

JUNE 2024

AVOICE OF RIVERVIEW PARK

JULY 2024







Thumbs up to the CHEO kids from Zedd. Follow Zedd as he travels the halls and visits the children, delivering smiles and fun. Read about his own journey and thoughts on becoming a Therapeutic Clown at our renowned children's hospital. See pages 25 and 30. PHOTO SHARED BY CHEO

"Memories of Riverview Park"

This edition of the *Riverview Park Review* contains the seventh and final in a series that looks at our community over the decades. For June 2024, stories are from the years of 2010- today. Pages 26, 27 and 28 add some perhaps little- known or remembered facts from those years.

p.29. A remarkable narrative by Alice Neiley, *Red Sky at Night*, describes how the birth of twins brought a community of neighbours together to provide incredible support and encouragement at a time of need. Follow this story on page 29.

When Wilson Parks and Mark MacKenzie bought the former Walsh home on Caverley Street, in 2015, decades of memories were included in the purchase. Many of these memories are shared on page 31. SUBMITTED BY WILSON AND MARK p. 32. In the article, *Perley Health: Apartment living made appealing*, residents who watched the Senior Living Residences being constructed on Russell Road, tell how the decision to live there was the right move to make. Page 32 explains just a few of the activities they have become involved with as they enjoy their new homes.

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Transforming long-term care

by Peter McKinnon

As part of a larger effort to transform long-term care (LTC), Ottawa's Perley Health has begun to share the lessons it learned from a project to reduce the impact of pressure injuries, commonly known as bedsores.

Pressure injuries can significantly reduce quality of life and often take many months to heal. For LTC homes, the effective treatment of pressure injuries represents a complex challenge. To help meet this challenge, Perley Health launched a multi-faceted initiative a few years ago. The project continues to be an overwhelming success: the number of worsening pressure injuries among Perley Health's 450 residents has declined by 52%, while the number of infections in all types of wounds is down by 56%.

The driving force behind the success of the pressure-injury project is Samantha Boulerice, a Registered Nurse and certified Wound Ostomy and Continence Care Specialist.

"I've always had a passion to care for the elderly," says Boulerice. "I know that pressure injuries can have devastating impacts on residents. Many can't find a com-



Samantha Boulerice demonstrates the MoleculeLight to Registered Practical Nurse Emily Loiselle in Perley Health's Living Classroom. Photo credit: Peter Warren

fortable position, so they choose to stay in their rooms and avoid activities, which can make matters worse."

Boulerice is quick to share credit for the initiative's success with Perley Health staff, donors and partners. The initiative began with a comprehensive analysis of how Perley Health staff identify, treat and track pressure injuries, along with a review of relevant clinical guidance, including clinical best practices published by the Registered Nurses Association of Ontario (RNAO). Perley Health has long participated in RNAO's Best Practices Spotlight Organization program.

Perley Health established a quality-improvement team with representatives from across the organization-not only nurses, personal support workers and occupational therapists, but also those responsible for staff training, and ordering and stocking supply cupboards. Together, the team identified a series of effective operational actions and an overarching strategy to foster adherence. The actions focus on operations-measures that ensure staff can consistently apply clinically proven prevention and treatment protocols.

Perley Health recognizes that sharing lessons learned from the project can help other LTC homes. To support this work, it established the Centre of Excellence in Frailty-Informed CareTM (CoE) in 2019. The CoE conducts and partners in research studies, and develops and shares the evidence-based best practices needed to transform LTC. The latest example is the tip sheet Six Key Elements of an Effective Wound-Care Program, along with a booklet of guidelines and a website that share lessons learned. This spring, CoE Knowledge Translation Specialist Heather MacLeod and team are distributing and promoting these resources at a series of events, such as the annual conference of AdvantAge Ontario, the association of non-profit LTC homes. The materials are also posted to the CoE website.

"Staff of LTC homes are determined to improve the quality of care they provide and resources such as these are designed to help them," says Heather MacLeod.

"It makes me happy to know that what we learn and apply at Perley Health can benefit residents of other homes," says Boulerice.



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Page 3

LIFE AT MAPLEWOOD Upcoming Maplewood highlights

JUNE

2nd Annual Mini Golf Resident & Staff Tournament

Friday, June 14, 2-4 p.m. Outdoor Evening Concert Series Live Band 1 of 3 Thursday, June 27, 7:15- 8:15 p.m.

JULY

Outdoor Evening Concert Series Live Band 2 of 3 Thursday, July 25, 7:15⁻ 8:15 p.m.

Strawberry Social with Live Entertainment Friday, July 12, 3⁻4 p.m.

AUGUST

Maplewood Caribana Outdoor Steel Drums Concert Wednesday, August 7, 7-8 p.m.

Campfire, Sing along and S'mores Thursday, August 15, 2-4 p.m.

Outdoor Evening Concert Series Live Band 3 of 3 Thursday, August 22, 7:15⁻ 8:15

SEPTEMBER

Classical Music Appreciation Wednesday, September 4, 7⁻ 8 p.m.

Oktoberfest with live music Tuesday, September 24, 7⁻ 8 p.m.

Wine Tasting Dinner Wednesday, September 25, 5:15-7:15 p.m.

OCTOBER Casino Games and Cocktails Thursday, October 3, 6:30- 8 p.m.

Open House

Saturday, October 5, Apple Harvest- themed, 10 a.m.- 3 p.m.

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



Check out some of the many ways we mix and make fun at Maplewood

Shared by Daniela Avellaneda, Activity Manager, Maplewood Retirement Community.

p.m.



A fun and successful Open House! Our home was transformed into beautiful Italy for our residents and tours.



Celebrating Cinco de Mayo.



Maplewood celebrated International Firefighters Day with a special barbecue for Ottawa Fire Station 56 and Fire Station 35





Ottawa Fire Firefighters responded to a call for a fire on Tall Oak Private, near The Ottawa Hospital - General Campus, at approximately 9:15 a.m. Thursday, May 16. A local resident took two photos of the morning fire.

Tech-savvy living: a guide to property technology for seniors

roperty technology is shifting how people buy, sell, and manage their homes and real estate transactions. Although several different types of technology are used in the housing industry, here are three types you may benefit from adopting.

1.SMART HOME TECH-NOLOGY

Smart home technology offers many benefits, including increased comfort, convenience, and safety. These devices allow you to control different aspects of your home, such as lighting and security cameras, through smartphone apps or voice commands.

Smart home devices like motion sensors and automated medication dispensers can also help monitor daily activities and pro-

vide timely reminders. To learn more, refer to Smart-Home Technology for Aging in Place by the National Association of REAL-TORS[®]. (Contact me for a link to this and other useful information.)

2. PROPERTY SEARCH TECHNOLOGY

Searching for properties online has revolutionized the home-buying process for older adults. Leading property search engines like Realtor.ca provide extensive listings with detailed information, high quality images, and virtual tours. This allows you to explore potential properties from the comforts of home on your own device.

navigate these platforms confidently, receiving expert assistance searching for and listing homes. While apps can be valuable in helping you visualize a property, the guidance of an experienced, trusted professional will make your transaction smoother.

3. ACCESSING PROFES-SIONAL SERVICES

Another way to use tech to manage your home is to use apps and websites to research professional service platforms like the Canadian Seniors Directory, AGE-WELL - a unique Canadian network that brings everyone together to develop technologies and services for healthy aging: Angie's List, HomeAdvisor, With a Seniors Real Estate and Thumbtack. These resourc-Specialist[®] (SRES[®]), you can es provide comprehensive data-

bases of vetted contractors and service providers. These services can help you find reliable help for home maintenance and improvement projects, all from your smartphone or tablet.

Easing the home-buying process, simplifying your property management routine, and saving you time and hassle are big advantages of real estate technology. Utilizing these platforms can help you navigate the complexities of homeownership confidently and easily, and allow you the benefits of tech-savvy living in your golden years.

Eric Cosgrove Broker SRES® Seniors Real Estate Specialist® Royal Lepage Performance Realty 613-238-2801 CallTheCosgroves.ca





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"Winners" in the Riverview Park Community **Association (RPCA) Cutest Cat and Dog Contest**

Shared by Kris Nanda

he results are in for the first-ever Riverview Park Cutest Cat and Dog Contest, put on by the RPCA with prizes donated by Pet Valu Trainyards. Eighteen dogs and five cats were entered in the contest, over 100 votes were cast, and the contest raised \$524 for the Ottawa Humane Society (surpassing the goal of \$500 that the RPCA contest organizers set).

Many thanks to all who entered and voted (and to Cass and the crew at Pet Valu Trainyards). A common refrain we heard was that it was very hard to choose just one cat or dog – given all the cute/handsome/beautiful candidates.

The dog who received the most votes was Tassie, an 11 year old golden doodle "who thinks she's still a puppy". Tassie was entered by her owners, Terry and Jill Collins-Williams. Tassie's feline counterpart was Nico, an 8-month old Russian Blue kitten, entered by Anna Proestekis, with whom he shares a house. More



Proud owners of Tassie are Terry and Jill Collins-Williams pictured here with Taylor McCanna, the PetValu employee. PHOTO: SUBMITTED BY JILL AND TERRY COLLINS-WILLIAMS



Pictured here with Nico, the winning cat, are Kris Nanda of the RPCA, Nico's owner, Anna Proestakis, and MacKenzie Doyle from PetValu. PHOTO: SUBMITTED BY ANNA PROESTAKIS.

details about the winners are provided below from their "owners."

"Tassie has lived her whole life in Riverview Park. She loves carrying a ball in her mouth during walks and greets everyone she meets with a tail wag and a 'Woo!' Tassie is sweet natured and loves

snuggles. She fell off the dock at ni. Some interesting facts about the cottage once as a puppy and has refused to swim or even paddle in the water since then."

and flew to Ottawa on December 8, 2023 all by himself via West-Jet to join his older sister, Ele-

Nico: he fetches like a dog, hunts like a cheetah and purrs like an engine. He has no fear with his "Nico was born in Vancouver adventurous personality and has definitely proven the saying, "curiosity killed the cat". Well, we hope not.





GARDEN DESIGN

 GARDEN INSTALLATION GARDEN MAINTENANCE

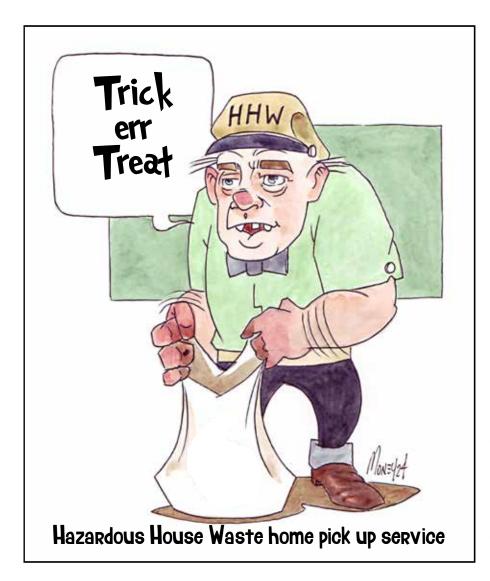
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RIVERVIEW PARK REVIEW • Vol. 16, No. 3

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In 2021 Councillor Shawn Menard rented a truck on his own to provide a pickup service for the downtown Ward. Designed for those that didn't have transportation to a Household Hazardous Waste (HHW) special pickup facility, this waste was collected at a central location for downtown residents. Those without cars or otherwise unable to carry waste to a temporary waste collection site were able to get rid of material that may have ultimately been poured down the drain, or unceremoniously dumped on the street side. As a concept of taking the pickup to the people, it may have to be considered more seriously. The emphasis on walkable communities and densification took into account public transit, walking and bicycles for personal use, but did not account for the transportation of larger goods and services including hazardous household waste.

The issue is sometimes getting to the collection facilities. There have also been complaints that lineups cause idling of vehicles, and blocking of traffic. In spite of being really well designed for the flow of traffic in the facility, the volume of vehicles is always a problem.

We are lucky that in a large urban area we have options rather than roadside dumping. Special pickup facilities need to be organized where there are large parking lots. Concentrated urban living has not left space for these, so facilities need to look outside the core to suburban/rural options. This limits drop off to those with vehicles capable of carrying toxic waste. It certainly removes the option of carrying HHW by bicycle, on foot or on public transit. OC Transpo has enough problems. Having pickups on a regular basis would also lower the volume of impatient, idling, household DI Yers and their vehicles. Having HHW pickups in smaller neighbourhoods more often would enable those who might not otherwise have access to the service, and reduce the pressure on the special events.

About the **RPReview** community newspaper

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

Content submitted after specified deadline can no longer be accepted.

Submission formats

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

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

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

RPReview is currently seeking distributors.

* Contributions by politicians are paid announcements.

RPR back issues are online at www.riverviewparkreview.ca Scan this QR code to access local news and commentary with your mobile device



RPReview needs volunteers to help with distribution. Please contact Distribution.riverviewrpr@gmail.com

Next deadline for advertising and copy: Saturday, September 15 for the Oct.-Nov. RPR

WHAT'S THAT NUMBER?

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The Riverview Park Review (RPR) Community Newspaper is looking for Area Captain volunteers

The first week of February, April, June, October, and December, Area Captains receive papers in bundles of 25.

You will be required to drop off bundles of newspapers to approximately 10 locations. This volunteer opportunity will only take you 1 - 2 hours, 5 times a year.

Having your own vehicle makes this a lot easier.

Delivery folks are also needed

The RPR needs volunteers who can deliver to homes in the area. This is a great opportunity for retirees, families and those collecting volunteer hours.

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Happy Birthday CHEO: Celebrating 50 years

Shared by CHEO

HEO has reached a major milestone as it celebrates 50 years since it first opened its doors on May 17, 1974.

The golden anniversary was marked inside CHEO's Rainbow Cafeteria with a party filled with history and the people who built the hospital from the ground up, including some of the hospital's first patients, nurses and doctors.

The cafeteria also featured innovations that highlight CHEO's present and future, including its new 3D printer and the Trexo robot that helps children with accessibility issues.

Ontario Premier Doug Ford, Minister of Children, Community and Social Services Michael Parsa, and Ottawa Mayor Mark Sutcliffe were among those in attendance, in addition to Derek Anderson, CHEO's first overnight patient in July 1974, and Rosalind Reid, daughter of former Ottawa mayor and CHEO's first-ever board chair Don Reid.

"It gives you chills when you walk through here. I'm just so proud of the work that you all do here. [The Ontario government] will always be there for CHEO," said Ford.

The idea of CHEO originat-



Alex Munter, President and CEO of CHEO, welcomed the guests to CHEO's 50th Anniversary Celebration. Congratulations CHEO.

ed in the 1960s when a group of mothers and grandmothers mobilized to request a pediatric centre in the region, which became part of Don Reid's mayoral platform.

Reid was elected mayor in 1964 and fundraising began as he lobbied for support from the Ontario government. It took two years, but the province awarded Ottawa a children's hospital. "This hospital wasn't supposed to happen. But the resiliency and advocacy of our community back then is only matched by today's efforts by everyone who works at CHEO, whether inside or outside our buildings," said Alex Munter, CHEO's president and CEO. "As we look to the growing needs of our children and youth, we will continue to be resilient and be strong advocates for children. After all, this is in CHEO's DNA."

For the past half-century, CHEO has offered cutting-edge medical services tailored to the unique needs of children, from routine check-ups to life-saving surgeries. The hospital has been a trusted partner in nurturing the health and well-being of countless families throughout the region.

"Seeing the world through the • eyes of a child is like a rediscovery every day," said Maureen Jones, head of the Child Life Services • department. She spent 47 years at CHEO and officially retired on May 17.

Throughout its history, CHEO has been a pediatric health-care leader, pioneering breakthrough treatments and advancements in medical research, and it continues to grow and transform while building a new integrated treatment centre, 1Door4Care, just

"This hospital wasn't supposed outside the front doors of the happen. But the resiliency and Smyth Road campus.

"As CHEO looks ahead to the next 50 years and beyond, we are committed to providing exceptional care and support to children and families," said Jo-Anne Poirier, chair of CHEO's Board of Directors. "With the community's continued support, CHEO will make a positive and lasting impact on the lives of countless children for years to come."

Some notable moments in CHEO's history include:

- Eastern Ontario's 1st pediatric burn treatment centre in 1980.
- Launched our Research Institute in 1984.
- 1st Canadian hospital to adopt state-of-the-art electronic system in 1994.
- Became Site of Newborn Screening Ontario program in 2006.
- Canada's 1st virtual pediatric Emergency Department during COVID-19 pandemic in 2020.
- Canada's 1st pediatric palliative care residency program in 2021.

Today, CHEO sees more than 500,000 children per year and partners with thousands of organizations and health-care professionals.



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- » Student Loans / Taxation Issues

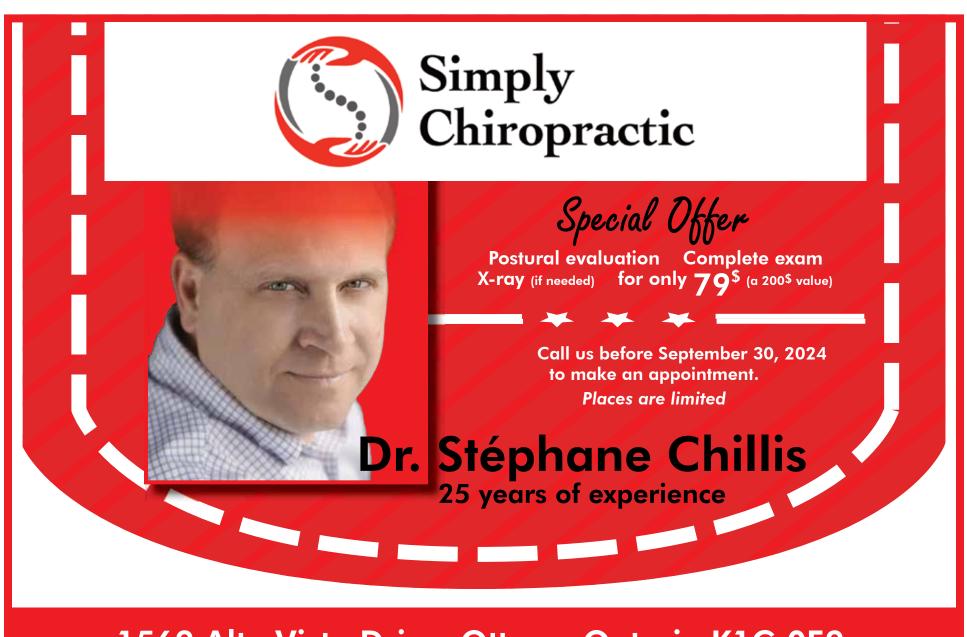
- » le Régime de pensions du Canada / la Sécurité de la vieillesse
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If I can ever be of assistance to you, on any federal matter, please do Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau. not hesitate to contact my office.

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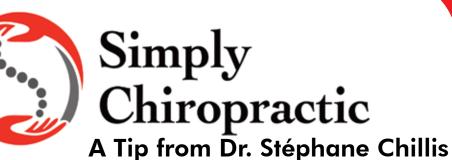
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How can Chiropractors treat leg pain?

Chiropractic care is useful for treating several types of musculoskeletal, neurological, and vascular leg pain. It can also be used to relieve swelling and increase mobility.

The chiropractor will perform a physical examination. This examination will look for any abnormalities in the musculoskeletal system that may be causing your leg pain. We may also recommend an x-ray or other tests to fully assess the condition of your musculoskeletal system.

When most people think of the work performed by chiropractors, their thoughts turn to spinal adjustments and back pain. However, chiropractors can treat a wide range of conditions affecting and relating to the musculoskeletal system. In fact, many of the patients who visit Simply Chiropractic Clinic –don't even suffer from back pain. They are seeking help for their knee, hip, neck, or leg pain. Chiropractic care is particularly useful for treating leg pain and helping patients regain their lost mobility.





There are three types of leg pain: Musculoskeletal, Neurological and Vascular.

HOW LEG PAIN IS NORMALLY DIAGNOSED AND TREATED When a patient presents with leg pain, a doctor has several ways to diagnose and treat the condition. The most common starting point is to ask questions of the patient.

A chiropractor will ask questions to find the cause of your leg pain. If the source of the pain is not easily apparent, further tests will be required, which may include a bone scan, CT scan, magnetic resonance imaging (MRI), ultrasound scan and x-ray. The doctor will then recommend a treatment or refer you to a specialist.

Don't wait to have pain before consulting Dr. Stéphane Chillis. He will advise you in order to develop a preventive lifestyle and a permanent solution to add quality to your health. 1569 Alta Vista Drive, Ottawa Ontario K1G 0E9 613-520-0123

TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF A summer wave of international hits!

s the coolness of spring bleeds into the heat of summer, people once again begin looking for worthwhile things to watch. Well, look no more! Studios have taken this opportunity to release major international titles - the likes of which haven't been seen for a long time. So, without further ado - here's a list of what you should plan to see:

1. The Promised Land

Mads Mikkelsen is one of the greatest actors of our generation - and to say that this is one of his best movies ever is a massive compliment. Mikkelsen plays a poor Danish captain, Kahlen, who dreams of taming the 18th century Danish heath. Even though the King has given his blessing for Kahlen to try to cultivate this barren wasteland, a merciless nobleman lays unfair claim to the area leading to a violent confrontation. A beautifully shot, amazingly acted epic masterpiece! See it immediately.

2. The Taste of Things

A beautiful new French film starring the great Juliette Binoche. Binoche plays Eugenie, an accomplished cook, who works with top gourmet chef Dodin. As they grow more and more fond of each other, they start producing exquisite dishes that impress even the world's most influential chefs. Lovingly shot, with the two lead actors giving their best performances in years!



Driving Madaleine



The Promised Land

3. Fallen Leaves

Finnish director Aki Kaurismäki is one of the most celebrated of his generation - and to have a new film by him had people buzzing. The story of two lonely souls in Helenski who meet in a karaoke bar, but then face obstacle after obstacle including lost phone numbers

and wrong addresses. rismäki's charming and quirky deadpan sense of humour is on full display and makes this film a must see!

4. Fremont

Donya is a former translator for These karaoke nights mark a dethe US, but when she is forced to work at a Chinese fortune cookie factory to make ends meet, she struggles with the new mundane lifestyle. Faced with an alarming sense of loneliness and despair, she puts her hopes that she can find some sense of purpose. A low key, quiet movie that seems to be influenced by none other than Aki Kaurismäki!





The Taste of Things

5. Ru

After a dangerous sea crossing from Vietnam to Montréal, a young girl, who is already quiet and reserved, is forced to learn a new language as well as a new custom. Haunted by her journey and without friends, she must dig deeply into her well of strength to once again be happy and integrate into her new surroundings.

6. Karaoke

Kau- From the team behind 2007's exceptional The Band's Visit, comes another winner about a couple who take part in a new tenant's karaoke nights and become increasingly obsessed with him (as are the other tenants in the building). parture from their dull existence and combined with the charisma of the new tenant, a new sense of purpose is infused into their lives. An offbeat film rife with charm!

7. Perfect Days

own fortune in a cookie in the Hirayama is perfectly content to be a toilet cleaner in Tokyo. He has a routine that he follows carefully. He wakes up, he waters his plants, he walks to work. In his spare time he reads, takes photos and listens to classic rock cassettes. So what could be better? Nothing, but when his routines are changed - whether it's a small change, or an emotionally charged change, they're still changed - and it makes him reflect on his life and surroundings. What started as a small film to be relished in art house theaters culminated in an Oscar nomination for Best International Film!

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8. Driving Madaleine

What begins as a normal taxi ride across Paris evolves into a wonderful relationship between the taxi driver, who has issues in his personal life, and the older woman passenger who offers advice and warmth, which hides a shocking past. This wonderful film has it all: great acting, beautiful music and the scenery as they drive across Paris is superb. This has become one of the word-ofmouth hits of the year!

COMPUTER TIPS & TRICKS Your best shot with your smartphone camera

by Malcolm and John Harding, of Compu-Home

ot long ago we were a little embarrassed to admit that a photo was, "Just one I took with my phone." Those days are now in the past with the significant advances in smartphone lenses and its camera having become a significant selling feature for all of the manufacturers. Actually, it now takes a pretty expensive digital camera to outshine the specs of the phone that is riding around in your pocket... and there's no contest when it comes to convenience. After all, you could do any of the tricks below with a conventional digital camera, but having the phone multitasking at taking and retrieving useful images as well as all of • its more conventional uses, saves time and eliminates another bulky, delicate and expensive device.

You can take advantage of your • phone camera by shooting subjects for purposes that might not have occurred to you. Here are • some of the most useful or unexpected suggestions we have been using ourselves or will start to use since we *Googled Get the Most out* • of your Cellphone Camera.



- Help you to remember products on store shelves when comparison shopping.
- Your camera is an easy replacement for a scanner, for recording credit cards, passports, licenses and instructions.
- Shoot trailhead maps or waypoints when hiking, or street signs in new neighbourhoods – even parking garages.
- Grab screenshots of web pages with information you will want at your fingertips later.
- Document the condition of a rental car before taking it out, and don't forget the license plate.
- Make quick records of the other driver's identification

and the damage, after a fender-bender.

- Take a shot of a product label that is in an awkward location or too small, and then enlarge the image on your screen.
- Record the wires and connections in the back of an electronic device before you have to move it.
- Sometimes a video is a more efficient record than a series of still photos.

All of the above, and many other cell phone functions are made easier when you take the time to learn these tricks:

- Launch the camera with a voice command.
- Learn to send photos by email

or text.

- Learn to rescue storage space by copying photos to your computer.
- (For iPhone users) Use a simple photo editor such as Irfanview to play the Apple video (MOV) files on a Windows PC.

Last but not least, an hour learning the special features and capabilities of your specific cell phone and its camera will result in more pleasing (and maybe prize-winning) images. Google your choice of the following, to become an expert:

Apple: *iPhone camera basics* or *Tom's guide to iPhone camera tricks*

Samsung: How to use the camera on a Galaxy smartphone

Google: Take high quality photos on your Pixel phone or tablet

We hope to see you at a camera club meeting.

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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for more information on groups please contact www.ceafo.ca/groups-at-cafco-ceafo groups@cafco-ceafo.ca

WE HAVE MOVED TO OUR NEW ALTA VISTA LOCATION

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① www.cafco-ceafo.ca

Riverview Park Review



Page 12

L-R: Denise, Derek and Janine spent a recent Saturday morning helping on dedicated Garden Day, May 25th.



What great team work at Garden Day, May 25. Thank you to: (Front row) Darcy, Ruby, Violet,

Elliott, Back row: Andrea, Laura, Daniel, Zoe, Principal, Derek Rhodenizer, was very skill-Melody, Sarah, Annabelle, Jessica, Mike and ful in making the necessary new box garden Skye.



frames. PHOTOS: CAROLE MOULT

Garden projects at Riverview Alternative School

by Derek Rhodenizer, Sarah Lindsay, Laura Mackenzie and Denise Kennedy.

he Riverview Alternative School offers a dedicated Outdoor Education program. Every class from Grades 1-6 participates in a weekly outdoor class where the teachers help students explore nature and direct their own inquiry into the natural world. The school gardens are an integral part of learning at the school. River Families meet approximately once a month for school wide activities. A winter sowing activity took place with volunteers from Ottawa Wild-

flower Seed Library who also donated seeds during the "River Family Winter Activity Day." Seeds were planted in recycled pop bottles that acted as mini greenhouses and were then left outside for the winter. These new plants were planted on the dedicated Garden Day, May 25th into the pollinator raised beds.

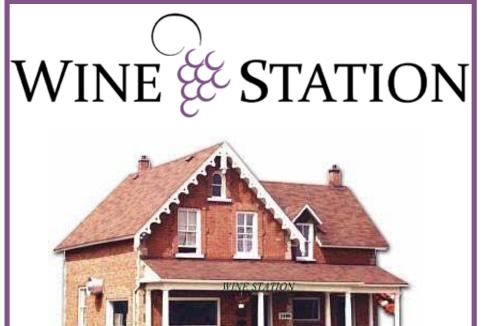
There is a voluntary school club, the Riverview Garden Club, which meets once a week to learn about gardening and take part in experiential activities. Two teachers run the club with the help of Laura and Dan, parent volunteers. The outdoor education program allows every stu-

dent to have some involvement in the planning and managing of the gardens. The goal remains to get students outside learning, and the gardens have been a great tool for that. This winter they learned how to plan a garden. What veggies grow well together and which ones need space from each other. Vegetable seeds that have grown into seedlings will be soon be planted into the garden.

This year the Riverview Alternative Parent Council provided funds to rebuild three of the existing garden boxed beds to help support the outdoor education classes. Kudos to RONA on Innes Road who generously

donated the cedar for the garden beds, and kudos to Home Depot on Innes Road who once again donated sea compost and organic sheep fertilizer.

The Parent Council has also formed a Green Committee that includes a dedicated group of parents and community members working together on exciting greening initiatives and planting projects. They welcome community members! If you would like to be part of their mission to create a greener, more sustainable Riverview Alternative School community please contact them at: rasgreencommittee@gmail. com.







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If it's corrosive, explosive, flammable or poisonous, it's hazardous waste

Carole Moult in collaboration with Cameron Neale, City of Ottawa

April 19, the search no doubt, would have begun at many local homes to rid our basements, garden sheds, backyards and garages of waste: the hazardous kind. These are the types of products that contaminate water and landfill sites and should never be poured down the drain or put out with our regular garbage.

The first Household Hazardous Waste (HHW) Depot of 2024 was held on April 21 from 8 a.m. - 4 p.m. at our nearby Baseball Stadium, 300 Coventry Road. Ottawa is the largest Ontario municipality, geography-wise, and thus eight more such events will be set up across the city for this year, right until Saturday, November 2. Twenty waste types that cannot go into our local landfill are accepted and sorted at these depots. Green For Life (GFL) Environmental Inc. is the company in charge.



The Coventry Road Route Map for the April 21 Household Hazardous Waste Event. PERMISSION PROVIDED BY GREEN FOR LIFE (GFL) ENVIRONMENTAL INC.

go along with any of these events and Cameron Neale, Program Coordinator, Recycling and Material Diversion, Solid Waste Services, for the City of Ottawa was able to provide us with these. Household Hazardous Waste events began in the 1990s, he notes.

A very large space is a basic requirement in order to accommodate the unloading of four lanes of cars, with typically many of the locations winter snow dumps. Setup begins the day prior to each event. There are 75 workers, and as anyone knows who has been to one of these depots, the organization of HHW days is exceptional. Signage is clear, and right from the start of the four-lane pylon pathways with the 500 + orange cones, up to when you exit, there is no question as to what you are required to do. You remain in your vehicle and the very capable GFL Team does the rest.

There is an average event collection of 56,000 kg of Household Hazardous Waste. Staff at each depot day include people looking after traffic control, chemical technicians and loaders. Chemical treatment is given to acids and bases. Typically, there are four-six drums for gas and just as many for antifreeze. Materials collected go into different drums on site and likewise must be transported in separate vehicles. Well-packed paint cages are seven rows tall with no voids, and only paints, stains, coatings, and driveway sealers are accepted. Not accepted are leaky containers, nor compound nor adhesives. Seventeen to 18 cages will be packed at each event and in terms of volume each event also fills over 300 drums of other waste types.

On the day of each HHW Depot, three to six vehicles will be served per minute, with an aver-CONTINUED ON PAGE 15

Numerous facts and statistics quirement in order to accommo-

Do you struggle with:

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Scan to learn more about this service.





Paint waste crates. PHOTO: CAROLE MOULT

Hazardous waste

age of 1730 vehicles serviced per event. On the day of the Coventry Road depot there were about 1700 vehicles.

Only residents of Ottawa may attend these Household Hazardous Waste Events. Other restrictions include: no commercial waste, no ammunition or collection of fireworks, no radioactive waste, nor asbestos, no residential garbage, appliances nor tires, and vehicles are limited to 100 litres of hazardous waste.

To look at the mathematics for hazardous waste events?

the year 2024, the City of Ottawa's nine Household Hazardous Waste Events will receive about 500,000 kgs of material. This is 500 tonnes, or about half of what Trail Road receives in a day. So. while the program will not help Trail Road last much longer, what it will do is protect the environment and help keep our waste collection operators safe.

How would the average resident find out about these azardous waste events? All of our household hazardous waste events are published at Ottawa.ca/hhw.

Loading waste at the HHW Event. PHOTO: CAROLE MOULT

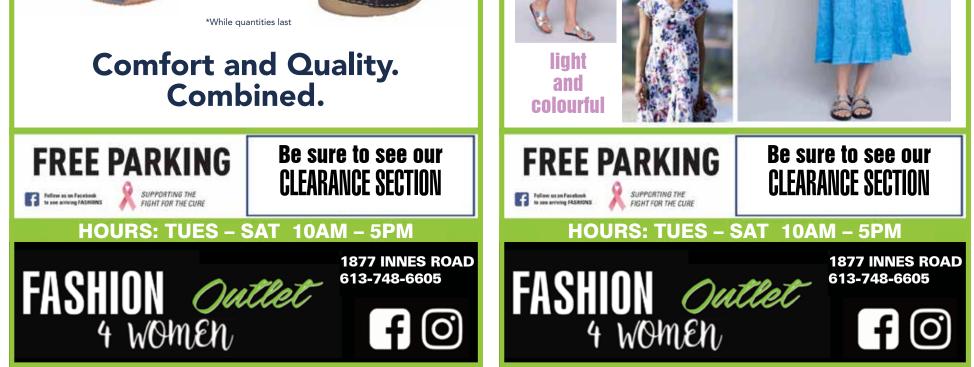
- The week before a specific event, we include the relevant details in our garbage and recycling reminders, which currently has over 200,000 subscribers. Residents can sign up to receive collection reminders and service alerts by email or phone at ottawa.ca/ CollectionCalendar.
- We also promote each event on social media: City of Otta-

wa (@ottawacity) / X (twitter. com) and Facebook.

- We have Outreach and Communications Coordinators who attend outreach events and give presentations and a part of this outreach includes informing residents about our household hazardous waste events.
- City Councillors also often include household hazardous waste event details to their residents via their e-newsletters, websites and social media channels.







TRINITY COMMUNITY GARDEN Helpful hints

by Rhonda Turner

Trinity Community Garden is getting into the swing of things for another bountiful year. All are anxious to get things started but here are some old time "Do's and Don'ts" you might wish to follow.

Planting too soon can be a costly mistake. Weather can change, we get used to nice warm temperatures and then we get hit with an unexpected cold snap. It is not uncommon to get frost several weeks into May or beyond. Take advantage of the cooler time as seeds like radishes, lettuce, peas, spinach, broccoli and sprouts like to germinate in cooler soil temperatures. Other seeds require warmer soil, so judge accordingly when planting seeds and even more so with delicate, exposed seedlings.

In previous years at Trinity, we had to tent everything due to late season cold weather. The garden looked like a campground with tenting protection of sheets and buckets everywhere protecting plants. This went on for several nights. Maybe keep seedlings at home, safe and away from frost for an extra week or so.

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

Plot space may be limited, so definitely plan to account for the plant's mature size such as with zucchini, squash, cucumbers, cauliflower, cabbages and sprouts, as they all take up considerable garden space. You can use shade from the larger plants to seed radishes and lettuces. The shade will help them from getting too much heat from the sun and help prevent them from bolting or going to seed.

Always plan for any future supports that may be required by your mature plants. Tomato cages or stakes should be put into the ground when the seedlings are



Shown here is a creative display of early cold weather produce. PHOTO CREDIT: RHONDA TURNER

small. Avoid damage to the root have a "short" waiting list. This is system when pounding in a stake. my 11th year at Trinity and I still

It may be too late for some of this advice, perhaps keep it in mind for next year. For all those who garden, we are hoping for a wonderful summer with adequate rain, warmth and sun to grow everything we plant.

It seems the interest in community gardening hasn't waned. We were able to welcome six new gardeners this year. Sadly we do have a "short" waiting list. This is my 11th year at Trinity and I still am anxious to tend to my plot: planting, watering and weeding and then being able to savour and share the rewards of wonderful, fresh home-grown organic produce.

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



ESSENTIAL HEALTH

Reflexology

ur feet are amazing. Leonardo da Vinci described feet as "a masterpiece of engineering and a work of art". The foot is made up of 26 bones, 33 separate joints, 29 muscles, as well as ligaments and tendons that all work together allowing mobility such as walking, running and balancing on our tip-toes! The skin covering our feet (and hands) is referred to as glabrous skin, which has a high density of nerve endings, over 200 000 in each foot! This complicated arrangement of anatomy explains how our feet can become painful when an injury occurs, as well as how comforting and relaxing it can be to get a massage for our feet.

Reflexology is a type of manual pressure and manipulation that focuses on the nerve endings in the feet - and sometimes the hands - to encourage wellness in other areas of the body.

We know that our feet can show us the first signs of many physical conditions in the body, such as circulatory problems, diabetes, arthritis, etc. Reflexology posits that each area in our

body has a corresponding area in our feet. A Reflexologist will apply pressure to areas of the feet which may then impact other areas of the body (see foot map photo). If an area of the body is suffering from inflammation, tension or congestion, then the corresponding reflex point in the feet may be sensitive when pressure is applied.

Reflexology doesn't diagnose or treat specific illnesses. It may have beneficial effects on things like anxiety, muscle aches and pains, improved circulation, headaches/migraines, and digestive discomfort to bring the body into better balance.

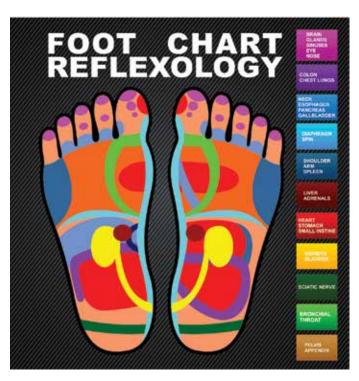
What can you expect from a reflexology session?

First time clients can expect to go through a general health history, including any physical concerns you may have. The therapist will discuss treatment goals and answer any questions the client may have.

The client will lay on a treatment table to promote relaxation, while the therapist does an initial examination of the feet. During the treatment, both feet will be



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treated starting with the toes and have, please subscribe to our working down through the entire foot. Some areas may be addressed more than once, and with different pressure, to help that area and its corresponding reflex point to relax. By the end of the

the treatment client should feel calm and relaxed.

If you would like to try your first reflexology treatment, or if you'd simply like to try a new therapist, book in with Charity at a time that works for you.

If you would like to learn about more your body and conditions you

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.





There are many reasons to celebrate at Riverpath

Shared by Sabine Paagman, General Manager / Directrice Générale, Riverpath Retirement Community

iverpath Retirement Community in Beechwood Village celebrated its fifth anniversary on May 1st. The residents and team celebrated with a Spring in Paris theme. It was a beautiful day filled with music, good food and true sense of

community. Here's to many more years!

On Mother's Day we celebrated our ladies with red roses, high tea and live entertainment.

Our residents and their families are looking forward to using the rooftop terrace for some gardening, shuffleboard games or simply enjoying a glass of wine to watch the sunsets. Come visit us any time.











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



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Summer events are coming to Alta Vista!

It's going to be an amazing summer full of events in Alta Vista! Read on to see what is taking place in the ward!

Alta Vista Market - Every Saturday until October 12th

The Alta Vista Market is back this summer every Saturday from June 1st until October 12th! The market will take place from 9a.m. to 1p.m. at St. Thomas the Apostle Church (2345 Alta Vista Drive). Throughout the season, you can look forward to family friendly activities and new and returning vendors!

Awesome Alta Vista Garage Sale - June 8th

The Alta Vista Community Association's annual Awesome Alta Vista Garage Sale will be taking place on Saturday June 8th! Stroll through the neighbourhood to find hidden gems for sale by your neighbours.

Hawthorne Park Fun Day - June 19th

My office will be hosting a Summer Fun Day from 4p.m. - 6p.m. in Hawthorne Park (2139 Tawney Road) on Wednesday, June 19th! Come out and enjoy visits from The Zoo Crew, who will provide hands-on animal fun and Ottawa Fire Services, who will be bringing a fire truck! We will also be serving up sweet treats. I look forward to seeing you there!

Night Market/Jazz in the Park at Billings Estate Museum - June 20th

Join us for a Night Market with a Jazz in the Park trio performance on June 20th! This event will take place at Billings Estate Museum (2100 Cabot Street) from 5p.m. to 9p.m., with the jazz trio performance taking place from 7p.m. to 8p.m! Come and browse local products and enjoy an evening of jazz with your neighbours.

Jazz in the Park in Weston Park - July 19th

My office will be hosting a Jazz in the Park event taking place on Friday, July 19th, in Weston Park (950 Pleasant Park Road). Come and enjoy a jazz trio with your neighbours from 7p.m. to 8p.m.

Heron Gate Summer Fun Day - August 17th

The Heron Gate Summer Fun Day will be taking place in Sandalwood Park from 12p.m. to 4p.m on Saturday, August 17th! You are invited for a day of family fun and activities with lunch provided.

Eastway Gardens Movie Night - August 23rd

My office will be hosting a movie night in Eastway Gardens in conjunction with the Eastway Gardens Community Association. This event is taking place on August 23rd in Cecil Morrison Park (1332 Avenue N) from 7:30p.m. to 9p.m. Please stay tuned for an announcement of which movie will be shown!

Riverview Park Summer Festival/Movie Night - August 24

The Riverview Park Community Association will be hosting a Summer Festival and Movie Night on the evening of August 24th in Balena Park (1640 Devon Street)! This event will be taking place from 6:30p.m. to 10p.m and will feature games, a campfire, and s'mores before the movie! Donations will be collected for the Blair Court Food Bank.

Stay Connected

Website: 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.

Canterbury Fun Day - June 22nd

The Canterbury Community Association Fun Day will be taking place Saturday, June 22nd, from 12p.m. to 4p.m! This event will be at the Canterbury Recreation Complex (2185 Arch Street) and will feature face painting and summer family activities!

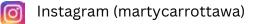
Coronation Park Splash Pad Opening Day - June 27th

The Coronation Park Splash Pad (442 Coronation Avenue) will be opening soon! On Thursday, June 27th, we will be hosting a grand opening. I will be there from 3p.m. - 4p.m. to hand out freezies! I hope to see you there.

www.martycarrottawa.ca ∰

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

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



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

FRIENDS OF RIVERVIEW PARK GREEN SPACES (FoRPGS)

FoRPGS Notes for June 2024

by Ron Ridley on behalf of the FoRPGS

ur spring has been a mixed bag of weather, but it is certainly looking warmer than usual and moving into summer weather quickly. Our pollinator garden is off to a great start although some unwanted vermin did a lot of underground damage during the winter. Fortunately, we have been growing plants indoors to replace those lost. We have already begun our outdoor work sessions with more planned through the spring/summer/fall working on our gardens, removing invasives, planting natives, maintaining trails etc.

Through Volunteer Ottawa, RPCA/FoRPGS will be hosting four groups of volunteers on June 6th to clean up our neighbourhood and improve our greenspaces. In total, we expect to have >100 volunteer hours applied to areas around Knox, the pollinator garden, and the Hospital Link



Road.

The spring Riverview Park edition of Cleaning the Capital event was well done this year with -24 people working for -2 hours each cleaning the hydro corridor, the Hospital link Multi-Use-Path, Balena Park, Coronation Park, Coronation Ave., Riverview Park, Dale Park, Rail Line and our community paths (Maplewood, Dorion/Drake, Chomley/ Corridor and Bathurst/Devon). Approximately twenty large bags of garbage were picked up, and thanks to some good detective work, a local person was reunited with their loyalty cards and \$\$\$ cash found while cleaning up our neighbourhood. There are still some irresponsible dog owners who figure bagging their dog poop and then tossing the bag back on the ground is cleaning up – go figure! There were less volunteers helping this year than past, possibly due to the less-than-ideal weather on April 20th. The fall Cleaning the Capital event is scheduled for Saturday, October 5th, rain date Saturday, Oct. 12th. Thank you to all the volunteers who came out and cleaned up, your help is very much appreciated.

FoRPGS recently re-started work with the councillor's office to look at opportunities to improve the hydro corridor requiring a land use agreement with Hydro One. While we are optimistic this will be sorted out at some point, the latest news is that there is an impasse between the City and Hydro One. We will continue to lobby for this agreement and in the meantime, do what we can to make the most of this great resource through maintenance, re-wilding, planting etc.

Along with our recent request to adopt all Riverview Park parks we are in contract negotiations with the city to expand our permits to remove invasives and plant natives in their place. Our councillor is incredibly supportive of our invasives work and our group continues to collaborate with her and the city to make inroads.

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: all of which help to improve our community and quality of life. You can join our mailing list at FoRPGSOttawa@ gmail.com or check out what we are up to on Facebook under Friends of Riverview Park Greenspaces.





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CONGRATS 2024 GRADUATES! I WISH ALL STUDENTS AND THEIR FAMILIES A SAFE AND FUN SUMMER!

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Shared by Bonnie Miller

June 14 - Wine & Cheese Social: Sing-a-long to songs from the 40's-50's-60's with entertainer, Rick Crepin while enjoying a glass of wine & refreshments. Time: 2 - 3pm

June 19 - Birthday Party: Join us if you have a Birthday in June.... or not! Entertainer's Andre and Maria will help us celebrate all our June Birthdays! Have your cake and eat it too! Time: 2 - 3pm

June 20 - Classical Victorian Tea: Dress up in your finest and enjoy an afternoon of Classical Music and High Tea Refreshments and Treats! Time: 3 - 4pm

June 25 - Classical Music Concert: The Ottawa Woodwind Project will perform Classical pieces with harmonic sounds from the flute, clarinet and double reed. There are an average of 12 musicians gathered to share their talent and love of music. Time: 7 - 8pm







Contact Bonnie Miller, 613.260.7144 to RSVP 2 Valour Drive | Alta Vista





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Riverview Park Review SECTION TWO

JUNE 2024

A Voice of Riverview Park

JULY 2024

Meet Zedd, CHEO's Therapeutic Clown

Shared by Carole Moult

f you are over 18 years of age, or haven't visited CHEO this past year or so, chances are you may not have met CHEO's new and very popular Therapeutic Clown. His name is Zedd, and he's not hard to recognize. His fancy overalls are created from 527 individually cut patches of both new and recycled material, and are made to represent the warmth of a quilt when you aren't feeling quite yourself.

It has been just over one year since Zedd joined the CHEO community, however in that short time he has become an important part in the lives of many.

There are thousands of children and youth from the community who visit CHEO each year, and one of those super heroes is Matt. Matt first met Zedd at the beginning of this year. Fortunately for us, this eight year old is willing to describe just what it is that makes Zedd special, and what Zedd does that makes chil-



Zedd, clowning around with a young awe-struck CHEO friend. PHOTO SHARED BY CHEO

dren laugh and their parents smile when they visit CHEO.

Since their first meeting, Matt has pretty well become an expert as to what Zedd can do, and has willingly shared Zedd stories with family and friends. On a recent Monday morning, Matt even agreed to tell the readers of this newspaper what Zedd is about.

"I like that he's funny," noted Matt. Then he told about some of the amazing things that Zedd does. Already Matt has learned some Zedd skills that he can do too.

"Zedd can throw rubber chickens and make them stick to the ceiling. There was even a rubber chicken outside on the lamp post. He hides rubber bananas around a room, and sometimes the bananas are on a shelf or even behind the computer or in a shoe. Zedd can play any song on his ukulele and he can balance a pinwheel on his finger tip. And, Zedd has a special chair that he rolls around with him, everywhere."

"CHEO is amazing to have shown support for the therapeutic clown program from my first day on the job, and they provided me this chair, this wonderful piece of equipment," said Zedd recently. Plus, being ultra skilled, our facilities manager, Jacques Charlebois was kind enough to weld up some adjustments to optimize my work space, my office.

"The chair has a ledge that holds my disinfectant wipes (to clean off toys between play ses-CONTINUED ON PAGE 30

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Facts of the years 2010-today for Riverview Park

Updated and adapted from the Riverview Park Review April 2017, p. 16

2010

A pressing issue for the Riverview Park Community Association (RPCA) was the expanded OC Transpo Bus Storage and Repair Facility, then under construction on Industrial Avenue. [Riverview Park Review (RPR), April]

2011

The Cancer Survivorship Centre at Maplesoft House opened at 1500 Alta Vista Drive adjacent to the Cancer Survivors Park. [EMC Ottawa South, 10 November 2011]. Today the building is known as: The Ottawa Cancer Foundation's Maplesoft- Jones Centre.

2012

Trinity Community Garden, beside Trinity Church of the Nazarene, had its first summer of garden plots.

2013

The students of the Hillcrest High School Concert Band won a trip to Toronto to welcome Er Shun and Da Ma, two giant pan-



Embracing Transformation:

How to cultivate a life-long yoga practice



2011 - As it is known today, The Ottawa Cancer Foundation's Maplesoft-Jones Centre opened at 1500 Alta Vista Drive. PHOTO BY MAN SOLO

das from China, on loan to the Toronto Zoo. [April RPR]

The initial phase of 30 units opened for occupancy at Alta Vista Ridge, 1757 Russell Rd.

Construction was completed on two independent living apartment buildings at The Perley and Rideau Veterans' Health Centre, now called Perley Health. Elmvale Acres Library celebrated
its 50th Anniversary [RPR De-
cember]cess due to the Vincent Massey
students raising funds well over
\$6,000. Twenty native trees were

The official opening of Maplewood Retirement Community was October 24th. [RPR December]

2014

OMS Montessori became home to an award winning natural playground in the Landscape Ontario Awards of Excellence, (Our Natural Playground) 2014. [Riverview Park Review April]

The Russell Heights tree re-plantation project was a huge success due to the Vincent Massey students raising funds well over \$6,000. Twenty native trees were purchased. The Riverview Park Community Association donated \$1500. [RPR October]

(October 31st) Poets' Pathway put up its 10th engraved plaque at the edge of Coronation Park. [RPR December]

(September 18th) Vincent Massey teacher Greg McKean won the Volunteer Oscar Award for the category of Inspiring Youth to Volunteer

Vincent Massey Public School



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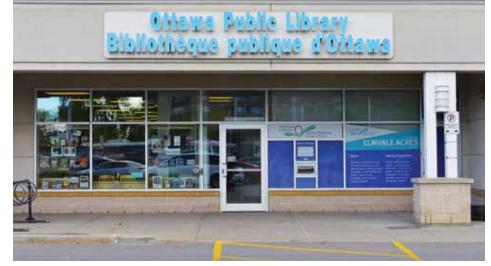


2011 - Work began on two independent living apartment buildings at Perley Health, then known as The Perley and Rideau Veterans' Health Centre. The buildings pictured today are referred to as Commissionaires Ottawa Place (top photo) and Building B. PHOTO BY MAN SOLO

CONTINUED ON PAGE 27

Page 27

Memories of Riverview Park 2010 - TODAY



2013 - Elmvale Acres Public Library celebrated its 50th birthday. PHOTO BY MANSOLO



2013 - Maplewood Retirement Community opened at the corner of Industrial Avenue and Neighbourhood Way. PHOTO BY MAN SOLO

unveiled its naturalized playground after winning \$90,000 in the Aviva Community Fund competition. [RPR December]

(September 30) The Blair Court-Station Blvd. Tree Revitalization Project took place with the great assistance of the Health Canada Team from the Pest Management Regulatory Agency. The Riverview Park Community Association donated \$1,500. [RPR December]

ta Hospital Link in March.

The Ottawa Hospital launched the world's first clinical trial of double virus cancer treatment. Three of the researchers involved in the clinical trial- Dr. John Bell, Dr. David Stojdl and Dr. Brian Lichty began investigating cancer-fighting viruses when they worked together at The Ottawa Hospital 15 years ago.

2016



2015 - The Alta Vista Shopping Centre was sold to Manor Park Management for 6 million dollars. PHOTO BY MAN SOLO



2018 - When the construction was completed Dymon Storage was quite a prominent feature of Industrial Avenue. PHOTO BY MAN SOLO



2019 - The completed Luma by RioCan Living is located where a Kelsey's Restaurant had been located. PHOTO BY MAN SOLO

dents.

Riverview Park's Carlie McLellan was one of 400 youths chosen to participate during the Fire of Friendship Torch Relay to welcome the year 2017.

2017

(March 13th) Street name changes: Part of Botsford Street (north of Smyth Road/ south of Perley Rideau) changed its name to Chiropractic.

2018

(February 20) A Time Capsule commemorating the 150th Birthday of Canada was placed in a wall at City Hall. The front page of the RPR's Sesquicentennial edition (April 2017) was placed in the Time Capsule.

The long-awaited arrival of Ramez, Nadia, Ammar, Azzam, Kin-Botsford South and Blair Street da, Alan and Acil, from Syria took place in June and July. The Emmanuel United Church and ITC Group (It Takes a Community Group) of Riverview Park worked together to raise funds and help settle the family here in Riverview Park.

2015

Four houses at the edge of Balena Park were targeted for a zoning change from residential to commercial development to allow owners to operate small businesses in their homes. The proposal was withdrawn after residents wrote letters and went to a meeting at City Hall. [RPR February]

Lalit Aggarwal represents the new owner of the Alta Vista Shopping Centre. [RPR February]

Notices were provided to homeowners and others that construction would begin on the Alta Vis-

Residents on Balena Ave., Chomley Crescent, Caverley St., and Sonata Place received notices from Hydro One that it planned to double the 115kV lines close to their homes. The power goes from the hydro towers in Balena Park to the Overbrook Transformer station. [RPR October]

Riverview Park is situated in the riding of Ottawa South, both federally and provincially. Most of Riverview Park is in Alta Vista Ward (18), although there is a small portion along Riverside Drive that is in Capital Ward (17). According to the 2016 Census, Riverview Park had 12,218 resi-

changed its name to become an extension of Neighbourhood Way.

Local resident, Robert Bourdeau had one of his photographs (Ontario, Canada, 1989) on a Canadian stamp. It was one of five PermanentTM domestic stamps featured in the fifth and final stamp issue in the Canadian Photography series.

Work continued by Hydro One on the Hydro One power lines from Balena Park to Coventry Road. [RPR Oct. 2017]

(July 15) Alta Vista Centre held a Block Party in front of Simply

Work began on the new five- storey Dymon Storage facility at 851 Industrial Avenue. [RPR December 2018]

2019

Work started in September on Phase 1 of the RioCan redevelopment at Elmvale Acres Shopping Centre [RPR October 2019]

CONTINUED ON PAGE 28

Facts continued from page 27



The RPR shared photos of what people were doing during the time of physical distancing. [RPR June 2020]

(October 14) The first Riverview Park Hydro Corridor Action Group ZOOM meeting was held with regard to Hydro One plans for the corridor behind houses on Abbey Road, Cluny Street, and Knox Crescent.

The new, larger Farm Boy opened at the northeast portion of the Ottawa Train Yards.



Food for Thought opened at 12-855 Industrial Avenue.

(Oct. 27) Ottawa Council approved the City of Ottawa Official Plan to cover the period until 2046. [RPR December 2021]

2022

At the end of March, Blair Court Community House celebrated 25 years of providing essential programs and services to the Blair Court Community and surrounding area. [RPR, April 2022]

After 20 years, Mollypenny, the CHEO clown retired. [RPR. October 2022]



2020 - A new Farm Boy replaced the smaller one in the Ottawa Train Yards. PHOTO BY MAN SOLO



2021 - Sylvain de Margerie, President and Founder of Food for Thought, has worked tirelessly to help provide meals for those experiencing food insecurity. PHOTO BY MAN SOLO

With its headquarters in Riverview Park, Veterinarians without Borders, sent veterinarians to help dogs and other animals across Canada's North. [RPR December]



2028 - Local residents are looking forward to the opening of Riverview Park's splash pad at Coronation Park. PHOTO BY MAN SOLO



2023

Rock Lalonde celebrated 45 years in Riverview Park at his ever popular, Rock's Barber Shop at the Alta Vista Shopping Centre.

CHEO unveiled its plans for a new state-of-the art building, the CHEO Integrated Treatment Centre, or 1Door4Care, to be located in front of today's CHEO at 401 Smyth Road. When completed, in about four years, the six-storey, 220,000 square-foot building will be connected by a tunnel to the hospital. [RPR, December 2023]

2024

The Alta Vista Shopping Centre was built by Reuben Palef in 1956 along with the apartment buildings at Alta Vista and Dorion plus the first large building on Industrial Avenue (opened in November 1957). Early this year the building was demolished and preparation is taking place to make a parking lot.

CHEO turned 50 on May 17.

The opening of the Coronation Park Splash Pad is expected for the end of June.





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Proud parents, Karen with Lizzie, and Alice with Mae. PHOTO: KELLY SCRAPER



A very happy Lizzie and Mae already know when to pose for the camera. PHOTO: ALICE NEILEY

by Alice Neiley

lmost immediately after becoming pregnant, LI began to hate figurative language. As a writer, I had always loved it-light spreading across the bay like someone scattering a fistful of bright spoons, for example—but "bun in the oven" and "they're still cooking in there" drove me crazy. In my uterus were twin girls, not baked goods. The idea of cooking babies completely freaked me out. The one that bothered me most, though, was "nest"—bless this nest. The metaphor always came with advice to cherish the first couple of weeks after getting home from the hospital, just us. I don't know why that metaphor bothered me so much then, but I know why it bothers me now: we didn't get those first two weeks. Less than 24 hours after my wife Karen and

Red Sky at Night

thought about our babies. I'm not proud of this, but the pain was all consuming. Perhaps more importantly, I knew I didn't have to worry about them. Friends were building something sturdier than a nest around our girls—a ship warm cabin below, and so many hands working the lines on deck.

Yes, that's a metaphor, just as cheesy as the others, but it fits. I grew up near the Mississippi River, spent summers the shore of Lake Michigan. I lived by the ocean for most of my 20s, drinking coffee with the commercial fishermen in the dark, early mornings. There was something about listening to them talk-skippah's callin' or Cap' says we gottah go in Massachusetts accents, steam rising from the black coffees in their hands, something about the we. It always made me feel everything would be all right. In the hospital, when nothing was all right, our house was full. My parents were in town, my best friend Matty flew in, and later, Karen's twin sister Kelly. Neighbours—Paul and Heather, Robyne and Paul, Liz and Derek, Pam and Orrin, Norm and Susan, Susan and Bill, Helen and Vincent, Tammie and Nick, Alyssa and Luke-brought food. Some neighborhood kids-Jack, Bree, Tessa, Maria, Autumn-made cards and baked treats, and Eli drew me a beautiful picture of orca whales jumping in a cove, a little family

watching from the distance.

A group of Bloor Avenue women saved us, though. Organized by our friend Virginia—our Captain—these women built a ship around our girls.

Virginia is a pediatric oncology nurse at CHEO, which might account for her prowess. That said, the job requires logic, heart, and steadfastness, so it's more likely she was just born this way. Even just listening to her talk calmed me down.

She explained our situation to everyone, and one by one, women, all mothers, signed up on a spreadsheet to help at the house. Overnight, while Karen stayed with me, Emily, Desi, and Lianne all took shifts. Hannah and Nicole, who had given birth themselves only months before, helped overnight, too, taking turns walking home at 3am to feed their own babies. Virginia also took shifts, walked our dog, and stopped by every morning to make sure things were operating smoothly. Our friend Diane helped Karen take the babies to doctor's appointments. When everything felt like too much, Emily sat with Karen while she kissed the babies' heads and cried before heading back to me in the hospital. We tried not to think of everything we were missing. We fo-

cused on everything given to us.

Baby Mae laughed in her sleep for

the first time in our friend Jes-

sica's arms. She got it on video. Desi and Matty sent a video of rocking Lizzie at night, Nina Simone's "Little Girl Blue" playing in the background.

After eight days, four teams of doctors figured out a cocktail of medication that got my blood pressure under control. I went home after two more days of observation to a much bigger family than just the four of us and our pup. A whole street of family.

Lizzie and Mae are 5 months old now. They smile, laugh, kick their legs. While the Bloor crew has slowly dispersed back into their own lives, the ship they built is intact.

In the world of the sea, there's a saying: "Red sky at night, sailors' delight; red sky in the morning, sailors take warning:" the likelihood of good weather versus stormy. Every home sees both kinds of red skies. Sometimes we get to settle into our sun filled nests, and sometimes they are pulled apart, or never get started, leaving us soaked with rain. To Virginia, oh Captain, our Captain, thank you and beyond, forever. To our Bloor Avenue friends and neighbors-our crew-we cannot thank you enough for everything you built. If we could, we'd gather all the shades of red in the world and splash them across only your night skies. But morning clouds will inevitably look flushed sometimes, too, and when they do, know that we are your strongest of ships, as you have been for us. We are holding you up.

I carried the new babies, Lizzie and Mae, through our bright red front door, I was back in the hospital. I was there for ten days.

At first, I thought the headache was dehydration, but soon it felt like a helmet of explosions. I was in tears. At first, the doctors thought the problem was a spinal leak from the epidural. Another possibility: a small brain bleed. My next blood pressure reading was 176/92, then 185/94. Then, I lost most of my vision. I couldn't see the hands on the clock or Karen's face, and hers was the only face I wanted to see.

To be honest, those first few days back in the hospital, I barely

Meet Zedd **CONTINUED FROM PAGE 25**

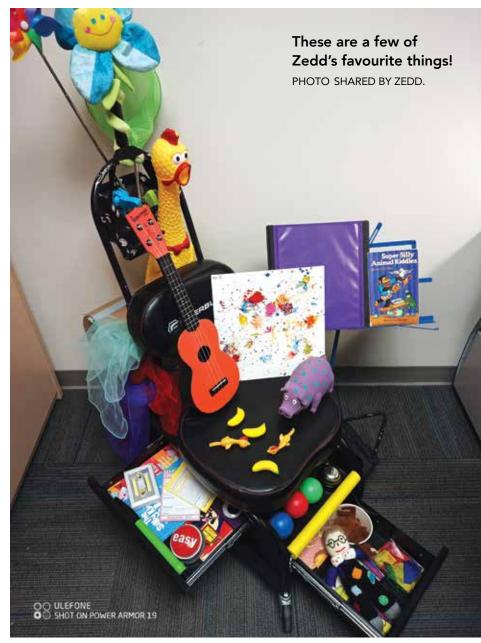
sions), a box of tissue for those who need it, and a built in music stand for those musical kids that like the transformation of my chair from its 'tickle trunk,' appearance to an orchestral work station."

Zedd interacts with everyone he sees at CHEO. Yet, his focus and attention remain ever present for the children. He always asks their permission to play, since therapeutic clown work is directed by the patient. Sometimes the play sessions are all about imaginative play, games, just being silly, and/or playing music.

Musically the children enjoy playing the rubber pig, giant rubber chicken, and lobby bell, together with Zedd on his Ukulele. Sometimes, maybe more often than not, Mom and Dad are asked to join in the fun. Together they create a Ukulele symphony full of laughter.

Other fun and funny elements are likewise part of the chair. "I move around the hospital with my work station. I have it with me so that I can be sitting and present for children at their level. Eye to eye when kids run over to say 'Hi,' and give me a hug." Being seated makes Zedd more approachable, especially for younger kids. "I also wanted the chair to act as a vehicle of sorts, housing these therapeutic activities, and myself." Matt thinks Zedd should add eggs to the things he carries in his chair.

"Imagine a small child walking around the corner and seeing a super tall clown, maybe their first clown encounter ever. They

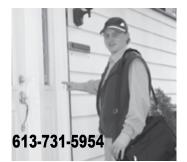


are already vulnerable as children, and perhaps experiencing something stressful in a hospital environment. Seeing something as quirky as Zedd, with a sillylooking chair, that is slower, lower, and ridiculous, gives them an immediate sense that being a kid here, at this hospital, is okay. I often hear families refer to CHEO as "My CHEO" and, "My CHEO family.

"It was Molly Penny, the former Therapeutic Clown, who made the initial suggestion to make

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sure I had a proper mobile work station; saving my knees too, for all the ups and downs that do occur throughout the day."

Zedd begins his day in the Medical Day Unit (MDU). That is where he meets new and reoccurring patients. "When I first meet a new patient and make contact with them, that's when the therapeutic value of my clown work begins. People often say how much fun it is to see me entertaining the kids. I am not there to exercise my clown skills as an entertainer. Yes, entertainment is part of what I do, however, my therapeutic goals are to provide emotional support in a way in which helps the children alleviate stress and discomfort."

"Every minute, of every day, I recognize that the role of a therapeutic clown is priceless. I see it in the smiles, laughs and fears of those we serve at CHEO. My presence at CHEO, is a contribution that comes directly from the community," acknowledges Zedd. And, as such, both CHEO's, therapeutic clowning and Child Life Services are funded by donations and fundraising events.

"My first day as Zedd, presenting myself as the new Therapeutic Clown, was March 29th 2023. However, for nearly three months prior, starting in January, it was imperative to shadow my colleagues, Certified Child Life Specialists. During this time, I experienced the collaborative nature of how we work together, unified for these families. We often share crucial information on how to best approach certain delicate situations, for which I now offer therapeutic clown sessions, one-on-one play experiences, encounters on the fly, and group interactions.

"My immediate colleagues are certified Child Life Specialists and I shadowed them as myself for 12 weeks before presenting to CHEO and Child Life Services, the character known as Zedd. Only as Zedd do I offer therapeutic clown sessions, one-on-oneplay experiences and group activities. Zedd lives at CHEO for those who need to be here."

Not long after beginning his new job, Adam Zimmerman, aka Zedd, received a Certificate of Recognition, from the Province of Ontario. He has a Degree in Theatre Arts from the University of Ottawa, a Certificate in Play Therapy from the Adler School of Psychology in Toronto, and has worked and trained internationally.

At CHEO, therapeutic clowning is a decades-old tradition and is From the MDU, Zedd will visit widely becoming recognized as an essential part of patient care experiences at leading pediatric health centres around the world. And, in spite of being a clown, after over 20 years of clowning around, Zedd takes on his therapeutic responsibilities very seriously. It was Matt's 'Gran' in another city who first shared about the CHEO clown named Zedd, and how important he had become to her grandson who goes to CHEO often. Yes, visiting a strange place can be a scary experience, but there are some things that others can do to help make the situation seem just a little better, and having Zedd, the therapy clown, greet you would be one of these.

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info@compu-home.com Malcolm and John Harding families in clinical waiting areas and make a stop near the ever busy front door to greet people as they come and go. During the afternoons, Zedd makes his way up to the inpatient units for room to room visits, and therapeutic bedside activities.

Zedd, nor his chair, ever enters a child's room without the child (and parent's) permission. "May I come in?" he will ask. "Do you want to play?" Giving the child as much power as possible, in a place where they have so little control to begin with. Child directed play sessions, are how the work is always approached as a therapeutic clown.

Memories of Riverview Park 2010 - TODAY Home is where the street is

by Wilson Parks and Mark MacKenzie

s a child growing up in Perth, Ontario, trips to visit with my grandmother meant adventures to Ottawa and Caverley Street. My grandparents had built their house on Caverley Street in 1957 and, a generation later, the house is still in the family.

As a child growing up in the late 1980's and early 1990's, I have fond memories of walking to the top of the street where we would spend countless hours playing baseball where Sonata Place is today. Just beyond the baseball diamonds and across the field, Balena Park's play structures (the Rocketship was always my favourite) were a great way to burn-off my youthful energy, for which my grandmother was extremely grateful. Visits with my grandmother would never be complete without a visit to the nearby Museum of Science and Technology, particularly the train hall and, of course, the iconic Crazy Kitchen.

In fact, thinking back, Caverley Street seems to have played an important role in many milestones in my life. For a period after finishing university, I lived with my grandmother when I was beginning my teaching career at Brookfield High School. I can still recall the hours of planning lessons and marking papers in the basement of my grandmother's house while she travelled to Florida for the winter months.

Every year, my family celebrates the holidays on Caverley Street, and Christmas Eve 2014 was no exception. Presents had been opened and final dinner preparations were underway when table conversation turned to reminisc-

galow in 1957. My aunt, who now lives in my grandmother's house on Caverley Street, often commented on how much she liked the stone fireplace on the front of the house. The bungalow was based on blueprints designed by Roland Dumais Architect and approved by the Central Mortgage and Housing Corporation in 1951 as part of the post-war boom that Ottawa, and Canada, were experiencing. It featured three bedrooms on the main level, complete with a pink and black washroom, which was all the rage

cades, my aunt suggested that

I reach out to them to enquire

about the house. In fact, my

mother Joan Parks (Hoddinott)

had grown up with the Walsh's

children - Pam, and Paul. My

mother and Paul even attended

teachers' college together in Ot-

tawa and would often commute

Following my aunt's sugges-

tion, I reached out to the Walsh

family to see if they were, indeed

preparing to sell the house and, if

so, to express my interest. Before

going on the market, Pam was

together to attend classes.

kind enough to allow me to tour the home, showing me each room and sharing stories of growing up on Caverley Street. She recalled that being from a family from the Maritimes meant that the siding on the house they built had to be clapboard. She described vating and changing the look of how stone masons worked on-site cutting each stone to create the fireplace that still can be proudly seen today and how the plaster crown moldings throughout the living room and dining room were lovingly installed by hand. It was clear that the Walsh's had loved

neighborhood. He told a number of interesting stories about Riverview Park and about events which took place at our home including how there used to be a pool in the yard.

Since 2015 we have been renothe house to fit the twenty-first century, while trying to keep the architectural details we fell in love with intact. The pink and black and the avocado green washrooms have been replaced, the kitchen updated, and the three upstairs bedrooms reconfigured. A home and took immense pride in their office, laundry room, bedroom and family room have been added to the basement. Each time a contractor visits our home the comment is made, "...they aren't built like this anymore." There are still a few remaining projects on our list, but we could not be happier with our home or the street it is on. There are places we remember as children. Special memories of people and events that we hold on to for our entire lives. I have been fortunate that, as an adult, I can continue to visit those places while creating new memories in my own home, just down the street.

When you turn the corner on to Caverley Street you can't help but admire the beautiful gardens created by Mark and Wilson. This photo shows the flower beds of summer 2023. PHOTO: SHARED BY WILSON AND MARK



ing about all the changes we had at the time.

seen over the last 60 years on the street. This included sharing cherished memories of families who had and continue to live on the street. My aunt had mentioned in passing that a house may soon be coming available for sale on the street. My interest was immediately peaked when I found out it was the home of Mr. and Mrs. Walsh.

Their house was the first house Caverley Street when you on turn off Weyburn Street and, as a child, seeing that house meant we would soon be at my grandmother's. The Walsh's, like my grandparents, had built their bunGiven that my family had

family home. known the Walsh family for de-

immediately Almost upon walking into the house - it felt like home. My long and cherished history with the street and the way the Walsh's clearly cared for their home made the decision extremely easy. Luckily for us, we were able to reach an agreement and were able to buy the house even before it went on the market. June 2015, we had moved into our "forever" home.

After moving into our home, we continued to stay in contact with Paul. We would drop off his mail and spend an hour or two chatting with him about the

Perley Health: Apartment living made appealing

by Carole Moult

he year was 2011. It would be hard to miss the construction activity when the Perley Health Senior Living apartments were being built. A three-storey building with 45 units had been framed parallel to Russell Road and a five-storey structure with 94 units was looking as if it might be an addition to the main Perley building itself. Needless to say, people in the neighbourhood were actually quite curious, and began asking questions as to what was taking place.

It wasn't long before positive news spread that the apartments would soon be open to the general public and to former members of the Canadian Armed Forces. Construction on the two buildings began in 2011, and Building B, along Russell Road, was completed in March 2013, while work on Building A wrapped up in September 2013.

Doreen and Ed Morgan were among the first residents to move into Building A, 1720 Russell Road, today named Commissionaires Ottawa Place.

"We had been looking around, wanting to move, my husband was 90, and there weren't a lot of senior apartments renting with

Stanley and Huguette Stewart were part of the November 11th 2022 Remembrance Day Services at Perley Health. PHOTO: ANDREA FABRICIUS, .PERLEY HEALTH

what we wanted. We saw the Perley apartments being built when we would pass there on the way to the Ottawa Train Yards and the more we saw the more we liked what we saw. A friend moved to the apartments by Russell Road, or Building B, as it is known, we knew who to contact, and we put in a form." Ed Morgan had been in radar in World War II, and they were approved.

"We picked out the apart-

ment we wanted although the place wasn't quite finished. We went home and put our house up for sale. We had been in that house on Hamlet Road for 57 years," Doreen Morgan recalled recently. Needless to say, she had to get rid of a lot! The Morgans chose a two-bedroom apartment with a den so their sons could visit.

Today, Doreen Morgan, who will be 95 in September, remains active with exercise classes twice a week, coffee club twice a week, attending Ted Talks frequently, and she belongs to the Knitting Club which meets once a week. Proceeds from a yearly Knitting Club sale are donated to the Perley Health Foundation. Doreen Morgan also likes to read.

"I think they're doing a wonderful job here. The people who work here, everybody is very, very nice," she adds, in summing up her 11 years living at 1720 Russell Road.

Huguette and Stanley Stewart had lived in this neighbourhood since 1983. Huguette Stewart had even been on the Communi- RCAF was held recently at Perty Liaison Committee for Perley Health when she lived on Botsford South, and had followed the development of the apartments. "I had always said I wanted to stay in my own home," said Huguette, "however when personal life changes, you go with the flow." After a stay in the hospital, she decided it was time to look at apartments. "Years before, as a Perley volunteer, I had seen the apartments at1780 Russell Road, and the fact that they have an en-suite washer and dryer was a real plus." The Stewarts move to 1720 Russell Road took place in October, 2021. They also chose two bedrooms

and a den.

"Pioneers of Perley Health Senior Living".

PHOTO: JAY INNES, PERLEY HEALTH

Doreen Morgan and Marion Adams proudly hold

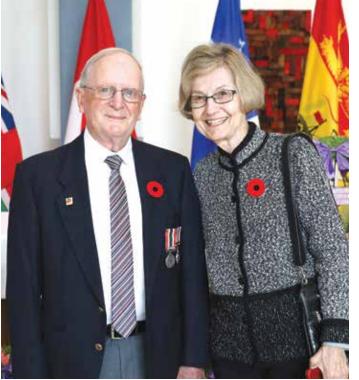
their 10th-anniversary certificates as Perley Health

To say that the Stewarts keep 'busy' at their new home would be an understatement. On May 25th the couple completed the 5 k walk for Perley Health in just one hour, 15 minutes, with only two five minute breaks. They travelled by transit to attend the event and returned with beautiful commemorative Finisher medals, knowing that their sponsors were contributing to Perley Health.

The Stewarts belong to the choir where there are two concerts a year and they attend exercise classes three times a week that are given by the City of Ottawa. Stan Stewart does art classes once a week, and Huguette Stewart is part of the gardening group. They also set up Sunday evening Movie Nights in The Gathering Place for residents who wish to drop by. And yes, both Stewarts deliver this paper to several streets in their former neighbourhood and their building.

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ley Health, and Stanley Stewart attended as a former member of the RCAF. As he notes, "It helps because I was in the military and many others here were too."

"I'm happy to be here, we've met a lot of new friends," said Huguette Stewart on a recent sunny Sunday afternoon. "We lived nearby long before this place was ever built."

Today a number of residents, who previously lived in and around the Riverview Park neighbourhood, now call this Russell Road address their home.

Thank you everyone for the wonderful contributions you continue to make to our community.

Capturing Construction: An artist's documentation of Ottawa's transformative landscape

by Carole Moult

It has been said that Ottawa has two seasons: winter and construction. Local artist, Eryn O'Neill, captures this dramatically with her upcoming exhibition: Construction Season. The display of her captivating work will take place, June 15-29, at Wall Space Gallery, 1090 Bank Street at Sunnyside.

The exhibit will be featuring new material from a collection of her paintings combining work from O'Neill's recent series, *Stage* 2: *The Construction of Ottawa's Light Rail System*, and her 'painterly' reconstruction of Ottawa's pedestrian routes and urban construction landscapes.

"Pedestrians are detoured during times of immense changes in the landscape. I get inspiration from observing and being impacted myself.

"What I am also able to express in my paintings is the sensory overload associated with safety, accessibility and the physical landscape, as a result of construction: the unexpected moment," notes O'Neill.

Frequently, the artist will return with her camera to a particular scene several times to capture the image. Then, as this exhibit vividly displays, O'Neill will turn the pictures she has viewed through the lens of her camera into the unique paintings that will be on display at Wall Space Gallery this month.

"Through the brush strokes, perspective and scale, this could be an interpretation of motion, exploration and uncertainty, creating a more emotive reaction to the landscape," comments O'Neill.

The areas O'Neill considers worthy to paint come from years of careful observation and editing to create confident and narrative pieces that resonate with a broader audience.

O'Neill is looking forward to her first exhibition at the re-location of the Wall Space Gallery, while in September she will find herself incorporating much of both her research and creative work as part of a Ph.D. thesis at Carleton University.

Do drop in to 1090 Bank Street from June 13- 29 to experience some of Ottawa's *Construction Season* at its best, and perhaps discover that just maybe those bright orange pylons and other construction scenes can be admired- sometimes.



Artist, Eryn O'Neill, shows one of her recent paintings, End of Shift, acrylic on canvas, 40" x 20" PHOTO: TIFFANY APRIL



Eryn O'Neill, Traffic Cones #5, acrylic on panel



Eryn O'Neill, South Keys, oil on canvas, 48" x 40"



June-July 2024

DEAR FRAN

Asian Jumping Worms



FRAN DENNETT

es you read it right jumping worms. Asian Jumping Worms (AJMs) arrived in USA about 1860 and in Ontario about 2014, and are now in New Brunswick and Nova Scotia. Should you be concerned? YES, even if you are not a gardener but love nature, you should be concerned. AJMs are a big concern in parts of the USA. Although they have been positively identified as



Asian Jumping Worms on bare ground. PHOTO: PERMISSION PROVIDED BY DR. ANNISE DOBSON

close as Perth and Canadian gardening groups have sounded the alarm, neither the federal nor provincial governments have deemed it concerning. To learn how to identify AJWs and understand their impact on the environment check these websites:

https://ag.umass.edu/landscape/ fact-sheets/invasive-jumpingworm-frequently-asked-questions



An example of a bare rooted plant which happens to be a balsa fir. PHOTO: CANDACE DRESSLER

or jumping-worms/

the above websites and I will not repeat that information.

I would like to draw your attention to how NOT to introduce AJWs to you garden, and if you already have them in your garden, how NOT to spread them to other people's garden.

now of eradicating AJWs. Gardeners need to learn how to manage this problem to minimize their effect on the environment, and one way is to only share bare rooted plants.

How to prepare bare rooted plants: In a pan of water, to catch any AJW cocoons, rinse all the soil off the roots of your plant. Wrap only the bare roots in wet newspaper (to prevent drying out) and place in a plastic bag. Tie the plastic bag at the root line with the leafy parts exposed. Identify. The plant now has clean roots and can be safely planted in another

https://canadainvasives.ca/ garden. Or alternatively, you can repot the clean, bare rooted plant I assume you have checked out in new potting soil. AJW rinse water is strained, anything larger than a mustard seed is wrapped in a garbage bag, tied, set in full sun to kill any egg sacs, then discarded in the garbage. This bare rooted procedure would apply to any plant dug from your garden that is to be given away or sold. There is no effective way right Purchased commercial annuals, vegetables, biennials or herbs are potted at source in fresh potting soil for selling, and should be free from AJWs.

> Do NOT share your compost, garden soil or leaf litter with anyone.



Visit our vegetable stand at

Rideau Park United Church (parking lot) 2203 Alta Vista Drive



Hours Monday to Friday Saturday 10am to 6pm 9am to 5pm Closed on Sunday.



Foster Family Farm has a Community Supported Agriculture Program. Running from July to Thanksgiving, subscribers will receive a box of fresh produce weekly.

For more information visit: www.FosterFamilyFarm.ca/csa/

FYI: There is also another invasive worm on the horizonthe hammerhead worm-that is promising to be a problem for gardeners in the future.

As usual I hope you found this information helpful and I encourage you to be vigilant when gardening this summer and fall regarding Asian Jumping Worms.

■ Master Gardeners of Ottawa-Carleton (MGOC): check the website for gardening information http:// mgottawa.mgoi.ca. ■To receive TROWEL TALK, our free monthly electronic gardening newsletter, contact: troweltalkeditor@rogers.com to be added to the list.

Art Lending Ottawa: A celebration of local talent and creativity

by Sarah Bradfield

Clebrate local art with Art Lending of Ottawa (ALO) at their vibrant showcase on Saturday, June 22, 2024, from 10 am to 4 pm at the Jim Durrell Recreation Centre. Since its establishment in 1970, ALO has been dedicated to supporting local artists by making original art accessible and affordable through innovative rental, lease-to-purchase and sales options.

This event is an excellent opportunity to support local talent in an affordable, flexible setting. Attendees can enjoy enhancing their spaces with original art, networking with artists and enthusiasts, and even starting their own collections with ALO's "try-before-you-buy" option. The ALO model provides the flexibility to enjoy art without a full commitment to purchase, ideal for both homes and offices.

ALO's cooperative approach allows local artists to become members through a jurying process, ensuring all artworks are of high quality. This model also offers significant benefits to businesses, including tax advantages for office art rentals, which can enhance workplace aesthetics and



Plitvice Falls. ARTIST: DOREEN DYET

boost productivity. Additionally, ALO provides art staging services for home sales, leveraging art to increase property value and buyer interest.

ALO's diverse collection includes various media like acrylics, oils, watercolors, mixed media, woodworking, mosaics, and photography, ensuring there's something for everyone.

ALO member Doreen Dyet is a well-known artist based in the Ottawa area who began her artistic journey in the 1990s. Follow-



Blue Heron. ARTIST: CHRISTINE OSBORNE

ing her retirement, Dyet devoted herself fully to the arts, both by painting full-time and serving on the executive boards of various art organizations. Her art, inspired by nature and her international travels, typically feature landscapes and floral subjects. These pieces are often painted in oil on canvas, derived from her own photographs and other references, showcasing a semi-representational, colorful, and vibrant style.

An active member of several art associations, Dyet has been featured in numerous juried shows and exhibits regularly across the Ottawa region. Dyet has completed numerous commissioned pieces, and many of her paintings are held in private collections.

Christine Osborne, a selftaught artist and life-long resident of Ottawa, began her artistic career 15 years ago while caring for her young children at home. Starting with drawing and illustration, she later ventured into acrylic painting, drawing inspiration from Ottawa's local scenery and wildlife. Her realistic art style beautifully captures the everyday beauty of her surroundings.

Christine has been actively involved in the local art community, participating in events across the city. Her works have been exhibited at several notable venues, including the Art House Cafe, Atomic Rooster, and the Electric Street Art Gallery.

Don't miss this opportunity to explore and purchase unique artworks at ALO's upcoming art show on June 22, which also features door prizes and is accessible with ample parking and wheelchair access. This event promises to be a celebration of creativity and community spirit, showcasing the rich artistic talent within Ottawa.

Sarah Bradfield is an acrylic landscape artist from Ottawa.









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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 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..

Developments along St. Laurent Blvd. Corridor

Five high-rise developments comprised of multiple buildings in each project are planned over the next decade for the corridor along St. Laurent from Belfast (1531 St. Laurent, the current site of Robbie's Restaurant, to Elmvale Acres Mall). The City recently received a formal request to withdraw the Zoning Application for the towers at 2025 Othello Avenue. The Fotenn Planning and Design team is rethinking plans for the site and may come back with a different proposal.

Divestiture of the National Defence Medical Centre (NDMC)

Budget 2024 listed the NDMC (east of Alta Vista Drive and between the Hospital Link Road and Valour) as one of 14 surplus Department of National Defence buildings to be put up for sale with possible conversion into housing. There is no timetable yet for divestiture and disposition of the site. While the announcement indicated the property would be used for housing, there are re-

ports that several other local hospitals are reportedly interested in the NDMC site as well.

Development Application for 451 Smyth Road – Medical Research Facility

A new Development Application was received in April 2024 to construct an Advanced Medical Research Facility at the University of Ottawa. This new academic research facility will provide laboratory and office facilities. It will be located at the north-west corner of the 451 Smyth Road site, adjacent to the existing Roger Guindon Hall (RGN) and south of the Ring Road. The land on the property has already been cleared and the RPCA has asked for details about planting new trees nearby to replace the ones removed as part of the site preparation.

The Environmental Assessment (EA) for the Tremblay Multi-Use Connection (Terminal Avenue to Tremblay LRT Station) is ongoing. The final round of public consultations (in which the RPCA participates) are expected over the summer 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.

The RPCA has asked to have additional sidewalks installed 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 truck traffic to and from the Metro depot. Locations for potential pedestrian crossings (PXO) locations are currently being reviewed based on resident requests. Residents may submit suggestions to Councillor Carr's office.

Consultation and Public Input on Transportation and Climate Change

An updated Part I of the Transportation Master Plan (TMP) was submitted to Council last spring. Public engagement on the TMP and future travel demand is scheduled to take place later this year and will focus on Ottawa's road network rather than active transportation. The RPCA and others continue to call for removing future stages of the Alta Vista Transportation Corridor (AVTC) roadwork from the TMP. Comments for the TMP can be sent to: TMPupdate@ottawa.ca

Consultation on Draft Zoning By Law Review

Following release of the Draft Zoning By-law on May 31, there will be various engagement activities including via Engage Ottawa, online document circulation, and an online story map. There will also be public workshops as well as community meetings and pop-up events. Councillor Carr has scheduled two information sessions on June 10 (at Jim Durrell Recreation Centre) and June 13 (virtual) with required registration.

The second draft of the Zoning By-law provisions is anticipated to be released for further consultations in the first quarter of 2025 and the final version will go to Council in the last quarter of 2025.

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. The report on consultations was submitted to Council in May 2024.

Other Developments

Demolition of the former building at 400 Industrial (Between Metro Food Distribution Centre and Figure 8) is now complete. The site, owned by Metro, has now been graded and there are unconfirmed reports that it will be a parking lot until a decision is made on the future use of the property.

The Ottawa Carleton District School Board (OCDSB) has launched an elementary program review of OCDSB programs (English with Core French, Middle French Immersion, Early French Immersion, Alternative, and Ottawa-Carleton Virtual), along with special education and English as a Second Language supports and services and determine whether the current program model for schools still serves the needs of the community. Feedback is being accepted online until June 28 at: https:// engage.ocdsb.ca/elementary-program-review

Preparatory construction work continues on the Schlegel Villages project at 1967 Riverside Drive (between the Riverside Hospital campus and Smyth Road) to create a seniors community consisting of a Long-Term Care Home (256 beds) in Phase 1, and a 15-storey registered retirement home (270 beds) and shared amenity space in Phase 2.

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

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



RIVERVIEW PARK COMMUNITY ASSOCIATION PRESIDENT'S REPORT



RON RIDLEY RPCA President

hope you are enjoying our unseasonably warm spring and getting out to enjoy our beautiful neighbourhood. Our new Splash pad on Coronation is due to open in June (timely!) and looks like it will be a popular place to cool off. I think our younger population will love it!

RPCA is trying something new this summer – our first ever (to my knowledge) Porchfest! We are thrilled to announce our Porchfest event, and we want you to be a part of it! Porchfest is a celebration of local music, where musicians perform on porches, driveways, and yards throughout the neighborhood for all to enjoy. We have heard that Riverview Park has some top-notch musical talent, and we would like to highlight it! What better place to do this than right in our community! Started in Ithaca, New York, in 2007, Porchfest events bring local musicians and neighborhoods together to celebrate and create a sense of community. Our Porchfest event will take the 2023 Fall Social attendees and

place on Sunday, June 23rd from -2 - 5 pm throughout Riverview Park (Locations to be published once musicians and locations are confirmed).

The RPCA Social committee has been working on launching a new summer festival like the very popular February winter festival with games, a campfire, and a movie night. There will be more info on our website and Facebook but save the date - Saturday, August 24th (rain date Sunday Aug. 25th). Carol from the RPCA Board was successful in applying for a City of Ottawa Community Funding grant to help offset the costs for our festival. The Riverview Park Community Association gratefully acknowledges the financial support of the City of Ottawa. Part of this funding will be used to purchase equipment which will help the association host more events in the future, giving a multiplier effect for our community.

An informal survey was sent to



the feedback was overwhelmingly positive. We are in discussions with O'Brien's to hold another Fall Social this year on Sunday, September 29tth – check our e-mail newsletter, website, or Facebook for updates.

The RPCA Annual General Meeting will take place on Wednesday, October 23rd location TBD. Please come out and see what we are up to and the benefit we bring to the community.

We continue to look for opportunities to improve the utility of the Balena Fieldhouse for the community. Our councillor is aware of our request to upgrade and modernize the fieldhouse. RPCA recently learned that the City of Ottawa owns the formerly labelled Little League building at the west end of Dale Ave. and we are similarly trying to see if there are any opportunities for community use there.

Something else new coming to Riverview Park this summer - two red Adirondak chairs! Like the Parks Canada red chairs placed in peaceful, breathtaking locations from coast to coast, we will be installing two red Adirondak chairs later this summer in a prominent Riverview Park location for residents to enjoy! Stay tuned for more details.

Have you ever thought of investing in your community? You own or rent property here, you spend a sizable portion of your time here, and you travel through the community every time you go anywhere! An amazingly straightforward way to invest in our community is to volunteer, and it can be fun, physical, or not, social, healthy, and empowering all while building a sense of ownership, responsibility, and pride in Riverview Park. And once you start, it can be infectious! The RPCA, Friends of Riverview Park Green Spaces and our local paper, the Riverview Park Review could all use volunteer help.

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 annually. 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.

Envirotips[©] for June 2024

Use dandelions for food. Dandelions have many health benefits, provided they haven't been sprayed with chemicals or herbicides. The flowers and stems can be cooked, fried, put in salads, pizza or quesadillas. They can even be made into jelly, tea, or wine. You can find 16 dandelion recipes at https://www.theprairiehomestead.com/2014/04/dandelion-recipes.html

instead of chemical -based. Although mineral based sunscreens may cost more, they are also better for the environment rather than chemical-based sunscreens, many of which contain ingredients that damage marine life and may even be harmful to human health.

Use vegetable cooking water to fertilize plants. After you have cooked vegetables, once the water has cooled, pour it onto your nity cleaner and look better, and garden or planting containers to "fertilize" your plants, instead of wasting. Cool your recently used vehicle before parking it inside to keep your garage cooler. Let your engine cool down before parking the car in the garage (especially when the weather is hot). Park your car outside in the shade or wait until just after sunset before moving it into the garage. Prepare smaller meal portions. If you're always saving leftovers but rarely eating them, try cooking smaller portions instead. You'll save money, reduce food waste, and lower your environmental impact.

Turn down your stove element once a pot starts boiling. Lightly boiling water is the same temperature as water at a roaring boil, and only requires a small amount of energy to keep boiling.

Pick up litter in front of your home at least once a week. Picking up garbage in your front yard, and sidewalk and road in front of your house makes the commualso prevents garbage from going down the drain into the watershed. The Riverview Park Community Association (RPCA) is encouraging residents to "pick it up" on June 8, the same day as the Community Yard Sale. Register for Let's Bike Month. June is 'Let's Bike Month' in Ottawa. Participants can track how much money they save and the amount of greenhouse gas emissions they reduce by using a bike instead of a motorized vehicle. https://letsbike.ca/

anywhere between 18 to 93 percent more butterflies to your yard. Even a small patch of un-mown grass can have a positive impact on local biodiversity by creating places where butterflies and other wildlife can breed.

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, birthday candles, bubble wrap, old books, and empty yogurt containers, plus a 1000 piece puzzle that was missing one piece!

Use cold water from the shower to water your plants, particularly if there is a drought. Place a small bucket in your shower to catch the cold water before it heats up. Use the water for your plants.

Re-purpose bird seed and yard material bags (potting soil, peat, small stones, etc.) as garbage bags. Instead of simply throwing bags away, let them serve a secondary purpose as bags in your garbage can.

Empty your dehumidifier into watering cans. Rather than pouring it down the drain, you can use the water .on your plants, both inside and outside your home. Saves water and a few pennies!

Use a sunscreen that is mineral-based

Consider a "Slow Mow Summer" if you have grass on your lawn. A recent study found that just letting your grass grow longer attracts

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

ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES - SUMMER 2024

LIBRARY HOURS

- Monday to Thursday: 10 AM to 8:30 PM
- Friday: 1 PM to 6 PM.
- Saturday: 10 AM to 5 PM
- Sunday: CLOSED
- CLOSED Monday, July 1st Canada Day. Monday, August 5th - Civic Holiday Monday, September 2nd – Labour Day

TEMPORARYALTA VISTA LIBRARY CLOSURE / DEPOT

Please note that the Alta Vista Library will be closed for roof repairs, starting Monday June 3rd, and lasting a period of six weeks until approximately mid-July.

A temporary Depot location will be set up at the Jim Durrell Arena, located at 1265 Walkley Road, during the closure. The Depot will follow the current hours of the Alta Vista Branch.

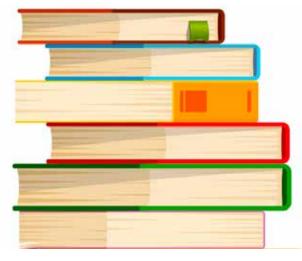
For full Library services during the Alta Vista Library closure, the next closest branches are:

- Elmvale Acres Branch 1910 St Laurent Boulevard, at the Elmvale Acres Shopping Centre.
- Greenboro Branch 363 Lorry Greenberg Dr., at the Greenboro Community Centre.
- Sunnyside Branch 1049 Bank St.

Please note the following with regards to the temporary closure and the Library **Depot:**

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Available services at the Depot will include holds pickup, returns, the Express collection, and a small children's browsing collection. Public computer, wifi, and printing services
- will not be available at the Depot.
- Anyone unable to pickup their holds at the Depot, can change their pickup location to any other OPL branch, or pause their holds online for the duration of the closure.
- The exterior book return at the Alta Vista branch will not be available during the closure. Returns can be made at the Depot, or at any other OPL branch.
- Museum passes will be available on a first come, first-serve basis. Please contact the museum in question before you visit to inquire about hours, closures, protocol etc.

Please visit www.biblioottawalibrary.ca for



gual. Drop-in program.

Thursdays June 6th to 27th at 2:15 PM. 30 minutes.

TD SUMMER READING CLUB 2024

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

The theme for the 2024 TD Summer Reading Club is To the Stars.

A full listing of summer reading programs and registration will be available on our website in June. Please note that there will no be no Summer Reading Club program at Alta Vista Branch until the branch reopens.

DOGS AT THE LIBRARY (ELMVALE ACRES BRANCH)

Come and meet some therapy dogs from the Ottawa team of Therapeutic Paws of Canada! No registration required but space may be limited. All ages welcome.

Saturday, June 8th at 1 PM. 60 minutes.

PROGRAMMING

English Conversation Group (ELMVALE ACRES BRANCH)

Practice your English conversation skills in a relaxed and friendly environment. All levels are welcome in this free program. Drop-in. Mondays at 6 PM until June 24th.

Groupe de conversation en français (intermédiaire) / French Conversation Group (intermediate) (ELMVALE ACRES BRANCH) 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. Mondays at 5 PM until June 24th.

title

Book Banter (ALTA VISTA BRANCH)

Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month 2 PM - 3 PM. All are welcome.

Resumes in September.

Infusions Littéraires (SUCCURSALE ALTA VISTA BRANCH)

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

Resumé Workshop (ELMVALE ACRES **BRANCH**)

Topics will include resumé and cover letter writing, interview preparation, job fair skills and networking. Hosted by CCI through the Community and Employment Connections Department. Wednesdays, June 5th to June 26th at 5 PM. 90 minutes.

NFB film showings (ELMVALE ACRES **BRANCH**)

The Elmvale Acres Branch will be presenting the following NFB films, free of charge. All the below films begin at 6:30 PM. Thursday, June 13th, 2024 - Unspoken Tears (Trauma Through Words) (2022) by Hélène Magny. French with English subtitles. 75 minutes. Thursday, June 20th, 2024- The Inconvenient Indian (2020). English, Inuktitut, Cree, and Anishinaabemowin with English subtitles. 90 minutes. Thursday, July 4th, 2024 - Shameless: the Art of Disability (2006) by Bonnie Sherr Klein English only. 75 minutes.

Thursday, August 15th, 2024 - Picture This (2017) by Jari Osborne. English Only. 33 minutes.

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

COLLECTIONS AND SERVICES

Please check out some of the activities and resources that we have for adults, teens, and kids alike.

These resources include:

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

CHILDRENS PROGRAMMING

Bilingual Family Storytime (JIM DURRELL ARENA – ELWOOD HALL)

Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Dropin program.

Mondays, June 10 to 24 at 10:30-11 AM.

Bilingual Babytime (JIM DURRELL ARENA - ELWOOD HALL)

Stories, rhymes, songs, and activities for babies (ages 0-18 months) and a parent/caregiver. Bilin-

Sleuth Hounds Mystery Book Club (ALTA VISTA BRANCH)

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

Thursday, June 20th, 2024 - Cancelled Thursday, July 18th, 2024 - Annual summer social Thursday, August 15th, 2024 – Cara Black – any

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

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

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







Lunch Buffet (11:00 am - 3:15 pm) All You Can Japanese • One certificate per table Mon-Fri \$25.95 • Not valid with any other offers Order No cash value Chinese Cash payment Sat, Sun, Holidays \$22.95 Management reserves the right to final interpretations Kids (6-10 years old) \$15.95 • expires August 31, 2024 Korean PERSON From 1760 St. Laurent Blvd. 613.523.1680 (3-5 years old) \$6.95 **Adults and Seniors only** Thai **Dinner Buffet** (Available all day) • One certificate per table Not valid with any other offers • No cash value Adults \$34.95 • Cash payment Management reserves the right Seniors \$28.95 to final interpretations expires August 31, 2024 PERSON Kids (8-10 years old) \$19.95 1760 St. Laurent Blvd. 613.523.1680 **Adults and Seniors only** liems (5-7 years old) \$15.95 **Gift Certificates** (3-4 years old) \$8.95 ^{are} AVAILABLE ** Kids under 3 eat free **SKIP**^{the}_{DISHES} 🖲 UBER EATS ORDFR **Order On-Line Sushi for Delivery** 🕒 Fantuań DOORDASH ONL You can get Apps "168sushibuffet" at Order with your Android! Order with your iPhone! And do so much more! And do so much more!





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