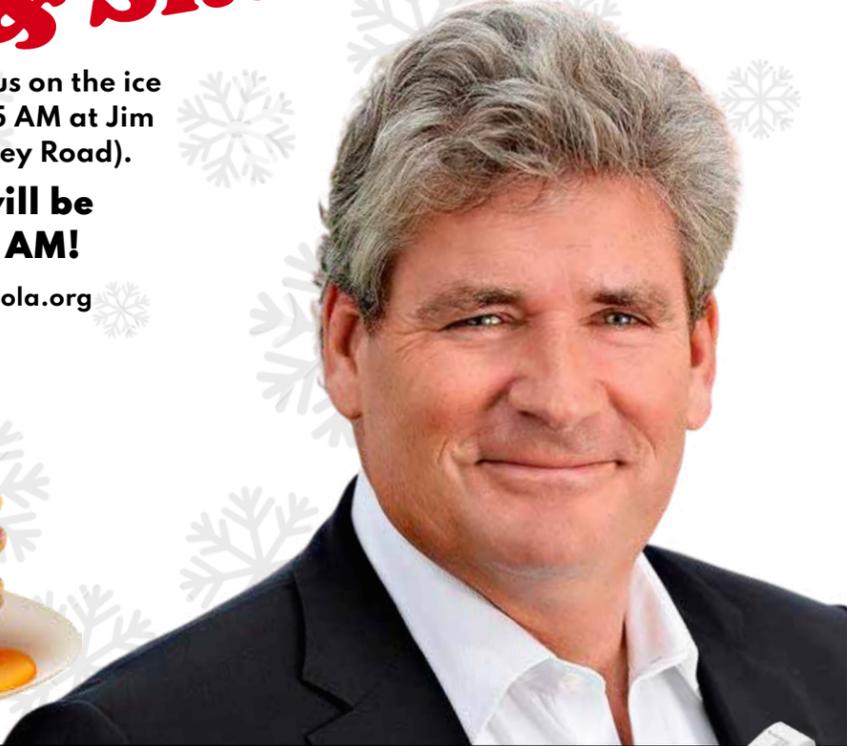


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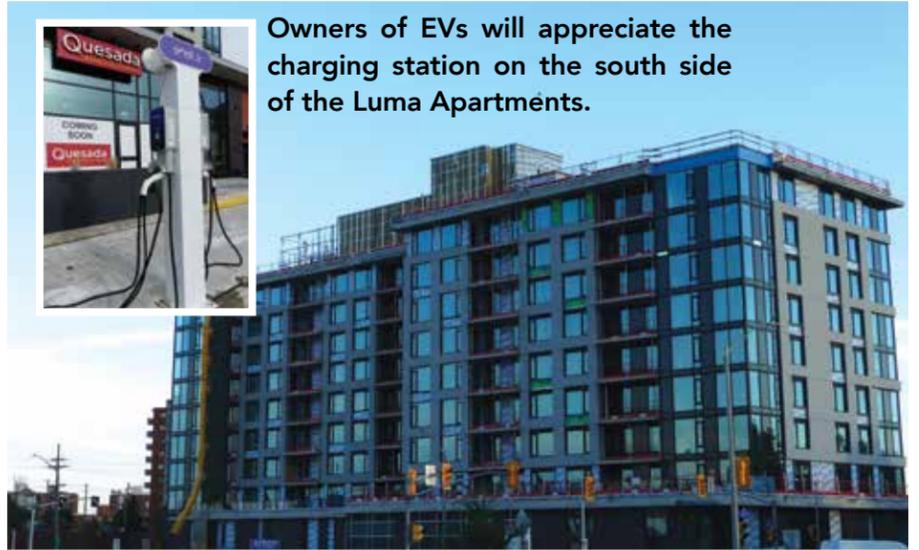
by Geoff Radnor

It has been a few years since RioCan announced that they were going to redevelop our local mall, Elmvale Acres Shopping Centre. Plans were for four new residential towers plus a complete re-design of the retail components. So far, only one residential tower has been completed: the nine storey building on Smyth Road at the corner of Othello Ave.

There are plans for three new retail stores on the ground floor. For owners of electric vehicles

(EV) please note, there is a charger for your vehicle in front of these new stores. Except for Laura taking over the Independent supermarket, there has been little change in the retail shops over the years.

Nearby, there have been a lot of planned residential towers on St Laurent Blvd. however it doesn't seem like there has been much progress on their construction. Only the Petro-Canada gas station has been closed and dismantled. Burger King, Tim Hortons, 168 Sushi and St Hubert are still serving customers.



Owners of EVs will appreciate the charging station on the south side of the Luma Apartments.

Luma Apartments, 964 Smyth Road.

A little bit of history

by Geoff Radnor

The Alta Vista Shopping Centre opened on Thursday April 12th 1956. Where Shoppers Drug Mart is now was the site of Clover Farms store. It was built by Reuben Palef. He also built the apartment blocks on the

other corner of Dorion and Alta Vista. However, he was actually in the grocery business and built the first large building on Industrial Avenue that opened in November 1957. If you drive down Industrial today you can see the building being demolished. Hurry before it all goes!



Reuben Palef built our local mall plus the first building after Figure 8 on Industrial Avenue for his Clover Farms grocery business. That building is now being demolished. PHOTOS: GEOFF RADNOR

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Community papers mostly defy the demise of print media

by John Dance,

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Two years ago, *The Mainstreeter* published a special report on the state of the 12 community papers in central Ottawa. Since then, the for-profit newspaper world continued to decline so *The Mainstreeter* has checked back with local editors to see how their not-for-profit community papers are doing.

In September, Metroland Media Group announced the end of the print editions of 70 community papers meaning the loss of 605 jobs and a key source of local news for many communities in Ontario. Although none of these papers served central Ottawa, the *Kemptville Advance*, the *Renfrew Mercury*, and the *Perth Courier* all lost their print editions.

“When a community paper dies it’s like if you shut a light in a room in a home and never opened it again,” says Christian Marcoux, editor of *Perspectives Vanier*. “The house is still there but somehow it’s not as welcoming at night as it once was.”

And Alayne McGregor, managing editor of the *Centretown BUZZ*, notes, “We’ve lost so many community papers in the last few years, and what they covered isn’t necessarily being replaced by the few remaining commercial news outlets. CTV Ottawa, which has always had a big local news presence, is now threatened with major cuts by Rogers; we recently lost a local radio station as well. This means news is being missed — and, in particular, local councils and boards aren’t being held to account.”

“While the remaining local community papers do their best to cover our parts of Ottawa, publishing once a month or once every two months, with limited space, doesn’t allow us to cover everything in a timely manner,” she concludes.

But despite their limitations and challenges, the not-for-profit community papers of central Ottawa continue to flourish with one sad exception. The *Overbrook ConneXions* published its last issue in the summer of 2022. “We hung on by our fingernails through COVID but could not grow to the point of hiring staff and our volunteers could not sustain it,” reports Heather Amys, past-president of the Overbrook Community Association.

Others, though, are doing well. “We’re thriving,” says Liz McKeen, editor of the *Glebe Report*. “Our board is recruiting new



members and is quite active. Our advertising is robust.”

Similarly, *OSCAR* editor Brendan McCoy reports, “Ad revenues are down a little from 2018 (maybe 10 percent) but they are not bad and are holding up pretty well. In the community there seems to be continuing support for the paper, lots of articles, lots of volunteers to deliver the paper, that sort of thing.” In the case of *Perspectives Vanier*, the last two years have been the paper’s two best years revenue-wise and the paper has expanded from 16 to 20 pages.

The *Mainstreeter* has also had a strong year with expanded content and advertising activity reported, according to editor Lorne Abugov. “Our advertisers are very loyal, and new ones seem eager to get into the paper, and our volunteer base of writers, editors and delivery distributors has never been stronger. Some of our newer community initiatives, like our annual outdoor art tour and our community calendar, have boosted community engagement and provided us with an important new fundraising source.”

“We just spent an enjoyable hour catching up via the *New Edinburgh News*,” John Morris recently wrote to the paper. “It’s truly remarkable that your local, dedicated, volunteer group can deliver much more entertaining and relevant info than our horribly over-priced and underwhelming national-chain local newspaper. Incidentally, your latest edition weighed more than theirs. Keep up the good work!!!”

The pandemic caused many difficulties for community papers: for instance, less advertising, difficulty of getting volunteers and delivering the papers, and curtailed community activity. Several papers temporarily suspended

We have no intention of abandoning print now or in the foreseeable future

Liz McKeen

their print editions but resumed after a few months.

Although the for-profit print media are being overwhelmed by on-line social media, particularly as Facebook and other sites have drained advertising from them, the not-for-profit community papers seem to survive primarily through print. “We have no intention of abandoning print now or in the foreseeable future,” says McKeen. “It’s one of the more appreciated aspects of the paper, with young and old readers alike.” As Marcoux succinctly puts it, “We print on paper and that’s that.”

Meta/Facebook’s blocking of Canadian news media has had little impact on the community papers — primarily because they focus on print and don’t rely on an on-line presence.

Although most of the central papers generate sufficient advertising revenue, the *Riverview Park Review* has had to work very hard to achieve this. “Most businesses in our area are either corporate or with head offices across the country,” says Carole Moul, the *Review’s* editor. “They have absolutely no interest in the community where they are located, nor are they allowed to advertise.” She also says, “Pre-COVID, we had a lot of restaurant advertising. Not so now. We have had to broaden our advertising base.... Our advertising revenues remain about the same, however, we must contin-

ually work very hard to achieve this. Fortunately, over the years, the RPR has had a loyal group of advertisers helping support their local paper.”

In the face of static or declining advertising revenues, some papers have solicited donations from readers and, in a few cases, support is provided by community associations. Interestingly, a number of papers have advertising from the City of Ottawa and other levels of government while others have none.

One problem that Wes Smid-erle, editor of the *Manor Park Chronicle*, raises is that “our printer just recently increased charges for delivering our print edition by quite a bit. The increase was enough to get us to look around for alternatives but there don’t seem to be many.” Indeed, McGregor wonders “if it would be worth meeting in person early next year or setting up a mailing list to talk about common issues, like city advertising or printer quality.” Also, as Moul notes, “Within the past five years, two of the printing companies we used folded and the cost went up four times.”

Although the advantage of Facebook and other social media advertising is that it can be specifically targeted, the advantage of the community papers is that they go to everybody in a particular community so, in a sense, hit the target of all of those within 15-minute communities, the catchment areas for each paper.

The last words go to Marcoux, then Moul: “I feel very lucky and I am aware how fragile a community paper can be in these times... Long live The Mainstreeter and Perspectives Vanier,” and “We continually hear that people ‘love’ community papers.”

FRIENDS OF RIVERVIEW PARK GREEN SPACES (FoRPGS)

February 2024 update

by Ron Ridley,

Winter is naturally a quieter time for the Friends of Riverview Park Green Spaces (FoRPGS) group but this year with no snow around well into December we were able to continue removing buckthorn. Our recent work area was on the Hospital Link Road freeing up a majestic old maple tree from the cancerous buckthorn thickets growing around it and choking it. Our work there is about 60% done as the snow and cold weather finally did shut us down but we will back there in the spring.

In the fall of 2023, FoRPGS received a \$2k grant through the Action Fund of the Invasives Species Center (ISC) of Ontario. The FoRPGS proposed scope for this grant was to remove the rampant Dog Strangling Vine (DSV) just north of the pollinator garden and buckthorn in that area and nearby. There is so much buckthorn & DSV around Riverview Park green spaces we cannot remove it all, so we try to contain it, and



A majestic old maple tree freed from the buckthorn thickets choking it.

remove it where it is doing damage. For the ISC grant, a dedicated group worked periodically on weekdays and weekends throughout the fall to cut back the DSV. Over 30 large garbage bags of DSV were removed after allowing it to thoroughly cook on site. In case you are wondering, DSV smells very bad after cooking in a black garbage bag in the heat for a few weeks. In the spring we will follow up with tarping the area to kill any roots or seeds. Once complete our plan is to plant native plants in this area. The ISC money was used to acquire materials and tools as well as paying

for some removal of the invasives our group had cut down. The materials and tools will create a lasting effect for Riverview Park enabling future work. In time these tools FoRPGS has acquired will be available to members through a tool lending library for those wanting to do some of their own invasives removal.

Our beautiful pollinator garden is all bedded down now for the winter after an amazing growing season in 2023. We hope you got out to enjoy it! For 2024 we are optimistic there won't be a lot of opening maintenance required and we will be able to focus our

effort on planting elsewhere. We have canvassed our group and had a number of volunteers come forward to plant and maintain seed trays this winter – If you would like some seed trays to help out with our efforts, please contact us at FoRPGSOttawa@gmail.com). We plan to plant these pollinators around Riverview Park.

The very popular ornament path through the woods has returned for its fourth 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. There are over 500 ornaments along the trail with some random bird feeders and a dog cookie treat jar for our four-legged friends.

If you would like to get out and do some green work and meet like-minded people while improving our community, please consider volunteering with FoRPGS. We have rewarding, interesting work to do on our 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 Green spaces.

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

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Riverview Park Review

SECTION TWO

FEBRUARY 2024

A Voice of Riverview Park

MARCH 2024

Sophie Tucker: last of the Red Hot Mamas

by Brian McGurrin

“Now I don’t care for that kind of a sheik who does the sheiking once a week,” declares Sophie Tucker in one of her 1920s songs titled: *You Gotta See Mama Every Night (or You Won’t See Mama at All)*.

In this narrative, *Mama* complains that she’s not getting nearly enough attention from her man – well, not exactly HER man – he happens to be married to somebody else, as we discover when he inexplicably shows up on Sunday night accompanied by his wife and kids. But this Mama is not at all disconcerted, as she demonstrates by breaking into a saucy little ditty: *da-da-da-dab, da-da-dab...* This is a liberated woman with lots of attitude. *Mama’s* emotional commitment to this relationship is clearly minimal, and she doesn’t hesitate to let her lover know that she can, and will, dump him if he doesn’t shape up.

In the early years of the twentieth century, the brash and



bawdy performances of women such as Sophie Tucker (1884-1966), Mae West (1893-1980), and Bessie Smith (1894-1937), helped to pave the way for later entertainers like Marilyn Monroe and Bette Midler. It is said that Bette Midler, “was greatly influenced by Sophie and shamelessly borrowed many of her more risqué jokes for her own highly successful nightclub acts.” Sophie also beat Marlene Dietrich (1901-1992) to the punch and created a national scandal when

she introduced women’s pants to the U.S.

This gutsy, irrepressible jazz age Mama was born Sonya Kalish, in Vinnytsia, southern Ukraine in 1884, shortly before her family emigrated to the United States. They later opened a Jewish restaurant in Hartford, Connecticut where 13 year-old Sonya (already weighing 145 pounds) entertained by playing piano and singing with such gusto that diners were known to shout, “Give us the fat girl!” Not a beauty by any stretch, Sonia never worried about her size or looks: self parody and comedy would become a feature of her professional style.

Sophie’s humour often came at the expense of her girth, but in performing songs such as *Nobody Loves a Fat Girl, But Oh How a Fat Girl Can Love*, she had audiences eating out of the palm of her hand. She also relied on sexual innuendo in novelty songs such as, “Who Paid the Rent for Mrs. Rip van Winkle When Rip Van Winkle Went Away?” and in

trademark songs such as *Red Hot Mama*, a Fred Rose composition introduced by Tucker in 1924, in which Sophie boasts about her irresistible charms:

...the boys all follow me around;
I could make a music master drop his fiddle

Make a bald headed man part his hair in the middle,

‘Cuz I’m a red hot mama...

She was hired for the Ziegfeld Follies in 1909, but proved to be such a scene-stealer that other top female headliners refused to appear on the same billing with her. The following year, Sophie struck gold when Shelton Brooks, a black composer born in Amherstburg Ontario, offered her a new song titled *Some of These Days*. Everyone remembers the refrain, “Some of these days, you’re gonna miss me honey...” shouted at an abandoned lover as her train pulls out of the station. It became one of Tucker’s signature pieces, one that she continued to use in her act for the next 50 years.

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Memories of Riverview Park 1990 – 1999

Facts of the nineties for Riverview Park

The nineties material updated from pp. 15-16, *Riverview Park Review*, April 2017

1986-1991

Aselford-Martin Ltd. built the condominium complex on Riverside Drive (now referred to as the Rivas). The proprietors of the company were John Garth Aselford, President, 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.

1992

TransAlta Co-Generation Plant began operating on the Ottawa Health Sciences Centre (OHSC) grounds.

1993

A helicopter pad was established next to the emergency department of CHEO.

1994

Franco Cité opened at 623 Smyth Road at the corner of Roger Guindon. The school was formerly called, Samuel Genest.

Construction began on what would become The Perley and Rideau Veterans' Health Centre.

1995

The Action Committee of the Riverview Park community held numerous meetings to stop Petro Canada from changing the Danny Dear Service Centre at Alta Vista and Dorion into a huge and brightly lit 24-hour gas bar and convenience store; the prototype of which was situated at Fallow-



1993: On the grounds of CHEO an air ambulance helipad was established to service both CHEO and The Ottawa Hospital- General Campus. PHOTO: GEOFF RADNOR

field and Woodroffe. This committee was unsuccessful, but in the end Petro Canada did not follow through with its plans. Danny Dear moved to 850 Industrial Avenue, Unit #3 to stay in the neighbourhood.

1998

Riverview Park Community Association adopted the parks of Alda Burt, Balena, Coronation, Dale, Hutton and Riverview in the City of Ottawa's Adopt-a-Park Program.

When Canada Lands acquired the property of the Rideau Veterans' Home it decided that a block of land be set aside to cre-

ate a memorial park dedicated to all Canadian Veterans, especially those who occupied the home. It is called the 'Rideau Veterans Memorial Park'. In the center of this park stands a 300 year old Burr Oak tree.

A plaque in front of the tree tells the park's story.

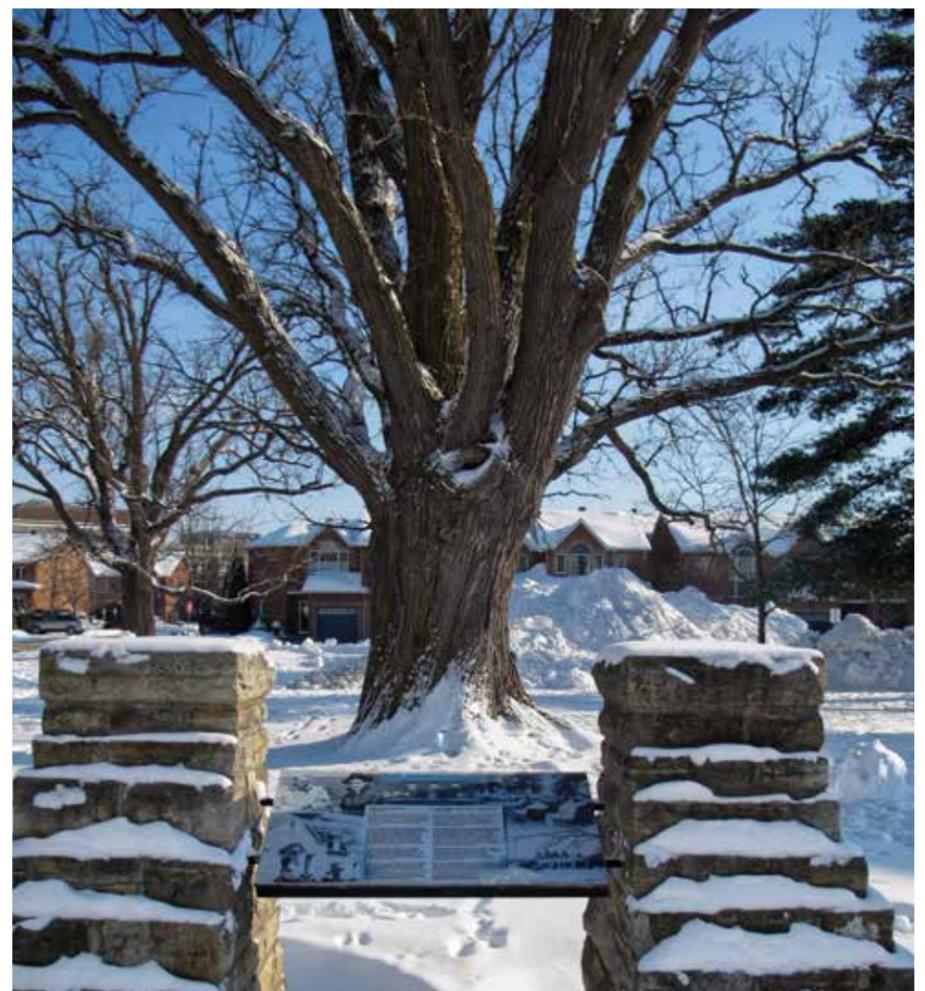
1998

The RPCA appealed to the OMB against rezoning 580 Bathurst Avenue (part of Balena Park) to permit townhouses and single family homes. The land had been owned by the Separate School Board for many years but was maintained by the City of Ottawa. The RPCA lost. [Riverviews]



1998: The Riverview Park Community Association (RPCA) adopted our six local City of Ottawa parks, including Hutton (shown).

PHOTO: MANSOLO



1998: A 300 year old Burr Oak tree stands in the Rideau Veterans Memorial Park. In front of it is a plaque telling the park's story.

PHOTO: MANSOLO

Memories of Riverview Park 1990 – 1999



1990s: The first patients arrived at the National Defence Medical Centre (NDMC) in November 1961. In the early 1990s, NDMC closed due to budget cutbacks in National Defence and Veterans' Affairs Canada. PHOTO: GREG MONEY



1986-1991: On Riverside Drive, not far from Industrial Avenue, there is a beautiful complex built by Aselford-Martin. It was named the Riviera. PHOTO: GREG MONEY



1995: The former Perley and Rideau Veterans' Health Centre welcomed its first residents in 1995. This facility is now known as Perley Health. PHOTO: MANSOLO

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Memories of Riverview Park 1990 – 1999

Earl Washburn: Riverview's resident Wikipedian

If you've ever stumbled upon a Wikipedia article about an Ottawa neighbourhood, election, politician, or landmark, chances are it has been edited by Riverview resident Earl Washburn, who has lived in this neighbourhood for most of his 37 year life, and has made over 130,000 edits to the site. If you look at the "view history" page on an article in one of those topics, or nearly any article on curling, you are likely to see his user name, "Earl Andrew" listed as one of the page's contributors. His edits have been accumulated since first becoming an editor on the site 20 years ago, not too long after Wikipedia's founding. In addition to his work on Wikipedia, Washburn also works as a pollster for EKOS Research Associates, and is an amateur curler, playing out of the Ottawa Curling Club where he was a member of the club championship team in 2019. Currently he lives on Alta Vista with his partner and their daughter.

At the age of five, when Washburn learned about the planets one day in his Kindergarten class at Riverview Alternative, he wanted to know more about them. When he got home, he asked his parents if they had any books on astronomy, to which his father showed him an atlas which he thought had a section on the solar system. When he opened the atlas, Washburn discovered that maps were much more interesting, thus beginning a lifelong love of maps and geography. His interest in geography at a young age also gave him a desire to explore the neighbourhood on his tricycle. One day after his father drove him home from his babysitter's house a mile away; he frightened his parents when they got a call from the babysitter after he showed up in front of their house on his trike. He had gone all the way back to their place, having memorized the route his father took to take him home.

When he was only seven years old, his grandmother began sending him the entire set of the *Funk & Wagnalls New Encyclopedia* in an attempt to foster a love of learning about the world, something that was very near and dear to her heart. Washburn spent quite a bit of his time perusing the set, as well as its companion atlas. As he grew older, he also began collecting other fonts of knowledge, like *The World Almanac*, the *Canadian Global Almanac* as well as *NHL*



Years ago, Earl Washburn found tricycle traveling the way to go on Dorion Avenue. PHOTO SHARED BY THE WASHBURN FAMILY



Anyone who uses Wikipedia, and has checked out Riverview Park, will have seen this picture. (TAKEN BY EARL WASHBURN C. 2004)

Official Guide & Record Book. His grandmother continued sending him literature to learn about the world, giving him a subscription to *National Geographic World* (National Geographic's children's magazine), later upgrading to *National Geographic* as he grew older. In his spare time, he would often draw charts and maps based on the information in those books, but these things were done for his own personal use, unlike his future exploits on Wikipedia.

Wikipedia was founded in 2001, and just two years later Washburn first discovered the

site while doing research – and procrastinating from – an assignment while attending Hillcrest High School. The idea of a website that anyone could edit seemed like a crazy idea at the time. He admittedly first tested the waters the same way many others have – by vandalizing the site and creating articles on his friends. Of course, the vandalism did not last long, and was quickly deleted by Wikipedia's army of editors who constantly monitor any changes made to its articles. Knowing that the site was moderated to this degree showed that

Wikipedia wasn't such a crazy concept at all. There were rules in place, and a group of users to enforce them.

Over the coming months, Washburn began making hundreds of edits on geography, politics, and sports to the site. One of the first articles he created was the one on Riverview itself, the neighbourhood he had lived in his entire life. The following summer while walking the family dog, he snapped some photos of different places near his house, such as his home street, Dorion Avenue, and his old school, Riverview Alternative. After getting them developed (this was before he bought a digital camera), he scanned them onto the family computer and uploaded them onto Wikipedia, putting them on the Riverview article. Those now-20 year old photos remain on the article to this day.

Within a year of getting an account, he asked to be an administrator on the fledgling site, and was approved. Wikipedia administrators act as the site's police officers and are given special privileges, such as blocking and unblocking users from the site, and locking pages which get a lot of vandalism. At the time, becoming an administrator was fairly easy as the site needed as many willing volunteers as possible to monitor the thousands of edits that occur each day. Today, it is much harder to become an admin, as any potential candidate has to go through a very strict vetting process. To date, the site has just 873 administrators, with only about half (471) remaining active.

Washburn fully admits that he would not be able to become an admin today under the site's current standards. For example, he recently got in trouble with another admin who didn't like Washburn's hasty decision to move the article on Prince Charles to "King Charles III" following the death of Queen Elizabeth II. The other admin believed this should have been discussed first, as there have been other King Charles III's in the past, and it was presumptive to assume the new King's article title should lack some sort of qualifier.

During his time as a Wikipedian, Washburn founded the now-dormant Ottawa WikiProject and the Curling WikiProject. A "WikiProject" is a group

CONTINUED ON PAGE 29



Memories of Riverview Park 1990 – 1999



A young Earl Washburn enjoys the slide at our local Riverview Park. PHOTO SHARED BY THE WASHBURN FAMILY



Dorion Avenue as seen on Wikipedia. (TAKEN BY EARL WASHBURN C. 2004)

CONTINUED FROM PAGE 28

of editors who work together to improve a particular subject on Wikipedia, in this case Ottawa and curling respectively. While the Ottawa project is fairly inactive (most work is done at the broader Canadian WikiProject), the site boasts nearly 3,000 articles about Ottawa subjects. The Curling WikiProject, which is active, boasts over 7,000 articles, a large percentage of which have

been edited by Washburn who has greatly shaped the site's curling coverage over the last couple of decades. He has also left some "Easter eggs" on Wikipedia's curling page itself – with several pictures on the page showing some of his curling equipment, scenes from the Ottawa Curling Club, and his personal favourite, a photo of a curling rock, which just so happens to be the rock sponsored by his father's appliance repair

business.

Washburn has been interviewed several times for his involvement with Wikipedia. In 2009, Washburn was interviewed on CBC Radio *Ottawa Morning* to talk about changes Wikipedia was making in regard to who could create articles. He did not tell his parents though, so it was quite the surprise for his father – whose wake-up alarm was set to CBC – to be awoken by the voice of his

son on the radio! Many of his interviews have been about dealing with the influx of attention on curling related articles every four years when the sport goes from obscurity to the television sets of people around the world during the Olympics. Curling articles often get vandalized during the Olympics, sometimes with humorous results. When U.S. curler Matt Hamilton's article got vandalized highlighting his magnificent moustache, ESPN reached out to Washburn to discuss the rabid vandalism on the site.

For Washburn, he enjoys integrating his Wikipedia edits into real life. To get some exercise, and to cure boredom during the COVID-19 pandemic, he would bike to a different neighbourhood or landmark of the city each week to snap some pictures and then go back home to write an article on the wherever he had travelled to. To find sources, he would use his newly acquired newspapers.com subscription, which he got himself as a Christmas present. He also enjoys spending downtime during the holidays writing biographies on local politicians of the past, including past Alta Vista city councillors, providing an opportunity to learn a little bit about the history of the area. Sometimes curling and Wikipedia have mixed for him. Recently, he was a member of the winning curling club team at the Quebec Challenge Cup, and on the same day he created the Wikipedia article on the 150 year old event.

Recently, Washburn was asked to run a Wikipedia "edit-athon" by the Rideau-Rockcliffe Community Resource Centre (formerly Rideau High School) to educate people in the community about how to edit the site. Washburn believes that Wikipedia is a great place for anyone to share their knowledge, on whatever topic they're interested in as long as they can provide reliable sources. The edit-athon was a great way to reach out to people in the area to help them get started with the editing process, the greatest hurdle for many. The process involved in editing Wikipedia may seem daunting at first, as Wikipedia has accumulated a number of policies and procedures over the years. However, it doesn't have to be intimidating, as learning how the site works comes with time, and it's important to remember that Wikipedia still remains the website that anyone can edit.

Memories of Riverview Park 1990 – 1999

Every real estate sale has a story

by Carole Moulton,

Even though Denise Kennedy bought her own Riverview Park house in the late 1980s and had lived with family in the neighbourhood much earlier, it was only in 1991 that she decided to concentrate her real estate marketing in a community that she knew and liked so well.

Thus, in the 1990s, it wasn't at all unusual to see a Royal LePage ad for Denise Kennedy on a flyer in your mailbox, on one of 300 calendars she mailed out with holiday greetings or even at a bus bench down at Alta Vista and Dorion. Bus benches were new at the beginning of the decade and consequently Denise Kennedy came up with a strategy that seemed to work well.

When a member of the RCMP called to list his house, he explained to Denise that he had seen her ad on a bus bench at a local street corner. He didn't need to explain to her which side of the street it was on. First Denise Kennedy bought a sign on one side of Alta Vista Drive at Dorion and then the following year she bought a sign for the bus bench on the other. And, as she noted recently, she caught the eyes of the bus passengers, such as the RCMP gentleman, "both coming and going."

At a time when interest rates were soaring up to 18%, every



Denise Kennedy
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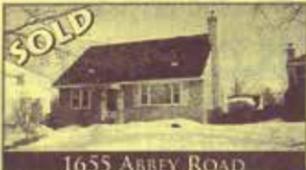
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option had to be explored, and every option was. Later when the Riverviews community newspaper came into existence, Denise Kennedy advertised in the local paper too. A paper from March 1999 shows her ad in, 'Our Marketplace'. [Riverviews, March 1999, p. 16]. Typical of Denise, she left no stone unturned.

A recent look down memory lane in the form of her marketing books, journals, and countless old ads, showed that this Royal LePage Real Estate Agent, then Broker, probably held over 1,000 Open Houses during her 30 year career.

"When things were slow, I would set up two Open Houses

each day of the weekend. I would make certain that I only had to change the sign's direction, and that the Open Houses weren't too far apart. Houses in Riverview Park at the time were selling from around \$140,000 - \$180,000.

Many humorous stories came from hosting those Open Houses.

In one case the lady commented, "It's a nice house but it backs on to the railroad tracks." That, to her, was undesirable. Denise Kennedy was able to solve that apprehension quite quickly. "It's a short train. You have to be quick to see it," replied Denise. The lady continued to check the house anyway and while she was in the basement Denise heard the train and called down to her. By the time the lady had made it to the top of the stairs, the train had passed. This seemed to satisfy the lady and bought the house that same day.

"I always asked people to sign in at Open Houses. One day a person came in off the street, however he wouldn't sign the book. I refused him access as I had promised the owner. Two years later a call came through for me to evaluate a house. When I went over they said they would list it with me. I wanted to know if they had some questions they wanted to ask. The wife wanted to know how I felt about people signing at Open Houses and I said that I would promise to do that. She's right, she will," replied her husband, a retired politician. She denied me access to an Open House two years ago."

Another local lady who called Denise Kennedy to list her home

was quite anxious that her backyard was almost totally taken up with a very large pool. The woman had also turned a back bedroom into a dining room with sliding patio doors leading out to that pool. Not to be troubled by this particular situation, and thanks to Denise's ingenuity, the small space out back soon had a patio table and chairs, lemonade glasses plus party music to accompany the scene. A fellow real estate agent, as he was leaving the Open House, whispered to Denise, "You certainly know how to turn a negative into a positive." And as good luck would have it, his client signed the papers to buy the house that night.

It was in 2008, after about 50 Open Houses a year and countless listings, that Denise Kennedy decided it was time to close that door and open another one. This is when she became a very enthusiastic and successful gardener.

Today Denise looks after the Riverview Alternative School (RAS) garden, and has since 2015; she belongs to the Gloucester Horticultural Society and is a member of the Ottawa Valley Rock Garden Horticultural Society. And while her own beautiful garden flourishes under her care and expertise, Denise is never too busy to lend a hand with her amazing green thumb.

Denise Kennedy's commitment to this community has always been evident in her enthusiasm promoting and supporting the neighbourhood in which she has been a longtime resident. Thank you, Denise.

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 **Memories of Riverview Park 1990 – 1999**

Location, location, location – and a garden

by Penny Turnbull and Ken Church

In the spring of 1991, several years after we married and had a chance to save a down payment, we started looking for a house. As we had both owned houses before, we had a realistic picture of what we could afford and, as all new couples, we had great ideas for our future ahead. Both of us had moved so often we now wanted a small house in an established area close to downtown that would allow us to put down long term roots.

We both had our careers on track, extended families in Ottawa and a variety of hobbies. We liked Ottawa and planned to stay. Downtown was thriving and both of us liked to cycle and walk to the market, which identified the radius of distance that we would like to live in. Many areas within the radius were out of our budget, and many houses in our budget were in areas we did not like. But Riverview Park definitely fit - it was an established area on a good bus route, it was close to the Squash Club, and had the bonus of a grocery store and gas station close by. Plus, it was nicely close to the in-laws.

It was a friend in the realty business who gave us a heads up on a 1.5 storey house that was just on the market. We had zoned into this style of house because with a bedroom and main bathroom on the main ground floor, we felt we could live in the house for a longer time especially if we ever stopped being able to do the stairs.

In fact, it was Ken who scout-



Ken Church developing the pond in their backyard.



The finished pond nestled among the backyard flower gardens.

PHOTOS: PENNY TURNBULL

ed out the house before the 'for sale' sign went up. It was early spring and both crabapple trees in the back yard were in full bloom. We knew we wanted a garden.... and this back yard was amazingly large and very private with mature trees/ cedar hedges, and it was south facing. What we hadn't realized was the extent of the gardening that had been done in the past due to the overgrowth. We were amazed when we started working on it. We set up raised beds for vegetables, a decorative pool and added a few more fruit trees. When the hedges and trees grew so high and started blocking

the sun we had to give up on the vegetable patch but had the opportunity to join the local Trinity Community Garden.

Like many houses of this vintage the interior was dated, and some dubious renovations had been performed over the years. We knew that with hard work and several coats of good quality paint, we could make the best of it until we could afford to do those major renovations we dreamt of. We still love the changes we have made.

Many things have changed over the years, the neighbourhood grocery and gas station are gone but a large grocery store has opened

within a 20 minute walk. We have seen our green space eroded by development, our bus service compromised by the O-train, and a new road to nowhere paid for by the Alta Vista development money. We still do not have traffic calming, despite promises. We regret that too many mature trees have disappeared, some cut down by home owners/ developers, many removed because of bug infestations, or root systems destroyed by construction and the ever worsening storms.

Despite all the changes over the time we have lived here in Riverview Park, it has been a really positive experience. Ken was new to the area when we moved in but found it easy to commute to work on foot or bike. For Penny who grew up in Riverview Park, this was her childhood stomping ground and being close to her parents turned out to be very handy. Not just for their house/ pet sitting duties but also for us to be there for them, as they grew older. We have had and still have wonderful neighbours, and are delighted to see new families moving into these well loved homes... we definitely made the right decision to live here.



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Memories of Riverview Park 1990 – 1999

The Perley: a remarkable evolution

Part One – February 2024: Visiting the past

by Carole Moulton

On twenty-five acres of land, situated at the eastern edge of Riverview Park, sits an amazing complex for veterans and seniors. Since 2021, it has been named, Perley Health. When opened in 1996, it was known as The Perley and Rideau Veterans' Health Centre or the Perley Rideau.

The evolution of this complex actually began in 1897 when a group of 14 people met at the Ottawa Y.M.C.A. to find a way to help those needing shelter and treatment over an extended period of time.

In a noble gesture, the heirs of the late William Goodhue Perley offered up his former home, a beautiful mansion on the bluffs at 415 Wellington Street. Mr. W.G. Perley had been a well-known lumber baron, and elected as an MP in 1887.

On January 21, 1898, Governor General and Lady Aberdeen officially opened the Perley Home for Incurables, more commonly called, the Perley Home.

Sadly for the community, in 1912, after only fourteen years, the Perley Home was expropriated for part of the Parliamentary Precinct, and along with other Uppertown properties, the mansion was eventually torn down many years later. Today this site is adjacent to Library and Archives Canada.

A new site was chosen for the Home at the corner of Aylmer Avenue and Barton Street at a cost of \$32,000 and in 1914, Prime Minister, Sir Robert Borden, laid the cornerstone for the new \$48,887 facility. In 1915, the first patients were transferred to the new Aylmer Avenue location, and according to, 'The Perley Rideau - a Bit of History', 'the charge for maintenance was \$1.50 per day for a private room and \$1.00 a day for semi-private.'

From 1918 until 1987, numerous changes and advances were made to the Perley Home including the purchase of additional property on Aylmer Avenue. Later, in 1956, the Perley Home became officially known as the Perley Hospital, due to changes in provincial funding.

It was during this time period, in 1945, that the federal government built and opened a temporary residence off Smyth Road for the rehabilitation of service per-



The contents of a time capsule from the first twenty-five years of Perley Rideau, 1750 Russell Road, are on display at Perley Health. Pictured with the showcase is a cardboard cutout of William G. Perley, whose heirs provided the first Perley Home. PHOTO: GREG MONEY



The former mansion of W G Perley became the Perley Home for Incurables in 1898. PHOTO: WILLIAM JAMES TOPLEY STUDIO/ SHARED BY PERLEY HEALTH

sonnel returning from World War II. This Rideau Veterans Home (RVH) consisted of 13 buildings including residences, a treatment facility, a pool and chapel laid out on beautiful grounds to replicate 'the cottage hospital model'. At the time, RVH was intended to be a short-term stay facility where veterans would undergo rehabilitation prior to reintegration into the community. Instead, it evolved into a home where veterans lived for many years. Almost 50 years later, in 1992, this residence would come under the administration of the Perley Hospital.

Today, with those buildings gone and the Oak Park subdivision on the former RVH site, a 300 year old Great Burr Oak is central to the Rideau Veterans Home Memorial Park on Remembrance Crescent. A bilingual memorial plaque is held between two stone pillars made from the quar-

ried fireplace stones of the cottages. The plaque notes that the park, created around 2003, is dedicated to all Canadian Veterans, and in particular those who lived at the Rideau Veterans Home.

In the late 1950s, and just a short walk from the Rideau Veterans Home, construction began on another building that would provide 50 beds in a Chronic Care Unit reserved for veterans. The remainder of the building was for other members of the military. Named the National Defence Medical Centre (NDMC), it was located at 1745 Alta Vista Drive and was to become the national and largest hospital of the Canadian Forces.

George Randolph Pearkes, then Minister of National Defence, turned the sod at the site of NDMC on June 5, 1958 and the first patient arrived November 28, 1961.



Construction began in 1994 on this purpose-built 450-bed state-of-the-art facility to cope with the changing needs of both veterans and seniors. The name given was the Perley and Rideau Veterans' Health Centre. In 1995, residents moved in from the RVH. In March 1996, residents from The Perley Hospital and veterans from NDMC were relocated to the Perley Rideau, 1750 Russell Road.

PHOTO: SHARED BY PERLEY HEALTH

For its Silver Jubilee celebration, 25 years later, Louise Crosby, an Ottawa Citizen staff writer, wrote an interesting article about this well-known national hospital, 'Defence medical centre marks 25 years of service'. [*The Ottawa Citizen*, July 31, 1986].

It wasn't many years afterward, in the early 1990s, that NDMC closed due to budget cutbacks in National Defence and Veterans' Affairs Canada. Today the Canadian Forces Health Services Centre Ottawa is located at 713 Montreal Road, in the Montfort Hospital.

Meanwhile, in 1987, discussions began to take place about replacing The Perley Hospital. The following year, the Hospital was asked to submit to Veterans Affairs Canada, a project plan amalgamating the Rideau Veterans Home, the veteran's wing of the National Defence Medical Centre and The Perley Hospital.

Construction began in 1994 on this purpose-built 450-bed state-of-the-art facility to respond to the changing needs of both veterans and seniors. The Perley and Rideau Veterans Health Centre welcomed its first residents from the RVH in 1995. In March 1996, residents from The Perley Hospital and veterans from NDMC were relocated to the Perley Rideau, 1750 Russell Road.

As a result of the unique blending of the three facilities, and with the transitioning from two hospitals and a long-term care home to one exceptional health centre, the best of the three worlds soon became evident in what the Perley Rideau would provide. The three large buildings are named for

CONTINUED ON PAGE 33



Memories of Riverview Park 1990 – 1999

The Perley

CONTINUED FROM PAGE 32

three prominent rivers: the Rideau, Ottawa and Gatineau and they connect in the Perley Centre that is home to the cafeteria, Deborah's Gift Boutique, pharmacy, clinics and more.

The Province of Ontario



The Perley Home for Incurables. In 1915, the first Perley Home patients were transferred to the new Aylmer Avenue location, after 415 Wellington Street was expropriated.

PHOTO CREDIT: WILLIAM J. TOPLEY FOND/ LIBRARY AND ARCHIVES CANADA. ID 3319457

changed the Perley Rideau's designation from hospital to long-term care facility in 1996. The change inspired the charity to focus on becoming a leader in long-term care by leveraging its size, location and amenities, along with the expertise of staff. The re-designation helped set the Perley Rideau on a path of continual improvement in quality of care by developing new delivery models, partnerships, services and programs.

People who had formerly lived at the hospitals had been called 'patients' now became 'residents.' The new facility, composed of the three different cultures, each with its own level of care and expertise, also looked at what they could provide, not only in medical terms but for the good of the person as a whole. A simple value system put in place then, remains today, with the Motto: 'Together we improve the well-being of the people we serve.'

Greg Fougère began his 27-year career at the Perley Hospital on Aylmer Avenue. He was a senior staff member when John Lupton was CEO at the time of the move. He became the CEO from 1996 – 2013 and remembers the move well.

"Patients and residents were piped in to their new home with great fanfare by staff, volunteers, families and Veteran organizations. After almost a decade of planning and construction, the three facilities became one. Everyone arrived safe and sound. A new journey began."

In the beginning, the Perley

Rideau was definitely veteran-focused for the 250 veterans who lived there. Two hundred beds were also made available for Long-Term Care, and these people, as well, benefitted from the excellent services provided. Some of those beds were set aside for rehabilitation (later convalescent), short stays and respite. Caring for

ty donations funded the construction of 139 independent-living apartments. Commissionaires Ottawa Place is a five-storey apartment building with 94 apartments that can be accessed through the main building. 1780 Russell Road is a three-storey apartment building. Today a number of residents, who previously lived in and around the Riverview Park neighbourhood, now call the 1750/1780 Russell Road address their home.

Volunteers have always been an important part of the Perley success story. Even before the Perley Rideau was "in existence", members of the local neighbourhood were invited to participate in meetings to provide their input. Local resident, Colleen Calvert, who lives not far from 1750 Russell Road, was one of the volunteers asked by her then councillor to participate in a committee with regard to the proposed Perley Rideau.

"Today, the group is called the Community Liaison Committee

those from Perley Health let us know what is happening."

There are over 800 employees who enrich the lives of those who call the Perley home, and more than 400 volunteers who bring their caring into this incredible community.

In 2021, CEO Akos Hoffer, who has led the organization for more than a decade, explained the reasons for rebranding after a decade: "Our future as an organization lies in continuing to empower Seniors and Veterans to reach their full potential. We must both advocate for better care, and conduct, validate and disseminate the research needed to improve care. We must also help resolve a full spectrum of related issues: human resources, training, housing, and more. And we must continue to honour and serve Canada's Veterans. We have a bold vision to tackle these challenges and opportunities head-on. And to fulfill our bold vision, we require a bold new brand."

To try to describe Perley Health in one story is not possible. It has an exceptional past, but continues to focus on the future, working to better the lives of those in its care. In 2018, following a comprehensive review of Perley Health's operations and care programs, it was awarded Exemplary Status, the top designation of Accreditation Canada. Anyone acquainted with Perley Health would truly recognize the reason for this honour.

ACKNOWLEDGEMENTS

For their contributions to this article, the following merit thanks: City of Ottawa Archives, Colleen Calvert, Greg Fougère, former CEO, Perley Health; Akos Hoffer, CEO Perley Health; Jay Innes,



In 1945, the federal government built and opened a temporary residence for the rehabilitation of service personnel returning from World War II. This Rideau Veterans Home (RVH) consisted of 13 buildings off Smyth Road. PHOTO: SHARED BY PERLEY HEALTH.

people affected by dementia was also a major focus.

The numbers may have changed over the years with fewer veterans, however innovations for the betterment of everyone have increased significantly, both at Perley Health and for those being assisted through Perley Health out in the community. 'Broad stakeholder participation, community support, and effective partnerships' are credited for this.

In 2007, the 12-bedroom bungalow, formerly The Guest House at Perley Health, (now called the Respite House), opened its doors to provide safe, compassionate and accessible care for people affected by early to mid-stage dementia, giving their caregivers time to recharge.

In 2013, three levels of government and \$5 million in communi-



A 1960 aerial view of National Defence Medical Centre (NDMC).

PHOTO: CITY OF OTTAWA ARCHIVES. CA 008 337. A2026-1363 18086. PERMISSION PROVIDED TO USE IN THIS PUBLICATION.

and we meet twice a year. Our city councillor or her representative, Perley Health representatives, plus residents from the apartments participate in these meetings. People from the community bring practical or local issues and

Director Communications, Perley Health; Library and Archives Canada, Greg Money, Kathy Ullrich, and Veterans Affairs Canada. **Every effort has been made to ensure the accuracy of facts and dates in this publication.**

Art Lending of Ottawa: a new chapter

by Leslie Firth

Art Lending of Ottawa, a local artists' cooperative created in 1970, is starting a new chapter in its story. Art Lending of Ottawa holds four one-day shows a year, in March, June, September and December. **Our next one-day show on March 16, 2024 will be in a new location, the Jim Durrell Community Centre on Walkley Road.** This is our third location in the fifty plus years we have been in operation, the most recent being the RA Centre on Riverside Drive, and before that the Unitarian Church in Westboro. Our new space is bigger and brighter, a perfect space for our artists to show off their recent works and for our visitors to enjoy a wider range of art styles, media and subject matter.

Who visits our Art Lending of Ottawa shows? Who rents and buys our art?

Artists and art lovers – Artists are always curious and always learning from each other. Art lovers love to browse and savour the experience of viewing local art. Art Lending of Ottawa art shows are free to everyone. Art lovers looking for some beauty, artists looking for ideas or inspi-



A salon wall from an earlier exhibit.

ration – all browsers are welcome!

Wall owners – Whether you rent or buy your space, at some point blank boring walls need your attention. Art Lending provides an affordable option that allows you to fill your space with original pieces that you love. The option to rent allows you the flexibility to try out an artwork for a three month period at very low cost. Re-rental is always an option and if you decide to purchase, all rental fees paid will go toward the purchase price.

Business owners – The ability to rent works of art is useful for businesses such as doctors' offices. Businesses particularly value the

ability to keep costs low by amortizing the cost over a long period of time and the ability to refresh the art on a regular basis. At the same time, they are supporting the community by supporting local artists.

Real estate agents – Home staging in preparation for a sale is a common practice in today's competitive real estate market. As any real estate agent can attest, sometimes it's the small details that matter. One piece of art could make all the difference in a prospective buyer's perception of the space. The ability to rent local art is a win-win for home staging. To assist in identifying high impact art, we have created a page on our

web site devoted to larger pieces.

The curious – Some of our visitors are just passing by and drop in to see what we're all about. That's great – we love to show off our art! Some of these people come back show after show and become some of our 'regulars'.

Art Lending would like to take this opportunity to thank our loyal 'regulars' and hope that they will follow us to our bigger, brighter space in our new location. To help us start off our new chapter, we're asking everyone to spread the word with colleagues, friends and relatives. **Mark your calendar – Art Lending Show, March 16th, 10 a.m. to 4 p.m. in our new location, the Ellwood Room, Jim Durrell Recreation Centre, 1265 Walkley Road.** Admission is free. Parking is free. We even have door prizes!

To see a list of our current artists and a sample of their works, visit our website at www.artlendingofottawa.ca. With our expanded space we will be able to welcome new artists this year. Established artist? Aspiring artist? Check out our website for details on the jurying process and how to apply.

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

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Upcoming Maplewood highlights

FEBRUARY

Chinese New Year celebration
Wednesday, February 17, 7-8 p.m.

Mardi Gras Party

Tuesday, February 13, 3-4 p.m.

Mardi Gras Pancake Dinner

Tuesday, February 13, 4:30-7 p.m.

Winter Carnival Event

Riverview Park Community 1640 Devon Street, Sunday, February 11th, 2-4 p.m.

Sweetheart Social with live entertainment, Wednesday, February 14, 3-4 p.m.

Day in the Life at Maplewood

Greek-themed, Thursday, February 22, 10:30 a.m. to 7:30 p.m.

“Formal Friday”, February 23, 2:30-4 p.m.

Drive-in Movie Lunch

Thursday, February 29, 11:30 a.m. to 2 p.m.

MARCH

Evening Live Entertainment
Friday, March 8, 7-8 p.m.

Wings and Beer Tasting

Friday, March 15, 3-4 p.m.

St. Patrick’s Day Pub & Live Band

Sunday March 17, 7-8 p.m.

Paint Night

Tuesday, March 19, 7-8:30 p.m.

Classical Music Appreciation
Wednesday, March 27, 7-8 p.m.

APRIL

Casino Games and Cocktails

Thursday, April 4, 2:30-4 p.m.

Maplefest “Sugar Bush” Pancake Breakfast

Wednesday, April 10, 8:30-9:30 a.m.

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

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Shared by Hilary McCormick, Activity Manager, Maplewood Retirement Community



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Dancing in the New Year at our Wine and Cheese event



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Lunch outing at Algonquin College

Ottawa’s Seedy Saturday comes to Alta Vista – March 2, 2024

Already thinking of spring planting? Great news – an old Ottawa favourite lives on!

This year, the Alta Vista Community Association Local Food Committee, in collaboration with *Just Food* and *Seeds of Diversity*, is proud to be hosting Ottawa’s *Seedy Saturday* event.

In the past, *Seedy Saturday* spring events have been held in various locations across the city. In 2024, Ottawa’s Ward 18 welcomes the event on **March 2 at Emmanuel United Church, 691 Smyth Road from 10 a.m. to 3 p.m.**

- Attend workshops on seed starting, soil testing, invasive species and native bee habits and habitats
- Explore seed vendor offerings
- Exchange seeds
- Support local artisans
- Meet community gardeners interested in Ottawa’s food security
- Sample local cuisine
- Take in draw prizes, live music and children’s corner

There’s no admission charge and parking is free. Local bus route #55 services Emmanuel United Church and the site is accessible.

Bring your own reusable bags

and, if you have some, your seeds for the free seed exchange table.

Spend what’s left of the winter anticipating the coming spring and join us in celebrating this seminal event for Ward 18!

Want to know more about the event? Contact us at altavistaseeds@gmail.com

Want to know more about our co-sponsors?

Just Food is a local, non-profit, community-based organization that works on both rural and urban food and farming issues in Ottawa and the surrounding region. It is an information and resource-sharing network supporting the sustainable development of its Community Gardening Network. Consult justfood.ca for more.

Seeds of Diversity is a Canadian organization dedicated to preserving, perpetuating, studying and encouraging the cultivation of heirloom and endangered food crop varieties. Its backbone is seed savers who protect Canada’s seed biodiversity by growing it themselves and sharing it with others. With over 1,000 members across Canada, it’s a vibrant and visible part of the gardening and food security scene. Go to seeds.ca for more.

THE PLANNING AND DEVELOPMENT UPDATE



KRIS NANDA
Chair, RPCA Planning & Development Committee

The Riverview Park Community Association (RPCA) tracks and advocates for the community on planning and development matters in and around the local community, 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.

Shoppers Drug Mart is planning to open a store at the old Farmboy location in the Ottawa Train Yards later this year, but exact details and timeline are currently unknown. Meanwhile, the lease for the Shopper Drug Mart in the Alta Vista Mall has been extended until 2025, with no confirmation yet as to whether there will be a long-term lease. The RPCA will support efforts of the mall owners to maintain a suitable anchor (e.g. a drug store or small grocery store) for the plaza in keeping with the notion of a walkable community for local residents.

Children's Hospital of Eastern Ontario (CHEO) expansion

Preliminary construction has be-

gun on the project for the \$371 million CHEO Integrated Treatment Centre (iDoor4Care) project which will include a gym, a school, indoor and outdoor therapy and play space and room for outpatient services and clinics. 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.

Pedestrian and Cycling Matters

The Environmental Assessment (EA) for the Tremblay 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. The final round of public consultations (in which the RPCA participates) are expected this spring with a presentation to Transportation Committee and Council for approval later in the year.

An informal request was received regarding installing additional sidewalks along the south side of Industrial between Neighbourhood Way (Figure 8) and the

traffic light at Trainyards Drive, just east of the Metro food depot. While there are already existing informal footpaths in the area, any new infrastructure would need to take into account the truck traffic to and from the Metro depot.

Consultation and Public Input Opportunities

An updated Part 1 of the Transportation Master Plan (TMP) was submitted to Council last spring. Public engagement on the Origin Destination Survey results and future travel demand, originally to take place in fall 2023 has been 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 initiatives and others, follow the links on the City's Engage Ottawa website -- <https://engage.ottawa.ca/>

Ottawa Train Yards

The Solutions store in the Ottawa Train Yards closed at the end of January 2024 and a Winners store is scheduled to open later in the year. The proposed high-rise complex along Steamline (between the Walmart and the Post Office) remains on hold. Meanwhile, the RPCA asked that the unsightly garbage and waste that litters this empty lot be removed.

OC Transpo Matters (non-LRT)

Construction began in January to install additional bus shelters at Hurdman and Tunney's Pasture stations to provide more shade and weather protection for passengers. For full details, visit: <https://ow.ly/I8B65oQr3cl>. The RPCA and others had previously raised concerns about removal of the protective awning at Hurdman which had sheltered waiting bus passengers from the elements.

OC Transpo rejected a request to make permanent the temporary stop just east of Hurdman that was set up during the sewer replacement at Industrial/Riverside intersection earlier this year. There has also been a request for a bus stop along the Hospital Link Road at the pedestrian crossing where the path from the sledding hill and pollinator gardens is.

Other Developments

A demolition permit has been granted and work began in January 2024 to take down the building at 400 Industrial (Between Metro Food Distribution Centre and Figure 8). As of press time, no information has been received about future plans 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). A construction date has yet to be set.

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

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

RIVERVIEW PARK PRESIDENT'S REPORT



RON RIDLEY
RPCA President

I hope you and your family have had a great start to 2024, and that it is a happy, healthy, and prosperous New Year for all of you.

The December RPCA Christmas Carol Sing event at Balena Park raised the bar again and was our best ever. The change of lo-



cation from the Cancer Survivor Park to Balena Park was an excellent idea bringing the event more into the center of the community with over 80 people coming out to sing. The weather also cooperated with unseasonably warm temperatures and no rain. Unfortunately, there was no

snow either, but it was still very festive with a decorated Christmas tree, snacks, hot chocolate, s'mores, and a campfire. Thanks to our Councillor Marty Carr and MPP John Fraser for their generous donations in support of the Carol Sing. We also collected a significant amount of non-perishable food for Blair Court House. Discussions have already begun for the 2024 Carol

CONTINUED ON PAGE 39

DEAR FRAN

Organizing your seeds



FRAN DENNETT

February is the perfect time to organize your perennial, annual and vegetable seeds for starting indoors, then planting outside. An organized gardener would have already purchased the flower and vegetable seeds she/he planned to try this year. If you have not thought about this you can try local nurseries for seeds, e.g. Ritchie, or peruse the seed catalogues on line and place an order. Your choice is greatest at Canadian mail order seed companies (for more information, Goggle: Canadian seed companies):

- Lindenburg Seed Ltd.
- Veseys
- Salt Spring Seeds
- OSC (Ontario Seed Company)
- W.H. Perron
- William Dam Seeds
- West Coast Seed
- Stokes

The first group of perennial seeds to sow need cold stratification and should have been sown in pots in November and placed outside to be covered with snow, as stratification requires about three months of cold weather. The second group of perennial seeds which germinate in 30-60 days at 18-21°C are sown in February. The last group is sown in mid March and germinates in 2-3 weeks at the same temperature. Perennials do not bloom the first year, however, sometimes by starting early (January) you can fool some to bloom the first year. This is a bonus if it happens.

Annual seeds germinate anywhere from 5-28 days at 16-24°C depending on the species. They can be started indoors under lights or on a sunny windowsill from mid March to mid April. To help the home gardener, commercial seed growers spend a lot of money to provide detailed growing information on seed packets, please read it. I organize my annuals in groups based on their germination requirements (the longest times, e.g. 28 days, are sown first) and special requirements, such as, the need for light or total darkness.

Vegetables are annuals and are seeded directly in either cool soil (e.g. radish, peas) in April/May or warm soil (e.g. beans) around Victoria Day weekend in May or in June. Members of the nightshade family (tomatoes, peppers, eggplant) are planted as transplants or seedlings. These seeds are started indoors around mid March, grown to small plants, hardened off and planted outside in warm soil. The cabbage family can be direct seeded or planted as transplants. More detailed growing information can be found in the seed catalogues or on the seed companies' website.

Herbs are annual (cilantro), biennial (pars-



Fran's perennial seeds planted outside for stratification on January 1, 2024



Organizing seeds PHOTOS: FRAN DENNETT

ley) or perennial (sage, oregano, mint). Any can be sown directly or started indoors under lights or bought as transplants.

There are two points to remember when sowing seeds. First, be realistic and only sow

what you can deal with. Second, try one new annual or vegetable or herb each year.

As always, I hope this information inspires you to try growing plants from seed.

■ Master Gardeners of Ottawa-Carleton (MGOC): check the website for gardening information <http://mgottawa.mgoi.ca>.

■ To receive TROWEL TALK, our free monthly electronic gardening newsletter, contact: troweltalkeditor@rogers.com to be added to the list.

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ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

FEBRUARY/MARCH 2024

The Library's hours are as follows:

- Monday to Thursday: 10 AM to 8:30 PM
 - Friday: 1 PM to 6 PM.
 - Saturday: 10 AM to 5 PM
 - Sunday: CLOSED*
- *The Greenboro branch at 363 Lorry Greenberg Drive is open on Sundays from 10 AM to 5 PM.

CLOSED –

- Monday, February 19th – Family Day
- Friday, March 29th – Good Friday
- Sunday, March 31st – Easter Sunday
- Monday, April 1st – Easter Monday

Please visit www.biblioottawalibrary.ca for the most up-to-date information.

Info Service is available for many inquiries and services by calling 613-580-2940 or emailing: infoservice@biblioottawalibrary.ca

FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE:

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

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

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

BOARD GAME AND PUZZLE SWAP:

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

AWESOME AUTHORS CONTEST (AGES 9 to 18):

If you're between the ages of 9 and 18, the Awesome Authors Youth Writing Contest is a fantastic opportunity to showcase your storytelling prowess and

join a community brimming with creativity and passion! You could also stand a chance to win some exciting awards!

There are seven categories: short story, poetry, comic, nouvelle, poésie, bande dessinée and book cover. Submissions are welcomed in English and in French.

The deadline for submissions is February 23rd at 11:59 PM. A valid library card is required to enter. Winners will be notified by email in April.

CHILDRENS PROGRAMMING

March Break Programming: We have a full line-up of March Break activities for children of all ages from March 11th to 16th. Please check the website: <https://biblioottawalibrary.ca/en/program>, in mid-February for a full listing of all activities.

Bilingual Family Storytime:

Stories, rhymes, and songs for children of all ages and their parents or caregivers. Drop-in program. 30 minutes.

ALTA VISTA

Tuesdays and Wednesdays at 10:30 AM, except for the week of March 5th or 12th.

ELMVALE ACRES

Wednesdays at 10:30 AM, except for March 6th and 13th.

Bilingual Babytime: Stories, rhymes, songs and activities for babies (ages 0-18 months) and a parent/caregiver. Drop-in program. 30 minutes.

ALTA VISTA

Thursdays at 10:30 AM, except for March 7th and 14th.

ELMVALE ACRES

Tuesdays at 10:30 AM, except for March 5th and 12th.

Stay and Play: Meet new friends after Storytime! Chat and play with puppets, building blocks, crafts and much more. Bilingual. Drop-in program.

ALTA VISTA

Tuesdays, Wednesdays, and Thursdays at 11 AM, except for the week of March 5th or 12th.

ELMVALE ACRES

Wednesdays at 10:30 AM, except for March 6th and 13th.

LEGO® BLOCK PARTY (ALTA VISTA):

Building Boom! Show off your architectural creativity with LEGO®! Drop-in program. 60 minutes. Saturdays at 11 AM, until February 24th. Ages 4 to 12 (Children Ages 4 to 6 must have adult supervision).

Game ON!

(ELMVALE ACRES):

Building Boom! Show off your architectural creativity with LEGO®! Drop-in program. 90 minutes. Ages 6 to 12. Fridays at 4 PM, except for March 29th.

Arabic Storytime – NEW! (ALTA VISTA):

Arabic Stories, rhymes, and songs for children of all ages and their parents or caregivers. Drop-in program. 45 minutes. Saturdays, February 24th, and March 23rd at 3 PM.

Crafternoon (ALTA VISTA):

Come crafting at the library, we have all the supplies you need to satisfy your creativity! Drop-in program. Ages 4-12. 60 minutes. Fridays, February 16th, March 1st, and April 12th at 4 PM. Fridays, February 23rd, and March 22nd at 3 PM.

Chess Club

(ELMVALE ACRES):

Play and learn about chess. Ages 6 and up.

Saturdays, February 9th, and March 10th at 10:30 AM. 90 minutes.

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.

ADULT PROGRAMMING

Typography – The Art and Science of Written Communications (ALTA VISTA):

Chris Taylor, President of the Ottawa PC Users' Group will outline typography, the somewhat arcane terminology used. He will discuss some of the historical significances of type. Then he will delve into the subjective nature of choosing typefaces: what makes a typeface more or less readable, how and when to combine multiple typefaces, what emotions are evoked in readers, and how to avoid common faux pas. Thursday, March 7th at 6 PM. 120 minutes. Registration required.

Basic Photo Editing (ELMVALE ACRES):

Demo on how to enhance your photos by adjusting light, colour, and composition. Lynda Buske from the Ottawa PC Users' Group and the Orleans Photo Club will be using free photo editing software available for both

Windows and MacOS.

Saturday, March 9th at 2 PM. 120 minutes. Registration required.

The Sub-Zero Stitch-Up (NEW! – ALTA VISTA):

Find warmth in the winter season with camaraderie, conversation and crafting at this casual, drop-in meet-up! Bring your knitting, crochet, hand-stitching, coloring, drawing etc. to work on in the good company of your neighborhood and community. All levels of interest and ability welcome. Nothing messy or requiring machinery please! Don't have a project? No problem! Options will be provided. Thursdays February 8th and 22nd at 7 PM. 60 minutes.

Winter Crafts

(ELMVALE ACRES):

Come join us at our winter-themed DIY activities workshop and make artistic creations of your choice. Family Program. All materials provided. Drop-in Program.

Saturday, February 17th at 2 PM. 90 minutes.

Fibre Fridays

(ELMVALE ACRES):

Bring your knitting or crochet project (or needlepoint, cross-stitch, etc.) and share tips and tricks, ideas and conversations with fellow enthusiasts. For adults of all abilities. Drop-in. Fridays at 2 PM, except for March 29th. 90 minutes.

Computer Literacy

(ELMVALE ACRES):

Come join us and learn basic computer skills! Personal laptop not required though you may bring one if you would like. Open to all ages!

Wednesdays at 2:30 PM, except for March 13th. 60 minutes.

English Conversation Group

(NEW!): Practice your English conversation skills in a relaxed and friendly environment. All levels are welcome in this free program. Drop-in.

ALTA VISTA

Mondays, 1 PM to 2:30 PM. 90 minutes. No group on February 19th or 26th.

Tuesdays, 7 PM to 8 PM. 60 minutes.

ELMVALE ACRES

Mondays at 6 PM until February 26th. 60 minutes. No group on February 19th.

Groupe de conversation en français (intermédiaire) / French

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RPCA president's report

CONTINUED FROM PAGE 36

Sing event, and we are expecting an exciting family-oriented addition to the Carol Sing tentatively planned for Friday, December 13th, 2024.

The RPCA Social committee has been hard at work on the upcoming Winter Carnival scheduled for Sunday, February 11th from 2-4 pm. Now that we finally have snow, and the rink is underway it is at least looking like winter! We are planning to have a lot of the popular events from last year back and adding a spon-

sored Shoot-to-Win challenge on the ice. The Winter Carnival is always a popular event and a great excuse to get outside and meet your neighbours. Hope we see you there!

To help raise funds for the Humane Society and show of the pets of Riverview Park, the RPCA will be running a cutest pet photo contest shortly – please check out our website or social media for more information.

If you are looking for a nice walk in the community, the very

popular ornament path through the woods has returned for its fourth 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. There are over 500 ornaments along the trail with some random bird feeders and a dog cookie treat jar for our four-legged friends. I hope you can get out and enjoy it.

Want to know more of what the RPCA is doing? Consider

er subscribing to our monthly newsletter e-mail, or an even better option, become a member of the RPCA for only \$10. Thinking of going all in – try volunteering for the RPCA to help in the community. Information is available on 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 RPCA Board meeting – dates & times are on our website.

Library update

CONTINUED FROM PAGE 38

Conversation Group (intermediate) (ALTA VISTA): Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire.

Aucune inscription requise. Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required. Wednesdays, 6:30 – 7:45 PM / les mercredis, de 18h30 à 19h45. 75 minutes.

Sleuth Hounds Mystery Book Club (ALTA VISTA):

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

Thursday, February 15th, 2024

New authors discussion

Thursday, March 21st, 2024

Karin Slaughter - Will Trent series

Thursday, April 18th, 2024
Rock Paper Scissors by Alice Feeney

Book Banter (ALTA VISTA):

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, March 7th, 2024
Eleanor Oliphant is Completely Fine by Gail Honeyman
Thursday, April 4th, 2024
The Mercies by Kiran Millwood Hargrave

Infusions Littéraires (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 26 février 2024

Noires sous surveillance de Robyn Maynard

Le lundi 18 mars 2024

Les passants de Lisbonne de Philippe Besson

Le lundi 15 avril 2024

La succession de Jean-Paul Dubois

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

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 Audio-books via 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://bibliottawalibrary.ca/en/databases/search-all>.



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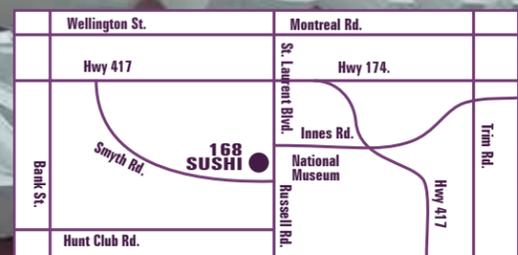


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