



JUNE 2023

A VOICE OF RIVERVIEW PARK

JULY 2023



Bruce Stewart straddles his CCM Duomatic bicycle at his Riverview Park home in the sixties. This was a very popular bike of that decade. PHOTO SHARED BY BRUCE STEWART.



In 1964, Kathy Early began her teaching career at Riverview Public School. On page 32 her recollections of those 'early' years are titled, "Those were the days". PHOTO: GREG MONEY

“Memories of Riverview Park”

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

The top right cover shows a young Bruce Stewart. He grew up in Riverview Park and has many memories of the way things were in the 1960s. His story is on pages 28 and 29.

On page 30, Marilyn Minnes tells about her family's days on Balena Avenue and their many wonderful times living near the park. Their favourite neighbourhood garage, owned by Gus McDonald, is shown at the right side of the rendering on the Section 2 cover.

Frank and Carol Hare recently celebrated their 63rd wedding anniversary. On page 31 they share stories about moving into this wonderful neighbourhood in 1966.

Keith Landry has some great memories of the Little League games at Balena Park and how these were an important part of our community's beginnings in the 1950s and 1960s. His story, 'Baseball bliss' appears on page 33.

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The VIA Trail tulips

A local Riverview Park resident, Alex, was able to obtain some free end-of-season tulip bulbs from Ritchie Feed & Seed. He chose to beautify the path not far from the VIA rail tracks. Well done, Alex!



Alex is the special person who brought colour to the trail along the train tracks. PHOTO: WENDY SIMMONS

PHOTOS ABOVE: GREG MONEY

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An escape from Afghanistan to friendship and family

The story of Aziza Rezaie and France Dulude

by Frances Harding

When Aziza Rezaie was born in Ghazni Province of Afghanistan no one could have imagined that within three decades she would be a resident of Riverview Park, living under the caring wing of France Dulude, a retired Ottawa school teacher, and working for a high-tech company in Kanata.

The 27-year-old Aziza has had a remarkable journey. When she was just three her family was forced to flee to Pakistan when the Taliban took over the country in the mid-1990s. The Rezaie family is from the long-persecuted Hazara ethnic community and they were targeted by the Taliban.

Until she was 17 Aziza lived in "Hazara Town" on the outskirts of Quetta, Pakistan.

It was then that Aziza and her sister were encouraged by their parents to go to Afghanistan to attend university. She wanted to become a doctor and her father offered to sell his land in Afghanistan to pay for her tuition, but she thought that was too high a price for the family to pay. Her father then suggested she should consider studying computer science as it had great potential for a career. She agreed and applied for scholarships to many public and private universities and colleges and was awarded a USAID-sponsored scholarship intended to support women to study Information Technology.

She worked for the Afghan government doing population surveys and then took a job with OXFAM where she worked as an IT officer in the day and went to school at night. It was while she was working at OXFAM on 15 August 2021 that the security department announced to the staff



Aziza Rezaie (L) could not have had a better mentor and friend than France Dulude. France Dulude welcomed Aziza into her Riverview Park home and helped her get settled. What an amazing team!

that they were to go home, stay inside and not to go out for as long as possible. The Taliban had taken Kabul with no resistance. Few people believed that after investing so much over 20 years of war that the US and other countries would leave.

On her last day of work, and university, Aziza and her colleagues left the office. The streets were empty. There were no people, no cars. She walked home alone. She knew that the staff of human rights organizations, and particularly international aid groups who promoted equality

for women, were at great risk and had to flee. Within days OXFAM provided her with visas and other travel documents to go to Holland.

She left her homeland again on 24 September, leaving her family behind. After six months in Holland she heard from the Canadian Immigration Department and on 8 August 2022 arrived in Toronto. Much to her surprise, she was taken to Brantford, a place she had not heard of, where she was left with several other people in a hotel.

She explored Brantford and

took a trip to Toronto. She also applied for many jobs. "But when you are in a new country there are lots of things you don't know...lots of things you have to learn. It is difficult. You are living your normal life and suddenly it is gone. You don't plan to escape, it is not what you want, you are forced", she says through tears. She was discouraged.

Aziza thought Ottawa would provide more opportunities and contacted an OXFAM-Canada colleague for advice. Her contact had a friend, a very good friend, named France Dulude and France was willing to welcome Aziza into her home and help her get settled. The match was made and Aziza came to Riverview Park and joined the family.

They shopped and cooked together, finding the stores that catered to the Afghan community. France showed her the city and comforted her when no one replied to her online job applications. In the evenings they would talk, sometimes for hours.

When the Christmas holidays came, and the Dulude family gathered, she shared their traditions and even went skating, snowshoeing, and drove a snowmobile.

Aziza's determination to become self-reliant did not wane. She went to the Ottawa Train Yards shopping mall and visited stores asking for work. Almost immediately she found a job at The Chopped Leaf where she prepared meals. The owner thought her qualifications suited her elsewhere, but hired her nonetheless.

One day she saw a notice about a public event called Women in Tech and the Challenges being held in Kanata. She took the bus to Kanata and listened to CEOs

CONTINUED ON PAGE 13

35 YEARS



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The power of words

by Kathy Lanoue

Remember that old rhyme you learned when you were little? “Sticks and stones may break my bones but words will never hurt me.” I never found much comfort in that and when I grew up I realized why: words have power. Contrary to that childish cliché, words can hurt you. Words have the power to devastate, break trust and open old wounds. They also have the power to build relationships, give comfort and heal wounds.

There is no shortage of examples of great orators or writers over the course of history who have used the power of words to inspire people “from every moun-



tainside, let freedom ring”, to “fight them on the beaches”, or to “ask not what your country can do for you.”

Of course, there are also some less inspiring leaders whose words have been mocked or worse, stoked fears and inspired hatred

or violence. These words do not deserve to be repeated because they are insidious: as negative as they may be, they still have power.

Thankfully, our daily lives don’t usually have such high stakes. But how often do we struggle trying to convey what we mean in a meeting? How often have we realized, too late, that our words have unintentionally caused pain?

You may not strive to become the next Martin Luther King Jr., Winston Churchill or John F. Kennedy, but you can always strive to keep harnessing the power of words. And while there are many things that can be learned at a one-day or two-week course, learning effective communication is a lifelong practice - and an in-

tentional practice.

Toastmasters International (toastmasters.org) gives members a chance to focus on this at every meeting. Whether you are giving a speech, giving someone else feedback, reporting on the words of others or actively listening and taking everything in, each meeting is an intentional study of the power of words and an intentional practice on using them more effectively.

Kathy Lanoue is the Club Secretary and Past President of Good Morning! Toastmasters who 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>

Parents supporting adult kids risk their retirement security

If you’re helping your adult kids financially, you’re not alone.

A new Bankrate.com survey found that most parents (68%) are providing support for their adult kids. But in doing so, many may be compromising their financial futures by putting emergency and retirement savings on the back burner.

Parents with children 18 or older have made a financial sacrifice to help them, and nearly a third of that group (31%) say they have sacrificed “significantly,” and 37% said they have sacrificed “somewhat.”

For instance, 51% say they’ve sacrificed their emergency savings, with 20% saying they’ve done so significantly. They’ve also impacted debt payoff (49% total; 18% significantly) and retirement savings (43% total; 18% significantly), and 55% report missing out on reaching other

financial milestones.

Savings.com research also found that parents are footing many adult kids’ bills, with 45% providing financial support for at least one grown offspring.

Groceries, cell phones, housing, and student payments are common parent-funded expenses, and their average monthly contribution is more than \$1,400.

Parents also said they’d go to extraordinary lengths – even emerging from retirement – to support kids, even if it meant compromising their retirement.

Savings.com asked, “Which of these would you be willing to do to support your adult child(ren)? Select all that apply.”

- | | |
|---|-----|
| <input type="checkbox"/> Live a more frugal lifestyle | 58% |
| <input type="checkbox"/> Pull money from my savings or retirement account | 44% |
| <input type="checkbox"/> Retire later | 33% |

- | | |
|---|-----|
| <input type="checkbox"/> Take on debt | 25% |
| <input type="checkbox"/> Come out of retirement | 16% |
| <input type="checkbox"/> Refinance my home | 10% |
| None of the above | 19% |

Bankrate’s tips for cutting your kids loose:

- Determine a realistic amount of money to give your kids and stick to an amount that doesn’t compromise your financial stability.
- Set clear expectations with your children, specifying a specific dollar amount or duration of assistance to avoid being seen as a permanent piggybank.
- Prepare your kids for financial independence by sharing your knowledge of financial planning and responsibility with them before cutting off financial support.

Bankrate Senior Industry Analyst Ted Rossman puts it this way: “Offering financial assistance can backfire if it puts your own savings, investments and financial well-being at risk. It can be a vicious cycle. Young adults are wrestling with student loans and high household formation costs, but if parents overextend themselves in an effort to help, they might end up jeopardizing their own financial security.”

<https://www.bankrate.com/personal-finance/financial-independence-survey/>

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TRINITY COMMUNITY GARDEN

It's time to plant

by Rhonda Turner

Trinity Community Garden is getting into the swing of things for another bountiful year. Plots have had compost added and the soil has been tilled, making it ready for seeds or seedlings. Our water system is in place and ready to go. Everyone is anxious to get things started although there are still some familiar "Do's and Don'ts" to be followed. A few of these hints are noted below.

Planting too soon is always a mistake. The last frost date here in Ottawa can be usually around May 1 to May 10; however, as we all know Mother Nature can be cruel. Just prior to submitting this article the overnight temperatures were to go down to 1 or -2 degrees for two nights.

Take advantage of the cooler time because seeds such as lettuce, spinach, and brassica vegetables like cabbage, broccoli and Brussels sprouts like to germinate in cooler soil temperatures. Other seeds require a warmer soil, so judge accordingly when planting seeds and even more so delicate exposed seedlings.

In previous years at Trinity Community Garden we had to tent everything due to late season cold weather. The garden looked like a campground with tenting protection of sheets and buckets everywhere protecting plants. This went on for several nights. There will still be lots of time even if you keep some seedlings at home, safe and away from frost.

Some seedlings may be root bound in their little pots. Be sure to squish up the roots to soften or fluff them up, even trimming some of the straggler roots before planting in the ground. New transplants require water even if the soil is damp or if it rained overnight. They will let you know if they are thirsty.

Definitely plan to account for the plant's mature size such as zucchini, squash, cucumbers and cauliflower. Even cabbages and sprouts take up considerable garden space. You can use shade from the larger plants to seed radishes and lettuce. The shade will help the plants from getting too much heat from the sun and help prevent them from bolting or going to seed.

Always plan for future sup-



Allow space, both plants have a three-foot spread. PHOTOS: RHONDA TURNER



Sean and son Quinn preparing their plot for the summer.

PHOTO: ANNA NITOSLAWSKA

ports that may be required by your mature plants. Tomato cages or stakes should be put into the ground when the seedlings are small. You don't want to damage the root system when pounding in a stake.

Perhaps it may be almost too late for some of this advice, but, hopefully not. For all those who garden here's hoping for a wonderful summer, with adequate rain, warmth and sun to grow everything you hope for.

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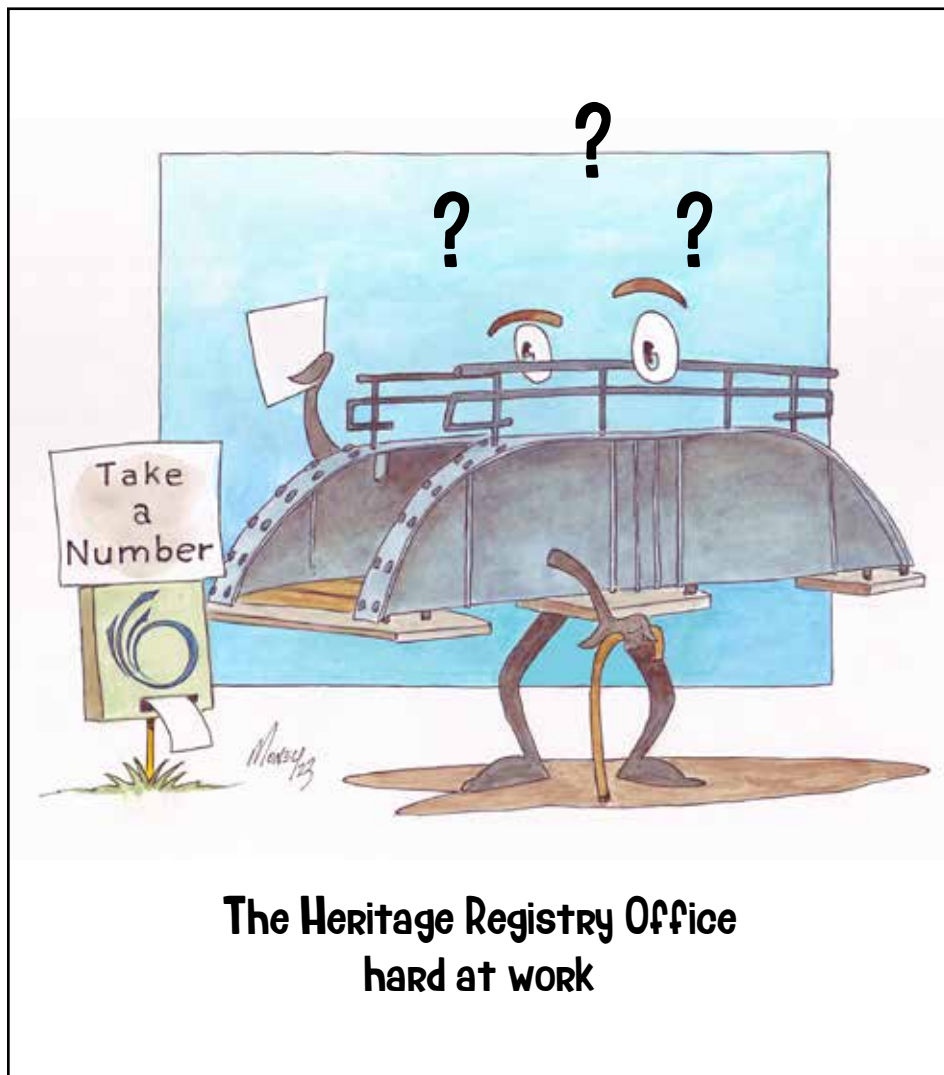
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Homelessness in Ottawa has reached the point where even a bridge troll is going without. The CPR bridge (built in 1898) that connects Riverview Park to Old Ottawa South is losing its heritage status and is due to be replaced. Luckily, not in a hurry, this is Ottawa after all. Local architect and heritage consultant, Barry Padolsky, wrote recently that the bridge was doomed to “demolition by neglect” and was too expensive to rehabilitate.

Under the Ontario Heritage Act, the City may recognize and protect properties of cultural heritage value. Through such a designation, properties, landmarks and even neighbourhoods can be protected for the benefit of present and future generations. It isn't simple of course. There are criteria such as Design or Physical Value, Historical or Associative Value, and Contextual Value to be considered. And, importantly, the criteria are interpreted by the City's built heritage committee.

As a further wrinkle, Provincial Bill 23, the “More Homes Built Faster Act” of 2022, determines that properties and landmarks not on the Heritage Register be removed after two years of not being designated. There are currently over 4600 cases up for review. If there is no designation after the two-year limit, the property or landmark cannot be reconsidered for five years. And, there are limits on the city council's ability to alter any designation, if the property in question is subject to any Planning Act applications.

One of the last stone pier bridges to cross the Rideau River, the CPR footbridge is a daily reminder of what connects us. It is as old as the century homes in centre town and Old Ottawa South, and is a passage-way to Riverview Park that is quickly becoming a heritage neighbourhood. It is easy to say that the city values its heritage resources, but not when it is cheaper to replace with new.

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Roads travelled to become two of our culinary favourites

by Carole Moulton

When Johnny Fong opened his popular Nanking Chinese Food Take-out at our local Alta Vista Shopping Centre little did he realize that he was part of Canadian restaurant history. The shopping centre was new at the time and Mr. Fong was to be there close to 35 years.

Customers especially liked the “delicious egg rolls” he served although the take out food in those cardboard containers was always a treat. Frequently Mr. Fong brought over family and friends from China to help him with his thriving business in Ottawa. It was probably the first taste of ethnic food for many in our community.

The earliest Chinese restaurants in Canada were on the West Coast where decades before a majority of the country’s Chinese communities were located. About fifteen thousand Chinese labourers had come to Canada to help complete the British Columbia section of the Canadian Pacific Railway in the 1880s. These early immigrants who later opened the first Chinese restaurants in Canada served food inspired by Cantonese cooking. Gradually different immigration groups from



China helped shape the kinds of wonderful Chinese cuisine found in our country.

As Chinese Canadians moved east, they settled in other cities and towns. Until the 1970s, many of the restaurants’ menus had a mix of Western food and westernized Chinese food made with available ingredients. Some of our favourite Chinese Canadian dishes came from a mix of the cooking methods and flavours used. Popular dishes included chop suey, ginger beef, chicken balls, General Tso’s chicken and sweet-and-sour pork.

With revised Canadian immigration laws in 1967, Chinese immigration from different parts of China occurred and increased again in the 1980s and 1990s; as did the variety of food choices.

According to Rebecca Gao, September 6, 2022, “Chinese Food in Canada” *The Canadian Encyclopedia* ©2023/*Historica Canada*, (digital format), “In the 1980s and 1990s,

cities like Vancouver and Toronto attracted large numbers of immigrants from Hong Kong. These immigrants were highly educated and wealthy, and they wanted “authentic Chinese food” like what they had back home.” More specialty locations popped up, spreading beyond what we consider our major Canadian cities, and our Chinese Canadian cuisine became even more diverse than ever.

A similar story could be told of Japanese dishes and their history. Cuisines continued to develop with subsequent waves of immigration during the 19th, 20th, and 21st centuries, and today Canada is considered to be a multicultural hub of varying tastes.

The history of Japanese food in Canada may have begun during the 19th century with the arrival of the first Japanese immigrants however it was not until immigration rules changed in the late 1960s that it became more widely available and popular with Canadian diners. In particular, sushi has become much more main stream, although it took a while as the thought of eating raw fish was quickly dismissed by many. It was only after sushi became trendy with the rich and famous of cities such as Los Angeles and New York that new sushi restaurants began opening up

across the country.

According to Corey Mintz, January 3, 2020, “How Japanese cuisine has blossomed in Toronto”, *The Globe and Mail*, writer Nancy Matsumoto notes with regard to Japanese food, “It wasn’t just sushi. It was becoming more specialized.” In part, she notes, the trend has not been direct from Japan, but via Vancouver.

Canadians like to experience other cultures through their foods. The opportunity to do this began many years ago in our own neighbourhood with Johnny Fong at our local mall. Look around today and you will see the diversity of cuisines in our own community of Riverview Park. Aren’t we indeed fortunate that this is so?

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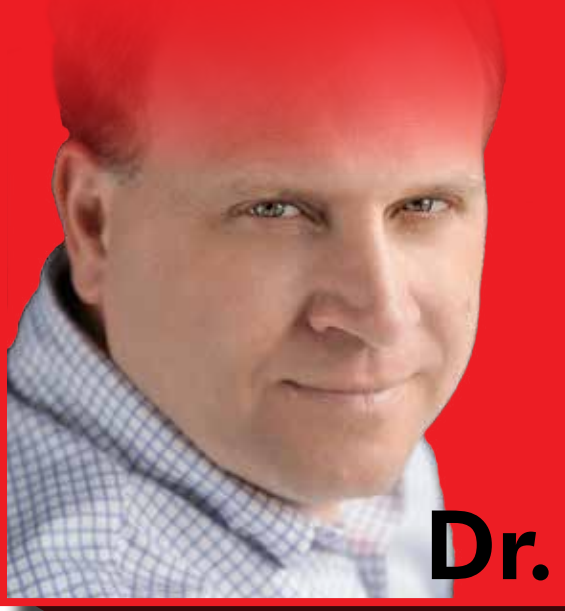
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As a chiropractor, it's no secret that we see patients who suffer from pain and stiffness every day. Sometimes, that pain and stiffness can be attributed to a lack of movement in their daily lives. While many of us have sedentary jobs or lifestyles, it's important to make movement a priority in order to maintain health and wellbeing.

Movement is essential for maintaining a healthy body and mind. It can improve circulation, strengthen muscles, and reduce the risk of chronic diseases such as heart disease, diabetes, and obesity. Movement can also help alleviate stress and anxiety, improve mood, and boost cognitive function.

Unfortunately, many of us spend a large portion of our day sitting, whether it's at a desk, in a car, or on the couch. This can lead to a host of health problems, including poor posture, muscle imbalances, and joint stiffness. That's why it's important to find ways to incorporate movement into our daily lives, even if we have sedentary jobs or lifestyles.

Tricks to Sneak More Movement Into Your Day

Take a Walk Break. Instead of taking a coffee break, take a walk break. Even a 10-15 minute walk can help improve circulation and reduce stress. If you're working from home, take a walk around the block or do a few laps around your house.

Find a Movement Buddy. Finding a friend or coworkers who is also interested in movement can be a great way to stay motivated. You can take walking breaks together, do desk excises together, or even join a fitness class.

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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Writer's strike? We've got you covered.

Most people won't even realize a writer's strike is in progress, but it absolutely will affect some of your favourite shows and movies. Luckily there is a plethora of great things to entertain us, even if this strike goes on for a long time. The examples are almost too many to mention, but writers' strikes don't generally affect foreign countries, nor do they affect the lower budget films, so there will always be a pipeline in place for our amusement.

So, what should you watch now? I like to use five slots to trumpet what's exciting and what's noteworthy, but that discounts many, many others. Ethan Hawke's *The Good Lord Bird* won't make the final cut, but it's excellent, ditto *Peace by Chocolate*, *London Kills*, *Traces*, *Empire of Light*... and on and on, so don't despair, you're in good hands with those, and then, as usual, here are five picks for you:

1. The Offer

This mini-series out of the United States was my pick for show of the year last year, which says a lot, because I usually prefer British series. This is the story of how *The Godfather* was made, from the rights of the book being acquired by Albert S. Ruddy, to Robert Evans involvement, to Francis Ford Coppola's hiring (and near firing), to Al Pacino. Everything you can imagine is in there, including the actual mob watching very closely to ensure they weren't painted in a bad



Cyrano, My Love



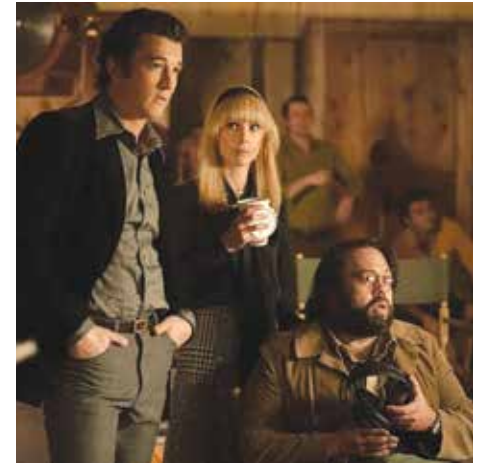
The Quiet Girl

light (which in itself is amusing). Matthew Goode as Robert Evans is one of the performances of the year, and is one of several reasons that this is absolutely essential viewing!!

2. Cyrano, My Love

This is a very charming film out of France about playwright Edmond Rostand who, under enormous pressure, persuades Con-

stant Coquelin to be in his new play. The problem is Rostand only has a title, *Cyrano De Bergerac*, and very little time to actually write a story. Luckily, his friend is trying desperately to woo a woman, but doesn't have the words to entice her – something Edmond can help him with. He begins impersonating his friend, writing long, wondrous love letters and in the process writing a



The Offer

new classic tale (not to mention causing some serious confusion in the process)!

3. The Detectorists

With the movie just released, people are finding their way back (or to) *The Detectorists* series, a wonderfully understated British dramedy about Andy and Lance, two friends who share a passion for metal detecting while acting like an old married couple. They are determined to find the next great artifact, even though it threatens to derail their personal lives at times. Along with their eccentric friends in the Danebury Metal Detecting Club, we follow their adventures (or misadventures) as they go in search of the big find that has eluded them to this point. Must see British TV!!

4. 800 Words

A recently widowed father quits his job as a popular 800-word columnist for a top-selling Sydney newspaper, buys a house in a remote part of New Zealand and makes the decision to start over. In doing so, however, he alienates his kids and begins to realize that this village he's bought his new house in has some extremely colourful and inquisitive locals that will ensure his dream of a fresh start does not go to plan. Like *Doc Martin*, it's the village's cast of characters that make the show as entertaining as it is. A feel good series that will warm your heart!

5. The Quiet Girl

Terrific small Irish drama about a girl who is sent away from her dysfunctional family to live with her foster parents for the summer. After living with parents that are loud and overbearing, she blossoms away from them, however a mystery begins to unfold that will reveal a painful truth. Oscar nominee for best International Film!

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The Ottawa Food Bank: a new structure does not mean our work is complete

by Carole Moulton

On Tuesday, May 30, the Ottawa Food Bank welcomed community members to its new location at 2001 Bantree Street. This was not a celebration, noted Rachel Wilson, CEO of the Ottawa Food Bank, however it was to give us the opportunity to see how things have changed since the original Ottawa Food Bank opened in 1984.

Ms Wilson spoke about how the new facility will help better serve the community, recognizing that while it's exciting to be in this new site the move was one out of necessity to adequately respond to record-breaking demands.

According to the Ottawa Food Bank's website, "In 2022, the Ottawa Food Bank reported a record high of 400,000 visits to its member agencies—the highest number in the organization's 38-year history. The Ottawa Food Bank distributes over three million pounds of fresh food and six million pounds of non-perishable goods, baby and household items, each year." The new facility was imperative to help meet the needs of these huge numbers.



Ottawa Food Bank CEO, Rachael Wilson (center in red), was joined by several of the guests for the Official Opening ribbon cutting.

Today the Ottawa Food Bank (OFB) not only accepts fresh produce donations and works with local farmers, but it also grows food, collects food, makes purchases plus sorts and distributes it.

The main collection method is through the red bins at grocery stores across the city. Food received from the community and corporate and food industry partners is sorted into approximately 30 different categories. After sorting, the food is distributed by a fleet of trucks to 112 member

agencies across the city. There is a food bank in every corner of Ottawa.

The Official Opening of the Ottawa Food Bank was also an evening where there was the opportunity to give thanks to many: the amazing donors and supporters who helped make the move possible, the incredible volunteers, the Ottawa Food Bank staff who put in the work to make the move happen, and the member agency network.

In 2022, there were 37.5% more people seeking emergency food



It is difficult to imagine the total scope of the space required to accommodate the Ottawa Food Bank. Each of these photos shows only a small part of the huge new facility. PHOTOS: CAROLE MOULTON

assistance. Food prices at grocery stores increased by 10%, and 37% of people who visited an Ottawa Food Bank member agency were children. Every day more people than ever are turning to community food programs.

There are many ways that each of us can help support the Ottawa Food Bank, and no matter the way, the affects of what we do will be far-reaching.

The Official Opening of the Ottawa Food Bank gave each and every one of us there the opportunity to better understand the scope of the work being done, and the work that still needs to be done- by all of us.



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BEST OF RIVERVIEW PARK

Best of Riverview Park – The Contest

As a first time home buyer, I moved to Riverview Park 25 years ago and discovered lots to love. As a musician, proximity to downtown and having access to the local music scene has always been important to me. I appreciate the freedom of hopping on my bike and buzzing downtown to local venues like House of Targ and Irene's Pub on Bank Street.

As an enthusiast of everything mid-century modern, I was drawn to Riverview Park because the houses were predominantly built in the 50's and 60's, and reminds me of the home I grew up in. Built by a range of small builders along with well known developer Robert Campeau, houses were well built on larger lots affording more space and privacy.

The people are special in Riverview Park, because they truly care about one another. For example, Zoe Stikeman, the yoga instructor offers a sliding scale to be inclusive to all budgets. Moyra, the dancing crossing guard at Vincent Massey Public School brightens many people's day with her enthusiasm. LeRoy and Bill dedicate their



Photo was pulled off Facebook community group featuring Craig on guitar.

time to beautifying our neighbourhood with their tulips and daffodils. There are endless reasons why neighbours agree that Riverview Park is the best place to live.

There is also a lot of sass in this neighbourhood! Recently, a group came together to celebrate the anniversary of "Stumpy", the remains of a grand tree that fell during the Derecho. I appreciate living in a community where

neighbours have a sense of humour and can embrace an excuse to just get together and socialize (drink). This event featured a performance from Craig who adapted the lyrics of a Bruce Cockburn song to "If a tree falls on Dorion". I appreciate the creativity and spunk. Way to go Craig!

I love hearing reasons why people love Riverview Park and decided it would be loads of fun to have a little contest! Enter for a



Patrick Lawlor and Moyra, the crossing guard for Vincent Massey.

chance to win a \$50 gift certificate to O'Brien's Roadhouse. Deadline is July 1, 2023. Winner will be announced on both the "Best of Riverview Park" Facebook page and on our Instagram page.

To Enter:

- 1) Follow us @BaconLawlorTeam on instagram
- 2) Take a photo of what you love about Riverview Park with a short explanation
- 3) Tag us in your post! @BaconLawlorTeam

Patrick Lawlor
613-791-7288
Pat@BaconLawlor.com

Brittany Bacon
613-228-5689
Brittany@BaconLawlor.com

*Have a neighbour who loves Riverview Park sell your home.
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Aziza Rezaie enjoying one of Canada's favourite winter pastimes. What a great sport!

Aziza

CONTINUED FROM PAGE 3

of various high tech companies talk and then to the questions and answers from the audience. Gathering her courage, she asked her question about why there was no mention of newcomer techs and their challenges finding their way into the market. One of the CEOs responded that they should have and asked her to send him

her resume. She responded with "I have it right here". At the end of the session a Vice-President of the company came to her and told her the human resources people would be in touch.

Very soon Aziza got a call for an interview. They offered her a six-month contract and she started in two days. She is now an IT



We welcome Aziza Rezaie into our community. Thank you France Dulude for helping make this happen.

PHOTOS SHARED BY AZIZA REZAIIE AND FRANCE DULUDE

Analyst doing a job very similar to the one she had in Afghanistan.

The next big event was when she learned that her family would be coming to join her in Ottawa. France sprang into action and found them a three-bedroom apartment in the neighbourhood. Her mother and father and niece were reunited in April. Aziza is overjoyed to have

her family here and no longer wants to think of herself as a refugee but a citizen of the world.

Fran Harding is a member of University Women Helping Afghan Women (Canadian Federation of University Women) and is meeting Afghan newcomers throughout Ottawa to tell their stories.

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Friends of Riverview Park Green Spaces (FoRPGS) June update

by Ron Ridley

I would encourage you to get out and enjoy our beautiful neighbourhood – the weather is getting better every day for being outdoors and there are so many benefits associated with getting outside – more on that later.

Our new pollinator garden wintered especially well with no physical damage or winter kill... thankfully! We were surprised to see the snow gone on the pollinator beds well in advance of the surrounding area and this helped the earth warm up and get the plants started early.

Considering the climate events experienced in 2022, the City of Ottawa is working with CAFES Ottawa (Community Associations for Environmental Sustainability) on Climate Resiliency Community Dialogue. RPCA is hosting the event for Ward 18 at the Trinity Church of the Nazarene at 480 Avalon Place on Tuesday, June 6th from 7-9 pm. Please consider attending so your voice is heard. More information including registration info is available on the RPCA and City website.

Our Spring Cleaning the Capital event was a resounding success with over 37 bags of garbage collected from 13 main areas. In all,



A happy LeRoy Blake helped clean in one of the neighbourhood areas. PHOTO: LEROY BLAKE

26 people contributed >60 hours to beautifying our community. A big thank you to David, Amy, Marcus, Stephanie, Eric, France, Tim, Anna, Carol, Isabelle, Jackson, Robert, Chris, Katerina, Bryan, Lynne, Dale, LeRoy, Janet, Lydia, James, Julia, Annalys, LePhan, Isabelle, Jackson, Carol, Ron, Heather, and Mary Lou for their work cleaning up our community. RPCA will also be doing a fall Cleaning the Capital event typically around mid-October.

While we still haven't received our Park Adoption / Permits for the Riverview Park parks, there has been an improvement attention wise from the city and I ex-



Mary Lou and Heather made great inroads on our local trail clean up. PHOTO: RON RIDLEY

pect we will hear shortly. The city has had an increase in the number of people wanting to improve their communities and has had to develop ways to manage this enthusiasm. On a related note, we heard last fall the city would be addressing the buckthorn issue in part of the Balena Park woods so we will be monitoring this work and reporting back later.


As noted above, there are many benefits of walking in the woods - trees can make you happier!

A 2019 Japanese study showed that walking for 15 minutes in a forest had a huge impact on the participants' mental health. It was found that those who walked through the forest for 15 minutes a day found that they were

experiencing less anxiety, less depression and just felt more energized. Riverview Park had some great walks in the forest along the wooded corridor between the Hospital Link Road and the hydro corridor, along the railway line west of Abbey and in the Coronation Park woods – all great places to enjoy nature.

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. We can be reached at FoRPGSOttawa@gmail.com

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Annalys, Lydia, Julia and Jimmy formed an excellent team for picking up waste along the hydro corridor.

PHOTO: A KIND RIVERVIEW PARK RESIDENT OUT WALKING HER DOG.

Soccer for toddlers at Hutton Park

by the staff reporter

Leigh Kanbayashi had an idea: soccer for toddlers. And with that idea, she posted on the community Facebook page an announcement for interested parents to bring their children to the Hutton Park Soccer Club, on Monday night for fun and games. And come they did!

Lots of parents and children

showed up on a beautiful spring evening with glorious golden sunshine and warm winds.

Come and join in the fun on Mondays at 6pm and Sundays at 10am.

Leigh is also looking for volunteers to run a similar program for children ages 5-8. If you are interested, please contact Leigh on the Facebook page: facebook.com/groups/228375923206109



Ready! Set! Play! Leigh and son Koji are ready for the game.



Anne-Marie and son Louis have soccer smiles for the camera.



The beautiful Hutton Park is the perfect place for the Hutton Park Soccer Club. PHOTOS: MANSOLO

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Stamp marks founding of RCMP

Recognizing 150th anniversary of the historic institution

OTTAWA – Canada Post has issued a new stamp recognizing the Royal Canadian Mounted Police (RCMP) on the 150th anniversary of its establishment in 1873. The stamp design features a member of the RCMP in traditional dress, acknowledging the historic roots of the organization, along with images that represent the RCMP as a modern national police service – including the role of its civilian members and public service employees – from responding to emergencies to investigating cybercrime.

Commemorating 150 years of history

As part of our stamp program, Canada Post has a tradition of paying tribute to significant milestones, events and individuals' contributions in Canadian history. Founded on May 23, 1873, as the North-West Mounted Police, the RCMP has played a significant role in Canada over the past 150 years.

Originally assembled near Winnipeg, Manitoba, in 1874, a

mounted unit of 300 men recruited from Ontario, Quebec, New Brunswick and Nova Scotia, with local Métis guides, set out on the "March West." The purpose of the organization at that time was to administer the laws of Canada in the Northwest Territories after the transfer of jurisdiction from the British Crown. In the following decades, the role and mandate of the organization changed as it gradually took on policing duties in more provinces and territories, along with federal responsibilities.

Today, RCMP employees serve in a wide range of functions that include preventing and investigating crime; enforcing federal, provincial and territorial law; protecting national security and contributing to international intelligence-sharing and peace operations.

"Canada Post's iconic national stamp program has a tradition of marking historical moments, events and individuals' [contributions] that have played an import-



ant role in Canada's history. This includes the historic anniversary of the RCMP, which has played a significant role in our country over the past 150 years."

– **Doug Ettinger, President and CEO of Canada Post**

"The RCMP is very proud to be honoured with a special stamp for our 150th anniversary. The stamp is a fitting tribute to both the heritage of our organization and to the amazing people who proudly serve the RCMP today and who dedicate their careers to keeping Canada safe."

– **Mike Duheme, RCMP Commissioner**

About the stamp

The Royal Canadian Mounted Police 150th Anniversary stamp was designed by Réjean Myette, and

the design features a collage of imagery representing the modern RCMP organization. Printed by Lowe-Martin, the issue includes a booklet of six Permanent™ domestic rate stamps and an Official First Day Cover cancelled in Ottawa.

The new stamp and collectible are available at canadapost.ca and postal outlets across Canada.

For links to images of the stamp and other products, Details magazine and other resources:

- External folder with high-resolution images (access).
- Details magazine (read magazine and access external folder).
- Canadian stamp stories (read).
- Social media platforms – Facebook, Instagram and LinkedIn.





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Nicer weather means more outdoor activities! Many people will bike to work, run outside, play tennis or golf - but what about yard work, gardening, property maintenance, or just neighborhood walks on a sunny day? These routine activities that we engage in may not seem strenuous, but they all use our muscles, which will promote tightness, stiffness, and sometimes soreness or injury.

While regular massage therapy can help with the aches and pains of activity, there is something that each of us can do before or after our activities, and in between massage appointments that can greatly decrease the aches and pains that are caused by routine use of our bodies.

Stretching.

We all “stretch” when we wake up in the morning, or when we’ve been sedentary for a pe-

riod of time, but from a physiological perspective how does proper stretching benefit our bodies? Brad Walker, exercise scientist and sports trainer describes stretching as “the process of placing particular parts of the body into a position that will lengthen the muscles and their associated soft tissues”. Stretching not only feels great, it also helps keep our muscles supple, improves our range of motion, balance, and coordination. It can help maintain proper posture, develop better body awareness, increase energy, improve relaxation, and may help prevent injuries when done correctly and regularly.

Everyone can learn to stretch regardless of age, fitness level or flexibility level, and everyone can benefit. Stretching can be done before exercise, as a warmup. One of the best times to stretch is after exercise, when all muscles and

tissues are warm and have better movement. This is one of the best times to increase muscle length, improving flexibility. Another great time to stretch is just before going to bed! When we sleep, our bodies heal from the daily stresses we go through. Pre-bed time stretching allows your muscles to heal in an elongated position.

There is, however, a right way and a wrong way to stretch. It is important to remember that stretching should feel good. It should never be pushed beyond the limits of the muscle group being stretched, and it shouldn't be painful. It's not a personal contest to stretch a little further each time you do it. Your flexibility will improve over time, but this should not be your intention or focus.

Stretching should be done gently and slowly to help relax muscles. Proper stretch techniques

include moving into a comfortable stretch slowly. Move to a point where you feel mild tension, not going beyond the muscles capabilities, and holding the stretch for a minimum of 30 seconds, and a maximum of 60 seconds. This length of time allows the feeling of tension to subside. It's very important not to bounce, and don't hold your breath! You should maintain even breathing. Once your count is complete then move out of the stretch slowly to return to the start position.

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

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



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News from Oakpark Retirement Community

Oakpark Retirement Community is pleased to introduce our new General Manager, Peter Kocoris; Director of Care, Anna Kuznechuk; and Sales and Marketing Head, Bonnie Miller. Their expertise and dedication will further enhance our excellent services and strengthen our role as a pillar in the community.

Peter Kocoris brings extensive leadership experience and a strong commitment to community engagement, while Anna Kuznechuk's deep understanding of compassionate care will ensure the highest level of service. With Bonnie Miller's expertise in sales and marketing, we will expand our reach and forge new community connections.

Do you want to learn more about Oakpark for your friend or for yourself? Please give us a call to book a visit. Call Bonnie at 613-260-7144 or speak to Tegan if you would like to attend one of our events.

Join us:

- June 5th the Charles H Hulse School and CHEO Choir will be performing at 10:30 a.m.
- June 13th Celebration of Philippines Independence Day concert at 2:00 p.m.



Dancing up a storm

- June 20th Classical Concert of Summer Songs with Shawne Elizabeth Beames, Alan Thomas, and retired RCMP Choir Singer Garth Hampson at 2:00 p.m.
- June 23rd Strawberry Social with Mary Ellen at 3:00 p.m.
- June 24th The Philippines Dance Troupe at 2:00 p.m.
- June 26th Outing to The National Art Gallery Exhibit: Uninvited: Canadian Women Artists in the Modern Movement. Tickets are \$25.00



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Meet your Ward 18 Office Team

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

Councillor: Marty Carr (marty.carr@ottawa.ca)
 Office Manager: Jane Gibson (jane.gibson@ottawa.ca)
 Executive Assistant: Sarah Falkowsky
 (sarah.falkowsky@ottawa.ca)
 Case Worker: Dave Woods (dave.woods1@ottawa.ca)
 Communications Assistant: Heather Moore
 (heather.moore@ottawa.ca)

Awesome Alta Vista Garage Sale - June 10

Are you looking to get your spring cleaning underway? If yes, you're in luck! The Awesome Alta Vista Garage Sale will be taking place on Saturday, June 10, from 8a.m. to 1p.m. Everyone is invited to join! If you would like to share the location of your garage sale, please email contact@avca.ca.

Participants are encouraged to donate a portion of their proceeds to the Heron Emergency Food Centre. More information can be found at www.avca.ca/events/awesome-alta-vista-garage-sale

Heron Road Seniors' Lunch - June 13

As of May 15, the Heron Community Centre has reopened! I invite you to join me to celebrate this reopening at a seniors' lunch being held on June 13, from 11a.m. to 2p.m. at 1480 Heron Road.

Chef Ric's and his talented team will be catering this event. I look forward to seeing you there!

Overbrook and Eastway Gardens Town Hall - June 15

Overbrook and Eastway Gardens residents are invited to attend a virtual information session to learn about upcoming development projects in both wards. This session will be taking place on Thursday, June 15, from 6:30p.m. to 8:30p.m. I am excited to announce that this meeting will be run in collaboration with Ward 13 Councillor Rawlson King. Following the presentation, a Q&A session will take place for residents. Registration to this meeting is required and can be found on my website.

Alta Vista Market Opening Day - June 17

The Alta Vista Market is just around the corner! I invite you to come out and join us on June 17 for opening day. Opening day will include live music from local Riverview Park artist Craig Cormier, Little Rays Reptiles, and a balloon entertainer. Throughout the season, you can look forward to outdoor yoga, family friendly activities, community services, and more.

The market will take place every Saturday until October 7, from 9a.m.-1p.m. at St. Thomas Church located at 2345 Alta Vista Drive. You can also shop the market online! Available for pickup or delivery, browse the market online here: <https://beechwood-market.localline.ca/beechwood-market-1>.

Make your order by Thursday at midnight for that Saturday's pick up.

The Alta Vista Market is also looking to hire a Market Sales Representative! The job description can be found on the Alta Vista Market website.


Stay Connected


Website: Please visit my website www.martycarrottawa.ca

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

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

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

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

 Instagram ([martycarrottawa](https://www.instagram.com/martycarrottawa))

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

VINCENT MASSEY PUBLIC SCHOOL

Update from Vincent Massey's SOLE program

by Adelaide Felix

Many countries around the world have crises that force people who live there to flee for their safety. In 2022, 75,350 refugees came to Canada in search of a home. Many refugees give up all they have just to get out of their country, and come to Canada with just the clothes on their back. There are charities that support these refugees and one of these is House2Home.

House2Home is a charity that collects furniture for refugees and

gives it to them along with two essential bundles. An essential bundle is a pack of items deemed necessary for every home to have. There are two types of bundles, toiletry bundles and cleaning bundles. A toiletry bundle includes things like toothpaste, shampoo, soap, and lip balm. The cleaning bundles include things like mops, garbage bags, dish soap, and parchment paper. The full list is on their website h2hottawa.com. Vincent Massey has been doing a fundraiser for these bundles and will be collecting items until the

end of May. From there, we hope to deliver these essential bundles to Suzi Shore Sauv , the founder of this organization.

If you are looking to donate gently used furniture they are almost always low on beds but almost all furniture is accepted and very much appreciated. House2Home currently stores all of their donated furniture in a warehouse in the Mooney's Bay area, but are looking for a new space to work out of and hope to move in early next year. House2Home is looking for a donated space that is at least 10 000

square feet, and has a bathroom that is heated. The large space is needed to house all of the donated furniture and help the volunteers to effectively organize and deliver the needed items. There are three charities like this in Ottawa but two of the three have a long waitlist (2-3 weeks), whereas House2Home is more considered the "emergency" one for refugees who need immediate help.

We are excited to be a part of this initiative and look forward to giving the readers an update when it is complete.

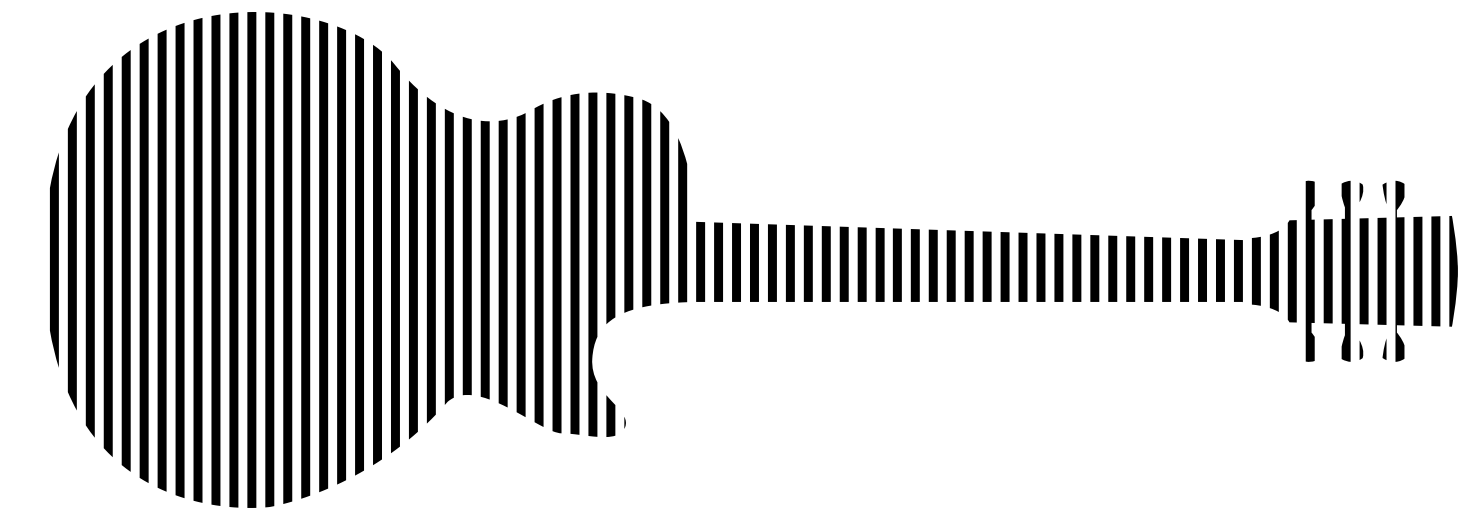
Goodbye swing; hello rock 'n roll

by Brian McGurrian

If 1945 was the end of the Big Band/ Swing era, and 1955 was the beginning of the Rock 'n' Roll era, then what was 1950? It seems like it was a little of everything.

We look back on the swing era of the nineteen thirties and the forties, and the big bands of guys like Benny Goodman and Glenn Miller as a time of thrilling, tuneful, danceable, instrumental-centered music. But that era was already beginning to fade during WW2 as popular interest clearly began to move away from the big swing bands toward more vocalist-centered music. We saw this in former band singers such as Perry Como and Doris Day, and also in new voices such as Kay Starr and Frankie Laine, both of whom had big hits in 1950.

Kay Starr was of Iroquois and Irish heritage, and she performed in multiple genres, but her roots were in jazz. She first rose to prominence in the spring of 1950 with a song titled *Bona-parte's Retreat*. But for pure inten-



Many of the swing band arrangers continued to prosper.

sity it would be hard to surpass a guy like Frankie Laine, a first generation Sicilian/American. Frankie scored big in 1950 with *The Cry of the Wild Goose*, performed in his signature, belting, foot-stomping, melodramatic style. Can you imagine hearing anything like that on a recording

by Como or Crosby?

Of course, it's not like the swing era ended at midnight on December 31st, 1945. When we speak about changing currents of public taste, it's a huge generalization to say exactly when one era "ends", or exactly when another era "begins," but it's still fair to ask, how do we move from one to the other? Maybe "changing currents" is a good analogy, because, surprise, surprise, different generations often dislike each other's music, and mainstream culture is somewhat like a river that is constantly being altered by runoff from its various tributaries.

Country and Western music, for one example of such a tributary, frequently crosses over into the mainstream of pop. We fondly recall Country songs like Lefty Frizzell's tongue in cheek *If You've Got the Money, Honey (I've Got the Time)*, and Red Foley's *Chattanooga Shoe Shine Boy*.

Another interesting genre of pop music is the novelty song, and the big novelty song of 1950 that was Phil Harris' performance of *The Thing*. It describes the sad plight of a man who finds something "floating in the bay" that he believes is valuable, but which other people, including his wife and even a street vagrant reject as somehow offensive and loathsome.

Of course, many of the swing band arrangers and musicians continued to prosper, finding comfortable niches in radio or TV or the recording studios where they could continue to employ their particular talents. Matty Matlock, for just one example, a superb clarinetist and arranger, had joined the Bob Crosby band in 1935 and remained until Crosby disbanded in 1942. So in 1950, when Crosby's big brother Bing wanted to record a duet with son Gary to revive an Irving Berlin song titled *Play a Simple Melody*, he naturally turned to Matty Matlock for orchestral assistance, and I don't doubt that he was thrilled by the result.

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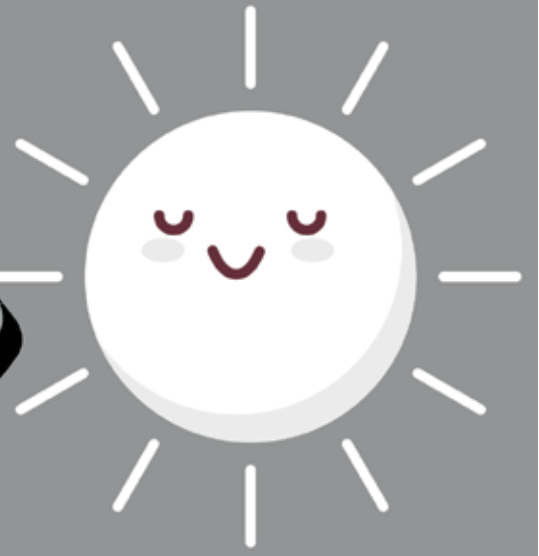
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Interval FIT Mix 6:00PM – 7:00PM (Gym)	Cardio FIT Mix 6:00PM – 7:00PM (Gym)	Strength FIT Mix 6:00PM – 7:00PM (Gym)	FIT Variety 6:00PM – 7:00PM (Gym)	



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COMPUTER TIPS & TRICKS

Your monitor – an essential part of your system

by Malcolm and John Harding,
of Compu-Home

We have looked through past columns and discovered the startling fact that we have never shared our vast wisdom on computer monitors. This is surprising, because the monitor is what we stare at during almost all of the time that we are on our computers and it ranks at the top of the list of components that a computer cannot do without. In the cases of laptops, tablets and smartphones, the monitor is an integrated part of the device and just one of many considerations in the purchase and use and so it is more helpful to focus today on the traditional monitor that connects with wires to a desktop computer.

When the day comes that there is no picture on your monitor or it is hopelessly degraded, the fault lies in one of two places; either your computer is not sending out a video signal, or the monitor is not displaying it. If your problem is that the monitor itself has failed, there are grounds for you to think you are lucky. Re-

placement monitors are relatively inexpensive, and easy to install on your own with only minor assembly, whereas a fault within the computer is going to require a trip to the workshop.

When you are looking for a replacement monitor, you will probably at least consider a larger one. Monitors are measured diagonally across their screen, usually in inches, and while the norm used to be about 18" the most preferred choice nowadays is 24" or sometimes larger due to recent years' improvements in sharpness and colour, and gradually reduced prices. There are lots of 24" models with decent specs from the major manufacturers for less than \$150 and swapping in one of these will go a long way toward making you feel like you have a brand new computer, with a more vibrant display and more workspace. It is also worth mentioning that monitors often go on sale with significant discounts. When you consider that a monitor is likely to have a lifespan of a decade the yearly cost is not prohibitive.

Monitors can come with special features that you may or may

not find useful. Some have built-in webcams with microphones and speakers, or extra USB ports but if you already have this equipment, don't let these escalate the price. Some models boast a "high refresh rate" which is only important if you do a lot of gaming. On the other hand, a stand that allows height and tilt adjustment can be helpful.

The most (unnecessarily) complicated specification related to monitors is resolution. You can spend countless hours researching the subject and becoming an expert, or you can take our word for it that at this time, 1080p is the sweet spot for computer monitor resolution. A number less than that might mean that for some activities you will notice a bit less sharpness, but more than 1080p will often be more than your computer can deliver. p stands for "pixel." Most standard-use monitors now are 1080p.

In recent years, there has been a series of changes in the shapes of the connectors between desktop computers and monitors but most monitors today have at least two of the socket shapes that may be needed and there are inexpen-

sive adapters that can make any computer plug fit any monitor. When you disconnect the wire that runs from the back of your computer to your present monitor make careful note of the shape of that plug. You might even take a photo of it and take that to the store with you. The four shapes, from oldest to newest are: VGA, DVI, DisplayPort, or HDMI. (You could even Google those names and see them.) You will simply tell (or show) the sales person the plug that comes from your computer and that will determine whether or not you will need an adapter for the monitor you are considering but keep in mind that the newer connectors provide a better signal.

We hope that when the day comes that you need a new monitor you will find one that suits you and provides a great viewing experience.

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



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Riverview Park Review

SECTION TWO

JUNE 2023

A Voice of Riverview Park

JULY 2023

Memories of Riverview Park 1960 – 1969



Gus McDonald's BP Gas Bar and Garage was an anchor for the Riverview Park community. Seen at the right end of this rendering of the Alta Vista Shopping Centre in its early years, his garage is now the site of a Tim Hortons. Read about Gus McDonald in the story on page 30.

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Memories of Riverview Park 1960 – 1969

Facts of the sixties for Riverview Park

1960

Retold from p. 15, *Riverview Park Review*, April 2017, 1960-

Eglise de la Nativité de Notre-Seigneur-Jesus-Christ (Church of the Nativity of Jesus) was to be completed mid-December. [*Ottawa Journal*, 23 August, 1960]

1961

Official opening of Nativite de Notre-Seigneur-Jesus-Christ on January 17th.

The Smyth Road Bridge opened on August 30th, once the widening of Main Street, the northern approach, was completed. Its official name is the George McIlraith Bridge. [*Ottawa Journal*, 21st October 1961]

St. Christopher was officially blessed on October 15th (English School). It was located at 355 Lindsay Street. The school closed in 1977. [*Ottawa Catholic School Board*]

Fifty per cent of the community joined the Riverview Park Community Association. [*Orrin Clayton*]



National Defence Medical Centre (NDMC) opened in 1961 at 1745 Alta Vista Drive. PHOTO BY MANSOLO

The National Defence Medical Centre (NDMC) opened at 1745 Alta Vista Drive.

Riverview Park's local high school, Hillcrest, opened on Daphin Road in September.

1962

Governor General Georges Vanier and his wife Pauline Vanier attended a mass and reception in their honour at Giles de la Nativité de Notre-Seigneur-Jesus-Christ on January 28th

Mayor Whitton called a meeting about proposed housing at Mimosa & Avalon St. [*Ottawa Journal*, 23 June 1962]

The average value of homes in the area of Mimosa & Avalon was about \$16,000. [*Ottawa Journal*, 23 June 1962]

1963

In May, the City of Ottawa approved a public housing development for 71 units in Riverview Park on Station Boulevard. Mayor Whitton approved of this plan. The completed development was named *Blair Court*. [*Ottawa Journal*,

10 May 1963]

1964

Riverview Park at 256 Knox Crescent was dedicated. [*City of Ottawa Archives*]

The RPCA Committee for Trees on Coronation Ave. purchased 300 pine trees. [*Orrin Clayton*, 2007]

1968

Trinity Church of the Nazarene moved to its current location at 480 Avalon Place.

1969

The first phase of a three-phase \$6,000,000 apartment development on 11 acres of land at the corner of Rolland Avenue and Alta Vista Drive began in May. The property once belonged to the Grey Nuns. Moshe Feig, pres-

CONTINUED ON PAGE 27

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1964: The RPCA Committee for Trees on Coronation Ave. purchased 300 pine trees. PHOTO BY MANSOLO

Memories of Riverview Park 1960 – 1969

ident of Eiffel Construction Ltd. and part-owner of the development said the first of three 18-storey apartment buildings should be ready by 1970. The apartments, which would take about 26 months to complete, were to have a total of 736 units.

[Ottawa Journal, 19 March 1969] and [Ottawa Journal, 30 June 1969]

The demolition of Novitiate Hurdman's Bridge began in October.

The first phase of a three-phase \$6,000,000 apartment development on 11 acres of land at the corner of Rolland Avenue and Alta Vista Drive began in May. The property once belonged to the Grey Nuns. Moshe Feig, president of Eiffel Construction Ltd. and part-owner of the development said the first of three 18-storey apartment buildings should be ready by 1970. The apartments, which would take about 26 months to complete, were to have a total of 736 units.



Above: Hillcrest High School opened in 1961. Many Riverview Park high school students have attended classes there over the past 62 years. PHOTO BY MANSOLO

Right: This rare photo shows the demolition of the Novitiate Hurdman's Bridge taking place during the time when construction of the Alta Vista Towers had begun. PROVIDED BY JEAN LAMOUREUX.



1961: The official opening of Nativité de Notre-Seigneur-Jesus-Christ took place on January 17th. PHOTO BY MANSOLO




1968: Trinity Church of the Nazarene moved to Riverview Park. PHOTO: MANSOLO

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Memories of Riverview Park 1960 – 1969

Riverview 60's: A memoir

by Bruce Stewart

All was homogeneous then, a growing tract of post-war houses, owned and inhabited by ranks of ex-servicemen, along with serving RCMP officers and their families.

My family's circle included ex-radar technicians, designers, builders, electricians, a boffin specialist: a crew that had banded together after their war and, as a collective, built their own homes. All of them had transitioned from the military to working at the National Research Council, most of them in the Upper Atmosphere Research Division. They worked on the Black Brant research rockets. Those rockets were their true children, loaded with the scientific payloads designed and built for the study of near space.

I was all of four at the turn of the decade. Memories are naturally hazy, and one recalls only snippets, or flashes. Summers were hot and humid with no relief given by air conditioners. Short hair, not quite a buzz cut, not fully Mil. Spec., but close. Short pants. knobby white knees forever green from grass burns, or scabby from misadventure. Short sleeved plaid shirts, sweat-plastered to thin bony torsos. Chasing butterflies (white and yellow cabbage moths) with home-made nets in the fields. Fossil hunting in those selfsame fields, were full of Trilobites and mollusc fossils, some of them outstanding in their clarity. Those fields are now laden with hospitals and the dark grey scar of the road to nowhere. Somewhere in their shattered beds still lie the fossils we never discovered.

Every Sunday without fail: church. In that society we took church attendance as a given. And we shined our shoes and donned little suits and ties (How I detested that. Still do.) There followed Sunday School and hymns and the being part of an integral all encompassing Christian community. To which I never quite belonged.

Alta Vista Drive was a quiet feeder street and there was silence. No sirens then. The cars were large and car-like in ways now long mandated out of existence. Windows had cranks to open them, there were strange little windows which went by the name 'no-drafts' ahead of the front windows. There was lots of chrome,



A young Bruce Stewart in the autumn of 1964 with his father and their prized Valiant V20. PHOTO SHARED BY BRUCE STEWART

but seat belts, head rests and airbags were non existent. The fuel was leaded, always pumped by gas station attendants, not the driver, ever, and exhaust actually smelled like exhaust. The 1952 Studebaker Champion, owned by my father, had horsehair seats grey with a red stripe. That Was A Car. Eventually replaced in 1964 by a Champagne Beige Valiant V-200. Still no airbags or headrests but equipped with lap belts. The Valiant seemed to travel so fast, being much lower to the ground after the Studebaker. I was terrified.

There was the Alta Vista Shopping Plaza which then housed an actual grocery store, the pharmacy of Bill Williams, the Gift Shop owned by his son, a Beer Store, The Dry Cleaners, the Barber shop, the CIBC branch and in my later childhood, the Nan King Chinese Takeaway Restaurant, the first multicultural venture into non-western, different and

delicious cuisine. My Grandfather, the dour and reprehensible Scot, did not approve. The rest of us rejoiced.

Danny Dear's Service Station occupied the spot where Tim Hortons is now. A neighbourhood hangout for automotive child petrol-heads, putting air into what seemed to be continually deflating bicycle tyres. Danny Dear's venture, still exists on Industrial, and continues to be an automotive / small engine repair Godsend to this area.

The Tri-Service hospital was built, the stack of its sky-grazing chimney a yellow brick landmark in the area. The 'veteran's huts', then full of the old and broken veterans of World War I, served as their own old folk's home. Those huts are now demolished and replaced by town houses fronting Smyth Road. I have often wondered if the bitter ghosts of those old soldiers haunt the people living on the land once occupied by



Bruce Stewart with his cousin, standing on Knox Crescent in 1967 over 50 years ago. PHOTO SHARED BY BRUCE STEWART

'their' huts.

I have memories of winter in Riverview. The skating rink in the wee park off Knox Crescent, complete with boards and a changing shack. Snowplows followed by gangs of hale young men who actually shoveled the detritus of that selfsame plow from each and every driveway end. Snow-forts and sledding on bits of cardboard boxes, down the length of the field. The very occasional, extremely rare ice storm, made this utterly thrilling.

School involved Riverview Public School, our own small neighbourhood edifice of education that swallowed us all from kindergarten to grade 6. I remember the years and the teachers thereof: Mrs. Draper, Mrs. Webster, Miss McGregor, Miss Ellis, Ray Morrison, Miss Merkley who became Mrs Stanley, and Ray Morrison again.

Principals Miss Francis Iveson, whom we more or less respected, followed by Lawrence Smith, whom we named Cousin Phlegm because he spat when he talked. In the mornings we sang the National Anthem and God Save The Queen and mumbled Christian prayers. By and large we had respect for our educators and did our best to follow the rules of decorum, as defined by the times. We usually succeeded. Most of us did not want, ever, to be called to the office. The Strap still existed in those years and served as a rather effective deterrent.

And we learned stuff. We read from Dick and Jane books, then progressing to The Hardy Boys and Nancy Drew (depending on your gender) in our own time. There was music and poetry (Three Dead Men Hang In Upton Wood...can anyone finish that poem for me?). There were days in which public health nurses de-

Memories of Riverview Park 1960 – 1969

scended on the school to administer vaccines for what are now largely forgotten diseases. We actually had tooth brushing clinics in the gym – which then had an ‘apparatus’, that folded out from the wall and had climbing rungs and climbing ropes and was eventually deemed too dangerous for anyone to use. The apparatus has vanished, although the attachment points are still there, if you know where to look.

In Riverview, hospitals displaced field and wood-land. There were civil rights demonstrations south of our borders, a hot war raged in Vietnam while an extremely cold war touched us all with a hint of dread. There was a Cuban Missile crisis that came close to catastrophe. There was an air-raid siren gracing the flat top of Vincent Massey School. A president was assassinated in Dallas. There was war in the Middle East and I remember not being overly worried.

That was 1967, with the World’s Fair, Expo 67 in Montreal and the 100th anniversary of Canada. We were all proud and full of hope for the future. Mind, though, the quiet revolution that had happened in Quebec, and a visiting DeGaulle shouting ‘Vive Le Quebec libre’ to an increasingly agitated group of Quebecers and an



The Alta Vista Shopping Centre in the 1960s as Bruce Stewart would have remembered it then.

PHOTO: SHARED FROM THE RIVERVIEW, DOM BOSCO AND ST. CHRISTOPHER’S FACEBOOK PAGE

apoplectic Prime Minister Lester B. Pearson. These events spoke of things none too perfect in our surrounding world. However, Canada had its own brand spanking new flag (after much rancour). Our institutions were intact, optimistic and gearing up for what

was to be an incredible future. Trudeau-mania swept the country, including Riverview Park. Heady times of newfound freedoms replacing the staid familiarity of societal norms. All was change and

hope, but darkness was forever there, if you looked through the widening cracks in the facade. Still here: Still in Riverview. It is not a bad place to be. Might as well call it home.

Page 16 The Southcoaster May 16, 1967

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Memories of Riverview Park 1960 – 1969

If this door could talk

by Carole Moulton

The year was 1965 when four two-storey houses were completed on the last vacant lots of Balena Avenue. Designed by two different builders, the house interiors were much the same, however each had decidedly different curb-side appearances. “We were the newbies on the block,” said Marilyn Minnes recently. “Newbies in an already established neighbourhood.”

Marilyn Minnes was no doubt one of many who liked what she saw with the ready-to-move-in houses. Having previously lived in one of the low-rise apartments on Dorion Avenue and Alta Vista and where her eldest son was born, she knew she enjoyed everything about the growing new neighbourhood called Riverview Park.

In fact at the time Marilyn joined a group of knitters with most of the group made up of Riverview Park teachers. To this day some are still knitting-club friends although little knitting is now done!

From Dorion Avenue the next move was to Bells Corners for the Minnes’ first home...however in five years moving back into town became what the family decided to do.

Shortly after first viewing this new house the Minnes family moved onto the quiet dead-end street with a beautiful park in the back yard. Now her three sons would be able to walk to the local schools, which at the time meant two times a day, as coming home for lunch was what all the local children did. And the park was a huge plus.

In these four new houses there were now fifteen more children of similar ages. The welcome from the neighbours was heart-warming and Marilyn quickly knew this was a good move. As time unfolded it happened that two of the Minnes grandchildren also attended Riverview Public School.

In 1965 Balena Park stretched to Bathurst Avenue, there was no Sonata Place in those days, and the park had baseball diamonds at

both ends. All the neighbourhood kids played baseball, sometimes also at the Dale Park diamond.

The hockey league was a favourite as well. In winter there was also a first rate speed-skating oval rink that went end-to-end with an inner free-skating rink in the center. The oval was for those skaters training for speed racing and the boys remember hearing the icing and grooming machines through the night keeping it always in top-notch shape.

“We were certainly welcome and happy to use it after hours.”

The Minnes’ would ski all day at Camp Fortune on the weekends and, after a warm dinner, don their skates and guards in the front hall and venture out for a moonlit skate. “Some winters the family pact was to skate every night on the oval. We were spoiled.”

With an active family a car was needed. It just so happened that the babysitter’s family, who lived around the corner on Caverley, had a grand roomy old Pontiac for sale for \$200. The car was much loved, although, with rusted out floor boards, it was not unusual to hear the mother’s refrain to, “Keep your feet off the floor and put them on the seat.”

With such a car very soon Gus McDonald became the Minnes’ new best friend. Gus was the owner of the popular BP gas bar and repair garage at the corner of Alta Vista and Dorion... where Tim Hortons now makes its home. If Gus would see Marilyn walking with the boys he’d call out asking about the car. “It’s in the garage with a flat,” was an often reply.

“Toss me the keys,” would be Gus’ answer, and before you knew it the car would be on the road again. Gus was also a Riverview Park resident. And when he happened to win \$25,000 in a lotto everyone was delighted for this kind and generous man who helped make Riverview Park such a special place to live.

On a return trip from downtown one day the old Pontiac was pulled over by a police officer. A rear signal was not working;



The painted door. PHOTO: MANSOLO

however in the check it was also found that the horn didn’t work either. What to do but ask Gus.

He wrote down the name and address of a dump-site where he was sure horns would be found. Setting off with her youngest son she arrived at the noted address. There was the highly fenced junkyard, snarling German shepherd dogs and a sign which read, “Trespassers will be shot.”

The brave mother told herself that if Gus sent her there it must be alright and so she pressed the buzzer. Three burly men arrived and \$2.00 later she had her pair of horns and marveled at the pleasantness of the encounter. Needless to say, Gus happily installed the ‘new’ horns.

Marilyn loved living in Riverview Park from the beginning. After a few years her front door was showing that it needed some attention and so a re-stain was in order. Off came the front door, it was then set up on a wooden horse in the garage and Marilyn went about applying many coats of stain. It took about a week and all this time the front door was simply not there. Access to the house was open. Marilyn was almost quite comfortable with that at the time. She knew all the neighbours had half an eye on the house and ears open for sounds. Today the door is painted.

Besides time spent in the park, the boys climbed and played in the forest of Avalon to Coronation Park, as there were no Pixley or

Renova townhouses at the time. The favourite forest for climbing, making forts and exploring was where the General Hospital and CHEO now stand. There and on the lawns of the neighbourhood were games of ‘Hide and Seek’, or ‘British Bulldog’ even extending at night to overnight ‘camping’ in the field or forest behind the homes on Braydon. Plus there was a farm the boys remember where the Riviera condos are now situated. All the children seemed to play outdoors after school until the “call” to come in for supper went out.

And of course there was the vacant convent of Alta Vista Drive just beyond the shopping centre that the boys could access through a hole in the fence. The community kids found this spot rather eerie and perhaps a bit scary; however it was always fun to explore.

The boys also recall the time of the FLQ crisis in Quebec when numerous troops could be seen in the open corridor from the National Defence Medical Centre on Alta Vista Drive along to the southern top of Balena Park.

Perhaps one of Marilyn’s sweetest memories of Balena Park was on a recent Halloween late afternoon when her grandson, Aidan, came over for a visit with his Mom and his service dog, Dollar. “Aidan wasn’t much in the mood for a walk however that’s what we were doing,” said his grandmother.

“It only took to the other side of the park for Aidan’s spirit to lighten. Aidan was a reader and someone had taken apart the pages of one of Aidan’s favourite books, a book Aidan knew well, “Click, Clack Boo” and had laminated the pages and placed each page on a different tree. In order to read the book one had to uncover the correct sequence of pages. Dancing from tree to tree, Aidan was delighted.

“The afternoon was made even better when Aidan discovered that the neighbour folk had hung their treats along lines strung in the trees so that even though it was COVID times, the children could ‘Trick or Treat’ unpinning a bag from the line. To top it off, the walk always passed a joke-of-the-day board and the jokes made Aidan guffaw with joy. And I forgot to mention the carved pumpkins. Aidan’s favourite was a tyrannosaurus rex. This is a community at its best.”

Marilyn can’t think of anywhere else where walking through the seasons during COVID days could be any more pleasant than right here in Riverview Park. Marilyn is now in her 58th year here.

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Memories of Riverview Park 1960 – 1969

Our life on Lindsay Street – so far

by Frank and Carol Hare

In late 1964, after I was discharged from the RCAF, Carol and I decided to purchase a home. We had been looking at various places, including Elmvale Acres, as I was working at the National Research Council at the time. We found a storey and a half house in that area that was within our budget, but the owners wanted \$10,000 up front and we could take over the mortgage. That was not possible.

We also saw homes being built on Viewmount, off Fisher Ave and we liked the look of them. Carol called the builders to see if they were building in the eastern part of the city and was told that they had just taken options on properties on Caledon, Drake, Lindsay and Balena Streets.

Carol knew where Caledon was, so we took a drive and looked at the area. We liked the Caledon location, but Carol was concerned that our children would have to cross Alta Vista to go to Riverview School. The Drake locations were going to have either fireplaces or carports and the Balena location was destined to have two storey larger homes, so we decided that the Lindsay Street location would be best.

We contacted the builder and after looking at floor plans and the site location, we signed an agreement to buy in early September 1965 (on a Friday as I recall). We did find out that the builder – McDonald-Douglas exercised the option on the following Monday!

We wanted the lot next to our present home but that was destined to have a carport which we could not afford so we opted for the site where our home sits today. There were six houses built on Lindsay Street between St. Christopher's Roman Catholic School and the Nativité Church at the top of the street.

We watched our home being built over the winter and finally moved in, in mid-February 1966. Our heavy appliances were brought in the back door which was easily accessed since there was no fence along the path between our home and the school, even though it was rather muddy.

One of the first things that happened was when my mother and Carol went into the house and cleaned the hardwood floor and then applied Johnson's Traffic wax, buffing it with an electric buffer.



Frank and Carol Hare celebrated their 63rd wedding anniversary. Most of these years were in their home on Lindsay Street. Congratulations to the two of you. PHOTO: A MEMBER OF ST. PAUL'S PRESBYTERIAN CHURCH, OTTAWA



The Hare family planted lilacs from sprigs in 1966. These days those 'sprigs' are 20 feet high and truly enjoyed by all.

PHOTOS: FRANK HARE



Red wagons were very popular in the sixties. Here Christopher and Kimberley are enjoying their bright and shiny wagon with their mother, Carol, behind them.

Our neighbour across the street, Mrs. Catherine Blinn, welcomed us to the street with a cake shaped like a lamb. Another neighbour, Jim George, stopped by on the Friday after we moved in and was astonished when everything was in place including doilies on the coffee and end tables.

Our daughter, Kimberley, celebrated her first birthday at the end of February in our new home and we celebrated our sixth wedding anniversary.

It must have been bit of a shock for the older residents as most of the families that moved in over



Frank and Carol Hare's Lindsay Street home has suited the family over these past 57 years and the family has truly enjoyed all the benefits of their neighbourhood.

the summer of 1966 had young families and the "old-timers" had children who were in their teens or older.

Over the early part of 1966 families moved into the other five homes. The family that moved into the last new house at the top of the street was french speaking and had a daughter about the same age as ours. As the years went by our daughter and their daughter became friends even though they did not speak the same language, were of different religious persuasions and went to different schools! Their friendship has grown stronger over the years, they became best "buds" and are still in touch with each other.

In the summer of 1966 we obtained, through a family friend, 6-8-inch-high lilac sprigs which we planted along the lane side and the back of our property. They have grown to about twenty feet in height and we enjoy the wonderful fragrance of the lilacs each spring.

Carol worked at the Pharmacy, operated by Mr. Williams for a

few years and we started to have our cars serviced by Danny Dear at the garage where the Tim Horton's is now. We have maintained a relationship with Danny over some 50 years, or so.

Over the ensuing years we got to know many of the neighbours around us and enjoyed being part of this community. Our son-Christopher, in his teen years, was the "paper-boy" and often had his sister help with the collection part. We got to know most of what was going on just from the conversations our children had with their paper customers.

Over our 57 years of living here we have seen many changes, including neighbours leave for other places and/or pass on. The Separate schools – St. Christopher's on Lindsay and Nativité on Drake were sold to the Ottawa Montessori school system. They built a gym and connected the two buildings to form one large school. CHEO opened, The Ottawa Hospital (General Campus) was opened on Smyth Road. The former Convent on Alta Vista at Industrial was taken down and three apartment towers were built. Perhaps the biggest change was the opening of the Ottawa Train Yards Shopping Centre and we got older.

Not only have we had wonderful neighbours, but we have also enjoyed a relatively safe environment as there have been few significant problems over the years.

Carol and I are now entering our "mature" years as we are in our mid-eighties and are finding caring for our home and property more difficult to manage. We also celebrated our 63rd wedding anniversary in this our "home". As we continue living on this wonderful street, we look forward to seeing new neighbours move in, as some leave, needing larger homes for growing families and others having been transferred by their employers.

This location has been wonderful as it was easy for Frank to get to work downtown as the bus system was very good. The Queen-sway has made it easy to get from one side of the city to the other; getting to Church at Woodroffe Avenue on one side and Frank's only Aunt on Trim Road on the other.

We give thanks to God for the years we have enjoyed as husband and wife and the years we have lived on Lindsay Street.

Memories of Riverview Park 1960 – 1969

Those were the days

by Carole Moulton in collaboration
with Kathy Early (Ullrich)

It was 1964 when John, Paul, George and Ringo made their first trip to Canada and excitement was fierce. Meanwhile, in June of that year there was a different kind of emotion on Parliament Hill. The Great Canadian Flag Debate had begun in the House of Commons. And, at City Hall, much to her chagrin, Charlotte Whitton was ending her last of three terms as Ottawa's first and feistiest female mayor. Yes, those were the days of 1964.

Subdivisions in the south end of the city had begun sprouting up just a decade before and this boom was reflected in all the new schools being built across our part of the nation's capital. Riverview Public School was one of these, completed in 1955 and located at 260 Knox Crescent.

For several years, Riverview School was privileged to share space with the new 'Ottawa Crippled Children's Treatment Centre (OCCTC)' now the Ottawa Children's Treatment Centre at CHEO. While the Treatment Centre had its own administration and staff, facilities were shared by both schools and the two staffs enjoyed camaraderie and various school events: a wonderful experience for all.

Needless to say, with so many new elementary schools, came an unprecedented amount of teacher hiring. School inspectors, principals, and consultants were tasked with the responsibility of ensuring that their new recruits learned the philosophy and application of curriculum and overall classroom management. At the time, this school board was renowned provincially, as the "Cadillac" of school boards. Educators from near and far flocked to Ottawa to observe the education system of the Ottawa Public School Board.

And just as 'the Beatles' had taken Canada by storm, the new hires of 1964 were taking the school system by storm. Kathy Early was one of those new 'probationary' teachers and was assigned a Grade Two class at Riverview Public School. Probationary meant a minimum of two years before acquiring 'permanent' status.

Inspectors and consultants were frequent visitors to their assigned schools and particularly to the classrooms of the new teachers. The inspectors would ultimately determine the destiny of those teachers based on their evaluations in collab-



Miss Early and a few of her students dressed for a Centennial event, 1967.

PHOTO FROM THE FACEBOOK PAGE OF RIVERVIEW, DOM BOSCO AND ST. CHRISTOPHER'S,

Miss Early vividly recalls one trip to the Rideau Canal for a morning of skating, when one student could not be accounted for at the time of departure to return to school.

oration with those of principals.

The consultant's role was to support teachers with suggested techniques and alternatives. Regular workshops were provided to enhance professional development. Within Ottawa Board schools both students and staff enjoyed the benefits of a school nurse on-site who had a separate room with washroom, cots, first aid supplies, and the ability to assess minor illness or injury.

A full-time librarian was an invaluable resource. Remedial reading teachers were also present in the schools to assist in strengthening language skills and conference with teachers and parents.

A classroom was intended to be a place of welcome and positivity and the visual appearance was vital to achieving this. Chalkboards and bulletin boards were the main focus. Often children's work (art, stories, poems etc.) was displayed—a source of pride for the students! There was always an inviting sign on the classroom door and on hallway bulletin boards.

Many classrooms also included a "Science Centre" where students could contribute discovered treasures such as colourful rocks, abandoned bird or wasp nests, fossils, even a pet turtle or goldfish

in appropriate habitat! Usually students would present their contributions during daily, 'Show and Tell'. This was the anticipated opportunity for a child to speak briefly to the class or show an item of interest. Occasionally 'Show and Tell' would become a revelation of tales from home that likely should have remained at home!

Technology was minimal. Classroom wall phones allowed quick access to the office and the loudspeaker system carried the morning anthem and principal's announcements. The equipment room housed film and slide projectors perched on mobile trolleys and long-legged television sets also on wheels. For a period of time, the school board produced a variety of TV educational programmes including French and Science.

School bus trips were popular with the students but even the best planned trips sometimes went awry. Miss Early vividly recalls one trip to the Rideau Canal for a morning of skating, when one student could not be accounted for at the time of departure to return to school. In a complete panic, and freezing, the young teacher skated the complete length of the canal several times while the par-

ent chaperones accompanied the class back to Riverview on the bus. Eventually, a teacher from the school came to the rescue with the news that the 'missing' student had quickly and quietly left the cold for the warmth of nearby Ottawa U where he was treated to hot chocolate and TLC. Both teacher and student had difficulty making eye contact for several days after.

The success of many activities was due to the willing assistance of parents. While this support was highly evident, it was not limited to in-school events. It was not unusual for a teacher to be invited to a student's home for lunch or dinner or... even a dip in the family pool!

Miss Early has always found value in humour, particularly in her teaching career. One example (of hundreds) was the little boy who returned from lunch at home completely dressed in an enormous garbage bag. Before heading back to school a sudden rainstorm erupted and his babysitter, unable to locate his rainwear creatively repurposed a garbage bag and sent him on his way! Only his feet and face were visible!

Humour amongst staff at Riverview was ongoing. The staff room was always a destination for laughter and fun. After all, "Happy teacher... happy class,"

One particularly quick-witted teacher immediately assigned the moniker, "Kate Late" to "Kathy Early" and that tag has remained to this day by many who had adopted it back then.

Reflecting on three decades of teaching, Kathy Early feels so fortunate to have spent those years in the classroom doing what she had always aspired to do. Her seven years at Riverview School included endearing children and their supportive families, abundant joy and the formation of long-lasting friendships.

In retirement, Kathy's greatest delight is the random encounter of former students who 'immediately' recognize her but often appear stunned that she is still alive!!! (After all, those kids were seven-nine years old when in her classroom and now approach middle age.)

The last word goes... to the teacher!

"A school is a building with four walls and the 'future' inside." I am honoured to have been able to contribute, in some small way, to that "future" and for it to have all begun at Riverview School. Thanks for the memories, Riverview!

Yes, those were the days.

— Kathy Early (Ullrich)

Memories of Riverview Park 1960 – 1969

by Keith Landry

A cousin of mine told me if the sun was out in the morning, it will rain in the early evening and, if it was cloudy in the morning, the sun will shine in the early evening. Her tale of regular Ottawa spring weather patterns dominated my classroom day dreaming and my daily highs and lows on the days our little league team was scheduled to play that evening. I did not want evening rain to ruin playing baseball.

And when it did rain, I'd still put on my uniform and go out in the rain and walk to the ballpark for the 6:45 PM start. It wasn't far, maybe 200 yards from our Bathurst Avenue house. The ball diamond was just off Bathurst at the north end of Balena Park.

I'd find a few cars parked along Bathurst with other little leaguers sitting inside, peering out the window, hoping for the rain to stop. When their parent(s) saw that the rain was not subsiding and realized the diamond was soaked, they departed in the cars.

I'd return home feeling distraught. Playing ball was as good as it got for a pre-teen. It was pure bliss.

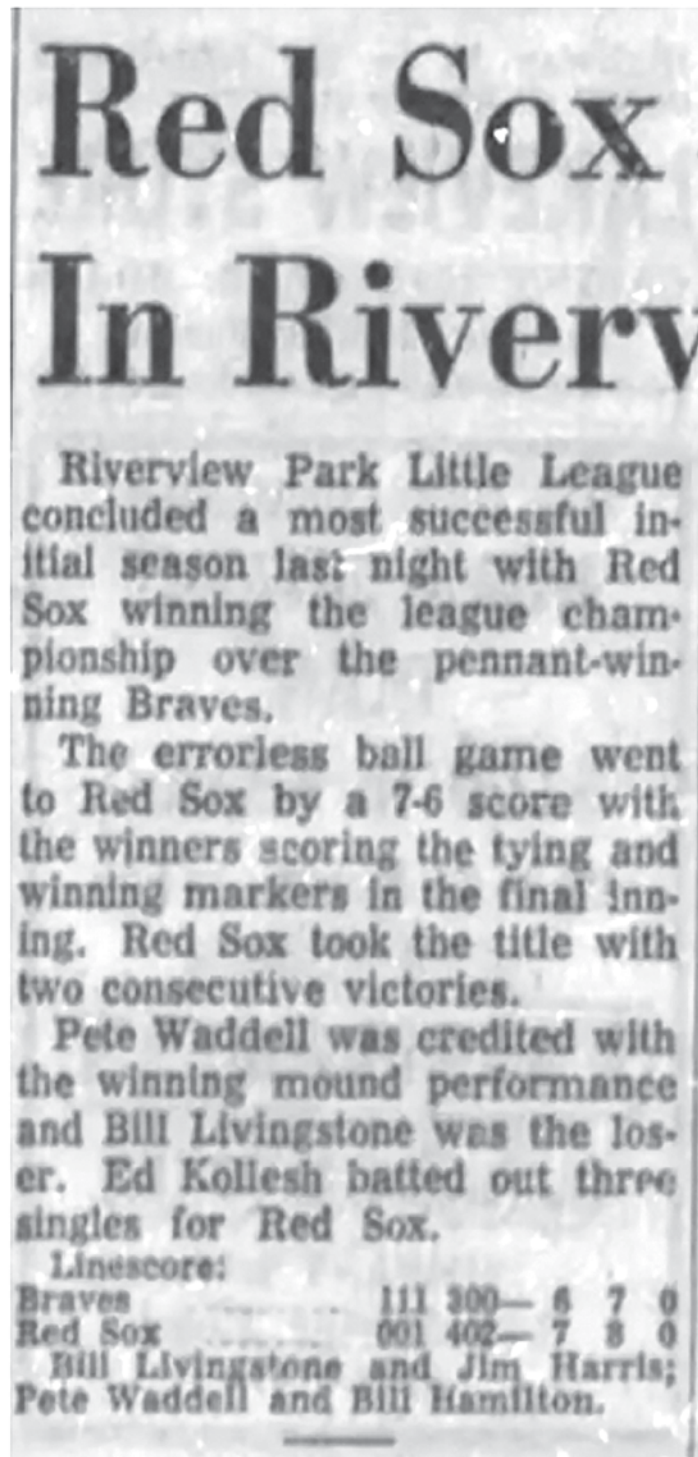
Riverview Park Little League baseball was an integral part of the early years of our neighbourhood. During the season, it was my passion.

Riverview Park Little League's first game ever was Monday, June 8, 1959 between the Red Sox and the Braves. The following night, the Cardinals played the Pirates. The newspaper report of that very first game is included here.

"Red Sox and Braves battle to a 3-3 tie in the opening game of the recently formed Riverview Park Little League. Councilman Tardif threw out the first ball and Alderman Heit was on the receiving end. Brian Hearty, Ed Kollesh and

Baseball bliss

Riverview Park Little League in the late 1950s and early 1960s



Wayne Hearty shared hurling duties for the Sox. Bill Livingstone fanned 11 batters in six innings for the Braves."

These are some men I remember who played an important role in forming the league. Mr.

Ken Green, Mr. Aubry, Mr. Ross Potter, and Mr. White were team coaches. Fathers like Mr. Drinkwater volunteered to keep score. Wayne Livingstone, an older teen in the neighbourhood organized tryouts. And there were many

more whose names I'm unable to recall who helped make our little league available to so many of us.

For boys who did not make the little league teams, there was a minor league. They cut me at tryouts when I was nine and ten. The minors is where I worked on being a better player. I made the Red Six team when I was eleven. A few years later, I coached a minor league team and in my late teens, umpired Riverview Park Little League.

At the beginning of the 1962 and 63 seasons, the league held a grand opening parade from the Alta Vista Shopping Centre to the Bathurst diamond. There was the Sea Cadets band, majorettes and players from the little league teams and minor league.

The league held an annual season end banquet. Here is the newspaper report of the 1961 one.

"The Riverview Park Little League officially closed their season Thursday night with a banquet in the Immaculate Heart of Mary Hall.

"George Tutt presented members of the Pirates with their with both the Championship prizes. Pirates won both the Stanfield trophy for winning the league playoffs and the Ross Potter trophy for winning the regular season.

"It marked the first time in the three year history that one team won both trophies in the same year.

"Larry Boyd accepted the Stanfield trophy and Dale Craig received the Ross Potter trophy on behalf of their team.

"Close to 100 boys attended the banquet. They enjoyed a film of the 1960 World Series."

I conclude this little baseball history with a new paper cut out. The same 1959 Red Sox team that opened the season with a tie with the Braves beat them in the playoffs.

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Comfort or discomfort zone?

by David Knockaert

The City recently launched an update of its zoning by-law. Given that this process will continue for the next 2.5 years, you will invariably hear more about it.

The conventional view is that re-zoning is a big deal since it sets permissions for the types and functions of new structures. An alternate perspective argues that zoning designations are pre-determined, a rubber stamp administrative exercise enabling the Official Plan. Indeed, the Planning Act requires zoning designations to 'conform' to the Official Plan. A third perspective considers zoning important because it resolves Official Plan ambiguity, delivering a formal, legally binding policy interpretation. This view is made more meaningful since many of those who directed (Mayor), drafted (Planning officers) and approved (Councillors) the Official Plan have left.

Their replacements may bring to the zoning update their own interpretations. But it is clear

the zoning debate will not entail re-contesting the Official Plan. Final zoning decisions will reflect the basics of that plan: higher density, larger structures and more mixed land use.

For Riverview Park residents mixed land use is nothing new. We already have institutional, industrial, commercial, retail, single detached, town homes, community housing, mid-rise and high-rise apartments all competing for limited community space. Where change will almost certainly arise is that St. Laurent, Smyth and the Hurdman area will be zoned for very tall buildings. If those are built, there is a risk the community's population will expand beyond the capacity of services and facilities. Though the City has given no indication they possess a plan for addressing that risk, it behooves us to at least enquire.

On predominantly residential streets, density will obviously be achieved by allowing new residences to be higher, longer and/or wider. Attention is warranted as to whether "higher" will mean permissible heights beyond



PHOTO: DAVID KNOCKAERT

three storeys. Those who fancy trees may wish to be attentive to housing length. The City's contradictory position is to support trees while proposing "shallow" or "zero" front yards which leave little room for trees or root systems (but allocate space for "soft landscaping"). Considering the City has affirmed that trees must make way for housing, the fate of trees will seemingly be left to the discretion of each developer.

In regards width, the City remains adamant that vehicles belong only in the suburbs where they can be driven more frequently and on longer journeys.

The concomitant impact upon the environment is apparently a worthwhile sacrifice as it allows for widening urban housing and a transition to life without driveways.

Lastly it will be important to watch how many units of housing will be permitted on a single plot - will a developer be allowed to acquire contiguous lots at any spot of any residential street for the purpose of constructing a low rise apartment building?

In the end it is worth staying alert to the zoning discussion, but it is not something I intend to obsess over.

Congratulations 2023 Graduates!

I wish all students graduating this year a heartfelt congratulations!

I commend you for your dedication and hard work.

I am proud of your achievement and grateful for all you will contribute in the coming years to making our province, Ontario, an even better place to live.

I wish you continued success in all your future endeavours.

Wishing everyone a wonderful summer!

I wish you and your families a fun-filled, happy and safe summer and hope everyone can find moments of relaxation and quiet.

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Classic Theatre Festival 2023 season

A tonic for troubled times

by Matthew Behrens

Following its award-winning 2022 season re-launch, the Classic Theatre Festival has announced a summer season at downtown Ottawa's Arts Court Theatre (2 Daly Ave) described as a "tonic for troubled times."

Legendary Broadway playwright and Hollywood screenwriter Louis Verneuil's *Affairs of State* is a funny and intriguing story about the diplomatic deals and double crosses behind closed doors in Washington as a love quadrangle threatens to upend a major appointment. It is fitting entertainment for Canada's capital city where, political machinations are the life-blood of many a cocktail hour.

"*Affairs of State* invites us to revisit an age when satirical comedies were sophisticated, smart, sassy, insightful, and fun," says Artistic Producer Laurel Smith.

The Festival's second show is the gripping, Tony Award-winning thriller *Sleuth*. It's an ingenious story of a mystery writer whose obsession with the inventions and deceptions of fiction



Ottawa-raised Dana Fradkin, who delighted Festival audiences as Candida in a multi-award nominated production, returns in 2023 to play the role of Irene Eliot in the rediscovered comedy *Affairs of State*.

PHOTO: JEAN-DENIS LABELLE

and his fascination with games and game-playing sets off a very dangerous and deadly chain of events.

Sleuth is penned by Anthony Shaffer, who also wrote the screenplays for Alfred Hitchcock's *Frenzy*, as well as Agatha

Christie's *Murder on the Orient Express*, *Death on the Nile*, and *Evil Under the Sun*.

Now entering its 12th summer season, the Classic Theatre Festival will continue its community programs as well, from a loonie-toonie book sale that

supports its Save-a-Seat program (providing free tickets to low-income residents) to holding fundraising nights for women's shelters and refugee sponsorship groups.

Tickets are on sale at www.classictheatre.ca or (613) 695-9330

Classic Theatre Festival



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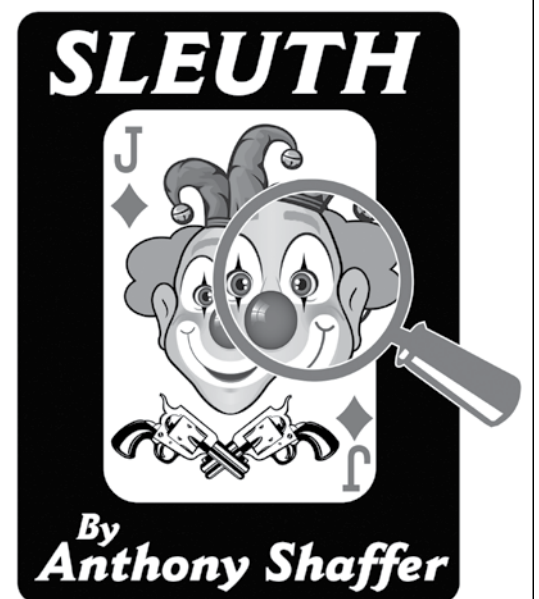
A rediscovered post-WW2 comedic gem about the diplomatic deals and double crosses behind closed doors in Washington, featuring a memorable love quadrangle that threatens the appointment of a new Under-Secretary of State. Revisit an age when comedies were smart, sassy, insightful, and fun.

Enjoy "Summer Theatre in the City" with all your Broadway favourites!



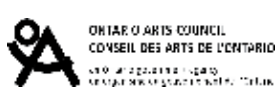
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– Monday, August 7th – Civic Holiday
– Monday, September 4th – Labour Day

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- Outdoor book drops are open 24 hours a day, 7 days a week.
- Museum passes are available once again on a first come, first-serve basis. Please contact the museum in question before you visit to inquire about hours, closures, protocol etc.

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

■ CHILDRENS PROGRAMMING

TD SUMMER READING CLUB 2023

The TD Summer Reading Club is Canada's biggest, bilingual summer reading program for kids of all ages, all interests, and all abilities. This free program is co-created and delivered by public libraries all across Canada. In partnership with Library and Archives Canada and generously sponsored by TD Bank Group, the Club celebrates Canadian authors, illustrators and stories and is designed to inspire kids to explore the fun of reading their way – the key to building a life-long love of reading.

The theme for the 2023 TD Summer Reading Club is Check it Out.

We will be hosting a weekly Storytime every Wednesday morning over the summer months as well as various programs for children of all ages.

FAMILY STORYTIME

Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program. Alta Vista Branch. Wednesdays at 10:30 AM (from July 5 to August 16)

LEGO Block Party

Alta Vista Branch. Saturdays at 10:30 AM. (from July 8 to August 12). All ages. Elmvale Acres Branch. Fridays at 4 PM (from July 7 to August 11). All ages.

This is Me

Alta Vista Branch. Tuesday, July 3 at 3 PM. Ages 4 to 10.

Sticker Workshop with the Ottawa Art Gallery

This workshop encourages students to look at the shapes,

colours and patterns used in the works on display in the Ottawa Art Gallery's Norman Takeuchi exhibition, *Shape in Between: Norman Takeuchi- A Retrospective*. We will then apply the principles and elements of design we discussed using Norman Takeuchi's work in the creation of a series of handmade stickers. Alta Vista Branch. Wednesday July 05th, 2023 at 2:00pm. Ages 9 to 12.

Crafternoon Galloping Horses

Alta Vista Branch. Monday, July 10 at 3 PM. Ages 4 to 10.

Rhythm and Tunes

Alta Vista Branch. Tuesday, July 11 at 3 PM. Ages 4 to 6.

Good Clean Fun

Explore the chemistry behind bath bombs; and make your own to use at home. It'll be an explosion of chemical fun! Come join us for this hybrid program (in-person with presenter online) with our partner, Scientists in School! Elmvale Acres Branch. Friday, July 14 at 2:00 pm. Ages 8 to 12.

Crafternoon Grassy Heads and Seed Bombs

Alta Vista Branch. Monday, July 17 at 3 PM. Ages 4 to 10.

Out on the Town

Alta Vista Branch. Tuesday, July 18 at 3 PM. Ages 6 to 9.

Crafternoon Race Cars

Alta Vista Branch. Monday, July 24 at 3 PM. Ages 4 to 10.

Whosits and Whatsits

Alta Vista Branch. Tuesday, July 25 at 3 PM. Ages 4 to 8.

AgVenture Henrietta Hen

Welcome some poultry from the Canada Agriculture and Food Museum into your library visit! Through fun educational activities, students explore the characteristics, needs and lifecycle of these barnyard favourites. Alta Vista Branch. Friday, July 28 at 1:30 PM. Ages 4+

Cubes, tubes et blocks

Succursale Alta Vista. Mardi le 1er août à 15h. Pour les 4 à 8 ans.

Heads and Shoulders, Knees and Toes

Alta Vista Branch. Tuesday, August 8 at 3 PM. Ages 4 to 12.

Crafternoon Tie Dye

Alta Vista Branch. Monday, August 14 at 3 PM. Ages 4 to 10.

Thingamabobs and Thingamajigs

Alta Vista Branch. Tuesday, August 15 at 3 PM. Ages 9 to 12.

AgVenture Pauline la poule

Accueillez quelques-unes des poules du Musée de l'agriculture et de l'alimentation du Canada dans votre bibliothèque! Grâce à des activités éducatives amusantes, les élèves explorent les caractéristiques, les besoins et le cycle de vie de ces favoris de la basse-cour. Programme familial pour les 4+ ans. Succursale Alta Vista. Vendredi le 28 juillet à 14h30. Pour les 4 ans et plus.

Crafternoon race Cars

Alta Vista Branch. Monday, July 31 at 3 PM. Ages 4 to 10.

Pieced Together

Elmvale Acres Branch. Thursday, August 10 at 6:30 PM.

GRROVE is in the Heart

Alta Vista Branch. Wednesdays at 12:30 PM (from July 5 to August 16). Ages 4+.

Both the Alta Vista and Elmvale Acres will be hosting regular activities for children of all ages throughout July and August. Please check the website or visit our branches for the most up-to-date details regarding summer programming and the 2023 TD Summer Reading Club, which kicks off in June.

■ ADULT PROGRAMMING

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

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

Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required. / Tuesdays until June 27, 6:30 – 7:45 p.m.

Les mardis, jusqu'au 27 juin, de 18h30 à 19h45.

Sleuth Hounds Mystery Book Club

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

Thursday, June 15, 2023

Ruth Ware - *The death of Mrs. Westaway*

CONTINUED ON PAGE 37

FROM THE DESK OF BRUCE RICKETTS

The lessons of legends (Part 3)

Why do birch trees bend but not break?

by Bruce Ricketts

We in Ottawa have experienced many wild storms recently, both wind and ice. When we assess the damage in the aftermath, we note that there is a great deal of destruction to our trees and forests. Mighty elms and towering maples suffer broken limbs and major uprooting. But did you ever notice the one tree that bends but doesn't break?

This is the Ojibway story of the Birch Tree, why it does not break and why its bark looks the way it does.

A long time ago back in the days of our ancestors, Old-Man was really hot. You see the time was of summer and the earth had become very warm, too warm. Old-Man traveled to the hilltops, and it was still too hot. He traveled to the riverbed and found it too warm. Everywhere he traveled he found no relief and the traveling made him even hotter.

Old-Man called to the winds to blow so that he might feel some coolness from the breeze. The winds blew but not too hard because they feared they would make Old-Man angry.

"Blow harder, winds! Blow harder than you have ever blown before and push this heat from the world!" The winds obeyed and blew as hard as they thought they could.

As the wind rose, Old-Man decided to build a shelter. He called to the trees.



Pinhey Forest. MICROSOFT OFFICE PICTURE MANAGER

"Bend and break, Fir Tree!" And the fir tree did bend and did break. "Bend and break. Pine Tree!" And the pine tree did bend and break. "Spruce Tree, bend and break!" The spruce tree obeyed.

"Bend and break, Birch Tree!" The birch tree bent but did not break.

"Birch Tree", he yelled, "Bend and break!" All Birch Tree would do was bend. It bent to the

ground. It bent double trying so hard to please Old-Man, but it would not break.

Old-Man became very angry and told the winds to blow even harder and break Birch Tree. The winds tried but they could not blow any harder than they were. "I tell you, Birch Tree, break right now!"

"I will never break for any wind." said Birch Tree. "I will



bend but I shall never break!"

This made Old-Man so angry that he went a little crazy. He took out his knife and slashed the bark of Birch Tree. He made slashes all up and down the tree in his anger.

"There! That is for not minding me! You shall look like this forever, for as long as time lasts so that all will know that you refused to mind your maker! All birch trees will look like you."

And as you know, they do to this day.

Birch trees are found across the northern hemisphere where they are a symbol of life and healing. In Russian folklore, it is believed that when a person dies, their spirit passes through one on its way to the afterlife. In Celtic mythology, the birch tree is believed to have the power to ward off evil spirits and was a symbol of protection.

So the next time we have a big storm, look around and be amazed at the resilience of the birch trees.

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

Libraries

CONTINUED FROM PAGE 36

Thursday, July 20, 2023
Summer Social (Location TBD)
Thursday, August 17, 2023, TBD

Book Banter

Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month 2 PM – 3 PM. All are welcome.
Thursday, June 1, 2023 *The Night Portrait* by Laura Morelli
The next Book Banter meeting is on Thursday, September 7. Please visit the branch in August for the book list.

Infusions Littéraires

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

Le lundi 19 juin 2023
Tiobtia:ke de Michel Jean

La prochaine séance Infusions Littéraires aura lieu le lundi 18 septembre. SVP demandez la liste de livres en succursale au mois d'août.

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

ONLINE COLLECTIONS AND SERVICES

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

These resources include:

- Digital eBooks and Audiobooks via Overdrive/Libby and CloudLibrary for English titles and Cantook Station for French titles.
- Language learning courses via Mango Languages.

- Streaming movies via Hoopla, the Kanopy Collection, Kanopy Kids and Access Video on Demand.
- Free magazines and newspapers via Flipster, Overdrive Magazines or PressReader.
- Children's resources for educational videos and online books such as Just for Kids and the Tumblebook Library.

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

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

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, including improving pedestrian and cyclist networks and the series of high-rise residential units proposed for St. Laurent Blvd, south of Industrial Avenue. The Board will also contribute input into the Transportation Master Plan (slated for completion in 2024) which is intended to guide transportation decisions and networks to 2046. <https://engage.ottawa.ca/transportation-master-plan>. It is also tracking concerns raised by local residents regarding home-based business activity that may violate zoning by-laws.

Pedestrian and cycling matters

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

Progress is being made regarding efforts to address safety concerns with the Dorion Avenue entrance to Tim Horton's. Earlier this year members of the RPCA Board and community members met with Councillor Carr and a representative from the Alta Vista Shopping Centre ownership to discuss options for improving traffic flow to and from the drive-through and better signage to enhance pedestrian and cyclist safety along Dorion.

Councillor Carr's office shared a 1996 Traffic Study which stated that the developer was responsi-

ble for creating a yellow pedestrian crosswalk for pedestrians at the Dorion Avenue entrance to the Tim Horton's. A work order has now been submitted for "do not block intersection" signage for this entrance which is expected to go up around June. The property managers for the Shopping Centre are now looking into hiring a contractor to paint the crosswalk,

Work on the Environmental Assessment (EA) study for the proposed multi-purpose link between the Ottawa Train Yards (Terminal Avenue) and Tremblay Station (preferably an overpass across the VIA Train Tracks) has now started. This link would fill in a gap in the City's long-term Cycling and Pedestrian Plan network and to fulfill a condition of the 2000/2001 approval for the Ottawa Train Yards development. The RPCA is part of the Public Consultation Group (PCG) for this Tremblay Multi-Use Connection EA Study which is holding its first meeting on June 8.

Design work on the old rail bridge across the Rideau River just south of the Queensway is expected to begin in 2023 with construction beginning in 2025. The City has indicated that the current bridge, which is used by pedestrians and cyclists, has structural issues that need to be addressed.

Shelter protection for bus passengers at Hurdman Station

The RPCA and others have asked OC Transpo to maintain scaffolding/tarp to protect waiting bus passengers at Hurdman Station

from inclement weather (rain/snow) and to find a permanent solution to allow protection of bus passengers as they wait. Following OC Transpo's announced plans to remove the tarp and scaffolding that have protected bus passengers from inclement weather, Councillors Carr and Menard and others are working on a long-term solution to provide adequate protection for OC Transpo bus customers.

Consultation and public input opportunities

The City of Ottawa has started consultation on developing a new Zoning By-law. Seven discussion papers and surveys were posted on the City's Engage Ottawa page earlier this year and the deadline for providing input is July 28. In addition, the City has launched its public engagement efforts for Lansdowne 2.0, for further development and enhancement of Lansdowne Park.

An updated Part 1 of the Transportation Master Plan (TMP) was scheduled to come to Council in May. Public engagement on the Origin Destination Survey results and future travel demand will take place in fall 2023. The RPCA and others will continue to reiterate the removal of future stages of the Alta Vista Transportation Corridor (AVTC) roadwork from the TMP.

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

Other developments

CHEO plans to build a new integrated care centre at 407 Smyth Road. The iDoor4Care: Integrated Treatment Centre will merge seven care locations, currently leased and spread across Ottawa, into a single site at CHEO's main Smyth Road location. In December 2022 the City received a Site

Plan Control application for a 7-storey parking garage at 401 Smyth Road located on CHEO's property. The proposed garage would contain 1050 parking spaces as the first phase of the iDoor4Care at CHEO. Public consultation was held on April 26 for both CHEO expansion projects.

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

An open house and consultation have been held regarding the 2022 Schlegel Villages Proposal for 1967 Riverside Drive. This project is expected to provide infill on the existing Riverside Hospital campus with a continuum of care seniors community consisting of a Long-Term Care Home (256 beds) in Phase 1, and a 15-storey registered retirement home (270 beds) and shared amenity space in the second phase. Construction is supposed to start later in 2023.

The planned cycling improvements along Smyth Road approaching the McIlraith Bridge across the Rideau River have been postponed and are now expected to be completed in conjunction with work on the Schlegel Village.

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.riverview-parkca.com or email the RPCA at riverviewparkca@gmail.com

RIVERVIEW PARK FIRST-VICE PRESIDENT'S REPORT



RON RIDLEY
RPCA First Vice-President

I hope you are getting out and enjoying our awesome neighbourhood.

On May 12 the RPCA in conjunction with the Friends of

Riverview Park Green Spaces (FoRPGS) and the City of Ottawa held our spring neighbourhood Cleaning the Capital and it was a resounding success. I think it

was the largest turnout we have had with the most areas cleaned. It brought a lot of people together and many volunteered to clean additional areas afterward. The Clean-up for Coronation Park was Friday May 26 at 5:30 and the Dale Park clean-up was planned for Saturday, May 27. RPCA will also be doing a fall Cleaning the Capital event, typically around mid-October.

Considering the climate events

experienced in 2022, the City of Ottawa is working with CAFEs Ottawa (Community Associations for Environmental Sustainability) on Climate Resiliency Community Dialogue. RPCA hosted the event for Ward 18 at the Trinity Church of the Nazarene at 480 Avalon Place on Tuesday, June 6 from 7-9 pm.

RPCA is continuing work with the City of Ottawa departments

CONTINUED ON PAGE 39

BBQ in Coronation Park hosted by the Ottawa Police Service

by Carole Moulton

Coronation Park was the place to be on Wednesday, May 17, when the Ottawa Police Service hosted their annual Police Week BBQ Event from 4p.m. to 7p.m. This fun time at the park was part of the celebration of National Police Week 2023.

Delicious hot dogs were served, a bouncy castle was set up to offer lots of fun, the Ottawa Police soccer team shot hoops with many of

our neighbourhood champs and there were various booths that offered great advice and frequently freebies. And, oh yes, there was crunchy popcorn freshly popped for all of us to enjoy!

Brad Wood of Orbital Talent shaped some fascinating balloon creations and everyone was amazed at what he could create in so little time.

Thank you Ottawa Police Service for helping make memories of a bright and sun-filled time with neighbours and friends.



Councillor Marty Carr (back row center) was pleased to be joined in Coronation Park by Dr. Gail Beck (front row center), the new chair of the Ottawa Police Services Board. PHOTO: HEATHER MOORE



K.C. really enjoyed her special giraffe made by Brad Wood.

PHOTOS: CAROLE MOULTON



Chloe and sister, Autumn, with three year old brother, Jones, enjoyed all the many activities that were offered at the Police Week BBQ.



Peyton was a real expert when it came to serving hotdogs.



Volunteers Kevin Stewart (L) and Richard McMullen explained about the important role that Crime Stoppers plays in helping police solve crimes.

First vice-president's report

CONTINUED FROM PAGE 38



(Operations, Recreation, and Allocations) on improving the utilization of the Balena Field House (BFH) for the Riverview Park community. We plan to hold an open house (literally – all the rooms will be open for you to look around) and get feedback from residents on what they think our opportunities for the BFH are. The Open House will be on Saturday, June 17 from 2-3 p.m.

RPCA membership levels are recovering after COVID, but we would like to grow the association

while being more open, inclusive, and engaging across the community. Toward this goal, we are drafting a survey covering all aspects of the benefits the RPCA could provide the community to learn what would be important and valuable to our residents. Please complete the survey at: <https://forms.gle/h8zhTUTGrFamTykh7>

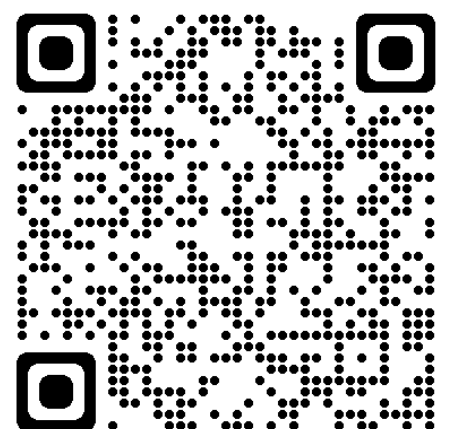
Community association involvement can offer numerous benefits, ranging from personal growth and civic engagement to improved living conditions and a stronger sense of community. By actively participating in their neighborhood association, individuals can make a lasting positive

impact and contribute to building a thriving community.

Want to know more of what the RPCA is doing? Consider subscribing to our monthly electronic newsletter e-mail, or an even better option, become a member of the RPCA for only \$10. Information is available on our website at www.riverviewparkca.com, or drop us a line at riverviewparkca@gmail.com with your questions or thoughts, and/or come to the next hybrid RPCA Board meeting on June 14.

The RPCA is looking for a volunteer to take the lead on Fundraising for the association. This is a significant

role and could have a lot of impact on the quality and quantity of services provided by the RPCA. If you enjoy fundraising or know someone who does, please contact me at president@riverviewparkca.com



LIFE AT MAPLEWOOD

TAKE A LOOK...Explore life at Maplewood

Upcoming Maplewood highlights for June through October

JUNE Wine Tasting & Pairing "A taste of Italy" Culinary Experience Thursday, June 15th from 5:30 p.m. to 6:30 p.m.

Strawberry Social Thursday, June 29th from 2:00 p.m. to 4:00 p.m.

JULY Wine Tasting & Pairing "A taste of Canada" Culinary

Experience Thursday, July 20th from 5:30 p.m. to 6:30 p.m.

Starry Nights Campfire with Live Entertainment Thursday, July 27th from 7:00 p.m. to 8:00 p.m.

AUGUST Wine Tasting & Pairing "A taste of France" Culinary Experience Thursday, August 24th from 5:30

p.m. to 6:30 p.m.

Corn Roast and Barbeque Thursday, August 10th from 11:30 a.m. to 1:30 p.m.

SEPTEMBER Maplewood Applefest Tuesday, September 19th from 3:00 p.m. to 4:00 p.m.

Maplewood Open House Event Saturday, September 30th from

10:00 a.m. to 3:00 p.m.

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

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

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

Nothing but smiles from all staff and residents as we enjoyed the beautiful weather with delicious ice cream during our Spring Fling event!



Aloha from Maplewood! Summer is not far away and there's no better reason to break out the summer attire than a Hawaiian Luau!



We are so grateful to all our amazing nurses and PSW's who work so hard to provide such great care for our residents! They deserve to be celebrated every day but residents and staff loved thanking them during nursing week!



If you can't go to Paris, why not bring Paris to you? This month we loved having Ann Minor whisk us away during our Parisian themed party. Treats like macarons, croissants and delicious wine certainly made the day memorable.



Whether it's exploring the maple sugar shack or eating an Italian lunch at Fratelli's, getting outside in the sun and enjoying each other's company is one of our favourite ways to spend the afternoon! Residents loved the scenic drives and especially the delicious food that followed.



DEAR FRAN

Two milkweeds for the home garden



FRAN DENNETT

The milkweed family (*Asclepiadaceae*) is named because of the white “milky” sap that is present in almost all 130 genera and about 2000 species. They are only found in the Americas and Africa.

Perennials, sub-shrubs and vines are represented in this genus. The acrid poisonous sap makes the butterfly larvae that feed on milkweeds toxic to predators — a good defensive protection. The butterfly weed (*Asclepias tuberosa*), the carrion flower (*Stapelia*) and the wax plant (*Hoya*) are members of this family. *Asclepias tuberosa* and *Asclepias incarnata* are of ornamental value for the home garden.

In general, height varies from 30-18-cm (1-6') depending on the species. The long, narrow simple leaves may be arranged alternately or whorled on the stem. The small waxy flowers are on short stems and in clusters. The colour range of this genus is white, purple, yellow, red, and orange. The blooming time varies with the species. They require full sun and well-drained soil. Hardiness varies with species.

Propagation is usually from seed, most being warm germinators but some need cold treatment to germinate. The plants are pest and trouble free and should be more widely grown if only to feed the Monarch butterfly and aid in their survival. The common species are generally available but if you want the more unusual species you will have to seek them out. Gray's Manual of Botany lists 24 species native to central North America and they are usually found growing in meadows.

I am familiar with the following three species:

Asclepias tuberosa (butterfly weed, pleurisy root, chigger-flower) is native to central and south-eastern US and southern Ontario. Zone 5b may be its northern limit but it flourishes in my garden. The flower colours are yellow, orange, or red and they bloom in August. This mounding shaped perennial is about 30-60cm (2-3') tall and about 30cm (2') wide. Butterfly weed demands full sun, well-drained soil. It will develop a taproot, which it is difficult to transplant, so make sure it is planted in the right place from the start. Start fresh seed of *Asclepias tuberosa* in January, as it needs cold treatment to germinate.

Asclepias incarnata (swamp milkweed) requires moist soil but will thrive in ordinary gardens. The species colour is pink and there is a white variety. This plant is 4-5 feet tall and blooms from mid to late summer. This is one of the preferred milkweed species the Monarchs lay eggs on. I found it blooming on the shoreline at our cottage right up to mid October. *Asclepias incarnata* is a warm germinator and easy to grow from seed.

Asclepias syriaca (native milkweed), even though enjoyed by the Monarch, is not suitable to the home garden as it becomes invasive forming huge patches. It can be grown in a large container if you really need to grow it for the Monarchs. Do not cut it down in the fall, as there might be pupae overwintering on the stems.

As always I hope this encourages you to plant the native *Asclepias* and no pretty third name.

*Asclepias tuberosa* PHOTO: FRAN DENNETT*Asclepias incarnata* PHOTO: CANDACE DRESSLER

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Malcolm and John Harding

■ 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.

The colourful life at Riverpath

Shared by Rebecca Moline,
Activity Manager,
Riverpath Retirement Community

"We are fully enjoying the great spring weather by having a Mother's Day High Tea and Tea presentation, Curling, Staff BBQ, arranging spring flowers, learning new skills, and so much more!"

"Nous profitons pleinement du beau temps printanier en organisant un High Tea et une présentation de thé pour la fête des mères, en jouant au curling, en organisant un barbecue pour le personnel, en arrangeant des fleurs de printemps, en apprenant de nouvelles compétences, et bien plus encore!"



EnviroTips[©] for June-September 2023

by Kris Nanda

Donate unwanted bikes or bike parts to a bike recycling organization. –Some bike shops accept bicycles in any condition. Even if a bike is unusable, they can sometimes get a few parts from it. At worst the bike gets recycled as metal scrap and avoids clogging up the local landfill. Local organizations that welcome these donations include re-Cycles <http://www.re-cycles.ca/index.html>

Repurpose old socks when they get holes. Socks that you

can no longer wear can be used as cleaning rags or cut the tube part off and use it to hold bags, skis or anything together.

Buy candles with organic cotton wicks. Soy and beeswax candles with cotton wicks burn cleaner and longer as they have a lower melting temperature. Unlike traditional synthetic wicks, cotton wicks also don't release carcinogens into the air.

Use natural products to clean your microwave. Coffee, lemon, baking soda and vinegar can all be used rather than chem-

ical cleaning products. There are lots of suggestions online such <https://www.bobvila.com/articles/12-ways-to-remove-odors-from-a-microwave>

Cook broccoli stems rather than throwing them away. Rather than just eating the broccoli florets and discarding the stems, find a recipe for cooking them. Broccoli stems are not food waste, are completely edible and very tasty when peeled and cooked properly.

Donate old wood, building materials or unused nails

and screws to an organization that can re-use them. Re4m located in Alta Vista is one such organization that takes these types of material and diverts it from the waste stream to turn it into functional items. <https://www.re4m.ca/materials-we-look-for>

Use less power on your smartphone. To keep batteries working longer, charge devices properly. On a smartphone, wait until it's down to 20 percent power, unplug it once it's fully charged (or nearly 100) and keep the device from getting too hot.

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Art Lending of Ottawa: the affordable option of art rental

by Christine Osborne

The cost of living keeps growing and people are increasingly looking for ways to cut costs. For those who are looking for an affordable way to enjoy the beauty of original artwork in their homes and offices, one option to consider is art rental.

Not everyone can afford to buy an original piece of art outright. Rental allows people to enjoy high-quality artwork for a fraction of the cost to buy. It also allows for flexibility. People are free to try out a variety of different art styles in their homes and offices without having to make a long-term commitment. The ability to rotate works of art can help keep your space looking fresh and dynamic. This is especially benefi-

cial to those who love to change up their decor regularly. Renting is a risk free option if you're uncertain about whether you will like a piece in the long run.

This is a great way to support local artists by giving them a platform, and contributing to the growth of the local community.

Art Lending Ottawa has been serving our community since 1970. The art shows take place four times a year with the next one on June 24 at the RA Centre. This curated art exhibition features original artworks in wide variety of styles, all crafted by local artists. The works are available for both rent or purchase. All shows have free admission, and previews of available works are available on www.artlendingofottawa.ca. Artwork is leased on three month terms with



The Village
by Suman Sundram



Cityscape
by Sanjay Sundram

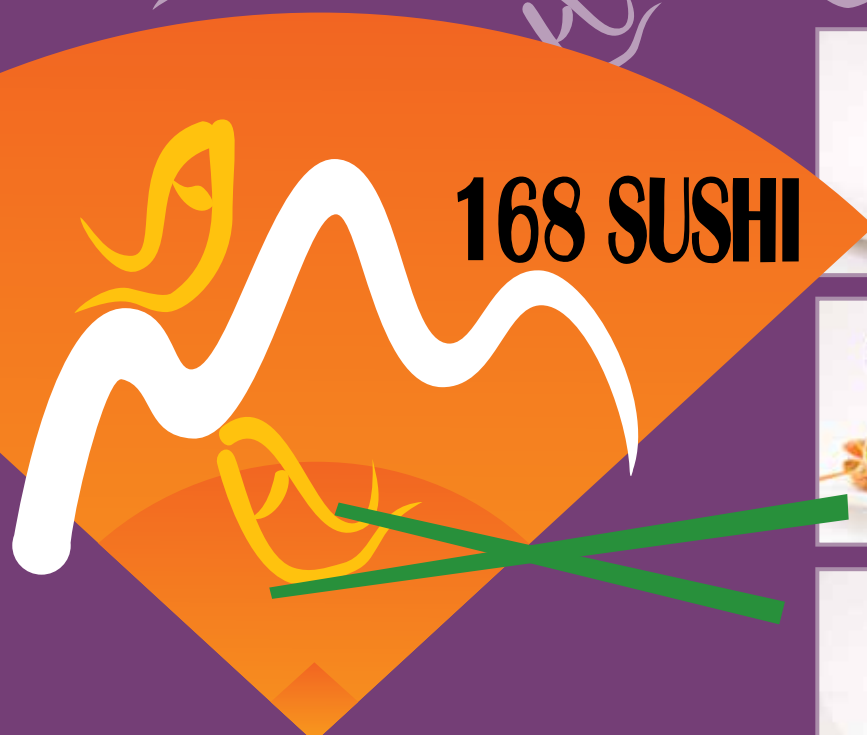
the option to renew, return or purchase, with price of the rental put towards the purchase price.

ALO has forty active artists including members Sanjay Sundram and Suman Sundram. Sanjay moved to Ottawa from New Delhi in 2013. Having studied architecture and receiving a Masters in Design from Indian Institute of Technology Sanjay is often inspired by urban spaces and their interactions with the natural world. He credits his parents for inspiring his love of art as well as being his mentors. Suman Sundram, his mother, completed her BFA at the Delhi College of Art in India with a focus on realistic and abstract composition in oils. Suman, having immigrated to Canada in 2019, divides her time between UK, India and Canada and is currently working on a series that highlights traditional Indian practices that have a positive environmental effect. This is her way to keep knowledge and culture alive while also creating social impact.

Like Suman, Sanjay's work is inspired by the ongoing climate emergency. He has been creating works that communicate to a larger audience and involve community whenever possible. One of his projects "Teach Your Parents" involved 700 schoolchildren from Canada and India. The project was featured in the Globe & Mail's "Canadians making a difference" climate profile as well as being featured as part of CBC Kids Earth Week.

You can see both Suman and Sanjay Sundram's work at the next Art Lending Ottawa show at the RA Centre June 24. Admission and parking and parking are free. If you miss our June show, mark your calendar for our fall show on September 23rd.

Christine Osborne is an artist member of Art Lending of Ottawa
Art Lending of Ottawa Summer Show, June 24, 10 a.m. to 4 p.m.,
R.A. Centre, 2451 Riverside Drive,
Ottawa,
www.artlendingofottawa.ca



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