



Robert Bourdeau, Water Towers, West Virginia, USA 1993.

Applaud the remarkable accomplishments of renowned photographer, Robert Bourdeau, who received the City of Ottawa Karsh Award in 2006. Pages 25 and 30 describe other honours bestowed upon this Riverview Park resident.

“Memories of Riverview Park”


This edition of the *Riverview Park Review* contains the sixth in a series that looks at our community over the decades. For April 2024, stories are from the years of 2000- 2009. Pages 26 and 27 add some perhaps little- known or remembered facts from that decade.

“It’s important to be involved at the community level,” Kris and Alison Nanda agree. “You want to have an influence on what is happening in the neighbourhood. Think globally, act locally, and make a difference,” As a couple, they exemplify their philosophy in both their daily lives and in community commitment. The Nanda Family story of living in Riverview Park since 2003 is found on pages 28 and 29.

Page 31 chronicles the development of the Oakpark Community as experienced by one of its early residents. Peter’s numerous contributions to his community over the years are a great example of the spirit of generosity and volunteering.



A load of fun! Claire Nanda, Sandra Donovan, Joseph Nanda and Marc Donovan enjoy a supervised up- close experience when area roads were under reconstruction. PHOTO: ALISON NANDA




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Upcoming Oakpark events for: April / May / June

APRIL

Daffodil-themed Victorian Tea

Thursday, April 4th from 3:00 p.m. to 4:00 p.m

Molecular Gastronomy with Chef Malcolm's Cocktail Party

Thursday April 18th from 3:00 p.m. to 4:00 p.m

Open House

Enjoy a Roman Holiday with a pasta-making demo. "Have some fun, leave with cannolis", Saturday April 27th from 10:00 a.m. to 3:00 p.m.

MAY

Cinco De Mayo Cocktail Party:

Sunday May 5th from 3:00 p.m. to 4:00 p.m.

An Afternoon with Peter Foret

Friday May 10th from 3:00 p.m. to 4:00 p.m

An Afternoon with the Doug Martin: Jazz Duo: Tipples, Tunes and Treats

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

JUNE

National Strawberry Shortcake Day: Join us for a slice! Friday June 14th from 3:00 p.m. to 4:00 p.m

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Kas MacMillan, Owner terra20 Train Yards



Earth Day 2024: Planet vs Plastics

This year's theme for Earth Day, which is on April 22, could have been created by a local business, terra20. Their ecobar concept creates options to reduce your plastic use by providing refillable options for common household cleaning and personal care products. In 2023, terra20 refilled a total of 15,000 plastic bottles for their customers who have truly adopted this convenient refill model into their daily routines. That is 15,000 bottles that this local business and their customers have potentially prevented from going to the landfill. The community has not looked back after realizing how they can contribute to the solution to avoid plastic use rather than be part of the problem.

With terra20's commitment to reducing plastic waste, they also allow customers to bring in old containers and have them refilled with any product that they want. When you bring in an existing container destined for the blue bin, you're saving money and the planet by refilling it at their refill station. It is the wonderful, local BYOC (Bring Your Own Container) program that also helps your wallet by providing cost savings of up to 40 % over the leading brands in the marketplace.

On top of reducing plastic waste, terra20 reduces toxins in your home and harmful emissions to the planet, which is on the minds of Canadians. Terra20 has banned 18 harmful ingredients from all of their products sold, including the refill station products, making them a source for kid-safe and pet-safe products. They also have partnered with many other local businesses by selling their products which not only supports local, but helps to reduce the carbon footprints that products receive from traveling far distances.

This Earth Day, we invite you to check out all the good that the two locations in Ottawa offer to our communities by reducing plastic waste on our planet and offer non-toxic, refillable options for your home and body.



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by David Knockaert

Where's the beef?

Last issue I wrote about the City deciding to raise to six storeys, permissible building height limits on "minor corridors". That decision was taken in exchange for the City becoming eligible for the Federal Housing Accelerator Fund. Since then, details of the federal-municipal agreement have been released. This announcement was accompanied by a photo, taken with a very wide lens to accommodate all attending politicians. 'Good news' attracts politicians.

So, how good is good? Let's first look at the money. We're told that the City is to receive \$176M. But Sutcliffe has already stated that he plans to skim 10% off the top as an administrative fee. Then of course, the money is to be spread across 3 years. That's important because Poilievre is likely to become PM within the next 18 months and anyone who thinks he will honour Trudeau's spending commitments, hasn't been paying attention.

Nonetheless, let's be charitable and assume the City will receive two funding tranches of equal amounts, less Sutcliffe's commission which leaves \$107M to fund housing. This money is to be released to non-profit corporations in two streams: a capital infusion for project-ready construction plus financial incentives based upon a Community Improvement Plan (CIP) which does not yet exist. But let's continue to be charitable and pretend all money will serve actual construction. Given that the average cost of constructing an apartment in Canada is \$250K, it is reasonable to assume this funding will support a maximum of 430 new units, an increase in Ottawa's housing supply of one-tenth of 1 percent. That's a problem because the Mayor promised the agreement would generate 4450 new homes over three years and 32600 over 10 years.

Obviously, he's thinking it is the conditions to which he agreed that

will spur construction, not the money.

So, what are those conditions? Many are zoning in nature, and apart from the heights on minor corridors, those ideas had already been incorporated within the Official Plan - they would have been introduced even without the agreement. But there is one notable non-zoning condition - the City is to prepare and sell off taxpayer owned land for development. Which land hasn't been said. One would assume it is 'undeveloped' land, perhaps as in green space.

So, how does all this stack up, will the photo-op be a worthy remembrance of a significant achievement? Is everyone a winner? Certainly at the present, the Mayor has been toasted for his bargaining prowess. City administration is also a winner, garnering more spending money. Hypothetically, non-profit corporations will benefit, at least those that receive grants. The big winners, of course, are those hundreds of individuals

and families who will get a place to live. But let's face it, that's a tiny sliver of Ottawa's population.

As for the other 99.9% of residents, it is a mixed bag. On the positive side, the loosening of zoning regulations may increase the supply of market-rate housing, with a minor downward influence on prices. But, as mentioned, most of those zoning changes are not attributable to the agreement. On the negative side of the ledger, residents will lose an asset through the sale of land, the nature of which is TBD. Residents are, of course, also contributing to the national cost of the accelerator fund at an average of \$220 per taxpayer. Importantly, residents have lost the long-standing precedent of being substantively consulted prior to zoning changes. Consultations will likely still be held, but given the Mayor's agreement, they will be performative at best.

I'm very happy that some people who need housing may get it. But let's face it, for the rest of us, this is no free lunch.

Some good news is on the menu

by Carole Moulton

You don't need to travel the world to sample a tempting selection of various restaurant cuisines. Many of these can be yours right here in the Riverview Park area. Our local restaurants have a good choice of dishes to appeal to your taste buds, and well within walking distance for most. Plus, dine in or take out, the following statistics indicate plenty of positive restaurant information to go along with your meal.

According to the 2023 Restaurant Online Ordering Trends Report, 35% of respondents said they actively seek out local restaurants, defined as those with only one location in their area. Baby Boomers, those born from 1946-1964,

were the group that placed the most emphasis on local restaurants, with 48% of them actively supporting local spots when they order in. There were 39% of Gen X, born between 1965 and roughly 1980 who said they do the same, while 34% of Millennials, born from 1981-1996, and 24% of Gen Z, born 1997-2012, also made an effort to support local.

Post-pandemic data shows Canadians have returned to restaurants with sales of \$6.8 billion in March 2022 and \$7.7 billion in March 2023. In 2022, there were 97,569 food and drink establishments in Canada with 98.5% of them having between 0 and 99 employees. (Made in CA, Restaurant Industry Statistics in Canada, Nicole Blair, Updated January 8, 2024)

And, according to the Circana report, the increase in visits to food services at different times of the day can be attributed to changing behaviours, such as the gradual return of people to workplaces and engaging in formal or informal routines outside the home. (Laura Brehaut. Published Jun 06, 2023, last updated Jun 06, 2023. Canadian restaurant industry's revival, Dr. Sylvain Charlebois, Toronto Sun, Jun 06, 2023) This can only be good news for restaurants.

The number of daily food and drink place visits is approximately 22 million, with 54% of Canadians eating out at least once per week. Yes, we do read about the downside of restaurant services, but there are still plenty of encouraging statistics for us to fol-

low and much we can do to help these important local elements of our community. Eating out once in a while, offers us the opportunity to savour new culinary experiences, and happily let someone else do the cleanup.

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Physical fitness – seniors style

Shared by Brian McGurrin

When my GP and my Cardiologist informed me that I was in urgent need of a walking cane and a program of regular exercise, I warmly embraced the prospect of striding forth in the crisp freshness of a winter morning or enjoying a leisurely stroll in the soft sweetness of a summer evening. What I did not fully evaluate was the treachery of slightly heaved sections of icy sidewalks, the noxious gasoline fumes of passing cars, the whine of stinging insects on muggy summer evenings, and even the occasional terror caused by a crazed cyclist sweeping past

me on the narrow sidewalk without advance warning.

So I wisely took my wife's advice to nip over to Billings Bridge Shopping Centre every morning to get my daily exercise (and get out of her hair), by walking the length of the mall a few times. Having an admittedly anal approach to exercise, I was pleased to note that the mall is 0.5 km. long, which means that, in theory, I can accomplish a daily goal of three kms by walking three full circuits of the mall, and still get home in time for breakfast. Also, since most of the stores don't open before 9:30 a.m., I can do my walking

in hallways that are quite vacant except for a few cleaning staff doing the wiping and washing that keeps the mall in immaculate condition.

I say, "in theory," because it didn't work out quite as expected. I soon discovered that a few stores, such as the Independent and Walmart open at 8 a.m. and it is now a rare morning when I'm not provided with a Honey-Do list for urgently required groceries. ("Since you're walking right past the stores why not pick up a dozen eggs and see if the strawberries look nice..." etc.).

Also, as I soon discovered, the Billings Bridge Shopping Cen-

tre provides a very comfortable private lounge in the lower level of the Tower, open from 8 to 10 on weekdays, where walkers can safely leave their coats, or perhaps take a well-earned pause to enjoy a bit of chat and a cup of coffee. In fact, some walkers seem to do more chatting than walking. One lovely lady who just celebrated her 93rd birthday likes to combine her chatting with labouring over very large jigsaw puzzles. And why not? In a few more years I may be doing the same. Perhaps I'll see you there.

But what does all this cost, do you ask? Amazingly, it costs only \$10 per year.

Your adult children: a financial wildcard

by Eric Cosgrove SRES®

Whether you're planning for retirement or are already retired, you've likely examined all the key indicators to see whether your financial cushion is solid enough to meet your long-term needs.

But one wildcard you may not have considered is your adult children turning to you for money or moving back home. Such requests can reshape your plans for retirement and downsizing or destabilize your long-term financial security.

Pew Research Center found that it's increasingly common for children to return to live with parents and to ask for financial help. After all, younger generations are grappling with a high cost of living, housing prices that are out of reach, and burdensome student loans.

The study looked at the parent-child relationship and young adults' experiences in early adulthood from several angles, including key milestones for young adults versus 30 years ago and the

dynamics of financial independence of younger adults.

Boomerang kids

Pew's research shows how common it has become for young adults to move back home, with 57% of those aged 18 to 24 living with parents. In 1993, that figure was 53%. Today, 21% of those aged 25 to 29 live with their parents.

It notes that financial independence is a work in progress, and that 44% of adults ages 18 to 34 with a living parent, say they got financial help from their parents in the past 12 months.

That can range from parents helping with medical bills and education to covering cellphone bills, subscriptions, and streaming services.

Though 64% of young adults who live with a parent say the arrangement has positively affected their financial situation, it takes a toll on parents. Just 27% of parents say living with their young adult children has been a positive experience. For 18%, the experience has been negative financially.

Set boundaries, protect yourself

Here are six considerations if your kids have turned to you for help.

1. Don't jeopardize your financial security. FINRA suggests lending only money you can spare without compromising your financial stability or retirement. Think about your current and future expenses, retirement contributions, and emergency funds and how they'll be affected by loaning money.
2. Will you be repaid? Consider the likelihood of getting paid back. If you expect never to see the money again and you're fairly sure it will be a gift, only offer an amount you can afford to lose.
3. Clarify your boundaries. Discuss what you're willing to pay for. Maybe you're okay with pitching in for essentials like housing and insurance, but draw the line at paying for vacations, streaming services,

or a new phone.

4. Get advice. If you're considering a significant one-time gift or committing to long-term support, talk with your financial planner and accountant to fully understand any potential tax implications and the risks to your retirement.
5. Outline repayment plans. Create a repayment plan, decide whether to charge interest, and weigh the benefits of putting the loan terms in writing.
6. Boost financial literacy. If your kids need help with money basics, help them identify their goals and challenges and develop a budget and an emergency fund. Also, explore strategies for saving for a house, paying off student loans, and finding a path to financial independence.

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Annual flower stamp issue showcases environmentally important wildflowers

Spotted beebalm and butterfly milkweed provide food and shelter for pollinators, as well as beautiful blooms for gardens and bouquets

OTTAWA – Canada Post’s latest stamp issue features two native wildflowers that are important sources of food for a variety of pollinators, including hummingbirds, butterflies and bees.

The brilliant blossoms of butterfly milkweed (*Asclepias tuberosa*) and spotted beebalm (*Monarda punctata*) become heavy with nectar and pollen, attracting hungry insects and birds. Those pollinators play a crucial role in fertilizing plants, including fruit trees and other agricultural crops.

Both plants are perennial herbs that can grow up to a metre tall. The glossy leaves of butterfly milkweed, and the leaves of other milkweeds, are the sole source of food for monarch butterfly caterpillars. These striking pollinators are affected by deforestation, climate change and the loss of native plants along their migratory corridors.

A fragrant member of the mint



family, spotted beebalm is known for its unique and intricate whorls of purple-spotted, tubular flowers that alternate with rings of white-to-purple leaf bracts along its upper stem.

In Canada, spotted beebalm and butterfly milkweed are native only to certain regions of southern Ontario and southwestern Quebec. In Quebec, these wild-

flowers are designated as threatened and protected by law.

About the stamps

Designed by Andrew Perro, the two stamps feature original illustrations by Alain Massicotte of wildflowers in bloom. The stamps are available in booklets of 10, coils of 50, collectible coil strips of 4 and 10 stamps, as well as in a

souvenir sheet of 2 stamps.

The stamps were cancelled in Essex, Ont., a region with an abundance of native milkweed and which is an important breeding ground for monarch butterflies before their annual migration to Mexico.

Stamps and collectibles are available at canadapost.ca and postal outlets across Canada.

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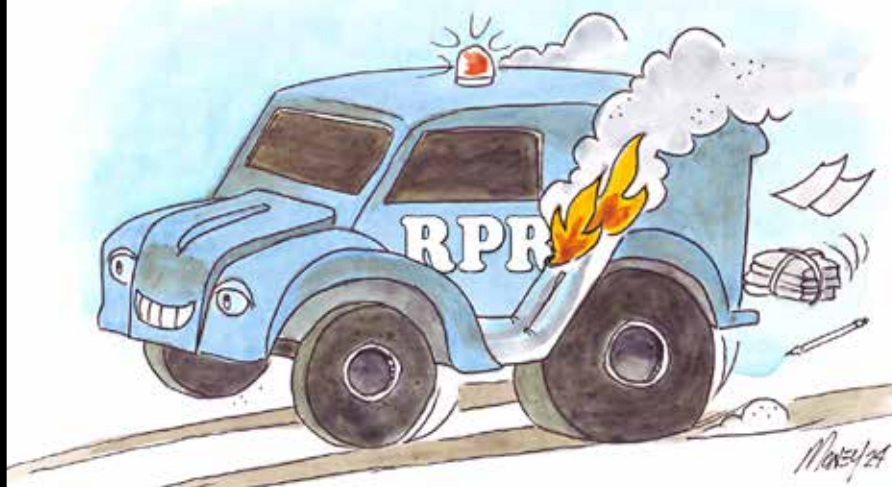



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And you can too!

The theme of last issue's editorial was the need for journalists and story writers for the Riverview Park Review. This issue delivery is the theme. In particular the need for Area Captains who get the papers out to the delivery people.

Without dedicated volunteers delivering the Riverview Park Review, it would never get out to readers. There are a host moving parts in getting the paper delivered to doorsteps, common areas and storefronts. Upon leaving the printer, the paper arrives at an Ottawa loading dock and is placed in a delivery van. From there a detailed list sends drivers on their way to drop off bundles of papers to various area captains. Those captains in turn deliver papers to delivery people who march the streets, crescents and avenues of Riverview Park in all kinds of weather. These people are remarkably dedicated.

Many hands make a light load they say, and the delivery of the Riverview Park Review could use some more hands. Of all the kind comments that come to our Editor, that the paper is greatly looked forward to is probably the greatest. That it is missed if not delivered is a source of disappointment for both readers and the paper itself. All the hard work that goes into collecting stories, creating artwork, designing the pages and courting advertisers means nothing if the paper doesn't get to its' readers.

Like most volunteer organizations, people are the greatest asset the Riverview Park Review has. And there is always room for more. Content producers are a constant source of information and education. They get to have their names in print. Delivery people are less obvious maybe, but without them, content goes nowhere. Area captains are an important link in the delivery chain. Having a vehicle is an asset of course, getting bundles of papers to delivery people is heavy work. Delivery of the Riverview Park Review can mostly be an enjoyable way to be a part of something interesting and important for our community. And let's face it, it gets you out of the house!

About the *RPR*Review community newspaper

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

Visit page 23 to "Vote for the Cutest Dog or Cat in Riverview Park."

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

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Intergenerational Playgroups at Perley Health

By: Peter McKinnon

In the spring of 2023, Perley Health began to regularly welcome a much younger age group. Once a week, children accompanied by a parent or guardian participate in two-hour playgroup sessions alongside Seniors and Veterans who live at Perley Health. The intergenerational playgroup is part of a larger partnership with Andrew Fleck Children's Services, one of Ontario's oldest and most diversified family-support organizations. A not-for-profit, the organization specializes in childcare and early learning.

"From the moment our discussions started, we could see that our two organizations had much in common," says Kim Hiscott, Executive Director of Andrew Fleck Children's Services. "We may serve different age groups, but both organizations strive to improve the health and well-being of the people we serve."

While the number of playgroup participants varies, each session typically involves 5 or 6 children and a similar number of residents and tenants. An Early Childhood Educator facilitates each session, while a Personal Support Worker tends to the needs of residents.



New visitors to the intergenerational playgroup at Perley Health, Maeve (1 year old) and her grandmother, Keitha, enjoy a moment with regular visitor to the playgroup, Laura Boucher, a tenant from the Senior Living apartments." PHOTO CREDIT: TOM LILLY

Other than the wide age gaps, the sessions are identical to traditional playgroups: a lot of smiles and laughter with a bit of chaos and free-form play.

"I love being a part of it," says Laura Boucher, a tenant who participates regularly. "Playing with young children fills my heart with joy and makes me feel better."

"There is evidence in the scien-

tific literature documenting benefits to health and well-being for seniors participating in programs like these," says Katrin Spencer, Perley Health's Director, Strategy, Partnership and Growth. "Our Centre of Excellence in Frailty-Informed Care is evaluating the program."

The partnership with Andrew Fleck is also behind a larger vi-

sion: a licenced childcare centre at Perley Health that would accommodate up to 49 children.

"I would love to have my child in an onsite program while I'm working," says Amberlee Gray-Henderson, a Food and Nutrition Manager at Perley Health who participates regularly in the intergenerational playgroup. "It would be ideal for our family and I to know that my child benefits from spending time with seniors."

In November, Perley Health began to pilot a similar intergenerational program under a partnership with Christie Lake Kids, a non-profit that provides year-round after-school and camp programs to children and youth from low-income households. During each weekly two-hour session, approximately six youth and a similar number of seniors share in meaningful conversations, musical activities and a meal.

"I love the magic that happens when generations come together to listen and learn from one another," says Adrienne Vienneau, Christie Lake Kids' Executive Director. "It's an ideal way to build respect and understanding."

Based on their initial success, both intergenerational projects are expected to continue in 2024.



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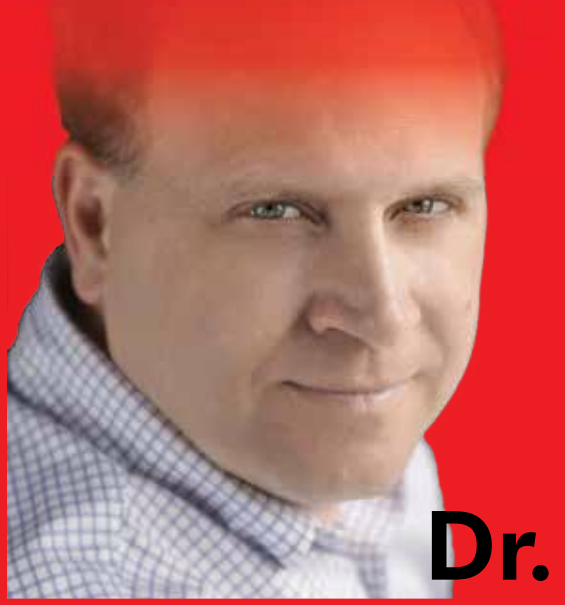
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Headaches are a pain in the neck

Headaches are one of the most common reasons for visiting the doctor. There are many types and causes of headaches. Some are occasional, some frequent, some are dull and throbbing. Muscle tension, headache and migraine headaches are by far the most common types. Regardless of the cause, if you suffer from headaches, you want to relieve the pain as soon as possible. That is why most people will take a lot of medication with most of them having side effects.

There is a better alternative. The research shows that spinal manipulation from a doctor in chiropractic may be an effective treatment option. The reason why is that most of them originate from the neck area. The JMPT (Journal of Manipulative and Physiological Therapeutics) study found that chiropractic care improves migraines and cervicogenic headaches.

Headache Triggers

Headaches occur for a reason. A headache is your body's way of signalling you that something is wrong. Many reasons to trigger a headache are: dehydration, improper diet, excess smoking and drinking, although most of them are due to spinal misalignment in the neck. About one in 11,200 patients with a headache have a problem that shows in an MRI or a CT scan.

What can the Doctor or chiropractor do to help?

Your Doctor of chiropractic is primarily concerned with correcting any misalignments of the spine and muscle problem sources of your headaches. He will perform a spinal examination to determine if the headaches are coming from a spinal issue. The spinal issue is called subluxation. He might take x-rays to determine the damage and the spinal alignment.

If you suffer from headaches do not wait any longer because chiropractic has amazing results.

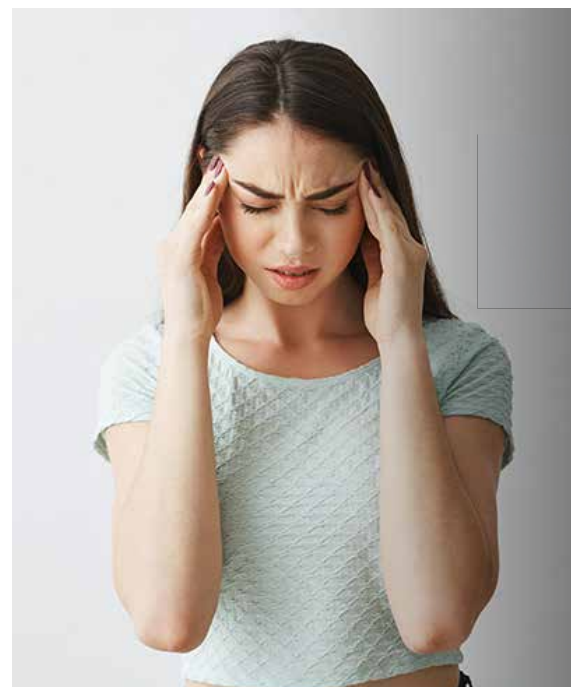
Don't wait to have pain before consulting Dr. Stéphane Chillis. He will advise you in order to develop a preventive lifestyle and a permanent solution to add quality to your health.

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Simply Chiropractic

A Tip from Dr. Stéphane Chillis



TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

The Three Maestros

Before delving into three films by three great directors, time should be taken (albeit quickly) to mention some of the other great directors doing yeomen's work right now. Greta Gerwig, Bong Joon Ho, Thomas Vinterberg, Paul Thomas Anderson, Ruben Östlund, Martin McDonagh and the great Quentin Tarantino are all directors who deserve merit and discussion, but there just isn't room. So if you're curious, look them up, check out their filmographies or drop in and we'll have a nice chinwag about them (and I'll guide you through their work).

1. Christopher Nolan – Memento.

Before Nolan won multiple Oscars this year, his resume was packed with high profile, intelligent and usually epic in scope masterpieces, but to not mention the 2000 hit indie film Memento is to do his filmography a disservice. Before he took ideas like implanting an idea in the unsuspecting consciousness of someone (Inception), before he made one of the greatest sci-fi films ever in Interstellar, and before he breathed new life into the Batman franchise, he made a film that centered around an anti-hero who had to take pictures of people to remember if they were liars or if he should trust them. The twist to that? Every fifteen minutes his memory vanishes because of a terrific knock to the head, but his mission in life is to find out who did it - and



The Favorite



Prisoners

more importantly, who killed his wife. Its scope was much lesser than that of Oppenheimer or Tenet, but the impact it made resonates through the film industry just as strongly as it did when it was first released. NEXT UP: No one knows for sure. MGM/Amazon apparently offered him gobs of money to direct the next

James Bond film and his personal dream is to remake The Prisoner, but again, no one knows.

2. Yorgos Lanthimos – The Favorite

It's a toss up with Lanthimos and his fairly steady resume of films. It could easily have been The Killing of a Sacred Deer, or The Lobster,



Memento

or even his first film Dogtooth, but in The Favorite, he starts to let the camera linger just a second longer allowing great actors like Oliva Coleman and Rachel Weiss and, of course, Emma Stone, to use their eyes to convey their thoughts. He used this in Sacred Deer superbly, but in The Favorite he allows it to weave a tapestry of unspoken emotions. Plus, there's a terrific, beautifully shot dance sequence that shows his maturation as a director, as well as his increasing confidence in cinematographer Robbie Ryan - who would create another epic dance sequence for Poor Things. NEXT UP: Kind of Kindness with, you guessed it, Emma Stone, described as an anthology film where the principal actors play different characters in each segment.

3. Denis Villeneuve – Prisoners

One of Canada's greatest exports, Villeneuve, can begin preparing himself for the next Oscar ceremonies with Dune Part 2, and if he wasn't before, he's now being realized as one of the great directors of our generation. From Dune, to Incendies, to Blade Runner 2049, to The Arrival, Villeneuve has proven himself as a director who can tell a story with a master's skill, but he can also unleash monumental epics - and, like his peer, Nolan, can have them lauded by audiences and critics alike. So, which one of his beautiful films should be spotlighted? Let's go with the 2013 masterpiece of suspense, Prisoners. Jake Gyllenhaal, Hugh Jackman and Trevor Howard star in this Hitchcockian thriller about two daughters going missing and the lengths the two fathers will go to get answers. It's a provoking piece, meant to ask, what would you do in this scenario? Thanks to great acting and Villeneuve's directing, it's incredibly effective. NEXT UP: Sony is begging Villeneuve to direct Cleopatra, while Villeneuve himself wants to do Arthur C. Clarke's Rendezvous with Rama - but, of course, there's the small matter of Dune: Messiah to deal with.

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COMPUTER TIPS & TRICKS

Your digital devices in a disaster

by Malcolm and John Harding,
of Compu-Home

Perhaps we don't instinctively think of spring and summer as being a time for major weather events, but the last few years have brought us incidents of destructive storms, as well as flooding, when we were more likely expecting sunshine. In short, it seems like there is no time when we do not need to be prepared for severe emergencies.

Many of us have some sort of digital device(s) handy, pretty much all of the time. It makes sense to ensure that we can make the best possible use of them in minor or major danger, whether they are personal challenges such as fires, accidents or people lost, up to widespread disasters like floods or storms. At their core, computers, tablets and smartphones exist primarily for the purpose of communication and they can be extremely important tools both outbound, for reaching out to share information and distress calls, or inbound to keep us informed of developments when the going gets tough. Traditional media communication

channels are sometimes disrupted and nowadays that cell phone in your pocket may become the modern stand-in service like ham radio sometimes did in past generations.

Some planning, and maybe even reminder lists will ensure that your digital tools will be ready at short notice:

: Backup power can be as simple as a drawer full of batteries or as sophisticated as an emergency generator. Most of us will opt for something in between:

: A habit of keeping rechargeable devices fully charged is an important first step.

: An inexpensive Power Bank, available for as little as \$20 will power your phone or tablet when their built-in batteries give out. Power Banks must be kept fully charged too.

: If you have access to an auto with sufficient fuel, you can run and charge low-voltage devices from the 12-volt socket. A Power Inverter, starting at less than \$30 can be plugged in, to provide USB charging sockets and a 120-volt outlet. Test it now and then.

: Be sure to keep power cords and adapters labelled and together in a ziploc bag.

Emergency features and shortcuts can be set up for quick access:

- Alert Ready is not just an annoying interruption on your cell phone; it delivers "critical and potentially life-saving alerts to Canadians through ... devices." To make this service more useful to you, read through the www.alertready.ca website.
- The Ottawa Hydro Outage Map is now maintained much more reliably than it was just a few years ago. It is not intended to be up-to-the-minute, but we have found that predictions of when power will be restored are fairly accurate and can help in your planning. A shortcut on your screen means that you don't have to search for it.
- Another handy shortcut is to a local radio station, so that you can do without a separate radio for news updates.
- Keeping your contact list updated for voice or text calls saves time. Remember that your cellular answering service will take a message even

when your phone is dead, and so make sure to check for messages when you recharge it.

- Learn how to "tether" so that you can use your phone's access to the Internet on your computer or tablet when your home network is down, via the cellular network. This can be an expensive exercise and so it must be reserved for essential uses.
- Don't rule out Social Media as a source of information, but as usual, treat it with discretion.

The best websites on this subject are American but the information is easily transferred:

Utilities One: *The Role of Wireless Devices in Disaster Management and Emergency Response*

Consumer Reports: *How to Prepare Your Electronic Devices for a Natural Disaster*

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



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Maplewood Maplefest "Sugar Bush" Pancake Breakfast
Wednesday, April 10, 8:30- 9:30 a.m.

Wine Tasting & Dinner
Thursday, April 18, 5:15- 7:15 p.m.

Open House
Italian Themed, Saturday, April 27, 10:00 a.m.- 3:00 p.m.

MAY
Cinco De Mayo Cocktail Party
Sunday, May 5, 3:00- 4:00 p.m.

Maplewood Personal Pizza BBQ Lunch and

Local Beer Tasting Event
Friday Lunch, May 17, 11:30 a.m. - 1:30 p.m.
Cartwright Springs Brewery Tasting Event from 3:00 - 4:00 p.m.

Classical Music Appreciation
Wednesday, May 22, 7-8 p.m.

Outdoor Wine Tasting BBQ Dinner
Thursday, May 30, 5:15 - 7:15 p.m.

JUNE
Evening Live Entertainment
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2nd Annual Mini Golf Resident & Staff Tournament
Friday, June 14, 2:00- 4:00 p.m.

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We've much to share at Maplewood Retirement Community

Submitted by Hilary McCormick, Activity Manager, Maplewood Retirement Community



Maplewood travelled to Hawaii for the day and enjoyed some great pina colodas and Hawaiian food!



Formal Friday at Maplewood had some special guests on the Red Carpet for residents to stop and pose with!



The Activity Room is always full for our monthly Wine Tasting Dinner!

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Residential gardening in the City of Ottawa's right of way

by Lynne Patenaude
 Friends of Riverview Park Green
 Spaces, Ottawa-South Eco-action
 Network & Wild Pollinator Partners

It's official! You can now plant right up to the curb in front of your house! In 2023 the City of Ottawa's Use and Care of Roads By-law 2003-498 was updated to permit residents to plant on the land that abuts their property, adjacent to the street. The right of way (ROW) or boulevard is owned by the City but cared for by the resident. Check how deep the City's ROW is by entering your address on the City's GeoOttawa map. The ROW at our home in Riverview Park is almost half the front yard!

Planting within the ROW can create connected corridors of habitat for pollinators and make our ecosystem more resilient. Replacing turf-grass with plants can help minimize flooding, restore groundwater, and help our planet stay cool.

The City allows you to install only "soft landscaping," which means plant-based material. You're not allowed to use bricks, pavers, rocks, stones, concrete, tiles, or wood (including raised beds). To prevent damage to tree



roots and maintain access to infrastructure, you must maintain a minimum distance from them, as highlighted in the following table. Before you start, contact Ontario One Call to locate underground wires and infrastructure. Use hand tools only.

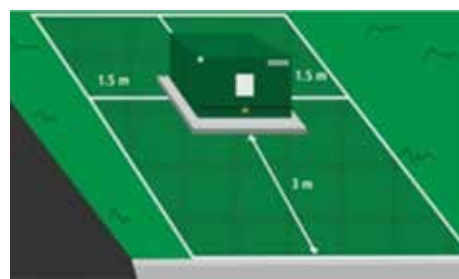


Item: Municipal tree
 Planting distance: 1 m

Item: Catch basin & manhole
 Planting distance: 1.5 m



Item: Fire hydrant
 Planting distance: 1.5 m from side and back



Item: Hydro transformer box*
 Planting distance: 3 m from front



Item: Other infrastructure (e.g. light standard, hydro pole)
 Planting distance: 1 m

Item: Bus stops*
 Planting distance: 5-25 m

* Refer to the City's summary page for details and diagrams.
<https://shorturl.at/fwANW>

You can plant flowers, grasses, shrubs and use only plant-based mulch. Plants must be one m or less in height, and 75 cm or less in height in the visibility triangle at a street corner. Try to use Ontario native plants because they best support butterflies, bees and birds. Introduced plants that are not invasive are also permitted.

Residents may not plant trees in the ROW. If you would like a tree, contact the City's Trees in Trust program. The City does not allow vegetables and herbs, but will review this in 2024.

Schedule A of the bylaw lists **invasive plants** that are not per-

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Ottawa's right of way

CONTINUED FROM PAGE 14

mitted in the ROW. Some that are still being sold at nurseries or commonly found in gardens and lawns include:

- creeping Jenny
- English ivy
- goutweed
- leafy spurge
- lily of the valley
- Japanese spurge aka *Pachysandra*
- periwinkle
- spearmint
- yellow archangel
- Japanese & common barberry
- miscanthus grass
- winged burning bush
- wintercreeper
- dame's rocket
- ditch lily aka orange daylily
- dog-strangling vine
- garlic mustard
- ragweed



In addition to the plants listed in the City's by-law, there are other invasive plants that are best to avoid planting in gardens as they also pose a risk to natural areas near us. Look for the Ontario Grow Me Instead guide for non-invasive alternatives to plants like purple loosestrife, Himalayan balsam and bugleweed.

Some suggestions for native plants that meet the height restriction are found below, listed

by bloom time, from spring to fall. To best help pollinators, include some plants with flowers that will bloom in each season.

Native flowers that are drought and salt tolerant:

- prairie smoke
- lance-leaved coreopsis
- butterfly milkweed
- hoary vervain
- nodding onion
- spotted bee-balm

- pearly everlasting
- black-eyed Susan
- heath aster
- grey goldenrod

Other native flowers for sun or part-shade:

- golden Alexander
- red columbine
- downy wood mint
- wild bergamot
- anise hyssop
- great blue lobelia

Other native plants for shade:

- wild strawberry
- hairy wood mint
- white snakeroot
- large-leaved aster
- calico aster
- blue-stemmed goldenrod
- zigzag goldenrod

Low-growing native shrubs:

- Northern bush honeysuckle
- New Jersey tea
- Kalm's St. John's-wort

Where to find native plants and seeds

Local nurseries that specialize in native plants and have info and photos on their websites: A Cultivated Art, Solidago Farm, Naturaide, Ferguson Tree Nursery and Beaux Arbres aka Ottawa Valley Native Plants. Other nurseries like Trinkets & Thyme, Stoneridge Gardens, Ritchie, Connaught Nursery and Peter Knippel are carrying more native plants every year. The Ottawa Wildflower Seed Library gives away free native seeds and seedlings, donated by local gardeners.

Please consult the City's official summary and Bylaw 2003-498 for the full legal text.

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TRINITY COMMUNITY GARDEN

The waiting game

by Rhonda Turner

With the unusual weather we have experienced this winter, gardeners are most likely getting excited about their upcoming gardening season. Probably the most excited gardeners are the ones that received an email advising them “Congratulations, you are being offered a garden plot”. Trinity Community Garden (TCG) has had a waiting list for as long as I can remember. For many years the list was up to 14 with no hope of anyone leaving and opening up an available plot. In the past few years we have had quite the turnover. Two years ago five from the waiting list were offered plots and last year three. This year we had openings for another five new gardeners to join TCG.

TCG is preparing paperwork for registration, garden guidelines and payment process for the season. A volunteer work day will be scheduled for mid- May to clean up following the winter. Water tanks are set and filled. Perennial gardens are tidied up and cleared of dead material. Donation plots are turned over and compost is



Three month old pepper plants



Wishful thinking.

PHOTOS: RHONDA TURNER

delivered. Once the work day is done, gardeners can work their own plots, preparing them for planting or seeding.

There are only six+ more weeks



before the May long weekend, when everyone is anxious to get their hands dirty, planting in the garden. By that time my pepper plant seedlings will be almost ready to put into the ground. Pepper plants are sensitive to cold weather so I will hold off for an extra week or two to be sure. If the nights get cold after they are planted, I can cover them up to protect them. Unprotected plants may become stunted and may not produce as much fruit. By then, my tomato seedlings that were planted in mid-March will also be ready, once all the seedlings are hardened off to the outside climate.

TCG looks forward to another year of donating to Blair Court

Community Food Bank and maybe surpassing last year’s amazing 914 lbs. of produce from our two donation plots and the generous donations from individual gardeners.

Trinity Community Garden is pleased to announce that we have a plot to give out. At this time we have nobody on our waiting list. Let us know if you are interested. One condition is that you must reside in the Riverview Park Community.

If you would like more information about Trinity Community Garden please contact us at our new email address: trinitygarden480@gmail.com

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ESSENTIAL HEALTH

Sweet Dreams – why sleep is so important



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Day to day life gets busy. We're generally so over-scheduled that getting a good night's sleep can be challenging.

Why is quality sleep so important? Many vital repair and recovery functions take place only during sleep cycles.

There are two main sleep cycles; Rapid Eye Movement (REM), and Non-Rapid Eye Movement (NREM).

REM sleep occurs for a shorter period of time in the sleep cycle. This is where dreaming occurs. Dreaming helps our minds process emotions, stress, and memories that occur during the day. This stage of sleep also helps stimulate the areas of the brain responsible for learning and development.

NREM sleep occurs for the majority of sleep time. Most of the health benefits of sleep occur in this cycle of sleep. Hormones are released in this stage that help heal damaged cells, boost the immune system, perform tissue

growth and repair, and energy is restored.

The primary benefits of waking up well-rested include:

Better focus – a good night's sleep allows you to maintain better attention to detail and allows for better retention of information.

More productive – having better focus makes you better able to complete tasks efficiently and learn new things.

Better mood – lack of sleep makes it harder to control emotions leading to higher instances of stress.

Better appetite control – good sleep helps regulate many hormones in the body, including ghrelin, which makes you feel hunger and leptin, which makes you feel full. Lack of sleep means those hormones don't function as they should. Ghrelin becomes more active and leptin becomes less active allowing for overeating.

Better immune health – the immune system needs sleep

to help the body fight off colds and flus. Over time, quality sleep helps reduce the risks for serious conditions such as heart disease, diabetes and high blood pressure, just to name a few.

Better physical health – while in deep sleep, the body will release a hormone called human growth hormone, or hGH. hGH promotes healthy growth during childhood, and in adults, it helps maintain healthy metabolism, supports physical performance, and helps restore and rebuild the body after daily stresses and injury.

So what is recommended, and how do we obtain better sleep? According to the sleep health experts at Sleep.org, there are a few things that can help us out.

Create a sleep schedule – going to bed and waking up at the same time every day helps create a healthy routine for your body.

Watch what you eat and drink before bed. Avoid alcohol, nicotine and caffeine four to six hours before bedtime to help ensure better sleep quality.

Create a good sleep environment. Make sure your bedroom is cool, quiet and dark.

Put your devices away. The blue light of cell phones, tablets and televisions suppresses melatonin production, (a sleep hormone) in the body. Keep them out of the bedroom.

Get massages regularly. Regular massage helps manage pain and stress allowing for better sleep!

If you would like to learn more about your body and conditions you have, please subscribe to our newsletter through our website at www.essential-health.ca. If you have questions about how massage or physiotherapy might be able to help you, please email info@essential-health.ca.



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S'mores and more: Winter Carnival 2024

by Stephanie Lines

On a beautiful sunny afternoon, the Riverview Park Community Association held its annual Winter Carnival on Sunday February 11th.

The warm weather made for a very enjoyable afternoon – save the closure of the rink due to soft ice. Even without skating, there was still lots to enjoy. Local volunteers organized events enjoyed by young kids, teens and parents. There were obstacle games, races, a tug-of-war, shoot-to-win contest, hot drinks, snacks, a campfire and s'mores, photo booth and hot chilli.

The RPCA would like to thank our generous donors whose contributions made the event a success: Maplewood Retirement Community for the delicious

chilli; Realtor Sonja Payette for organizing the shoot-to-win contest (and prizes); MP David McGuinty, MPP John Fraser and City Councillor Marty Carr, who all provided drinks and snacks; and Hot 89.9 for the wonderful music which really contributed to the atmosphere. The RPCA would also like to thank the City of Ottawa Recreation Department for the loan of the equipment for all the games.

And thanks of course to the 250 or so community members who attended. We hope you had a great time and we look forward to seeing you next year. If you'd like to help in any of the events organized by the RPCA, please contact us at riverviewparkca@gmail.com. More information on upcoming events can be found on the web site Riverviewparkca.com



(L-R): Jane Gibson, Councillor Marty Carr, John Fraser, MPP., Jordan Vecchio and Celeste Soares happily joined the day. PHOTO: CAROLE MOULT



Tug of War was a carnival favourite. PHOTO: CAROLE MOULT



(L-R) Bismillah, Mehdi, Aziza, and Elham, and in the front row, Zahra enjoyed their first winter carnival in Canada.

PHOTO: CAROLE MOULT



Lynne Bezanson served up the popular S'mores. Oh so good!

PHOTO: ANNA NITOSLAWSKA



Sonya Payette provided both her expertise and great prizes for the Shoot to Win.

PHOTO: ANNA NITOSLAWSKA



Guillaume hopped to the finish line.

Hooray! PHOTO: ANNA NITOSLAWSKA



Theo needed to check out this game.

PHOTO: CAROLE MOULT



The Winter Carnival was truly a family event for (L-R): Oliver, Leina, Pam and Jean- Marc.

PHOTO: CAROLE MOULT



Organizer France Dulude with Caleb, one of many wonderful volunteers.

PHOTO: ANNA NITOSLAWSKA



Kris Nanda and Craig Cormier oversee the RPCA table.

PHOTO: ANNA NITOSLAWSKA



Hats off to a successful Winter Carnival 2024.

PHOTO: ANNA NITOSLAWSKA



MARTY CARR
Alta Vista Ward 18
Alta Vista Quartier 18
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martycarrottawa.ca

Meet your Ward 18 Office Team

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

Ward 18 Office Hours

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

Upcoming office hours in April are:

Monday, April 15, 2024, from 10a.m. to 12p.m.

Repair Café - May 11

Do you have an item that needs to be repaired? My office, in collaboration with the Ottawa Tool Library will be holding a Repair Café at Jim Durrell Recreation Centre (1265 Walkley Road) on Saturday May 11th from 10a.m. to 2p.m. We will also have representatives from the City of Ottawa's Public Works team and the Rotary Club of Ottawa on site to share their work with residents.

The Ottawa Tool Library is a non-profit tool lending library in the heart of Ottawa – providing tools, expertise, and a workspace for projects. They also have a dedicated OTL Workspace located at 877A Boyd Avenue where you can work on your own personal projects. Costs are \$24 for a daily pass and \$96 for a monthly pass (plus applicable taxes). For more information and to book a time slot in the Workspace, please visit www.ottawatoollibrary.com.

Cleaning the Capital - April 20th and 21st

Spring has officially sprung in Ottawa! This means that it is time to clean up garbage that was accumulated in our city over the winter season. My office will be participating this year in the City's Cleaning the Capital initiative.

Join us on the mornings of Saturday, April 20th and Sunday April 21st from 10a.m. to 12p.m. to clean up our Ward. April 20th will take place at Tremblay Road and April 21st will take place at Sheffield Glen Park. I look forward to seeing you there!

Arch-Canterbury-Plesser Update

The Canterbury-Arch-Plesser integrated road, sewer, and watermain project is underway after being postponed due to Covid-19. Currently, construction is planned to start this Summer and will be completed in stages by Fall 2026. Phase 1 will begin this Spring and include Canterbury Avenue from Halifax Drive to Plesser Street. More information on this project can be found on ottawa.ca by searching Integrated Road, Sewer and Watermain for Canterbury Avenue, Arch Street and Plesser Street in the search bar.


Delmar Drive Public Consultation - April 15th


City staff are hosting an information session on the Delmar Drive resurfacing project on April 15th from 6:30p.m. to 7:30p.m. virtually. The link is available on my website. This project will include the addition of sidewalks, and the renewal of storm and sanitary sewers. Work is expected to begin in summer 2024 and be completed by the end of the year. More information is now available online on Ottawa.ca by searching Delmar Drive in the search bar.

Stay Connected

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

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

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

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

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

FRIENDS OF RIVERVIEW PARK GREEN SPACES (FoRPGS)

April 2024 update

Ron Ridley on behalf of the FoRPGS

Spring is certainly upon us and about a month early by most accounts. While this is welcome, I can't help but think that we will pay for it later with some other weather event, and as I like winter, it was sad to see the snow go so early.

While the threat of global warming looms large and can feel overwhelming, we should all recognize that collective action, no matter how small, can make a significant difference.

Every action taken within a community contributes to the larger effort of combating climate change. Whether it's reducing our personal carbon footprint by car-pooling, using energy-efficient appliances, or participating in local recycling programs, each step taken collectively adds up to a positive impact on the environment. Moreover, community initiatives such as tree planting, river clean-ups, and educational outreach programs can serve to raise awareness and inspire further action.

By fostering a sense of shared



FoRPGS pollinator garden in the spring.

responsibility and promoting sustainable practices at the grassroots level, communities play a crucial role in addressing the global challenge of climate change. Through small steps like native plant planting, invasives removal, community clean-ups and education, the RPCA and FoRPGS are trying to help change things. While the scale of the issue may seem daunting, the cumulative effect of individual and community efforts demonstrates that positive change is indeed achievable.

The spring Riverview Park edition of Cleaning the Capital event is planned for Saturday, April 20th (two days before Earth Day on Monday, April 22nd). The rain date

will be Saturday, April 27th. If you want to help, there will be more information on the RPCA website and in the RPCA e-mail. The fall Cleaning the Capital event is scheduled for Saturday, October 5th, rain date Saturday, Oct. 12th.

FoRPGS currently has adopted the wooded area/ornament trail/pollinator garden area and recently have applied to adopt Riverview Park, Dale Park, Coronation Park, Balena Park and the Rail line areas. We regularly clean these parks and have applied for permits to do invasives work in these areas as well.

FoRPGS recently re-started work with the councillor's office to look at opportunities to im-

prove the hydro corridor. The city is working with Hydro One in parallel, and while an agreement on use for the ~300 kms of hydro corridors throughout Ottawa would be great, we are trying to see if we can improve our corridor through maintenance changes, rewilding, planting etc. Some of this may come as budgets force reduced maintenance, but we remain optimistic.

If you are looking for a new place to walk in our community, there is a little-known beautiful path through the NDMC woods. NDMC has recently refinished most of the benches along the path and removed some deadfall improving the path. The path starts just off Valour Drive near Alta Vista and winds through the woods, coming out by Oak Park Retirement Residence.

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



John Fraser

Ottawa South | Ottawa-Sud

REMINDER: RENEW YOUR LICENCE PLATE!

The Government of Ontario has proposed removing the requirement for renewing your vehicle registration. Until that is passed into law, you will still need to renew.

Your vehicle must have a valid licence plate and be insured to drive legally in Ontario. The licence plate renewal period varies depending on the type of vehicle and if you choose to renew for 1 or 2 years.

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

When you renew:

- you will no longer receive a sticker
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DEADLINE TO FILE YOUR TAXES IS APRIL 30TH!

Do you still need help filing your taxes? Contact our office at jfraser.mpp.co@liberal.ola.org or call 613-736-9573 for more information. Please note that our assistance is meant for low to modest income households with a simple tax situation.



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www.johnfraser.onmpp.ca

EnviroTips[©] for April 2024

Use natural or home-made insect repellents. Dish soap can keep ants away and be sprayed where ants have been seen in your house. Lime and lemon juice keep spiders away, and salt can get rid of fleas. Vinegar also works well at keeping away many types of pests, including ants, fruit flies and mosquitos. Mixing vinegar with an orange peel, tea tree oil or lemon rind oil will make it even stronger.

Use a manual can-opener instead of electric ones (unless you have a medical condition like severe arthritis) – Manual can-openers save energy, are more durable, have fewer parts to break, and cost less.

Compost hair and nail clippings. Hair and nail clippings can be composted so make sure to put them in your compost bin.

Store raw eggs so they last longer. Aside from choosing the most recent packing date when you pick up a container, storing eggs properly is the best way to extend their life: Keep eggs in their original container, place your egg carton in the main part of your refrigerator where there are fewer temperature fluctuations, (not on the door), and make sure your refrigerator is set at 40



F (4C) or below.

Ditch disposable diapers and embrace cloth ones. Disposable diapers take an estimated 500 years to decompose and are the third-largest single consumer item in landfills. Babies go through an average of 6000 disposable diapers in their first two years, 92% of which ultimately get buried in landfills. (Cloth diapers are made of natural fabrics and are also often softer against a baby's gentle skin)

Pick up beer cans. Gather up empty and crushed beer cans) littering the neighbourhood. Rinse out the cans and either take them back to the Beer Store for a refund or put them out by the blue box on garbage collection night for the "binners" to collect.

Wash and reuse Ziploc bags when appropriate. It is safe to reuse Ziploc bags that have stored dry foods like pretzels and cookies or that were used to freeze fruits and vegetables. *Do*

not reuse them if they stored non-dry perishables like meat, fish, or eggs or if bags are worn or in poor condition

Take the "Sort and Score" Virtual Waste Sorting Challenge. The City of Ottawa has launched a "Sort and Score" Virtual Waste Sorting Challenge, which promotes properly disposing of your waste. For more information, you can check Ottawa.ca/Wasteexplorer

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

And remember that one person's trash (e. g., ripped jeans, leftover boxes, empty maple syrup bottles) is another person's treasure. There are several local "Buy Nothing", Facebook pages, or Trash Nothing websites, <https://trashnothing.com/beta/full-circles-ottawa/browse> to share items you no longer need. As an example, since Christmas 2023, I have given away the following items via Trash Nothing – unused birthday and Christmas cards, bubble wrap, old books, and empty yoghurt containers (and a 1000 piece puzzle that was missing one piece!)

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Canterbury Community Association

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Or sample a few fitness classes throughout the Spring Session with a 15-class pass **\$70 +HST**

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Sit Fit Combo Pass (Mondays and Wednesdays) **\$170 +HST**

KARATE AND CARDIO KICKBOXING
Adults and Children (Age 7-14)

ADULT DANCE

Ballroom Dance, Argentine Tango, Salsa & Bachata Dancing

ART CLASSES

Watercolour Painting, Drawing Fundamentals, Coloured Pencils, Oil Painting

OTHER CLASSES

Cooperative Playgroup for children (Age 0-5) (Tuesdays, Thursdays, and Fridays at 9:30am)

Special Needs Recreation (Saturdays at 10:30am)
Hooks and Needles Group (Tuesdays at 7:00pm)

NEW Sewing Class (Wednesdays at 7:00pm)

SPORTS

Girls and Boys: Skillz and Drillz Basketball (Age 8-12)
Get Your Kicks Soccer for Kids (Age 5-7)
Senior Co-Ed Basketball (Age 11-15)
Adult Badminton (Age 15+)

YOGA AND MIND-BODY

Hatha Yoga, Yoga Flow, Yoga & Meditation, Absolute Beginner Yoga, Gentle Yoga, Pilates, Tai Chi, Qigong



UPCOMING EVENTS

Sunday, April 14, 2024
CCA's Gigantic Garage Sale - 10:00am - 1:00pm
Canterbury Community Centre

Saturday, June 22, 2024
CCA Family Fun Day - 12:00pm - 4:00pm
Jim Tubman Chevrolet Rink

All classes take place at the **Canterbury Community Centre**
2185 Arch Street



REGISTRATION IS NOW OPEN: www.cca-acc.ca/programs



Vote for the Cutest Dog or Cat In Riverview Park



Archie



Roxie

The deadline for entries is now closed for the Riverview Park Community Association (RPCA) "Cutest Dog or Cat Contest," with approximately \$500 raised to date for the Ottawa Humane Society (OHS). Voting is now underway and voters can select their favourite cat and/or dog for a maximum of 2 votes per voter. Pictures can be found in the Riverview Park Review and on the RPCA website. <https://riverviewparkca.com/> (click on "VOTE HERE" button)



Beasley

To vote: After clicking on the "VOTE HERE" button on the RPCA Website you can view the pictures of the pets who have been entered. Then follow the instructions for voting by choosing the names of the pets from the photo (one cat and one dog) you think is the "Cutest" (or funniest, most handsome or most beautiful). If you wish, you can explain why you think this dog or cat should be selected as the funniest, cutest, handsomest, or most beautiful.



Ru

The deadline for voting is May 3 and the winning pets will receive gift packages courtesy of Pet Valu in the Trainyards. While voting is free, there is still an option for voters to donate to the RPCA or the Ottawa Humane Society. <https://ca-p2p.engagingnetworks.app/26970/my-birthday/162841/RPCA-contest>



Cali



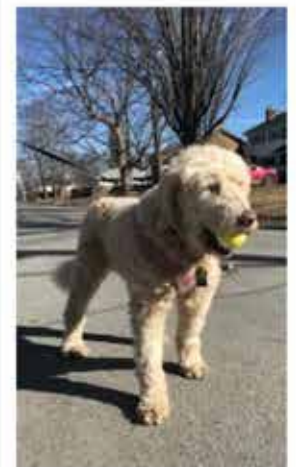
Hazel



Marley



Nico



Tassie



Calvin



Jersey



Millie



Percy



Teddy



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Juno



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Locker



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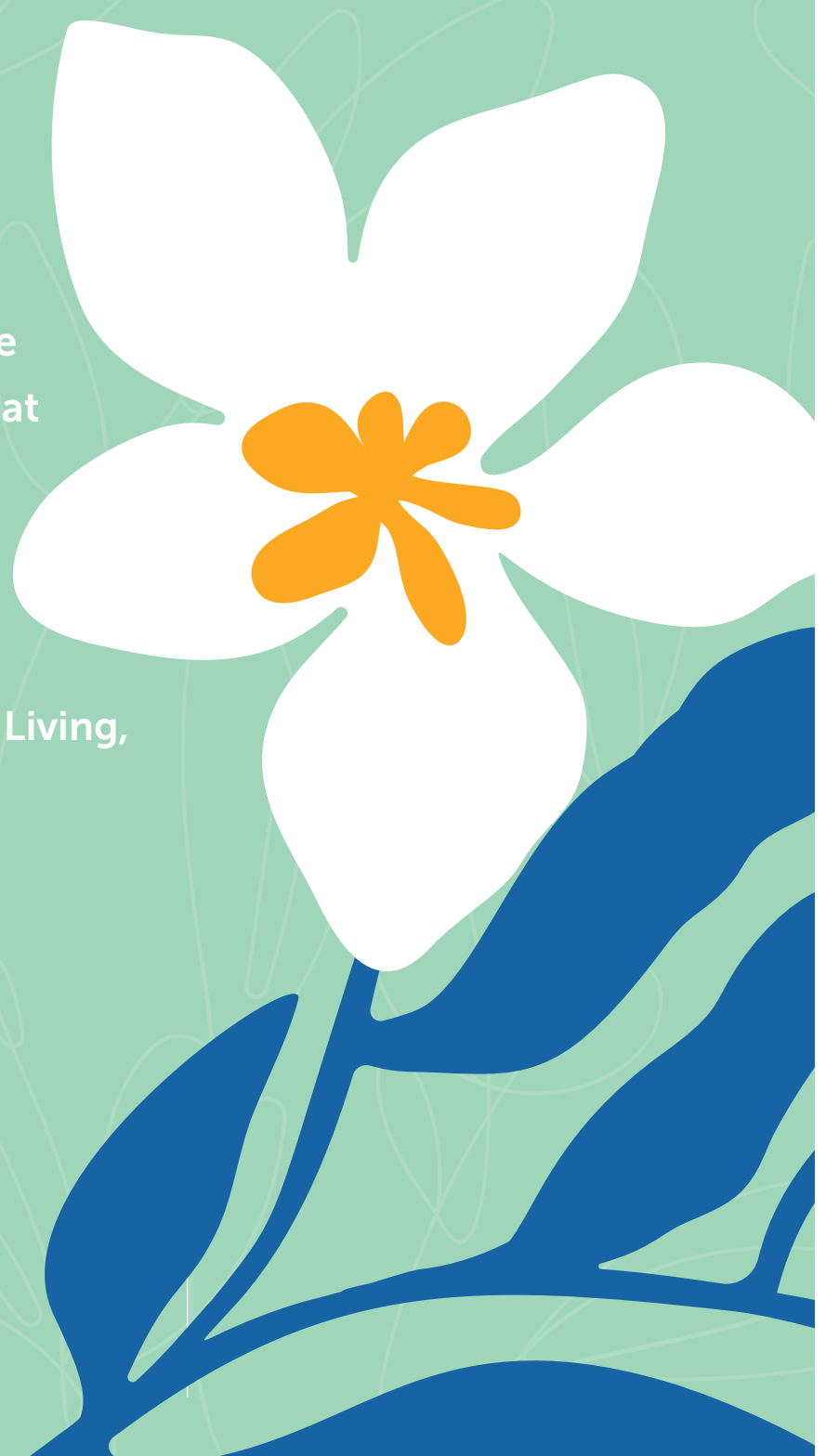
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Riverview Park Review

SECTION TWO

APRIL 2024

A Voice of Riverview Park

MAY 2024

Behind the lens:

One short story of professional photographer, Robert Bourdeau

by Carole Moul

Riverview Park resident Robert Bourdeau is a self-taught photographer. He began taking his powerful black and white photographs in the mid 1950s. Today, among numerous public collections, 399 of his photographs are part of the National Gallery of Canada collection and there are two accessions of his, containing a total of 14 photographs at Library and Archives Canada. Truly, Robert Bourdeau's accomplishments in photography are both impressive and extensive.

In 2006, Robert Bourdeau received The City of Ottawa Karsh Award. Initiated in 2003 by the Ottawa City Council, this commemorative award was set up to recognize a professional photo/lens-based artist, while honour-

ing the enduring legacy of Yousuf and Malak Karsh. At the time, the Karsh Award was presented every two years for an artist's body of work. Bourdeau was the third of the Karsh Award-Post Laureates.

Five years later, on September 16, 2011, Robert Bourdeau was invested as a Member of the Order of Canada. The Governor General at the time was David Johnston. Appointees to the Order are recommended by an advisory board and formerly inducted by the governor general or advisory board. The Order of Canada recognizes people in all sectors of Canadian society. Their contributions are varied, yet they have all enriched the lives of others and made a difference to this country. Robert Bourdeau is recognized as one of

CONTINUED ON PAGE 30



In 2017, one of Robert Bourdeau's photographs (Ontario, Canada, 1989) was issued on a Canadian stamp. It was one of five Permanent™ domestic stamps featured in the fifth and final stamp issue in the Canadian Photography series.



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Facts of the 2000s for Riverview Park

Adapted from the Riverview Park Review, April 2017, p 16.

2001

The first annual Riverview Corn Roast was held at Balena Park.

The final phase of the Dale Park three year development and beautification project was completed. *[Riverviews, September]*

The MD Management Head Office opened at 1870 Alta Vista Drive. MD is a financial services firm that specializes in taking care of the financial planning needs of physicians and their families.

A bench in Balena Park was dedicated to the memory of Ellen Lanthier who had been on the RPCA Board of Directors. She had also joined three others to challenge the city and the developer before the Ontario Municipal Board (OMB), to try to save the north end of Balena Park. *[Riverviews, September]*

** Please note the Correction of February 2024 Edition, Riverview Park Review p. 26, column #4. This Correction is found at the end of "Facts of the years 2000- 2009".*

Over 600 concerned citizens packed Hillcrest High School to hear a presentation on the Alta Vista Transportation Corridor-Environmental Assessment. *[Riverviews, December]*

Vincent Massey students launched a Pennies & Teddy Bears



2008 - The Ottawa Cancer Survivor Park was dedicated on September 24 by Linda Egan, President and CEO of the Ottawa Regional Cancer Foundation (ORCF). [Riverviews, December 2008] PHOTO BY MAN SOLO

campaign to raise money and teddies for families affected by the crisis in NY City. Over \$350.00 and 100 bears and stuffed animals were sent to the Red Cross and Hugs for America.

2003

Volunteers planted 93 trees in the Dale Park Extensive and Naturalization Project.

A land swap took place between the City of Ottawa and the National Capital Commission. The

Aga Khan Foundation agreed to relocate its property to the other side of Riverside Drive. This exchange created a new three-acre parkland for Riverview Park at Alta Vista Drive, Industrial and Riverside Drive. On the property, the land later became the Cancer Survivor Park.

Safe Cycle Sunday took place in Dale Park on June 26th. *[Riverviews, September]*

The Celtic Tigers made front page news in the community paper, Riverviews, when they raised donations of over \$5,800 on the MS Bike Tour in aid of Multi-



2001 – MD Financial Management Head Office opened at 1870 Alta Vista Drive. PHOTO BY MAN SOLO



2008 – A number of residents who had lived in Riverview Park, began moving into Oakpark Retirement Community when it opened its doors in August. PHOTO BY MAN SOLO



Memories of Riverview Park 2000 – 2009



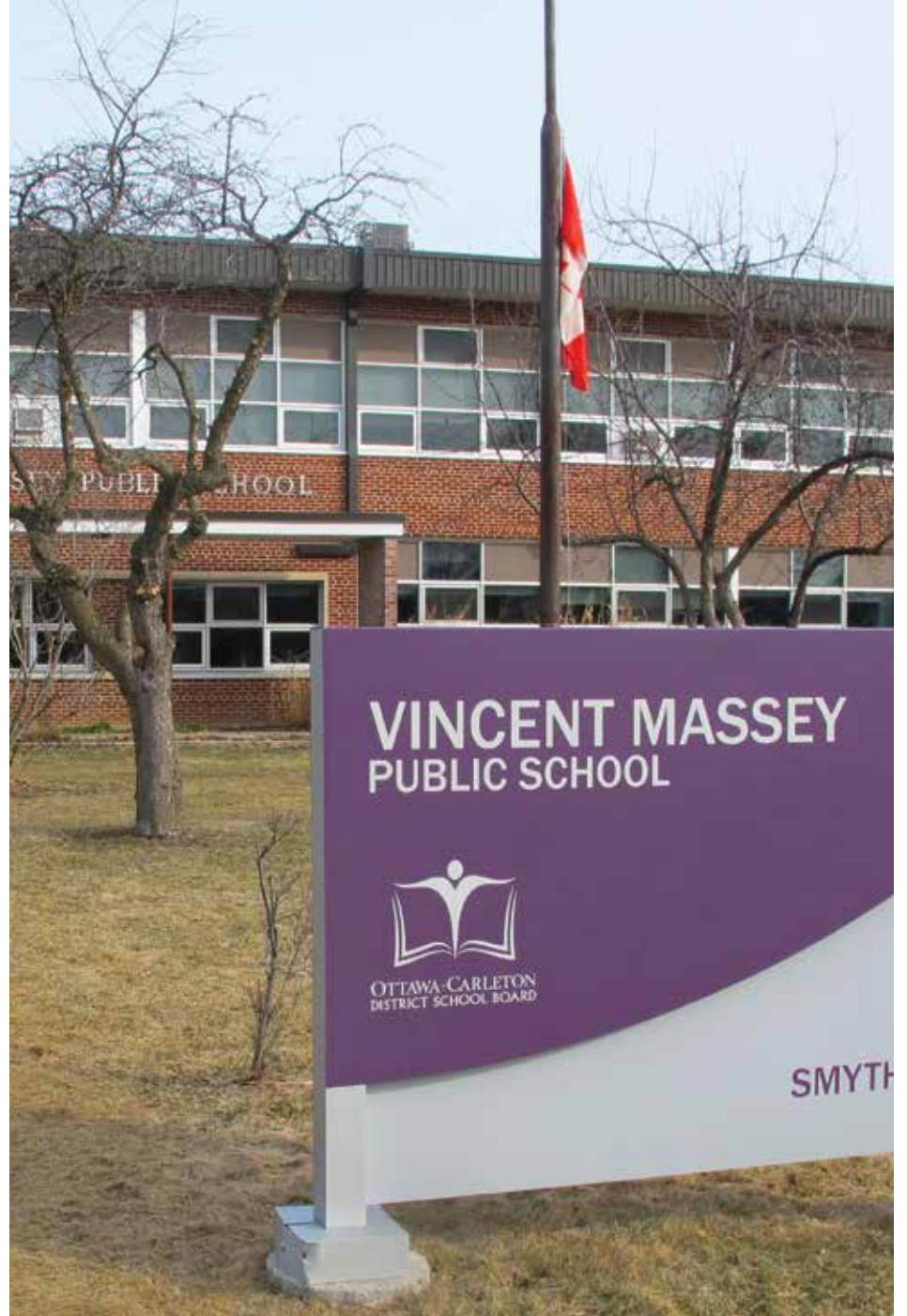
2004 – Townhomes were built by Claridge off Rolland Avenue. The streets were named Sienna Private and Santa Cruz Private.

PHOTO BY MAN SOLO



2009 – On November 9, The Ottawa Hospital celebrated the expansion to The Ottawa Hospital Cancer Centre- General Campus.

PHOTO: CAROLE MOULT



2001 – During the years 2000- 2009, Vincent Massey Public School earned recognition for various activities they undertook during that decade. PHOTO BY MAN SOLO

ple Sclerosis research in Canada. Over the years, the Team Captain has been Aileen Comerton, and as of 2023, the Celtic Tigers have raised approximately \$200,000 for Multiple Sclerosis.

A group of mosquitoes tested positive for West Nile Virus. Residents in the areas of Alta Vista, Canterbury and Riverview were among those asked to take extra precautions to avoid mosquito bites. *[Riverviews, September]*

The RPCA suggested that stop signs be installed in all directions at the intersection of Coronation Avenue and Blair Street (now Neighbourhood Way) in the upcoming Coronation Ave. construction. *[Riverviews, September]*

2004

Alta Vista Crossing townhomes were developed off Rolland Avenue and on Blair Street.

RPCA Director Helen McGurrin joined Mayor Bob Chiarelli and the City of Ottawa's Paul Mc-

Cann, for the campaign kickoff ceremony for the City Of Ottawa's 'Spring Cleaning the Capital'. Alta Vista Ward had the greatest number of parks adopted in the city in 2004. *[Riverviews, October]*

Two hundred ten participants ran, walked or jogged in the 5 & 10 K Run through Riverview Park to raise funds for the Perley Rideau. *[Riverviews, October]*

Vincent Massey School was recognized by Brock University researchers as a caring, professional, learning community. *[Riverviews, December]*

2005

Vincent Massey Public School students, families and friends raised over \$8,000 in five days for the victims of the December 26, 2005 tsunami in South Asia. *[Riverviews]*

The Vincent Massey Math Team of intermediate students won the Ottawa championship in the COMA (Carleton-Ottawa Math Organization), April 9th.

After an OMB hearing, Walmart in the Ottawa Train Yards agreed to adopt the plan to create a store that would be pedestrian friendly. 2005- Major construction began at The Ottawa Hospital (General Campus), 501 Smyth Road for the Critical Care Wing.

Riverview Alternative School students participated in a Read-A-Thon to raise over \$1,000. for Haiti. *[Riverviews, April]*

Thirty-one grade 6 Riverview Alternative School students were the lucky recipients of brand new bikes, helmets, and locks through the Kids and Values in Motion Bike Program. *[Riverviews, June]*

Fifty-three grade 6 Vincent Massey School students were the lucky recipients of brand new bikes, helmets, and locks through the Kids and Values in Motion Bike Program. *[Riverviews, June]*

2006

Local resident, Robert Bourdeau, was the recipient of the City of Ottawa Karsh Award.

2008

The Ottawa Cancer Survivors Park (named The Richard and Annette Bloch Cancer Survivors Park) at Alta Vista Drive, Riverside Drive and Industrial Avenue, was dedicated on September 24th.

ABC (Against Browning Corridor) Community residents were requested to protest the proposal for a transportation corridor behind Browning Ave. removed from the City of Ottawa Official Plan. *[Riverviews, December]*

Bill Fairbairn won the U.S. National Best Books 2008 Award for his book, 'On the run in Africa'.

Oakpark Retirement Community was opened at 2 Valour Drive.

2009

The Ottawa Hospital Cancer Centre officially opened in November. * Correction: The February 2024 edition of the Riverview Park Review incorrectly stated that in 1998 the RPCA appealed to the OMB against rezoning 580 Bathurst Avenue (part of Balena Park). It should have read that the appeal was made by four individuals.



Kris Nanda wasn't always Planning and Development Chair

Alison Nanda didn't always spend extra time with pollinator gardens

"It's important to be involved at the community level," they would agree.

by Carole Moulton

Claire was five and Joseph three when Alison and Kris Nanda moved their young family to Riverview Park in 2002. They did not know the neighbourhood at all, although a work colleague (Ken Church who lives on Neighbourhood Way) suggested to Kris that it was a good place to live. At that time, Kris had already begun his career working for the federal government while Alison was a stay-at-home Mum. Since then, the Nanda family's contributions to this community have been very impressive.

"We wanted a house with a garage," noted Kris, when recalling one of the requirements for their new home. "We needed it to have a place for storing our bikes. It was also important to live near a bicycle route."

"We wanted a house that was in no need of repairs and not a 'fixer-upper'" added Alison. It turned out that during that fall, Riverview Park had just the right split-level for this family to call 'home.'

The Nanda family moved into their new community during the month of November. It was only after the snow had melted and they could get out a lot more that the family began meeting their neighbours. One of the advantages about their new neighbourhood, the family soon discovered, was its proximity to just about everything. They liked Riverview Park although at the time they missed having a local grocery store.

In their early Riverview Park days, Alison remembers taking Claire to kindergarten, with Joseph in tow, and although the school was just across the road from their new home, it was always dangerous to cross the street, dodging school buses and speeding cars – and there were no sidewalks! Alison also recalls standing outside Riverview Alternative School, petition in hand, to have parents sign for the city to install sidewalks – an effort that was successful after much hard work. A couple of years later in 2006, sidewalks went in on Knox Crescent and Drake Avenue (and later Avalon) as part of the road and sewer reconstruction and the streets around the school became much safer. (These sidewalks remain well used by residents of all



Alison and Kris Nanda sharing the sunrise on Le Pic above Les Courmettes, France, 2023. SUBMITTED BY ALISON AND KRIS NANDA



Loving scratches for Goldendoodle, Ginny, come from both Joseph Nanda (L) and his sister, Claire. PHOTO CREDIT: KRIS NANDA

ages – ranging from young children to parents pushing strollers, to senior citizens walking their dogs. It is hard to imagine the neighbourhood without them!)

Over the years, the Nanda family has been able to experience many of the great advantages of living in Riverview Park. Claire and Joseph became part of the Friday night Friendship Club at Trinity Church of the Nazarene that Pastor Frank Chouinard had started for local elementary school age students to get together. Claire and several of her classmates also joined a local soccer team coached by Riverview Park resident Erich Forler that practiced on the Riverview Alternative School field, and when Joseph became old enough, he took on a Penny Saver route in the neighbourhood. Along with other local children, they enjoyed going to the Balena Park wading pool and it was a wonderful way to meet other families. The parks and greenspaces have always been a huge advantage to living in this neighbourhood, and Claire and Joseph were able to attend our lo-

cal schools.

Both children have now graduated from university. Today Claire has a position working primarily with youth and their families as a Registered Dietitian at the Six Nations reserve in Brantford, while Joseph has been working with the local Hamilton chapter of L'Arche, a community that helps support people with intellectual disabilities.

From 2003-2007 Kris was president of the Parent Council of Riverview Alternative School while Claire and Joseph were there. It was at that time the Council started the 'Movie Night' tradition where many students came in their pajamas to watch films. The Council also bought a very popular popcorn machine and financed purchase of new outdoor basketball posts and baskets that are still in use (although they need straightening now). Kris occasionally pops across the street to shoot hoops, particularly if Claire is home for a visit. Before starting at Riverview, Joseph participated in the Alta Vista Co-op Nursery

School (AVCNS) program at Trinity Church, where Alison worked part time for a couple of years.

It was back in 2007, after his time on the Parent Council, that Kris decided to join the Riverview Park Community Association (RPCA), later serving as its President from 2014-2018. "When I joined the RPCA, I had already been interested in environmental issues and had been told about the proposal to build a roadway through the woods in the Alta Vista Transportation Corridor. You want to have an influence on what is happening in the neighbourhood. Think globally, act locally, and make a difference," notes Kris, who believes in 'walking the talk.' "If you engage respectfully with politicians and officials, you can often (though not always) help deliver positive benefits for the community."

The family has always been dedicated to active transportation (walking and cycling). "Even during the OC Transport bus strike in the winter of 2008-09, I could walk to and from work and in the 22 years I worked downtown for the federal government, I probably drove to work fewer than 10 times total (not including getting rides in carpools during the strike)", said Kris recently. "And, when the children were young, the family could cycle downtown to get to church when the weather was warm enough."

With his role as Planning and Development Chair for the RPCA since 2008, Kris strongly supports initiatives that sustain active transportation, including filling in the gaps in pedestrian and cyclist infrastructure. His ever-popular column keeps people up to date with what is happening in the community, and as could be expected, the Nandas are very interested in promoting the use of more pedestrian and cycling activity, not only from an environmental perspective, but a social one as well.

Over the years, the Nandas raised their beloved goldendoodle, Ginny, who helped them meet other neighbours and their dogs. Kris grew up a 'cat person' but says he has now "gone over to the bark side" (though he still likes cats). To this day, even though Ginny is gone, Kris enjoys meeting up with other dog-owners and watching as the dogs cavort along the Hydro corridor and neighbourhood

CONTINUED ON PAGE 29



Memories of Riverview Park 2000 – 2009



It was all smiles for a young Joseph Nanda when he checked out the equipment of the Knox Crescent reconstruction.

PHOTO: KRIS NANDA



Alison Nanda in the Pollinator Garden at the Riverview Park Community Garden, behind the Trinity Church of the Nazarene (2023).

PHOTO CREDIT: KRIS NANDA



The high snowbanks behind Claire (L) and Alison are proof that there would have been constant shoveling for the family during Ottawa's second snowiest winter on record. (2008)

PHOTO: KRIS NANDA

CONTINUED FROM PAGE 28
fields and greenspaces.

In 2011, Kris worked with Pastor Frank to have A Rocha Canada, Just Foods and Vegetable Patch along with the Riverview Park Community Association, join together to help set up a community garden at Trinity Church. The garden began in 2012 with just about 18 plots and last summer there were about 44 plots, including two as donation plots for Blair Court Community Food Bank.

Alison is responsible for a large native pollinator garden there and continues to transform the garden in the Nanda's front and back yards. Alison sees plenty of opportunity in this community for residents to enlarge their gardens to include more native plants. She feels it is important to raise awareness of the threats from invasive species like dog-strangling vine and buckthorn. Over the years, Riverview Park has lost many large street trees, which have always made our neighbourhood so special, and she is saddened when they are not always replaced.

Alison has also taught kindergarten for many years and believes it is important to expose young



Young entrepreneurs at their Christmas Craft Sale, 2009, in the Nanda's driveway. Back Row- Noah Wightman, Angus MacIntyre, Cameron MacIntyre, Claire Nanda, Front Row: Amanda MacIntyre, and Joseph Nanda. This photo made the front page of the Riverview Park Review, February 2010. PHOTO: ALISON NANDA

children to the beauty and wonders of nature and to help them appreciate their natural surroundings.

Kris has more time to undertake a variety of activities these days since he retired at the end of 2022, after serving as the Environmental Petitions Manager for the Commissioner for the Environment and Sustainable. Besides continuing his volunteer roles with the RPCA and his church, he has taken up vocal lessons, and joined the Board for Canadian Parks and Wilderness Society-Ottawa Valley (CPAWS-OV) and

is researching his family's unbelievable history.

"I want to pass this history along to my children," notes Kris, including telling about his Jewish mother who was on a Kindertransport Refugee Train from Hitler's Berlin to London when she was 10, and his Dad's story growing up in colonial India, and his perilous journey to New Delhi during the Partition in 1948.

Not surprisingly, during Kris' first summer after retirement in August 2023, he and Alison volunteered at the A Rocha retreat and

study centre at Les Courmettes in the mountains in southern France, just North of Nice.

"Despite the record drought, it was a beautiful spot, and it was encouraging to see Christians truly committed to stewarding the planet," and as Kris reports, "I was able to use my French, harvest fruit and potatoes, cut wood and chase errant goats while Alison primarily worked in the kitchen and harvested many tiny plums. We also hiked to some neighbouring villages and went on great walks, including getting up in the dark to hike up Le Pic Mountain to see the sunrise."

Over the twenty plus years that the Nandas have lived in Riverview Park, Kris and Alison have felt grateful for such wonderful neighbours. However, the Nanda family itself has impacted their community by countless contributions, thereby being remarkable neighbours themselves.



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Robert Bourdeau

CONTINUED FROM PAGE 25

Canada's pre-eminent artist-photographers.

In 2017, Canada's Sesquicentennial year, one of Bourdeau's photographs was issued on a Canadian stamp. "Canada Post chose five renowned photographers and their work as an overview of the art form over the past 150 years for its fifth and final stamp issue in the Canadian Photography series.

"The five Permanent™ domestic stamps feature some of the photographers' most iconic photographs, which were carefully selected with the help of major curators and art professionals across the country."

As an introduction about Bourdeau, Canada Post noted, "Robert Bourdeau built a reputation for producing images taken with large-format cameras." The stamp's name: Ontario, Canada, 1989.

Bourdeau's first Canadian exhibition was in 1966 at the National Film Board Still Photography Division. By the mid-1960s the National Gallery of Canada (NGC) began acquiring his photographs, and in 1983, Bourdeau had the honour of being elected to the Royal Canadian Academy of Arts (RCA), the oldest national body of professional Canadian artists. The photography of Bourdeau has been widely exhibited throughout North America and Europe

Over the years Bourdeau has attributed Minor White as one of his greatest influences. It was after several years of taking pho-



Brick Mould Germany 1999

tographs that in the late 1950s Bourdeau came across a copy of the *Aperture* magazine. He began corresponding with Minor White, the magazine's then-editor, and one of its founding members, and as a result of meeting White, and with his encouragement, Bourdeau realized that photography as an artistic practice was right for him.

Catalogues and monologues have been written about Robert Bourdeau. 'The Station Point', 2011, is the first comprehensive survey of Bourdeau's photographic career and a celebration of the body of work of a truly Canadian

national treasure," noted the Stephen Bulger Gallery. The texts were written by Bill Ewing, director of the Musée de l'Élysée, well-known curator and writer on photography; Sophie Hackett, assistant curator of photography at the Art Gallery of Ontario and adjunct faculty in Ryerson University's masters program in photographic preservation and collections management; and Anne Thomas, curator of photographs at the National Gallery of Canada. The 240 page book was published by The Magenta Foundation and Stephen Bulger Gallery, Toronto.

According to his biography for the Stephen Bulger Gallery, Toronto, "Bourdeau chooses to photograph certain places and structures that are in a state of transition, transformation, and possible transcendence, and foreboding places where order and chaos are in perpetual altercation."

Since the 1970s, he has created large camera format images, which he methodically prepares from contemplating a site for a lengthy period, before making an extended exposure that allows a maximum of detail.

Sonya Jones, Interim Senior Curator, of The Robert McLaughlin Gallery, Oshawa, has commented about the unique technique of Bourdeau. "Robert Bourdeau's photographs have an incredible luminosity to them. This is thanks to his unique gold chloride solution that adds a particularly warm tone to his silver

gelatin prints. I'm drawn to the formal qualities of his industrial and mechanical structures for their stillness and texture." There are 41 photographs by Bourdeau in The Robert McLaughlin Gallery collection.

By profession, Bourdeau was an architecture technologist from 1960-1985 in Ottawa. Only in 1985 was he able to work at photography full-time.

In the 1980s, Bourdeau began teaching at the University of Ottawa and elsewhere in Canada and the USA, and taught photography for over 14 years. His early studies were in art history at Queen's University, Kingston, for one year, switching then to architectural studies at the University of Toronto.

Working only in monochrome, Robert Bourdeau has been a master technician successfully transforming the negative image into the positive print. And, while this renowned photographer may have travelled the world to capture his unparalleled photographs, it is here in our community of Riverview Park that he calls, home.

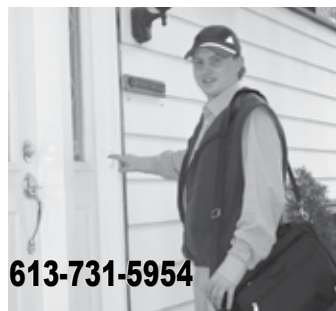
ACKNOWLEDGEMENTS

For their contributions to this article, the following merit thanks: City of Ottawa, Karsh-Masson Gallery; Library and Archives Canada, National Gallery of Canada, The Robert McLaughlin Gallery, Oshawa; and The Stephen Bulger Gallery, Toronto. Every effort has been made to ensure the accuracy of facts and dates in this publication.

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Remembrances on Remembrance

by Peter C.

I moved to Ottawa with the federal government back in the 1990's. In the office where I worked, several of the employees formed a baseball team and we played other teams on various baseball diamonds around Ottawa. A few times we played on a baseball diamond on the Veteran's Property close to the National Defence Medical Centre on Valour Drive. Little did I know at the time, that I would later move to a new house in November 2003 on the same land that became Remembrance Crescent.

The new houses in Oak Park were developed by Claridge Homes. The house where I eventually came to live was not my first choice as we were looking at other houses around Ottawa.

Our real estate agent was selling the home on Remembrance Crescent and we were meeting him there to put in an offer on another property. While he was busy in the kitchen with some other prospective buyers, we decided to take a tour of the home. I saw a lot of potential in the property and since it was new, I would not be stuck fixing and replacing things on an older home. Our offer on the other location fell through and we therefore decided to buy the house on Remembrance Crescent.

Since we had a previous home in Ottawa, we had many plants and cuttings that we were able to transplant onto the new property. We therefore dazzled our neighbours with the first landscaped garden on the street even though we were amongst the last of the new home owners.

I watched the construction of many of the townhouses and residences that were being built around me. At the end of our street the builder had located a temporary work site trailer. Since it was only occupied during the construction day, I took the liberty of prowling around the new buildings that were still under construction. I remember on the first July 1st in our new home, we climbed on top of the work site trailer and watched the fireworks taking place in downtown Ottawa that evening. It was a one-time memory, since that trailer was taken away some time before the next year.

When we moved in, all of the neighbours around us were new



PHOTO: MAN SOLO

to one another. Since there were no fences yet, it was very easy to meet everyone when we were out in our backyards. At some point in time everyone decided it was time to fence their yards off. So, we would gather in the backyards and discuss what types of fences would be suitable. Since the fences would all be placed on the property lines each of us would pay for half the costs of our immediate neighbours. When the fences were subsequently installed, our get-togethers as neighbours were far less frequent and whenever a home was resold, it certainly was not as easy to meet the new inhabitants.

Our homes were built in close proximity to the Ottawa General Hospital so we knew that there would eventually be a parking problem on our streets. We banded together with our neighbours and petitioned the City of Ottawa to limit the parking on our streets. Getting the parking signs posted I feel, has been a God send for this neighbourhood.

When the fourth set of townhouses on Freedom Private near

the park were finally ready to be developed, we received a notice in our mailbox that there would be blasting taking place. We were provided with an inspection before this took place and since the blasting took place during the day when I was at work, I never heard any noise or rumblings. However, two of the houses closest to the park suffered from a gas shift in the ground due to the blasting and consequently the owners were moved out of their houses for many months until the damage had been rectified.

At some point in time, we received a notice in our mail box that they were looking for volunteers to deliver the Riverview Park Review. Since I enjoyed very much reading this newspaper, I decided to volunteer and ever since I have been the delivery person of this newspaper for our neighbourhood.

We live in close proximity to The Ottawa Hospital – General Campus so when I retired, I decided to volunteer my services there. On a weekly basis I worked in the Cancer Centre and

delivered an introductory course to new patients that would start Chemotherapy. Patients would learn about what to expect when they started treatment. I taught them about the various services available to them and concluded with a tour of the Chemotherapy Centre. I taught the course for about three years until the Hospital decided to provide new patients with the information online.

As a volunteer at the hospital, I was registered with Volunteer Services. The President of the Friends of the Ottawa Hospital, the hospital's auxiliary, noticed my business background experience and I was asked to take over Treasurer's Position for the auxiliary. I performed this duty for approximately eight years until the auxiliary was merged with auxiliaries of the Civic and Riverside campuses to form a single new entity.

Many of my original neighbours in Oak Park have since passed on or moved away. I miss many of them, however I still think it is a fine neighbourhood to live in.

Perley Health transforming care for Seniors and Veterans

By Peter McKinnon

Two articles in the April issue of Riverview Park Review outlined the remarkable history of Perley Health and its ambitious plan to double the number of seniors served by 2035. A single concept – transforming care for Seniors and Veterans – links not only the two articles, but also the past and future of Perley Health. To fully understand the concept requires some familiarity with demographic trends and current approaches to care.

“The population of Canadians over age 85 is going to triple in the next 20 years,” says Perley Health CEO Akos Hoffer. “This growth threatens to overwhelm our healthcare and long-term care systems.”

While we all aim to age gracefully, the reality is that most people over the age of 85 tend to gradually lose their ability to live independently and require increasing amounts of care. Often, friends and family members provide this care, while those who can afford it opt for private retirement homes and caregiv-



Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, along with Danielle Sinden, Director of the Centre of Excellence in Frailty-Informed Care™, Perley Health helping spread the word about transforming care for Seniors and Veterans at a recent research symposium. PHOTO: PETER WARREN.

ers. The number of adult children available to provide unpaid care is expected to shrink dramatically, however, largely because most so-called baby boomers had smaller families. As a result, demand for publicly funded long-term care (LTC) will rise dramatically.

Coping with this growth is a complex and multi-faceted challenge. Part of the solution is to expand LTC capacity and the Government of Ontario’s plan to add 30,000 LTC spaces is clearly good news. Today, nearly

40,000 Ontarians are unable to access LTC and homes across the province are already struggling to cope with shortages of skilled labour. Both problems are expected to worsen significantly as demand for LTC increases.

Another aspect of the challenge involves frailty, a medical condition of increased vulnerability. When a person living with frailty becomes ill or suffers an accident, they tend to recover more slowly and often require additional supports. Many end up in hospital, the most costly place to deliver care and with most hospitals already experiencing capacity issues, the problem will only get worse.

The concept of transforming care for Seniors and Veterans envisions a holistic solution and Perley Health continues to make significant progress toward this goal. To identify, evaluate and share evidence-based best practices in care, for instance, the Perley Health Centre of Excellence in Frailty-Informed Care™ conducts and partners in much-needed clinical research. To help address the shortage of certified caregivers, students of Algonquin College’s Personal Support Worker and Registered Practical Nurse programs study



Susan Shea (left), Perley Health Nurse Practitioner Lead, chats with a client in the Convalescent Care Unit, Ottawa building. The Convalescent Care Unit closed during the pandemic and reopened to receive clients in 2023. PHOTO: PETER MASTERSMITH

in a classroom at Perley Health and serve practicums alongside staff. To meet the needs of people living with dementia, Perley Health operates a Day Program, Respite House and a Specialized Behavioural Support Unit and Perley Health continues to work with the Government of Ontario to expand LTC capacity.

Strategic partnerships and strong donor support drive these projects and Perley Health’s capacity to transform care. Last year, Perley Health Foundation’s Answering the Call Capital campaign achieved its fundraising goal of \$10 million. Partnerships with organizations such as the Registered Nurses Association of Ontario, Canadian Institutes of Health Research, the Public Health Agency of Canada and AGE-WELL, enable Perley Health to develop and share innovations in care.

“Our staff, donors and partners recognize that the work we do makes a tangible difference in the lives of Seniors and Veterans across Canada,” says Akos Hoffer. “All donations, regardless of size, support this effort. On behalf of the entire Perley Health community, thank you!”



Veteran Stan Stewart (left), a Perley Health apartment tenant, proudly displays his original artwork alongside David O’Neill Business Lead, Senior Living, during a recent art exhibition. PHOTO: TOM LILLY

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Sky Poetry:

The artists' commitment to capturing aspects of nature

This April, Wall Space Gallery presents Sky Poetry, the latest solo exhibition by landscape painter Erica Hawkes, and a feature of new works by Ottawa-based floral painter Nicole Allen. Through their distinctive styles, Hawkes and Allen capture the essence of their surroundings. Both exhibitions will be on display from April 13 until the 27, with a public opening reception on Saturday, April 13 from 3-5 pm.

Hawkes, based in Kelowna, BC, draws from the scenic beauty of Western Canadian landscapes. In a style she has coined 'Nouveau-Seven', Hawkes combines influences from the characteristics of Art Nouveau and the Group of Seven painters, particularly Lawren Harris. Her paintings reflect her deep affection for the natural world, portrayed through vibrant colours, pattern, and meticulous line-work in her skiescapes, stemming from her background in design.

Nicole Allen focuses on floral arrangements, infusing spontaneity and experimentation into her works in mixed media and acrylic on canvas and her inks on paper. She finds inspiration in flowers from around the globe, al-

lowing intuition, colour, and materials to guide her artistic process. For Allen, art is a journey of self-exploration and a deep dive into the ways we can see ourselves reflected in nature.

While their approaches differ, both artists share a commitment to capturing aspects of nature that allow us a moment to pause and contemplate our connection to our surroundings. Between Hawkes' solo show and Allen's feature, audiences can anticipate being transported to captivating landscapes and vibrant floral scenes.



Erica Hawkes, Cloud Cascade, acrylic on canvas, 30 x 48 in.



Erica Hawkes, Light's Triumph, acrylic on canvas, 48 x 30 in.



Nicole Allen, Silhouette I, ink on paper, 16 x 20 in.



Nicole Allen, Mixed Company, acrylic and mixed media on canvas, 24 x 24 in.

ERICA HAWKES

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DEAR FRAN

Collecting and saving seeds

Collecting and saving seeds is an easy exercise and an inexpensive way to increase your stock of plants. It is also fun. The plant does all the work and you harvest its efforts.

To prepare for collecting:

- assemble a collecting kit and store in a convenient place.
- decide on a warm dry place to dry harvested seeds.
- a rolling pin for crushing hard seed cases.
- strainers/sieves or screening with various sized holes for removing debris.
- repurposed envelopes for cleaned dry seeds.
- a container to file all your seeds packages in.

A collecting kit may contain:

- scissors or small needle-nosed clippers—stems can be tough when dry.
- a Sharpie pen (indelible) or pencil for labeling (as sun proof as possible).

- paper bags (not plastic) I recycle prescription paper bags or recycled envelopes.
- magnifying glass.

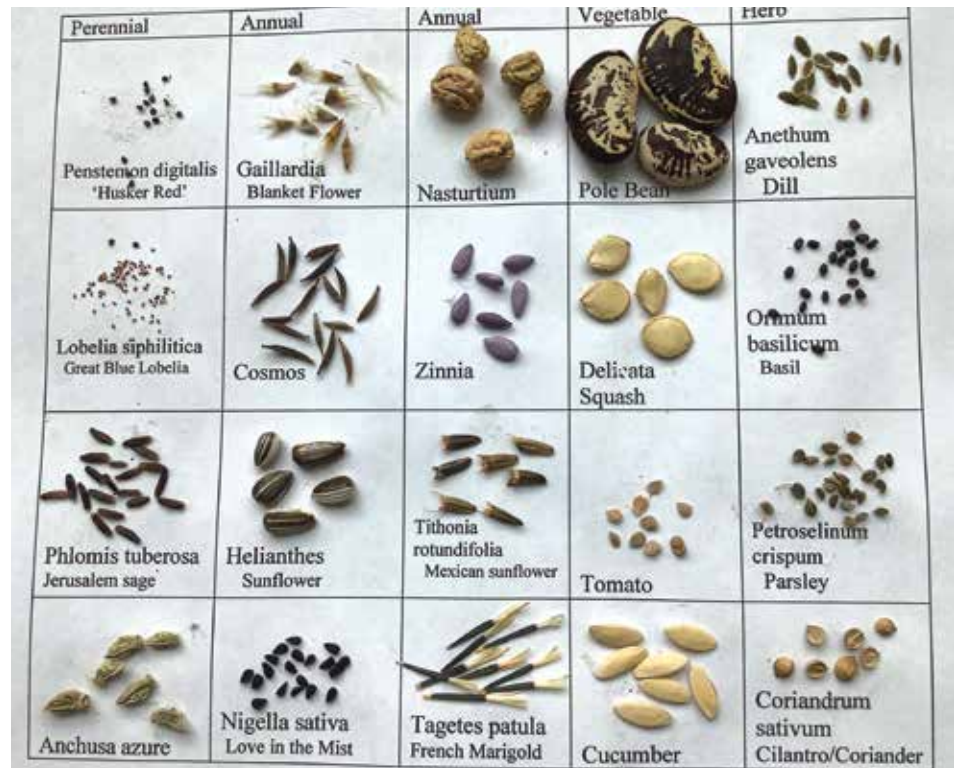
Points to remember:

- Seeds collected from *open pollinated plants* will produce plants looking like the parent.
- Seeds collected from controlled *hybrid crosses* (named cultivars are in this category) may not even resemble the plant you wish to grow and the seed may or may not be viable.
- If the pollinators have done their job, seeds should be produced and ripen in the ovary. The ovary size and shape and the seed size, shape, and colour will also vary with the species.
- Seed cases can remain on the plant to ripen, usually about two months, before collecting. The trick is to collect the ripened seed before the seed falls to the ground or the birds eat them. Young seeds are usually green and as they ripen



FRAN DENNETT

dearfrangardener@gmail.com



A sampling of seeds in Fran's seed box. PHOTO: FRAN DENNETT

may change colour to brown or black. If semi-ripened seed cases are collected, ripening will continue as they dry.

- Do not store fresh or partially dried seed heads in plastic containers as they will mold!
- Ideally dry seeds should be stored cool and dry. Not in the freezer.

Collecting and saving:

- On a dry sunny day, take your kit and go into the garden. Snip off seeds heads from one plant and place in a paper bag and label. Repeat for each different plant. Store in your designated drying area. Some seed heads pop open as they dry and seeds drop to the bottom of the container. Others have very hard seed coatings and need to be crushed to collect the seed. Crush any seed capsules that have not opened. To identify the seed, look for objects of the same size and shape. Everything else is dried plant material and should be discarded. Sift the mixture through strainers or sieves remove the debris.

Repeat these steps as necessary until you have clean seeds. Blowing gently can also remove debris—just be careful you don't blow the seed away.

- Place clean dried seeds in chosen containers. LABEL and store all packaged seeds in an air tight container, preferably glass. Above all, LABEL and DATE each packet. You think you will remember but you WILL NOT. If you collected seed from a location other than your backyard, record the location on your final storage container.

Start collecting seeds in summer, and share with friends or at your local horticultural society. The next step is germinating those seeds and that too, is a lot of fun. I hope this information inspires you to try collecting and saving seeds.

Further reading:

Saving Seeds, by Marc Rogers
Collecting, Processing and Germinating Seeds of Wildland Plants, by James A. Young and Cheryl G. Young
The Heirloom Gardener by Carolyn Jabs

- 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: trowel-talkeditor@rogers.com to be added to the list.



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March was “Lymphedema Awareness Month”, which is anchored by “World Lymphedema Day (WLD) – 6 March”, EVERYWHERE!

Shared by Stephen Kelland

which they often do not receive.

WLD is an advocate-driven campaign of attention, recognition plus education for Lymphedema and the fight versus this chronic, progressive, ‘scourge’ of a disease for which there is *no* cure. The estimated 1,000,000 Canadian afflicttees of LE, plus their caregivers, loved ones and other supporters, need help...

For more on what is Lymphedema (LE) plus what is “World Lymphedema Day”, you are invited to visit Facebook page “Lymph Nexus Canada”.

Email to LymphoGWG: LymphCanada@gmail.com

Internet: <https://lymphaticnetwork.org/wld/> (Lymphatic Education and Research Network)



Mayor Mark Sutcliffe (C), with Stephen Kelland (L), Advocate-at-large for the cause and Elaine McArdle (R) in support of Lymphedema Awareness Month.



HAIR TECH & Spa Hair by Dory

Under New Management



Some children dream of becoming firefighters or astronauts when they grow up. Others envision themselves working in an office or on Parliament Hill. For the owner of Dory’s Hair Design, there was never any doubt about what he wanted to do.

“I was five years when I knew. I told my mom that I wanted to become a hairdresser, and I did,” said Dory. Since then, he’s been able to turn his dream of styling hair into a reality.

Throughout high school, Dory worked as a co-op student in a hair salon, slowly learning the ins and outs of hair styling from experienced professionals.

After high school, he spent five more years working as an assistant, helping out wherever he could, from sweeping and mopping the floor to applying colours.

Dory then decided to take a one-year hair styling course to further develop his skills before returning to his old salon.

“I wanted to learn more about this career. I don’t think it’s enough for one year to go to school you always need more experience.”

Over twenty years ago Dory decided he was finally ready to open his own hair studio. When Dory’s Hair Design first opened its doors in 2002, it was a gratifying moment for its owner. “I came from Lebanon with nothing. Now I have my own business.”

Always eager to learn new skills, Dory travelled to Paris in October 2004 for an international hair show, where he picked up tips and techniques from some of the best in the business. Since then he has travelled for ABA Hair Shows in Montreal and Toronto.

He notes that multi coloured highlights are currently popular, while brunettes and curly hair is also in vogue. Still, he cautions that a client’s hairstyle must suit their lifestyle. “It all depends on what they do for a living. Everybody’s different, whether they work for the government, in private business or on their own.”

Dory recommends clients choose a hairstyle that suits the shape of their face and colours that match their skin tone. “I go with the natural colour they have,” added Dory.

He’s always willing to offer helpful suggestions to his clients. “I just show them what I do, and ask if they want to go ahead with it. I’ve cut for a long time: they trust me by now.” Today, Dory is pleased to return to the Alta Vista neighbourhood and welcomes both new and former clients.

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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, and elsewhere around Ottawa. The Board will provide input into the Transportation Master Plan (slated for completion in 2024) which will guide transportation decisions and networks to 2046. <https://engage.ottawa.ca/transportation-master-plan>.

The RPCA supports initiatives that support active transportation in Riverview Park and elsewhere, including filling in gaps in pedestrian and cyclist infrastructure and improved winter maintenance of sidewalks and pathways. Any suggestions or comments can be sent to riverviewparkca@gmail.com.

Developments along St. Laurent Blvd. Corridor

Five high-rise developments, comprised of multiple buildings in each project, are planned for the corridor along St. Laurent from Belfast (1531 S. Laurent, current site of Robbie's Restaurant) to Elmvale Acres Mall (2025 Othello). The buildings will generally range in height from 9 to 16-storeys, and in some instances as high as 25 storeys. The projects are in various phases of the development process and are expected to be rolled out over the next decade.

The RPCA and other local community associations are monitoring these developments. Once constructed, they will add approximately 2700 new units with significant impact on local traffic, public transit and access to community services, including parks and recreation facilities. New and/or enhanced park and recreation infrastructure could potentially receive funding from the Development Charges collected from developers.

Pedestrian and Cycling Matters

The Environmental Assessment (EA) for the Tremblay Multi-Use Connection (Terminal Avenue to Tremblay LRT Station) is ongoing. Two preferable locations have been identified and the

study will look at several options, including a tunnel or overpass to traverse the VIA train tracks between the Trainyards (Terminal Avenue) and Tremblay Road LRT station. Discussions are underway with VIA Rail on how this project would affect their future redevelopment plans and how this connection can potentially be integrated with the VIA Rail Station. The final round of public consultations (in which the RPCA participates) is expected in June 2024 with a presentation to Transportation Committee and Council for approval later in the year. This project is potentially a candidate to receive some Development Charge funding.

An informal request was received regarding additional sidewalks along the south side of Industrial between Neighbourhood Way (Figure 8) and the traffic light at Trainyards Drive, just east of the Metro food depot, and perhaps as far as the intersection with Russell Road. While there are already existing informal footpaths in the area, any new infrastructure would need to take into account the truck traffic to and from the Metro depot.

Locations for potential pedestrian crossings (PXO) are currently being reviewed based on resident requests. Sites being reviewed in spring/summer 2024 include Terminal Avenue between Sandford Fleming and Trainyard Dr (at 395 Terminal) which is on the priority warranted list and the location on Terminal Ave behind the Trainyards Walmart. Residents are invited to submit suggestions for other locations to Councillor Carr's office.

Consultation and Public Input on Transportation and Climate Change

An updated Part One of the Transportation Master Plan (TMP) was submitted to council last spring. Public engagement on the TMP and future travel demand, originally to take place in fall 2023, has been postponed until later in 2024. It will focus on Ottawa's road network rather than active transportation. Meanwhile, the Origin and Destinations Study results are expected to be released by April 2024 and

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 pathways.

there will be a mapping exercise similar to what was done with the TMP Part One.

The RPCA and others continue to call for removing future stages of the Alta Vista Transportation Corridor (AVTC) roadwork from the TMP. To monitor and provide input on these initiative and others, follow the links on the City's Engage Ottawa website -- <https://engage.ottawa.ca/>

The City is also inviting public input on its Climate Resiliency Strategy via a series of meetings in late April and a survey now open at - engage.ottawa.ca/climate-resiliency to:

Consultations on Development Charges

In March 2024, the City released its interim Development Charges Background Study as part of the review of its Development Charges (DC) By-Laws that is conducted every five years as required under the *Development Charges Act (DCA)*, 1997. Municipalities can apply development charges on a new development to help pay for the capital costs of infrastructure to support new growth, including parks and recreation services. More information, including on opportunities to provide input can be found under 2024 Development Charges and 2024 Community Benefits Charge By-law Updates | Engage Ottawa.

The 2024 review will also consider the Community Benefits Charge (CBC) eligible projects and update the existing CBC by-law. A CBC is a new funding tool (under the Planning Act) that allows municipalities to levy a charge against certain forms of higher density development to fund associated development-related capital infrastructure needs.

Ottawa Trainyards

The Trainyards' Winners store opened in February 2024. Shoppers Drug Mart is planning to open a store at the old Farmboy location in Trainyards later this year, but exact details and timeline are currently unknown. The

proposed high-rise complex along Steamline (between the Walmart and the Post Office) remains on hold.

OC Transpo Matters (non-LRT)

Additional bus shelters at Hurdman and Tunney's Pasture stations have now been installed to provide more shade and weather protection for passengers. For full details, visit: <https://ow.ly/I8B65oQR3cl>. The RPCA and others had previously raised concerns about removal of protective awning at Hurdman which had sheltered waiting bus passengers from the elements.

There has also been a request for a bus stop along Hospital Link Road at the pedestrian crossing where the path from the sledding hill and pollinator garden is.

Other Developments

A demolition of the building at 400 Industrial (between Metro Food Distribution Centre and Figure 8) has taken place. As of press time, no information has been received about future plans for the site which is owned by Metro.

Final work on landscaping of the Coronation Park Splash Pad is being finished before its expected opening in time for the summer season.

Timing for the Vincent Massey Elementary School bus loop is contingent on city approval which is expected this spring.

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 PRESIDENT'S REPORT



RON RIDLEY
RPCA President



it is worth it? The following is a brief list of the benefits:

- Get to know other members of the community and build ties with neighbors
- Participate in social activities to network and to nurture civic bonds, including the Corn Roast, Socials, Christmas Caroling Event, Winter Carnival, Summer movie nights and more
- Raise awareness and funds for worthy causes in the neighborhood and beyond
- Help make the community more resilient to climate change and inclement weather
- Gain privileged access to elected officials representing the Riverview Park Community at each level of government to communicate concerns and make suggestions to better the community
- Help keep the community clean through Park clean-ups
- Protect and beautify our green spaces and keep them free of invasive species
- Get the kids out for winter fun, summer soccer and movie

- nights in the park
 - Gain awareness of upcoming development projects and how they will impact the community, with more opportunity to feed in concerns
 - Collaborate with other community groups to form effective lobby groups at the city level
 - Obtain discounts on tickets to Ottawa Titan and Ottawa Atlético games
- Joining is easy – just visit www.riverviewparkca.com and hit the Become a Member link. Membership is \$10 per year (October 1st to September 30th).

I hope you are enjoying our unseasonably warm and early spring!

As you will read elsewhere in the RPR, while the weather was not on our side, the community was, for our annual Winter Carnival, and it was a resounding success. Kudos to the RPCA social committee for organizing and especially Stephanie and France for pulling everything together. Thanks also to our key sponsors.

- Looking ahead, the RPCA is planning for a full year of events:
- Cleaning the Capital the spring version, Sat. April 20th (rain date Sat., April 27th)
 - Community garage sale in conjunction with AVCA on Saturday, June 8th
 - Possible summer campfire and Movie night June 15, July 20, and August 17
 - Porchfest Sunday June 23rd 2-5

- pm walking through the neighbourhood
- Councillor's Fall Corn Roast - Sunday September 15th
- Fall Social to be confirmed on Saturday, September 28th
- RPCA AGM on Wednesday, October 23rd
- Cleaning the Capital, fall version, scheduled for Sat., Oct. 5th, rain date Oct. 12th
- Christmas Carol sing - Friday December 13th

And there are some additional new events being looked at and we will provide more info later on our website and e-mail newsletter.

The RPCA / Ottawa Humane Society Fundraiser, and Cutest Pet Photo Contest closed on March 15th with voting underway now. So far, the contest has raised \$479, 100% of which goes to the Humane Society.

Have you thought about joining the RPCA, but you are not sure if

Want to know more of what the RPCA is doing? Consider subscribing to our monthly newsletter e-mail, or an even better option, become a member of the RPCA for only \$10. Thinking of going all in – try volunteering for the RPCA to help in the community. Information is available on our website at www.riverviewparkca.com or drop us a line at riverviewparkca@gmail.com with your suggestions, questions, or thoughts, and/or come to the next monthly RPCA Board meeting – dates and times are on our website.

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ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

APRIL/MAY 2024

The Library's hours are as follows:

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

*The Greenboro branch at 363 Lorry Greenberg Drive is open on Sundays from 10 AM to 5 PM.

CLOSED –

- Monday, April 1st – Easter Monday
- Monday, May 20th – Victoria Day

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

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

FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE:

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

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

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

BOARD GAME AND PUZZLE SWAP:

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

CHILDRENS PROGRAMMING

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

ALTA VISTA

Tuesdays and Wednesdays at 10:30 AM, except for April 23rd or 24th.

ELMVALE ACRES

Wednesdays at 10:30 AM, except for April 24th.

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

ALTA VISTA

Thursdays at 10:30 AM, except for April 25th.

ELMVALE ACRES

Tuesdays at 10:30 AM, except for April 23rd.

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

Drop-in program.

ALTA VISTA

Tuesdays, Wednesdays, and Thursdays at 11 AM, except for the week of April 23rd.

ELMVALE ACRES

Wednesdays at 10:30 AM, except for April 24th.

Lego® Block Party (ALTA VISTA): Building Boom! Show off your architectural creativity with Lego®! Drop-in program. 60 minutes. Saturdays at 11 AM, except April 27th. Ages 4 to 12 (Children Ages 4 to 6 must have adult supervision).

Game ON! (ELMVALE ACRES): Building Boom! Show off your architectural creativity with Lego®! Drop-in program. 90 minutes. Ages 6 to 12.

Saturdays at 2 PM, except April 20th and May 18th.

Arabic Storytime (NEW! – ALTA VISTA): Arabic Stories, rhymes, and songs for children of all ages and their parents or caregivers. Drop-in program. 45 minutes.

Saturdays, April 20th, and May 18th at 3 PM.

Crafternoon (ALTA VISTA): Come crafting at the library, we have all the supplies you need to satisfy your creativity! Drop-in program. Ages 4-12. 60 minutes. Fridays, April 12th and 19th, May 10th, and 17th at 4 PM.

Chess Club (ELMVALE ACRES): Play and learn about chess. Ages 6 and up.

Saturdays, April 6th, May 4th, and June 1st at 10:30 AM. 90 minutes.

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

ADULT PROGRAMMING

The Sub-Zero Stitch-Up (NEW! – ALTA VISTA): Find camaraderie, conversation and crafting at this casual, drop-in meet-up!

Bring your knitting, crochet, hand-stitching, coloring, drawing etc. to work on in the good company of your neighborhood and community.

All levels of interest and ability welcome.

Nothing messy or requiring machinery please! Don't have a project? No problem! Options will be provided.

The 2nd and 4th Thursday of every month at 7 PM. 60 minutes.

Fibre Fridays (ELMVALE ACRES): Bring your knitting or crochet project (or needlepoint, cross-stitch, etc.) and share tips and tricks, ideas and conversations with fellow enthusiasts. For adults of all abilities. Drop-in.

Fridays at 2 PM. 90 minutes.

Computer Literacy (ELMVALE ACRES): Come join us and learn basic computer skills! Personal laptop not required though you may bring one if you would like. Open to all ages! Wednesdays at 2:30 PM. 60 minutes.

Naloxone Information Workshop with Ottawa Public Health / Atelier d'information sur le naloxone avec le Santé publique d'Ottawa (ELMVALE ACRES):

This is a hybrid program. The presenter is remote and will be on-screen in the meeting room of the Elmvale Acres branch.

Il s'agit d'un programme hybride. Le présentateur est à distance et sera à l'écran à Elmvale Acres.

ENGLISH – Wednesday, April 17th at 6 PM. 45 minutes.

FRANÇAIS – mercredi le 17 avril à 19h. 45 minutes.

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

ALTA VISTA

Mondays, 1 PM to 2:30 PM. No group on April 1st, 15th, May 13th or May 20th.

Tuesdays 1 PM to 2 PM.

Tuesdays, 7 PM to 8 PM. No group on April 2nd or 9th.

ELMVALE ACRES

Monday, 6 PM to 7 PM. No group on April 1st or May 20th.

Groupe de conversation en français (intermédiaire) / French Conversation Group (intermediate) (ALTA VISTA): Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise.

Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required.

Wednesdays, 6:30 – 7:45 PM / les mercredis, de 18h30 à 19h45.

Groupe de conversation en français / French Conversation Group (ELMVALE ACRES): Pratiquez votre français dans un milieu décontractée. Aucune inscription requise.

Practice your French conversation skills in a relaxed and friendly environment. No registration required.

BEGINNERS / DÉBUTANTS - Mondays at 4 PM / les

CONTINUED ON PAGE 39

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Review
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Some twice-told April front page titles

from the Riverview Park Community Newspaper:
the decade of 2000- 2009.

April 2003: Welcome face-lift for Coronation Avenue by Paul Bourque [*Riverviews Contributor and President of the Riverview Park Community Association*]

April 2005: Helicopter paramedics work closely with hospitals by Bill Fairbairn [*Riverviews Features Editor*]

April 2006: Local MP takes hard look at top job with federal Liberal party by Brant Scott [*Riverviews Editor*]

April 2007: Things that go bang in the night promote hospital helicopter safety by Brant Scott. [*Riverviews Editor*]

April 2008: Local girl joins circus by Malcolm Brooks [*Riverviews Contributor*]

April 2009: Riverview Alternative Students Open Their Hearts to Bokoro Primary Children in Lesotho by Elizabeth Stubbert and Karen MacGillivray [*Riverview Park Review- Teacher Contributors*]

Library update

CONTINUED FROM PAGE 38

lundis à 16h. 60 minutes.
INTERMÉDIAIRE/INTER-
MÉDIAIRE - Mondays at 5 PM
/ les lundis à 17h. 60 minutes.
No group on April 1st or May
19th / Aucune groupe le 1er avril
et le 20 mai.

Sleuth Hounds Mystery Book
Club (ALTA VISTA): Share the
enjoyment of good mysteries in
a relaxed atmosphere. Join us for
discussions on the third Thurs-
day of every month 6:30 - 8:00
p.m. All are welcome.
Thursday, April 18th, 2024: *Rock
Paper Scissors* by Alice Feeney
Thursday, May 16th, 2024: TBD
Thursday, June 20th, 2024: TBD

Book Banter (ALTA VISTA):
Share the enjoyment of good

books in a relaxed atmosphere.
Join us for discussions on the
first Thursday of every month 2
PM – 3 PM. All are welcome.
Thursday, April 4th, 2024: *The
Mercies* by Kiran Millwood Har-
grave
Thursday, May 2nd, 2024: *Hang
the Moon* by Jeannette Walls
Thursday, June 6th, 2024: *The
Night Portrait* by Laura Morelli

**Infusions Littéraires (ALTA
VISTA):** Partagez avec nous le
plaisir des livres dans une am-
biance détendue. Joignez-vous
à nous pour une discussion. De
14h00 à 15h00.
Le lundi 15 avril 2024
La succession de Jean-Paul Dubois
Le lundi 13 mai 2024
Mon voyage en Amérique de Kim

Yaroshevskaya
Le lundi 17 juin 2024
Belle Greene d'Alexandra Lapierre

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tawalibrary.ca/en/program](https://biblioot-tawalibrary.ca/en/program) for
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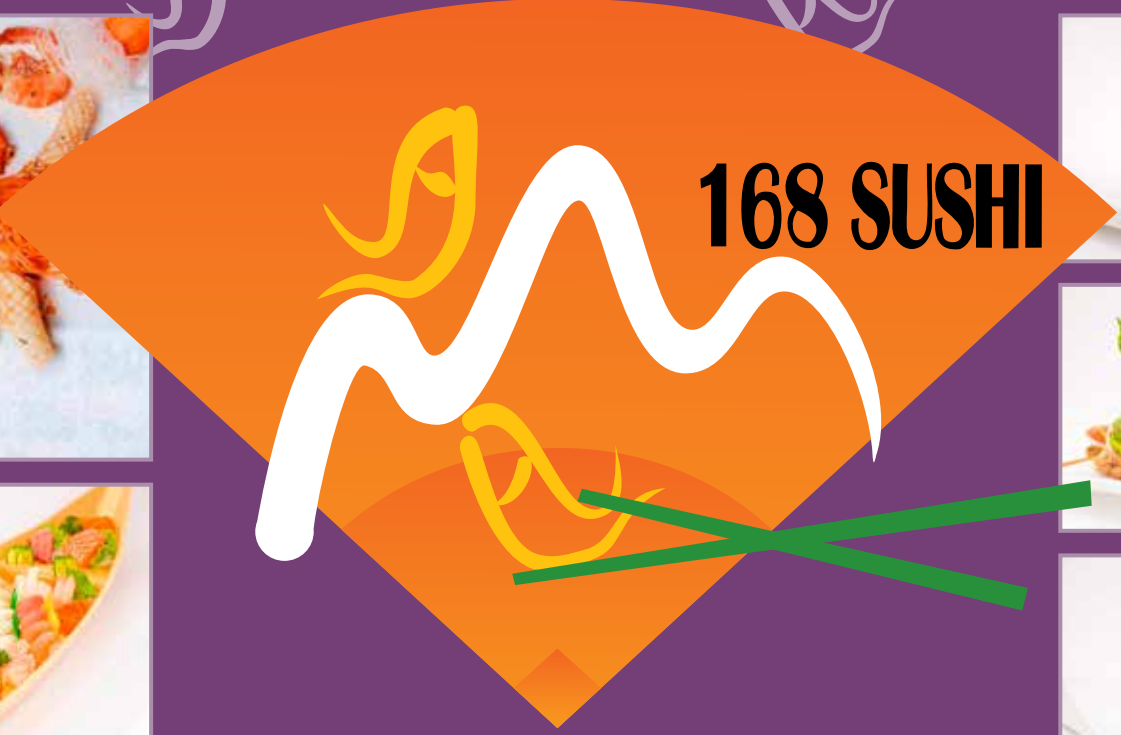
Please check out some of the
activities and resources that we
have for adults, teens, and kids
alike.

These resources include:
• Digital eBooks and Audio-
books via Libby and CloudLi-

brary 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
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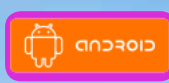
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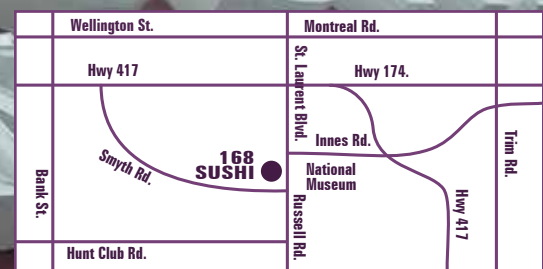


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