



OCTOBER 2024

A VOICE OF RIVERVIEW PARK

NOVEMBER 2024



SHARED BY THE WOODBURN FAMILY

“Open the door...let’s explore”

This edition of the *Riverview Park Review* presents a new series, “Open the door... let’s explore.” Have you ever wondered what or who is behind the doors of places you often pass by? This series offers a glimpse into the past and present of many of them.

Almost 50 years ago Doug Woodburn and his father Emerson, opened the Gloucester Farmers’ Market, c. 1980, pictured above. Following the closure of the market, over two decades ago, Sherry Woodburn opened her store on the same site. 1877 Innes Road is now a favourite shopping destination, known as the *Fashion Outlet 4 Women*. See pages 28 and 29 for the story.

Kris Nanda relates an interesting history shared by Garry Baker, Chief Custodian of Riverview Alternative School. Residents in Riverview Park might recognize their neighbour Garry, but not necessarily realize his many talents. Here, Garry (on the right) poses with Principal, Derek Rhodenizer. See page 30.

This year is the 20th anniversary of *Figure 8 & Hockey One’s* highly successful move to 380 Industrial Avenue. Many local residents will recall when this address was Gasthaus Zum Dorf-Krug and Chicken Boy Takeout. Pages 26 and 27 detail the transformation of a well-known local landmark into yet another thriving business and valued member of our community. (Bottom L)

Riverview Park is fortunate to have Blair Court Community House as an integral part of our neighbourhood. (Top L) Among the many essential services and programs provided, the inclusion of our local Food Bank has been particularly successful. To learn more about the role and impact of Blair Court Community House see page 2.



PHOTO: KRIS NANDA



PHOTO: CAROLE MOULT



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The impact and importance of partnerships and collaborations at Blair Court Community House

by Kristy Fudakowska,
Executive Director,
Blair Court Community House

At first glance, Blair Court Community House may appear as just another townhouse among the 70 Ottawa Community Housing units lining the west side of Station Boulevard. Yet, within the walls of this modest two-story building lies an active nonprofit organization dedicated to providing essential support, programs, and services to our family-oriented community.

For over 27 years, Blair Court Community House has been a part of the Riverview Park Community. Originally established as a meeting space for residents, we have evolved significantly through various collaborations and funding sources, transforming into a vital community hub. We now offer a range of essential programs, including a Food Bank and Toiletry Cupboard, alongside recreational, educational, and social initiatives such as Homework Club, Youth Sports Night, and Adult Interest Workshops.

In the early 2000s, we partnered with the Riverview Park Community Association (RPCA)



Summer Carnival Blair Court Food Bank volunteers: (L-R) Jacob and Joshua, both Youth Workers at Blair Court; Food Bank volunteer, Samantha; Staff Member, Kim; Blair Court Youth Worker, Ikaam; Executive Director, Kristy; and Food Bank volunteer, Tim. PHOTO: CAROLE MOULT

to clean up Coronation Park. This initial collaboration has blossomed into a strong, ongoing partnership, enabling us to enhance our efforts in many ways. The RPCA played a key role in replanting 30 trees along Station Boulevard and has supported numerous events through volunteer efforts and funding. Notably, they hosted events like the Carol Sing Along and the Summer Carnival, where our food bank benefited from generous donations. In ad-

dition to our relationship with the RPCA, we are also thankful for the support provided by the Riverview Park Review Community Newspaper. The paper has always provided us a platform to share information about the community house with the greater community.

Our success would not be possible without the support of Riverview Park community members who have over years volunteered their time, donated goods, and contributed financially. Many

have championed our cause simply by spreading the word or identifying new opportunities in hopes of helping us better serve our community.

Partnerships and collaborations are essential to our growth and our ability to effectively support the Blair Court community. We deeply value our relationship with the RPCA and eagerly anticipate exploring new and innovative ways to collaborate in support of our community.

Ways You Can Support Blair Court Community House:

- Volunteer your time
- Drop off your returnables
- Donate food items from our "Wish List"
- Share produce from your backyard garden
- Participate in our fundraisers (May and December)
- Help spread the word
- Contribute financially (we are a registered charitable organization)
- Follow us on Facebook

To learn more about Blair Court Community House, please call us at 613-736-5058 or visit us at www.blaircourt.ca



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A lesson from Trinity Community Garden about pollinator gardens

by Alison Nanda

The Trinity Community Garden (TCG) is a special place in Riverview Park where people grow vegetables for their families to enjoy all summer long. But it is not only vegetables that are planted in the garden! Native flower gardens are also a part of what makes TCG a unique place in our community.

Along the southern and western sides of the garden, tall native flowers, grasses and shrubs provide a beautiful, blooming habitat for bees, butterflies and many other pollinators such as moths, flies, beetles, ants and even some birds. Pollinators are insects and birds that transfer pollen between plants as they look for nectar and food in the plants. The transfer of pollen from one plant to another creates the fertile seeds essential for growing food. These native plants support the insects that support food production in our community garden.

Our native pollinator garden blooms continuously from early spring to late fall with a variety of plants that serve as hosts for all sorts of insects. The caterpillars of most moths and butterflies rely upon specific host plants for their food. Perhaps the best known is the Monarch caterpillar which needs to feed on milkweed leaves if it is to develop into the spectacular adult butterfly we know and love. At the garden we have three different types of milkweeds providing food for the endangered Monarch butterflies. But did you know there are hundreds of different moths and butterflies in Ontario and many of these, like monarchs, need specific native plants to survive? Many wild areas where native plants once grew have been destroyed as we build and develop our cities. We hope



PHOTO: ALISON NANDA

to bring some of these insects back to our community as we work on restoring an urban native wildflower habitat.

Dirt berms from when the garden was first dug, surrounded the vegetable garden on all sides during the first years of the community garden. A weed team was created whose job it was to keep the weeds on these berms at bay. About five years ago, several community gardeners wondered, why not replace the weeds with native wildflowers? It was a daunting idea – we'd have to create a border about 60 feet long along the west side - not to men-

tion the other sides - but a small team began slowly, digging up the dandelions, thistles and brambles replacing them with asters, wild bergamot and Joe-Pye weed. We smoothed out the berms, removed buried plastic garbage, put in a path from recycled interlock stone and dug up more weeds. We received seedling donations, dug up plants from our own gardens, moved plants around and planted seeds.

Although the soil was poor, most of the plants thrived in their sunny location. We began to see much more diversity in our pollinator gardens and the slightly

wild gardens became welcoming spaces for so many kinds of bees, beetles, frogs, toads, birds as well as a few butterflies.

The weed team is now known as the weed and pollinator team. At the spring and fall community work days, we spend many hours clearing weeds from the pollinator garden, leaving the native plants to grow. Most of the weeds we have removed are non-native plants that have been introduced to our area. The blooms of the native plants such as the familiar goldenrod (there are at least five different types of goldenrod in the garden), are covered with buzzing pollinators moving pollen around the garden. It is fun to stop in the garden and to see how many different types of bees are busily flying from flower to flower. The garden is truly a community full of life. Together, in tandem, the TCG vegetable garden and pollinator garden feed all sorts of species, big and small!

Did you know? There are over 350 species of native bees in southern Ontario and over 860 different bee species in Canada?

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“IMMACULATE HEART OF MARY CHRISTMAS CONCERT”

SUNDAY DECEMBER 1, 2024, 3:00 pm

On Sunday, December 1st, 2024, at Immaculate Heart of Mary Church, 1758 Alta Vista Drive, come enjoy the music of the season! This event will feature local musical groups: the *Ottawa Catholic School Board Chamber Choir*, the *Grand Choeur De La Salle*, and the *Immaculate Heart of Mary Church/St Margaret's Church Choirs* accompanied by the *Ottawa Wind Ensemble*, a 35-member orchestral group. They will be joined by soprano soloist Mallory Williams, for special tributes to the musical season. Interspersed with this will be carol singing for all to join in.



Immaculate Heart of Mary Christmas Concert December 2023.

This 33rd Immaculate Heart of Mary Concert is held in support of the Heron Emergency Food Centre (HEFC). Admission to the Concert is FREE and there is ample and easily accessible parking. There will be collection baskets

for voluntary monetary donations (cheque or cash). Tax receipts can be issued by the charity for donations over \$20 upon request. Those interested in an advance

donation or in purchasing advertising in the concert program or who have any questions, please contact the concert organizing committee at 613-791-9115.

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

Top 10 rightsizing tips

by Eric Cosgrove SRES®

Rightsizing is more than just downsizing; it's about making your living space work better for a new chapter of your life. These 10 tips will help you make thoughtful decisions during the decluttering process.

- 1. START SIMPLE.** Evaluate each item with the question, "If this disappeared tomorrow, would I miss it or rush to replace it?" If the answer is no, it's time to let it go.
- 2. THE "WILL I MISS IT" TEST.** Evaluate each item with the question, "If this disappeared tomorrow, would I miss it or rush to replace it?" If the answer is no,

- it's time to let it go.
- 3. RECLAIM YOUR SPACE** Don't serve as a storage unit for others. If friends or relatives have left items with you, set a deadline for them to pick them up, or offer to donate or ship the items back to them.
 - 4. ASK FOR HELP.** Rightsizing can be overwhelming, so enlist help. Whether it's family, friends, or a professional organizer, additional hands can make the process easier.
 - 5. THE "LIFESTYLE RELEVANCE" TEST.** Look for items in your home that no longer fit your current lifestyle. Do you still need that badminton set or the crib you kept in the spare room for grandkids that are now grown?

- 6. PRIORITIZE WHAT MATTERS.** Imagine moving overseas and you can only take a certain number of items with you. What would make the cut? Focus on retaining the items that are truly valuable to you.
- 7. SCHEDULE REGULAR SESSIONS.** Dedicate regular time each week to continue the rightsizing process. Treat it like a marathon, not a sprint; it takes time to sort through years of accumulated items.
- 8. CHERISH WHAT YOU KEEP.** The fewer possessions you hold onto, the more you'll value and enjoy them. Retain only those possessions that genuinely enrich your life and bring you joy.
- 9. REQUEST MEMORIES**

- RATHER THAN MATERIAL GIFTS.** To avoid accumulating items during holidays and birthdays, encourage loved ones to give experiences that foster memorable moments instead of material gifts.
- 10. PASS IT TO THE NEXT GENERATION.** Use this opportunity to hand down heirlooms or special items to family members. Capture these moments with photographs to create a digital scrapbook.

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Meet Ottawa's newest "U15" competitive women's curling team and the Myers Team of the Week!

by Ainsley Morris,
Skip for Team Morris

Hi, I'm Ainsley Morris, and I'm the Skip of Team Morris. I've been curling for about four years but this is my first year as a competitive player. On Team Morris we have our Vice, Thira Boocock, our Second, Haizel Reggler, and our Lead, Ainsley Thompson.

For the past few years, we've been a friendly team and have been competing in friendly non-competitive bonspiels. This year we set out to form our own competitive U15 team, but we had a couple of problems: finding a coach, and finding a fourth teammate! The first problem was solved when we attended an "orphan clinic" hosted at the RCMP Curling Club where we met Greg Artichuk - a long time curler and successful coach. After a few get-to-know-you meetings, Greg was happy to take on the team for the 2024-2025 season.

Luckily, Greg helped the team solve our second problem, too. Through his network, he managed to identify another curler interested in joining the team.



Left to right: Haizel Reggler (Second), Ainsley Morris (Skip), Thira Boocock (Vice-Skip), Ainsley Thompson (Lead); Back row: Greg Artichuk (Coach). Celebrating the end of their bonspiel.

And, her name? Another Ainsley! Ainsley Thompson, team Lead, spent some time getting to know the girls over the summer.

Our team spent some bonding time designing a new team jersey, picking out a color scheme and designing a "Team Morris" logo (with a bit of help from Emma Miskew herself!). Of course, some of our team bonding time was also spent swimming and having fun.

We've had an early start to our season, competing in tournaments in both Oakville and Cornwall. And, on September 18th, Team Morris was introduced on CTV News as the Myers Team of the Week! We were given a tour of the CTV studio, offered a chance to



Left to Right: Ainsley Thompson, Haizel Reggler, Thira Boocock, Patricia Boal (CTV), Ainsley Morris, and Greg Artichuk (Coach) receiving the Team of the Week recognition from Myers Automotive Group.

PHOTOS: L. GILBERT MORRIS

give a quick team promo on New Country 94 radio, and appeared live with news anchor Patricia Boal where we introduced ourselves and the team. We were also presented with a \$1,000 donation from Myers Automotive Group! It was our first time on the news but with an Olympic dream out on the horizon, it hopefully won't be our last time!

While it is a fairly simple and inclusive sport, curling competitively does come with a large range of ongoing expenses for a small team. Our team will use the Myers sponsorship money towards the team's various expenses which

includes equipment, apparel, club and league registration fees, tournament fees, travel and coaching expenses. We are hoping to connect with some local businesses in Riverview Park who would be willing to sponsor our team - so please keep an eye out for us as we'll be visiting local businesses in the neighborhood over the coming weeks! In the meanwhile, please check out our team pages: "Team Morris Curling" group on Facebook, or @teammorriscurling on Instagram.

For those curlers out there, have a great season!

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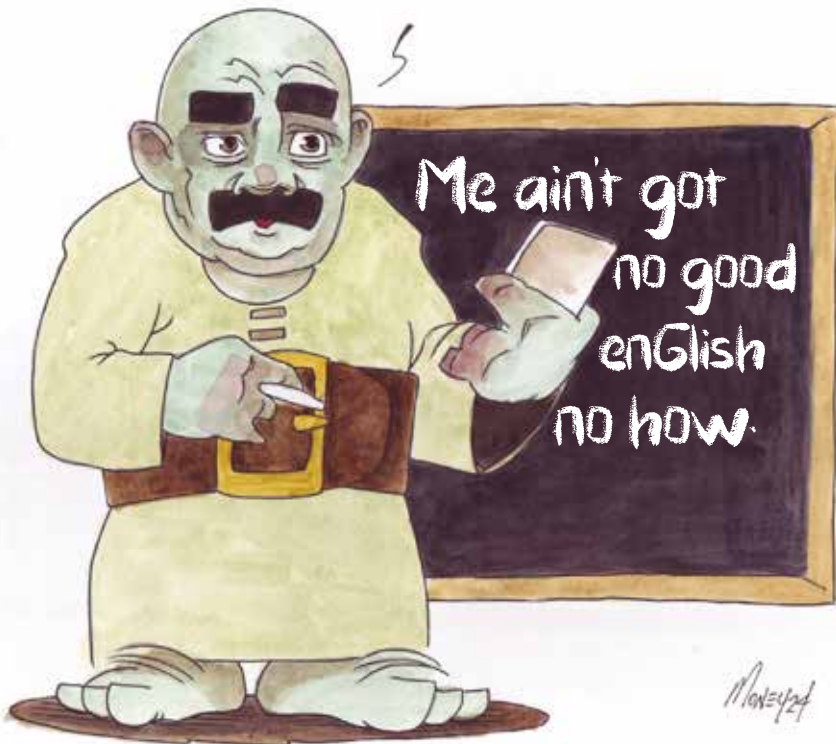
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* With thanks to Igor, the Grammar Slammer Bammer and the *Hilarious House of Frightenstein* (1976)

Grammar and accuracy in school

Every school year, English teachers must be steeling themselves to their cause. Balancing creativity with literacy and writing skills like spelling and grammar, must strike fear in the hearts of the meek. “One soaring sentence will do more to make a writer out of a pencil-chewer than hours of laborious attention to grammatical usage”, they wrote. Without well crafted word structures, ideas would be unintelligible, however creative they may be.

English teachers and grammarians of past generations must grind their teeth with each new generation, of course. More and more rules are sacrificed at the altar of modern word usage and evolving communication technology. And maybe dangling participles are a thing of the past? But adverbs and adjectives should still be acceptable. And recognizing that there is a difference between written and spoken language is actually a good skill to have. Interviews with post secondary teachers and bosses have identified that written communication skills have deteriorated to the point that classes are being offered that should have been learned in elementary school. The truncated speech patterns used in modern electronic communication have been accepted as a type of written communication. Literally big words with complex meanings are being replaced with small, simple words. Are we producing people that as Peter Gabriel once opined: “They think so small, they use small words”? At the very least, words should be chosen carefully in order to express ideas clearly.

About the *RPR* community newspaper

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

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.

**Deadline for submissions:
Before November 10, 2024.
Content submitted after specified deadline
can no longer be accepted.**

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

RPR is currently seeking distributors.

* Contributions by politicians are paid announcements.

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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.

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Construction community brings ‘show-and-tell’ to new levels in support of CHEO and Roger Neilson Children’s Hospice

Shared by the CHEO Foundation

On Saturday, September 21, 2024, at 10 a.m., families were treated to the ultimate show-and-tell from the construction community. The National Capital Heavy Construction Association and the Ottawa Construction Association brought numerous vehicles and construction equipment down Ring Road to the delight of children, youth and their families. This fundraising parade was in support of pediatric palliative care at CHEO and Roger Neilson Children’s Hospice.

The parade got underway at 10 a.m. outside Roger Neilson Children’s Hospice with a cheque presentation. Following the presentation, the vehicle lineup revved up and the parade got rolling.

This fundraising drive is close to the hearts of many who were involved in the building of Roger Neilson Children’s Hospice and a tribute to the support provided to families there.



William (2), was happy to meet CHEO Bear. PHOTOS: CAROLE MOULT



Harrison (4), and Oliver (2), in their new hard hats, had a great view of the many wonderful vehicles that passed in front of them.



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

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

David McGuinty, MP | Député

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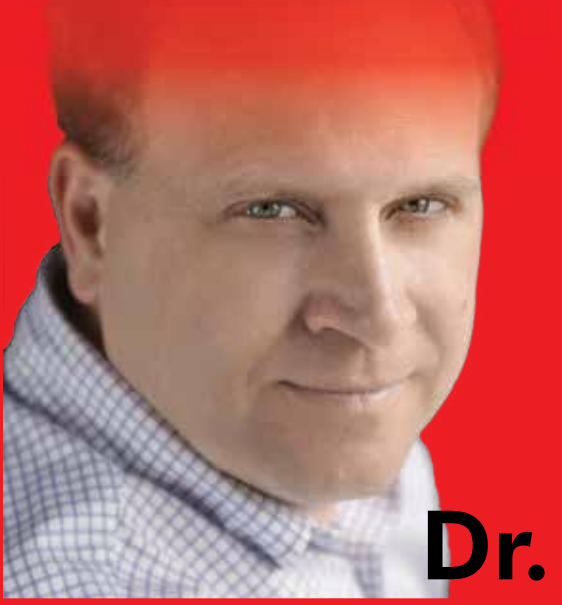
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Believe it or not, poor posture can have a big impact on your overall health. When you slouch or hunch over, it can lead to all sorts of problems like back and neck pain, headaches, and even fatigue. Poor posture can also make it harder for your body to function properly. For example, it can compress your lungs, making it difficult to breathe deeply, or it can put pressure on your digestive system, leading to discomfort.

Chiropractic Techniques to Correct and Maintain Good Posture

How can chiropractic care help with posture? Well, chiropractors are trained to understand the intricacies of your spine and body alignment.

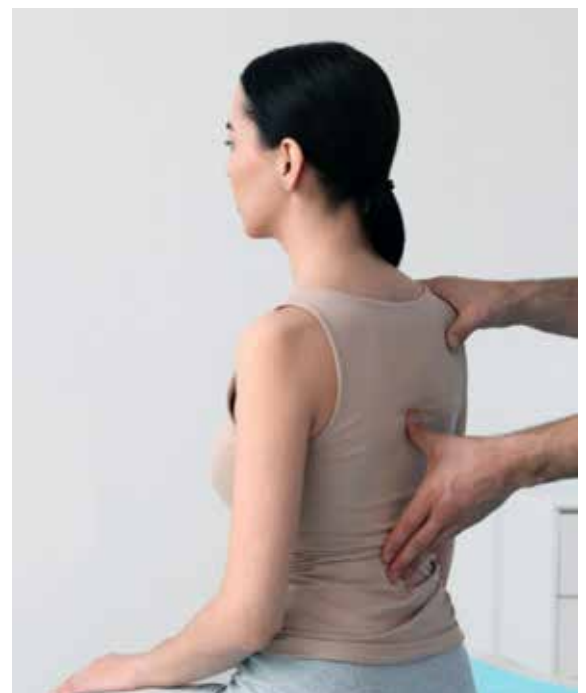
- **Spinal Adjustments:** We use gentle adjustments to align your spine properly. This helps reduce any pressure or tension that might be causing you to slouch or hunch.
- **Posture Exercises:** Our team can show you specific exercises to strengthen the muscles that support your spine. These exercises can help you maintain a good posture even when you're not thinking about it.
- **Ergonomic Advice:** We're happy to give you tips on how to set up your work space, whether you're at home or in the office, to promote better posture. Simple changes like adjusting your chair height or monitor position can make a huge difference.
- **Regular Check-ups:** Just like you go for regular dental cleanings, visiting our practice regularly can keep your posture in check. We can catch any misalignments early and help you correct them before they become bigger issues.

By improving your posture, you can alleviate pain, boost your energy levels, and enhance your overall well-being. So why not give chiropractic care a try? Your body will thank you!



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A Tip from Dr. Stéphane Chillis



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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

The top renting films of the summer – just in time for fall

As the nights begin to get colder, the top-renting films of the summer become clear—and it's likely not the titles you would first think. Sure, *The Fall Guy*, *Dune Part 2*, *Civil War* and other big box office hits performed well, but the eight biggest renters of the summer are comprised of much smaller, story-driven films.

8. *The Taste of Things*

The relationship between a gourmet French cook and his talented worker slowly simmers into a romantic bond, which in turn results in tremendous new dishes that impress even the hardest critics. But when she won't fully commit to him, he begins cooking directly for her. A romance for adults to enjoy featuring beautifully prepared French dishes.

7. *Anatomy of a Fall*

Did she, or didn't she? ...That was the question on most people's minds this summer—and it stems from this electric piece of French movie-making. Nominated for Best Picture and Best Actress, it tells the story of a horrific accident while hiking and the aftermath. It has the accolades, but have you seen it yet? If not, do so.

6. *The Promised Land*

Mads Mikkelsen plays a commander who has long held the belief that an unforgiving, vast wasteland in 18th



Ennio



Thelma

century Denmark can be tamed and eventually yield actual crops. The king's men hesitantly allow him to do it, but he soon learns that the land is under the rule of Frederik De Schinkel—who previously couldn't have cared less about it, but now is quite interested indeed. One of the best of the year!

5. *The Old Oak*

A tender tale of a mining town that previously thrived and is now down on its luck. The local pub owner is struggling as well, but realizes that when Syrian refugees arrive, they're as out of sorts as anyone in the small town. Ken Loach is one of Britain's best di-



Perfect Days

rectors at showing the working class and he's done it again in this one.

4. *Perfect Days*

Wim Wenders' meditative drama about a toilet cleaner in Tokyo who takes maximum enjoyment in the smaller things in life—including reading a good book, eating at his favourite restaurant and photographing the beauty of the trees around him. When his niece shows up and sends his regimented schedule into chaos, how will he react? A beautiful, slow moving winner!

3. *Driving Madeleine*

A top renter because it's a warmly told drama with excellent performances—and it's the reason we seek out films—to feel something. A taxi cab fare across Paris becomes a deep introspective discussion between a middle-aged man whose life is in shambles and his fare, an older woman who has a shocking story to tell.

2. *Ennio*

Director Giuseppe Tornatore, who directed *Cinema Paradiso*, has made an absolute masterpiece on the life and enormously influential works of one of the greatest movie composers of all time, Ennio Morricone. Tornatore, who has worked with Morricone several times, takes you on a journey you won't soon forget, showing you some of his methods, some of his passions and ultimately how some of his most glorious pieces of music got from idea to the screen. A must-see—as shown on this list of top renters!

1. *Thelma*

Big Hollywood blockbusters? Nah, how about a movie about a 93-year-old woman who has been scammed out of her life savings and ventures across the city to get it back? If you smirked, then don't worry, you're not alone. Everyone loves *Thelma*—and she's our top renter of the summer!

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Service for whom?

by David Knockaert

Minds sometimes drift in odd directions. By way of example, I have been thinking of the City of Ottawa 3-1-1 service request system. Just as with any call centre, 3-1-1 is not really intended as a service to residents, but it principally serves City administration. It's a gatekeeper. Obviously the City of Ottawa is not alone in using this type of service, almost all corporations function with some form of call centre which spares their corporate knowledge workers the distraction of interacting with actual customers.

But there is an inherent risk in establishing a gate-keeping operation, a risk that clients will view it as an exercise in customer avoidance rather than customer engagement.

I have used 3-1-1 a total of 21 times over the past 9 years, though only twice since 2022. All of my requests for service are of course closed; half of them were closed the same day the request for service was submitted. But were all of those requests resolved to my satisfaction? Were any of them resolved to my satisfaction? Certainly the City of Ottawa has

None of this means the City does not care whether 3-1-1 is successful. They do care.

no idea if my interaction with their gate keeping creation aided in resolving what I deemed to be a 'problem'. They do not know because they don't ask, and they don't ask presumably because they would prefer not to know.

None of this means the City does not care whether 3-1-1 is successful. They do care. They have audited the service in the past. But success for the City is not defined by how effectively they resolve resident problems. Rather, they define it in two ways: 1) how many residents hang up before their call is answered or how long did they have to wait on hold until it was answered, and 2) was the 3-1-1 agent polite - with the latter criteria determined by a survey issued immediately upon conclusion of the call. Timelessness and politeness are important to residents, but not nearly as import-



ant as seeing a problem dealt with and done so efficiently.

If the City really cared whether 3-1-1 works for residents they would institute a system to inform requestors once their case is closed, and, at that time ask those requestors to complete a survey indicating their satisfaction or absence thereof with the actions taken by the City. This would serve as a reasonable indicator of resident facing effectiveness. That the City bureaucrats choose not to do so is not a surprise. Bureaucracies typically develop sys-

tems which ease their workload and/or limit external scrutiny.

But that is why we have elected officials, to represent the interest of residents. Certainly I would expect Councillors to consider 3-1-1 a very low priority, one hardly worth the effort of tangling with City administrators. But if Councillors are unwilling to ensure the most mundane of City systems are designed to put residents first, can we really expect them to go to bat for residents on more critical matters - let's say like public transport or intensification?




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Perley Health Centre of Excellence in Frailty-Informed Care™

By Danielle Sinden, Director,
Centre of Excellence and
Research Operations

In recent months, the Perley Health Centre of Excellence in Frailty-Informed Care™ (<https://www.perleyhealth.ca/centreofexcellence>) has made significant progress on an issue that has long been ignored and under-appreciated: consulting with residents and families about research into long-term care (LTC).

In May, the Centre of Excellence hosted Partnering for Progress, a day-long consultation session. And earlier in the month, Centre of Excellence staff, accompanied by Perley Health residents, led a consultation exercise during the Research Institute for Aging's Walk With Me national conference in Ottawa.

To understand the importance of this work, it's crucial to recognize that Canada's LTC homes were founded on an institutional model that envisioned residents as passive recipients of care. Since then, however, it's become clear that involving residents and families in decisions about the design and operations of homes can improve quality of life. The Centre



Danielle Sinden (left) Director, Centre of Excellence and Research Operations, chats with Jackie Leury during a visit to the Perley Health Centre of Excellence in Frailty-Informed Care™. PHOTO CREDIT: PETER WARREN

of Excellence believes that this approach should also be followed both in the design of individual research projects and in the development of a larger research agenda. Input from Partnering

for Progress will guide these efforts to create and share appropriate guidelines.

“Nothing about us without us” is an effective and increasingly popular description of this

approach. The idea is that no policy should be created or implemented without the full and direct participation of those most likely to be affected. Dis-

CONTINUED ON PAGE 15



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October 18-27

St. Aidan's Online Auction is back! This virtual portion of our Yuletide Bazaar will feature an array of household and gift items, gift cards and more. Log onto www.staidan-sottawa.com between Oct. 18-27 to link to the auction and place your bids. Winners can pick up their items Sat., Nov.

2, during St. Aidan's in-person Yuletide Bazaar (10 am to 2 pm), 934 Hamlet Rd.

Saturday, November 2

St. Aidan's Yuletide Bazaar, in-person, Sat., Nov. 2, 10 am to 2 pm, 934 Hamlet Rd. (behind the Elmvale Acres Shopping Centre). This year's bazaar will feature home baking,

jams and other preserves, The Boutique (jewellery and accessories for men and women), books, puzzles and a silent auction. Enjoy a snack or light lunch at the Celtic Cross Café. Visit www.staidansottawa.com for further details. Everyone is welcome!

For more information about our Yuletide Bazaar and Online Auction, weekly services, outreach or ministries, visit our website at www.staidan-sottawa.com.



Perley Health Centre

CONTINUED FROM PAGE 14

ability-rights advocates adopted the idea decades ago to champion many of the changes that are now commonplace, such as wheelchair ramps, designated parking spaces and closed captioning. In the modern era, researchers across all disciplines abide by the concept, although it is now more commonly known as citizen engagement. The Canadian Institutes of Health Research (CIHR), which provided funding for Partnering for Progress, incorporates citizen engagement in its strategic plan.

Partnerships with organizations

such as CIHR—and the ongoing support of donors—drive the success of the Centre of Excellence.

Established in 2019, Perley Health Centre of Excellence in Frailty-Informed Care™ aims to set a new benchmark in seniors' care, facilitating applied research that fuels innovation in education, best practices, and knowledge translation. Our goal is to ensure Seniors and Veterans living with frailty receive the highest level of care both within our walls and beyond.

As Perley Health aspires to double the number of Seniors and

Veterans served by 2035, the largest long-term care home in the Champlain region provides a variety of ways to engage and consult with our community.

- **Participation:** Embrace the opportunity to be directly involved in transforming care for Seniors and Veterans. Participate in research studies, ensuring that the voices and experiences of members of the Perley Health community inform and guide our work.
- **Education:** Expand your knowledge and understanding on a variety of topics related

to aging, frailty and long-term care, by attending our monthly webinars.

- **Stay Connected:** Keep informed on the latest developments of the Centre of Excellence, read about the impact of our ongoing research projects in our newsletter and our social media channels. Engagement helps to expand our awareness and will help to share best practices within our community, across Canada and around the world. Your input is vital. To get involved, please email centrefexcellence@perleyhealth.ca.

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FRIENDS OF RIVERVIEW PARK GREEN SPACES

FoRPGS Note for October 2024

by Ron Ridley on behalf of the FoRPGS

I hope you have had a great summer with the above average heat, rain and then heat, and that you were able to get out and enjoy our beautiful neighbourhood. All the rain certainly made for a very green landscape.

The pollinator garden has exploded with many plants reaching over six feet! This is a bit of a surprise considering the rodent damage we found in the spring, but it is great to see how well it has recovered. We have continued to work in the area around the pollinator garden removing dog strangling vine and buckthorn. If you are out there you will see large sheets of black plastic anchored to the ground where we are trying to cook the dog strangling vine, so we kill the plant and the roots. We have also planted some natives with more coming to try and out-compete the invasives with native plants.

Lynne hosted a very successful Wild Pollinators Partners Garden



The FoRPGS pollinator garden. PHOTO: RON RIDLEY

Tour at our pollinator garden in late August with a great turnout. It was interesting to hear what other like minded groups are up to and to learn from them. Our garden was in full bloom for the event prompting many people to ask if they can come back and harvest seeds in the fall.

Heather has done a lot of work bringing the Hospital Link Road majestic maple back from the invasives. We have been working in the area this year and last removing buckthorn and Heather has continued this work and began planting natives under the maple tree to make it even more inviting.

FoRPGS was successful again this year in receiving a grant from the Ontario Invasives Center which will support our continued work to remove invasives in Riverview Park parks and the hydro corridor where possible and productive.

Our fall Cleaning the Capital event is scheduled for Saturday, October 5th, with the rain date on Saturday, Oct. 12th. If you would like to help – many hands might light work – please check out the RPCA/FoRPGS e-mail newsletter, website, or Facebook page for area times and locations.

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 & 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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ESSENTIAL HEALTH

Carpal Tunnel Syndrome

The carpal tunnel is formed where the wrist and hand meet. The floor of the tunnel is made up of wrist bones, and the top of the tunnel is the transverse carpal ligament. The space within the tunnel contains the tendons that are responsible for flexing the fingers, and the median nerve. The median nerve provides feeling to the index, middle and part of the ring fingers, as well as to the palm side of the thumb.

Carpal tunnel syndrome is a condition that results from compression of the median nerve, which runs from the forearm into the hand, as it passes through the carpal tunnel.

Carpal tunnel syndrome has a variety of causes that ultimately create less space in the tunnel for the nerve to pass through, rather than a direct problem with the nerve itself. Some of the causes include overuse and repetitive movements, metabolic conditions that create systemic inflammation, such as, diabetes, thyroid conditions, rheumatoid arthritis, obesity, and body fluid changes from pregnancy.

People suffering from this

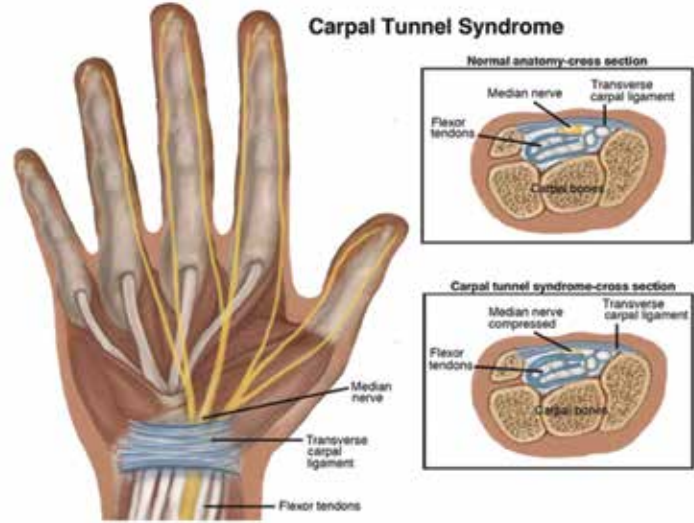
condition experience numbing and tingling in the index, middle and ring fingers, which will gradually increase over time, and symptoms are worse at night. Symptoms are usually present in the dominant hand, but can be present in both. As the condition progresses, pain can be felt not only in the hand, but it can start to penetrate into the forearm as well. Movement of the wrist will be limited by pain, and sometimes, people can experience a decrease in grip strength.

Massage is very beneficial for the treatment of carpal tunnel syndrome. A massage treatment will focus on decreasing pain by working through fascial (tissue) restrictions throughout the forearm, wrist and hand. Therapists will also focus on increasing range of motion for the wrist, and increasing circulation to improve tissue health.

Home care for patients includes postural education when performing activities that can aggravate the condition; while at a computer, for instance, the wrists should be in a neutral position with forearms parallel to the



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floor. A computer mouse should be placed so that the shoulders can be relaxed, elbows bent at 90 degrees and the wrist can maintain a neutral position. Cold hydrotherapy should be applied several times a day for about 5 minutes per session.

Therapists would also provide some instruction on self massage, and stretches to help open up the fingers, hand and forearms, as well as strengthening exercises

when healing progresses enough to do so.

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

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Spooky Tradition with a Purpose

by Christian McPherson

In a heartwarming display of Halloween spirit and community generosity, two Ottawa households have turned their love for spooky decorations into a fundraising drive for the Ottawa Food Bank. Throughout the month of October, these homes have drawn hundreds of visitors with their elaborate “spooky lawns,” offering an exciting Halloween experience while encouraging donations for a critical cause.

For Chris Nantes and Christian McPherson, Halloween has always been more than just costumes and candy. It’s a chance to unleash their creativity and create something memorable for their neighbors. Over the years, their ghostly lawn displays have become local legends, known for their intricate designs and eerie details.

This year, again, the homeowners decided to take their passion to the next level by using their spooky setups to support the Ottawa Food Bank. As the sinister season approaches, they know this is the perfect opportunity to give back to their community, which has been facing increased food insecurity in the wake of rising living costs and inflation.



PHOTO: BRUCE MCLELLAND

“We’ve been doing these Halloween displays for years, and every year the response is amazing. For several years now we thought, why not use that energy and excitement for something good?” says one of the homeowners, Christian, who’s been decorating his lawn for almost the past two decades. “The Ottawa Food Bank does incredible work for families in need, and we wanted to help in our own way.”

A haunting experience: Visitors who come to these spooky lawns are treated to a truly immersive experience. From animated skeletons to glowing jack-o’-lanterns and eerie fog, the houses are decked out with professional-level props and decorations.

The first house, located at 1484 Orchard Ave. (The Lawn of the Dead), features a haunted graveyard complete with life-sized

ghouls and tombstones. The second house at 2340 Orlando Ave. has mutated their lawn, transforming it into an animatronic monster mash of ghouls and reapers that will send chills down visitors’ spines.

Both houses have set up donation boxes at the end of their driveways, encouraging visitors to contribute what they can. There’s also a digital option for those who prefer to donate online. Every dollar raised goes directly to the Ottawa Food Bank, helping to provide much-needed meals to families across the region.

A community-driven effort: The response from the community has been overwhelming. Throughout October, families from all over Ottawa have flocked to the houses, bringing not only donations but also spreading the word through social media.

QR CODE FOR DONATIONS



“It’s amazing to see how something as simple as decorating your lawn can bring people together,” says Nantes, the owner of the second house. “We’ve had so many people come by just to take pictures, ask questions, and, most importantly, donate to the food bank. It’s a real community effort.”

Supporting a worthy cause: With Halloween just around the corner, the homeowners hope to raise even more money for the Ottawa Food Bank, knowing that every contribution makes a difference. As food insecurity continues to be a challenge for many, especially during the holiday season, this initiative is a reminder of the power of community and creativity.

“We’re all in this together,” says McPherson “It’s not just about scaring people; it’s about making a positive impact. We hope this inspires others to think about how they can contribute to their communities, even in small ways.”

In the true spirit of Halloween, these Halloween lawns have become more than just decorations—they’re a beacon of hope, proving that when a community comes together, even the scariest times can be met with kindness and generosity.

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Fall Updates

Fall is in full swing! I hope that it has been a smooth transition back into fall routines for everyone. We had a very fun month of September that was chalk full of community events. We were so lucky to have beautiful weather and an amazing resident turnout for the Balena Park Corn Roast that took place September 15th.

The Last Day of the Alta Vista Market is October 12th!

It has been an amazing summer and early fall at the Alta Vista Market! I wish to remind residents that the last day of the 2024 Alta Vista Market will be Saturday, October 12th, from 9a.m. to 1p.m. at St. Thomas the Apostle Church (2345 Alta Vista Drive). Don't worry! The market will be back again next summer and we look forward to seeing you there!

Office Hours

Are you looking to meet with me? Office hours are back after a summer break and will be taking place on Monday Oct. 21st from 10a.m. to 12p.m. at Dempsey Community Centre (1895 Russell Road) and Monday Dec. 2nd from 10a.m. to 12p.m. at Jim Durrell Recreation Centre (1265 Walkley Road). If you wish to schedule an appointment during this time, please contact my office at (613) 580-2488 or by email. I am also available to meet virtually at other times or you can come by my City Hall office, but please call to schedule.

State of Alta Vista Meetings - October 22nd and 24th

Join me for both an in-person and virtual meeting on the current state of Alta Vista that will include an update on infrastructure and planning projects in the ward and give you an opportunity to ask questions and discuss topics that are most important to you. The in-person meeting will take place on Tuesday, October 22nd, from 6:30p.m. to 8p.m. at Jim Durrell Recreation Centre (1265 Walkley Road) in Ellwood Hall. The virtual meeting will take place on Microsoft Teams on Thursday, October 24th, from 6:30p.m. to 8p.m. A link to this meeting will be posted on my website shortly.

The need for this meeting was identified after the initial zoning meetings my office hosted in early June of this year. They will also be useful prior to the release of the Budget 2025 discussions.

Draft Budget Consultation Meeting - November 20th

Council was back in September after a summer break with two meetings on September 4th and 18th where long discussions were had about the state of the City's finances. My office, in collaboration with Wards 10, 16, and 17, will be hosting the Ottawa South 2025 Draft Budget Consultation on Wednesday, November 20th, at 7p.m. at Jim Durrell Recreation Centre (1265 Walkley Road) in Ellwood Hall. Don't forget that you can watch Council meetings and other Committee meeting on Ottawa City Council's YouTube channel.

Trees in Trust Locations in Alta Vista

The City's Trees in Trust tree planting program began on Tuesday October 1st, and will run until mid November, weather permitting.

I am excited to announce that we have a total of 55 trees being planted in Alta Vista! This includes trees in Alta Vista Park, Faircrest Park, Hawthorne Park, and Playfair Park, along with many residential locations.


Looking to get involved next year? The City's Trees in Trust program needs your help to find suitable locations for street trees. Street trees are available by request on a first come, first served basis. If your City-owned street frontage lacks a tree and you have the time and commitment to help care for one, please visit Ottawa.ca and search Trees in Trust in the search bar to learn more and submit a service request.


Stay Connected

Website: Please visit my website www.martycarrottawa.ca

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

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

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

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

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There's a "What?" in the restaurant?

by Carole Moulton

It's time to meet Riverview Park's restaurant robot. Our robot came to our community just this past year in order to help with the server shortage, post-COVID, and hasn't called in sick even one day since its arrival. Fellow servers appreciate the fact that it is possible for the robot to move four trays at a time.

Restaurant robots can deliver food from the kitchen to tables, speed up service and reduce the workload on servers. Our robot does not take breaks during the day nor did it need any on-the-job training. Young children, especially, are fascinated with this latest technology.

According to a Radio Canada International (RCI) Report posted on January 23, 2024, taken from a Canadian Centre for Policy Alternatives Report, "by 2021 more than 250,000 restaurant workers had quit to find new



careers..." John Ke, at our local 168 Sushi Restaurant, 1760 St. Laurent Blvd. found this to be definitely the way it has been over the past three years. Former staff went back to school, changed careers or even dropped out of

the work force altogether, and both John and his wife have found themselves working longer hours than ever, seven days a week. Their new robotic staff member is meant to help solve the problem.

Robots are showing

a lot of promise as food runners and support for servers. With the ability to program a robot to the floor plan of a restaurant, businesses can use automated technology to efficiently deliver food from the kitchen to a guest's table. To assist our local robot there are specially coded stickers on the ceiling and the robot is programmed to deliver to any of 18 programmed tables.

At 168 Sushi customers have been using iPad ordering for a number of years now so it should come as no surprise to them that a robot would come to their table to serve their meal. In March 2015, 168 Sushi introduced their over 168 food option photos onto one version of iPad tablets. The younger diners immediately embraced a technology with which they were very familiar and the working crowd soon came to appreciate iPad ordering as "very efficient and with fewer mistakes."

You can find this Riverview Park Robot at our local 168 Sushi serving guests and doing so most efficiently.

Whether you want Japanese, Chinese, Korean or Thai, the menu options are well over 168. In fact, check out page 44 of this paper and all the details are right there as to when you can meet the newest member of the 168 Sushi Team.

This article has been written with input from 168 Sushi located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Avenue. Open 7 days a week + holidays with over 168 items on the menu. Lunch buffet: 11: a.m. - 3:15 p.m. daily. Dine in Sunday-Thursday from 11: a.m. - 9:00 p.m. and Saturday and Sunday 11: a.m. - 10:00 p.m. Order the On-Line Sushi for Take-Out or have it delivered with Uber Eats, SkipTheDishes, Door Dash or Fantuan Delivery. Telephone 168 Sushi at: 613-523-1680. Or check out: 168SushiBuffet.com



John Fraser
Ottawa South | Ottawa-Sud

Protect Yourself This Fall

Ottawa Public Health experts remind everyone to stay up to date on COVID-19, flu, school and routine childhood vaccinations.

Vaccinations required for child care centres and schools should be kept up to date and are free.

Flu shots will be available for the most vulnerable high-risk populations, including hospitalized individuals, hospital staff and residents and staff in long-term care homes, followed by those in retirement homes and other congregate settings. Free flu shots for the general public aged six months and older will be available starting October 28th at doctor and nurse practitioner offices, some public health units and participating pharmacies.

Happy Thanksgiving!

I wish everyone celebrating, a safe and pleasant long weekend with family and friends.

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COMPUTER TIPS & TRICKS

Upgrading from Windows 10 to 11 – NOT a nightmare

by Malcolm and John Harding,
of Compu-Home

We remind Macintosh users that although this column is one that they can blissfully ignore, it is unseemly to appear too smug.

Microsoft sometimes ghoulishly refers to “end of life” when the date for the end of support for a piece of software is approaching. In the case of the Windows 10 Operating System that date is October 14, 2025 and users of Windows 10 can expect to receive frequent reminders over the next year that the day is approaching. Although this does NOT mean that your computer will shut down on October 15, 2025, there are a few facts to keep in mind:

- Microsoft will stop maintaining Windows 10 on or soon after that date and there has been no hint about an extension. Since “maintaining” refers primarily to updates related to security issues, security will eventually become problematic for users who stay with Windows 10 as time passes.
- Microsoft does not charge for Windows 11.
- Older computers cannot be upgraded to Windows 11. If you accept the invitation to upgrade but your computer turns out to be too old, you will get a clear message. “Too old” would be about 6 years old at this time. This is not whimsical or arbitrary; computers introduced in approximately 2018 came with notably improved safety measures built into their

hardware, and Windows 11 takes advantage of them.

- If your computer cannot be upgraded and you decide to buy a replacement, this is not an emergency. You can take lots of time to be proactive, look for sales, ask for advice, and make considered decisions about exactly what you need, to avoid over-buying.
- Upgrading from Windows 10 to 11 is free, and the glitches that were common in earlier years seem to have subsided. You can probably do it yourself.
- Whoever is performing the upgrade, it is vital to be absolutely sure to have done a full data backup before starting, in case something does go wrong. If you start down the road to the upgrade but have not done the backup, find a “Remind me later” button and back out until you are really ready.
- The backup, followed by the 10-to-11 upgrade will likely take a few hours. You will have to be available occasionally during the process to monitor progress and to confirm next steps.
- After the upgrade, learning to use Windows 11 is very smooth and quick for most people. Although Windows 11 is a significantly more sophisticated Operating System than predecessors, the “front end” features that we ‘mere mortal users’ see and use day-to-day, are largely cosmetic and you are unlikely to encounter serious mysteries. On the contrary, there are lots of little

conveniences.

- Microsoft has expressed a commitment that your other software that you were using in Windows 10 will run fine in 11. We have found that to be mostly true. Likewise, peripheral equipment such as printers and scanners seem to make the transition without difficulty,

with a required driver update being the rare exception.

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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Riverview Park Review

SECTION TWO

OCTOBER 2024

A Voice of Riverview Park

NOVEMBER 2024

Awesome Alta Vista Drive because of a great neighbour

Shared by Rhonda Turner

Another year of Leroy doing his gardening magic. As you travel southbound along Alta Vista Drive, just before the Hospital Link Road, please look to your right and take notice of the beautiful gardens that Leroy has created along the side of the road. He has once again

turned the drab allowance into a wonderful sight. It really gives me pleasure to look at it every time I either drive or walk by. Please take a look and appreciate his work.

In our neighbourhood, Leroy is considered somewhat of a garden go-to guru. We all ask and get great advice from him for all our gardening woes. Thank you, Leroy.




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OPEN the DOOR, LET'S EXPLORE...

Figure 8 & Hockey One

by Carole Moulton

Just two years after *The Hofbraubaus News* began publishing, the top cover story of its May-June 2004 edition carried the article, "Zum Dorfkrug Closes!"

Not only did the readers of the popular not-for-profit German-English paper feel the loss of this popular German restaurant, but local Riverview Park residents lamented as well the closing of the well-liked 'Gasthaus Zum Dorf-Krug' and 'Chicken Boy Takeout' that was right in our neighbourhood at 380 Industrial Avenue.

Opened in July 1980, the owners Anna and Karl-Heinz Lukowski truly enjoyed looking after their many customers. Diners, in turn, had come to anticipate the mouth-watering tastes of the ever-popular Schnitzel, Bratwurst, and Hackbraten. The restaurant was a family affair, with the Lukowski children, Barbara, Dolly, Helga and Norbert, plus just a few others working as serving staff. The family lived over the restaurant.

Local Cluny Street residents, Rose and Don Wolski remember working part time at the Gasthaus. Rose Wolski was a server for 15 years, beginning in the early 1990s. Her husband, Don, helped out on special occasions. Thursday wing nights were extremely popular and the restaurant was usually quite busy over the weekends.

"I enjoyed it," noted Rose Wolski as she recounted some of her time at the 'Gasthaus', as it was frequently called. "I got to know the regulars. I have good memories. The food was very good, portions good-sized, and the price was right." She also recalls a mural on the entrance wall to the bar. Someone had humourously painted cartoon characters of the restaurant staff.

Sadly, in 2001 the situation changed at the 'Gasthaus', with the passing of Anna Lukowski that year and Karl-Heinz the next. Things were definitely not the same without these significant family members, and thus, by 2004, the family decided to put the Riverview Park restaurant up for sale, and it was listed on a commercial site.

Coincidentally, and not ten minutes away, Jasmin Simard had begun searching for a new and larger location for his Bank Street' specialty skate store, 'Fig-



ure 8 & Hockey One'. His partner, Denis Poitras, already searching websites advertising commercial buildings for sale, had selected several to view, including the former Gasthaus Zum Dorf-Krug.

Upon arriving at 380 Industrial Avenue, and having already looked at about three other places, the two men thought this would be an excellent location so close to the 417. It had plenty of parking and there was a hominess and privacy to the property with a then, very tall hedge. Inside, there was only one solid wall when considering the necessary changes required, while the two soon realized that this would be a great improvement compared to the 4200 square feet that *Figure 8 & Hockey One* was then renting.

The Lukowski's only stipulation for the closing date was to hold off so that the four siblings could hold a huge party for family and friends on April 30th and they did.

Jasmin Simard bought the building, and the doors of the newly re-located skate specialty store opened on Wednesday, September 1, 2004. "We closed the other store on August 26, and only three days later we opened the new one, and all the staff moved



A popular patio was located at the west side of the 'Gasthaus Zum Dorf-Krug'. Both the fence and this sign are still there.

CONTINUED ON PAGE 27

PHOTO: CAROLE MOULTON

OPEN the DOOR, LET'S EXPLORE...



This mascot was once part of 'The Chicken Boy Takeout'. PHOTO: DENIS POITRAS

CONTINUED FROM PAGE 26 with us." This year, the *Figure 8* skate store's history is one that celebrates 50 years.

It was in 1974 when Jasmin Simard's mother, Madeleine Simard, after seeing a need of figure skaters in the Ottawa area, opened the first *Figure 8* store in the basement of her two-storey Kilborn Avenue home. Her store was 200 square feet. Now, several re-locations, and size expansions later, the unique '*Figure 8 & Hockey One*' has a total of 10,000 square feet. The name '*Hockey One*' was added in 2002 and once entering the current store it is easy to understand the reason why.

"When I first saw the building, I actually thought it was fantastic and how easy it would be to turn it into a retail store," revealed Mr. Simard recently about the purchase.

"I hired a designer and then she put the necessary changes out to tender. Only the bar was still in place with most of the tables and chairs removed." A very tall T.V. roof satellite antenna used to bring in sports had to be taken down as well.

The carpet came in first for the 5,000 square feet main floor customer area. The lower level, also at 5,000 square feet, is filled with



shelving and is used for product storage of all kinds for the huge variety of figure skates, hockey skates, in-line skates and the necessary accessories for each.

Today, as you drive by 380 Industrial Avenue at Neighbourhood Way, you'll recognize the sign that has the familiar blue script of '*Figure 8 & Hockey One*'.

From the day '*Figure 8 & Hockey One*' opened twenty years ago and from the minute you enter the store's front door today, it is obvious in both talking with staff and seeing the wonderful range of merchandise, that this is the place where the expertise you need and the skates you want are readily available- and all in one place.

The year 2024 is the 20th Anniversary of this exceptional store moving into our neighbourhood. Thank you '*Figure 8 & Hockey One*' for all your many contributions to the Ottawa community. And, 'Congratulations' to a wonderful family business for five decades of success!!



Inside *Figure 8 and Hockey One* is where the magic happens! PHOTO CREDIT: DENIS POITRAS



From 1980 to 2004 many would have recognized the 'Gasthaus Zum Dorf-Krug' and 'Chicken Boy Takeout' when they passed 380 Industrial Avenue. PHOTO: THE HOFBRAUHAUS NEWS, MAY- JUNE, 2004 EDITION

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OPEN the DOOR, LET'S EXPLORE...



Open the door... to the latest in fashion at the Fashion Outlet 4 Women. PHOTO: CAROLE MOULT

The intriguing history of 1877 Innes Road

by Carole Moulton

It was at least half a dozen times in the early 1970s that Doug Woodburn and his father, Emerson, traveled to Allentown, Pennsylvania to visit Emerson's brother, Paul. They also had another mission on each of their trips. They knew that Allentown was located just over an hour's drive from the home of the

largest Amish community in the world, at Lancaster County PA. Doug Woodburn also had memories of the trips from when he was a youngster.

And, if there were certain aspects of that Amish community that fascinated the two Canadian farmers, it was the amazing farmers' markets located in the Lancaster area. These markets interested the two men so much,

that both father and son wanted to create a farmers' market back home on Innes Road at the Woodburn family farm. To these two farmers, it seemed the logical sequence to sell their products, after growing crops and raising dairy cattle at their local farms. Thus, they had a lot of questions to ask down in Lancaster County.

"People didn't mind answering our questions," noted Doug Woodburn recently, "because we weren't the competition." So, ask questions they did.

"We asked everything possible

about their business: their location, the infrastructure of the building, everything about the way the business was operated, what worked for them- and what didn't. If they were doing it again- tips on what to do, and what not to do. We were farmers and we didn't operate a retail store."

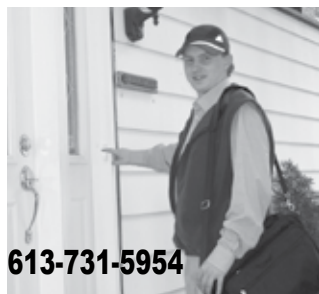
"Make sure the building is set back from the road so there is lots of parking out front of the market," the people from Lancaster County said emphatically, and so the barn-shaped structure

CONTINUED ON PAGE 29

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Inside the store...customers enjoy the great selection.

PHOTO: CAROLE MOULT

OPEN the DOOR, LET'S EXPLORE...



It was this time of year several decades ago when Bob LaRivière (L) and Doug Woodburn showed just a few of the many hundreds of turkeys they sold at the Gloucester Farmers' Market.

PHOTO CREDIT: SHERRY WOODBURN

CONTINUED FROM PAGE 28

at 1877 Innes Road was built following their suggestion.

Four men from a company named Oranko, located in Kitchener ON, and specializing in barn building, put up the shell, the roof and the walls in just about two weeks. Doug Woodburn and his father did a lot of the rest of the work themselves. Other trades people that Doug knew from both school and the community were also hired to create the farmers' market. Work went on from the fall of 1975, until the winter of the following year.

When others saw what was going on with the construction of this unique farmers' market, local farmers began approaching Doug and his father to be part of this new venture supplying their local products.

Wednesday, December 16, 1976 marked the official opening of the Gloucester Farmers' Market. A sign out at Innes Road announced the opening and from day one the market was a huge success. So much so that the team working on the market had to eventually bring in local wholesale produce to fill the various product needs. And, as the market grew, customers could find not only meat, but vegetables, dairy products and even some local baking. A deli just inside the front door proved to be popular as well. The Woodburns hired Bob LaRivière as their head butcher, and he took on the important role of managing the staff.

One longtime regular customer from Alta Vista noted, "We used to go down to the Gloucester Farmers' Market just because of the meat and because the men

behind the counter knew exactly what they were talking about. You could ask for any cut of meat that you wanted. They did their own butchering." And, like the other parts of the Gloucester Farmers' Market, the Woodburns had patterned their butcher shop to imitate the way of the Amish.

There is a saying that something can be "a victim of its own success". Such became very true with the Gloucester Farmers' Market as the market continued to become well-known. Doug Woodburn and his father were also full-time dairy farmers and grew crops. The additional workload from the busy farmers' market open seven days a week became just too much for everyone involved. As a result, the decision was made, reluctantly, to close the Gloucester Farmers' Market. And so, at the end of June, 2000, almost a quarter century after it had opened, the doors were closed. Customers were extremely disappointed about the decision however there just wasn't an alternative.

Today, when you pass 1877 Innes you will see the very same building, fairly far off the road, however the lime green and white sign tells you that the popular 'Fashion Outlet 4 Women' is located there now. And that store, as well, comes with its own small piece of history.

Originally known as Floral Fantasia, Sherry Woodburn taught floral design plus she was wholesaling floral and craft supplies out of one of the four units that Apple Saddlery occupied next door to the Gloucester Farmers' Market. In her unit, she also prepared flowers for weddings and



These were the caps and t-shirts that could be seen around the popular Gloucester Farmers' Market. PHOTO: GREG MONEY

special events.

However, as time went on, both Floral Fantasia and Apple Saddlery needed more space for their ever growing businesses. Consequently, when the market closed, the decision was made that Apple Saddlery keep the space where they were located and also move into the Floral Fantasia unit and Floral Fantasia would move into the former farmers' market building. Shelving was bought in as the Floral Fantasia business took over the 4,500 square foot store, opening in July 2,000.

"I also knew I had to evolve with the times," Sherry Woodburn said recently. "Thus, I went from floral wholesale/, teaching floral design, and eventually working with the fashion industry. Consequently, what began as an interest in fashion became more of a reality, as over time, the sign changed into the Fashion Outlet4Women and Sherry Woodburn turned her wholesale business into a retail clothing store - to the delight of many. "I love working with the customers," notes Sherry - and it shows.

Over the years, many Riverview Park residents have not only shopped at the 1877 Innes Road

store, but attended the *Fashion with Compassion* shows, featuring cancer survivors, and raising funds for cancer research. The nearly 25 shows were free, however the store and its suppliers donated countless articles for the many draws. Thus, what began with audiences of about 25 people in the early shows grew to about 135 people at the last one produced, pre- COVID, with the proceeds going to important cancer research and womens' health research at The Ottawa Hospital-General Campus.

That huge parking lot still remains, and even if you don't remember the Gloucester Farmers' Market, something great still happens there every December in front of the Fashion Outlet 4 Women store. This is the time of the year when part of the vast parking lot is used by the Gloucester Lion's Club for their Christmas Tree Sale: something that has been happening for the past 40 years.

And, it is thanks to the generosity of the Woodburns, who provide the space, that the Gloucester Lion's Club has been able to continue the decades-long tradition, returning again this December.

OPEN the DOOR, LET'S EXPLORE...

The world of the Chief Custodian at Riverview Alternative School

Garry Baker: Flying planes, working on the Canada Arm and keeping things clean in Riverview Park

by Kris Nanda

A familiar figure around the neighborhood for the past two decades is Garry Baker, best known as the Chief Custodian at Riverview Alternative School (RAS) on Knox Crescent for the last seven years. And, before that, widely recognized as “the guy flying model airplanes in the field next to the school.” But Garry’s interesting background goes much deeper than that.

Born in Ottawa in 1959, the son of British immigrants, Garry grew up in the Merivale area with his older sister Anne, until his father was transferred to Toronto when Garry was in Grade 6. After finishing high school in Toronto, he began engineering studies at Ryerson Polytechnic Institute. Unfortunately, he had to withdraw from Ryerson when his father died and before he could receive his diploma.

Moving back to Ottawa in 1981, Garry worked in a variety of positions over the next decade, including serving as a satellite commander at the Communications Research Centre for two years. Garry then was employed at an engineering company as a design draftsman, working on projects that included design and drafting components for the revision of the Canada Space Arm (the one on display at the Canadian Aviation Museum), design and drafting components for a robotic bomb disposal unit for the Canadian Armed Forces, and helping design and develop components for the Medium Logistics Vehicles Wheeled program.

Garry switched directions in the late 1980’s due to the federal cutbacks in Research and Development, and became a cabinet maker for several years working on cabinets for educational facilities.

In 1994, Garry accepted a position at the former Ottawa Board of Education as a custodian. Since joining the Board in 1994, Garry has served as the custodian in approximately 10 different schools. He arrived at RAS in 2017 along with former Principal Nina Weile with whom he had worked at Barhaven Elementary School.

Garry and his partner Danika (a retired teacher in the French Catholic Board) moved to Lindsay Street about 20 years ago because they liked the neighborhood and the house. Garry said



he knew it was the right place for them as soon as he walked in and saw it was the exact same model and floor layout as his childhood home on Ottawa’s Viewmount Drive. They were also attracted

Garry and his late wife, Helene, owned the Snack Shack Restaurant at the corner of Beachwood and Marier from 1997- 2001, and as Garry boasts, “We had the best poutine in Ottawa for 2 years run-

Garry Baker (L), Chief Custodian of Riverview Alternative School, out in one of the school’s beautiful gardens with Principal Derek Rhodenizer. PHOTO: KRIS NANDA



The inviting front door of Riverview Alternative School where Garry Baker is Chief Custodian. PHOTO: GREG MONEY

by how close Riverview Park is to everything (he now has a 3 minute walk to work). Garry also appreciates the “peacefulness” of Riverview Park.

Some other facts about Garry: He has two children who live in Chesterville and his older sister, is married to Robert Gillett, retired President of Algonquin College.

ning.”

Garry’s hobbies include music—he composed a song, “Riverview Morning Coffee” that was once featured on local TV. He also taught ukulele to several students, including one who later became a professional musician. Garry owns a completely off-grid solar powered cottage in Que-

bec. And of course, Riverview Park residents watched Garry for many years as he flew his model airplanes in the field east of the school, until Transport Canada changed the regulations for model aircraft following the rise of flying drones.

We ended our conversation by asking Garry some questions about his time at RAS and being a custodian

What are some of the best things about the job?

“Being around children and providing a safe place for them to thrive and survive. The custodian is the one person that holds a different position where students and staff are able to talk to without judgment. The custodian is a ‘confessor’ in a way, since children can come up and say things they could not share with a regular teacher. Teachers can also come to ‘vent’ confidentially since the custodian is a neutral party, not one of their teaching colleagues or the principal. “My doors are always open to children and staff alike.”

What is one of the best things about RAS?

“Riverview is a school where every single child is given a chance to succeed that might not be the case in other schools. The school provides an outlet for children who are intellectually gifted, and for those who are faced with challenges. The environment is more flexible which allows children to flourish.”

Wall Space Gallery presents...

Wall Space Gallery is thrilled to present its Fall and Winter Programming. From October 5th to 19th, viewers can experience *Farmhouse Menagerie (The Teatime Tales)*, the latest solo exhibition from artist Crystal Beshara. In this series, Beshara draws on her childhood memories of rural life, using portraits of farm animals to explore pattern, color, and nostalgia, taking us on a heartwarming journey into the world of the countryside.

Brandon McVittie's solo exhibition, *An ARCHIVE of SKIES*, will also be on view October 5th - 19th. McVittie's oil paintings, inspired by the rolling countryside of Europe, offer sweeping vistas reminiscent of historical landscapes. Through his masterful use of light and shadow, McVittie transports viewers to another era, evoking feelings of serenity and connection to the land and sky.

Sharon Kelly will be featured alongside these Fall exhibitions with a series of abstract paintings inspired by the healing properties of water on the body and mind. Join us for a vernissage for Beshara, McVittie, and Kelly on Satur-

day, October 5th from 3 to 5 pm. Following this, a solo exhibition by Alex Chowaniec will be running from October 26th to November 9th, featuring a new body of vibrant still-life paintings that capture the rituals of motherhood and practices of daily gratitude.

Dominique Normand's *EXODUS: The dawn of new beginnings* will run concurrently, featuring works that reflect her recent move to Ecuador, incorporating the influences of Indigenous peoples and the 'Sacred Feminine' into her own exploration of her Metis identity and spirituality.

November brings with it *Twelve by Twelve*, a massive group exhibition and fundraiser featuring affordable square-foot sized works in support of Interval House Ottawa, opening November 21st and remaining on view until December 23rd.

Wall Space ends the year with its *2nd Annual Bright Night Jewellery Fundraiser* on December 5th, supporting Centertown Community Food Centre with beautiful hand-crafted jewellery pieces.

These events promise a captivating end to Wall Space Gallery's year of artistic excellence.



Alex Chowaniec: Flowers for Ursula (Holding Hands Through Space and Time), oil on linen_16x20 in.



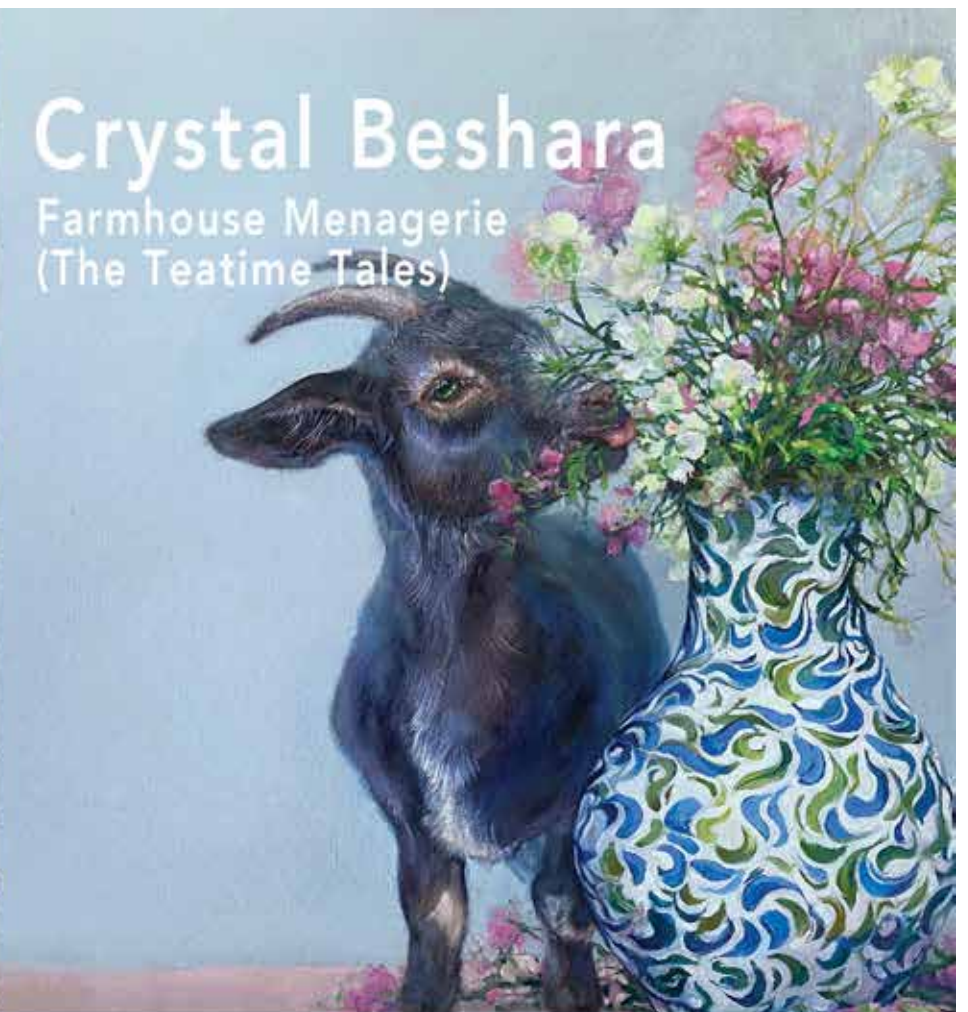
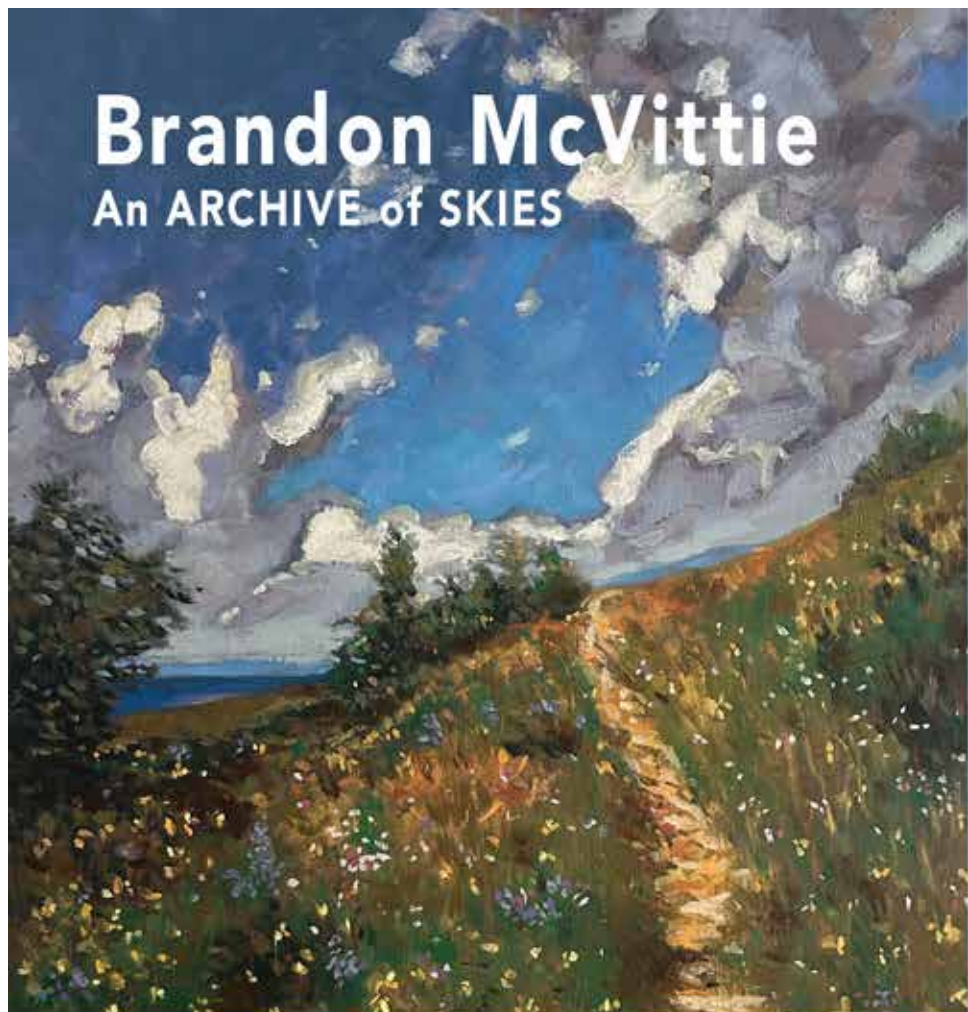
Dominique Normand: Éspiritu del Valle, mixed media, 74 x 54 in.



Sharon Kelly: Boardwalk through the Dunes, 54x60, acrylic on canvas.



Andrea Mueller: Pink Sapphire double band brushed sterling silver ring.



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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 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.

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 and possible conversion into housing. The NDMC also appears in the recently-created Canada Public Land Bank, which features 56 federal properties that have been identified as being able to support housing. There is no timetable yet for divestiture and disposition of the site. There are also reports that at least one local hospital is interested in the NDMC site as well.

Development for 451 Smyth Road – Medical Research Facility

Work is ongoing on 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 and south of the Ring Road. The RPCA has asked for, but has yet to receive, details about planting new trees nearby to replace the ones removed as part of the site preparation.

Pedestrian and Cycling Matters

The Environmental Assessment (EA) for the Tremblay Multi-Use Connection (Terminal Avenue to Tremblay LRT Station) has been paused. Councillor Carr's office

received an August 2024 update from city staff on the proposed multiuse pathway (MUP) connecting Via Rail and Tremblay Road to Trainyards, that is a missing link in the City's Cycling and Pedestrian Plan network. The Councillor reported that "this project has been put on pause" until the time when VIA rail redevelops the station as part of its High Frequency Rail (HFR) development plan. <https://hfr-tgf.ca/>

The RPCA was part of the Public Consultation Group which was to have met earlier this year with City staff and consultant on the Environmental Assessment of this project. An RPCA representative met with a City official recently to get an update. The RPCA will be contacting VIA's HFR team to ensure that community concerns are reflected in the redevelopment plan.

Meanwhile, the City is looking at an interim solution by extending a Multi-Use Path (MUP) from Tremblay Road and along Riverside and up behind the Main Post Office and ending near the intersection of Sandford Fleming and Terminal Avenue. This "Riverside MUP" would follow the "desire line" up the hill towards the Post Office, just south of the VIA and LRT tracks. (A "desire line" is a path that pedestrians take informally, rather than taking a sidewalk or set route, e.g. a well-worn ribbon of dirt). The slope of the path up the hill would have to be re-graded and reduced. (Implementation of this project is subject to the City's priority list of active transportation projects and future capital budget priorities).

Cyclists have expressed safety concerns that the bike lane on Alta Vista Drive disappears at Rolland Avenue with bike riders having to squeeze into traffic as it approaches Industrial Avenue. With some cyclists already using the sidewalk on that block, one suggestion would be to widen it and convert it into a MUP

Sidewalk renewal and additions

The preliminary design was recently completed for intersection and sidewalk renewal and upgrades at Belfast Road and Trainyards Drive this year. The project



includes roughly 150 metres of sidewalk along the north side of Belfast Road (from the LRT Facility at 805 Belfast Road to St. Laurent Boulevard),

The RPCA has asked to have additional sidewalks installed along the south side of Industrial Avenue between Neighbourhood Way (Figure 8) and the traffic light at Trainyards Drive, (just east of the Metro food depot), following the existing "desire line." and filling in gaps as far as the intersection with Russell Road.

Consultation and public input on Transportation and Climate Change

An updated Part 1 of the Transportation Master Plan (TMP) was submitted to Council last spring. Public engagement on the TMP and future travel demand focused 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. Phase 4 of Public Engagement on the TMP has now been completed and the City will post an 'As We Heard It' Report in the coming months to summarize input received

Consultation on Draft Zoning By Law Review

After the release of the draft Zoning By-law on May 31, various engagement activities have been held including via Engage Ottawa, online document circulation, and there have been public workshops as well as community meetings. Concerns have been raised about the level of intensification on residential properties that the new zoning by-laws will lead to.

Several in-person workshops are being held in October to further engage the community, gather feedback, and ensure that the new Zoning By-law reflects the Official Plan and the needs and aspirations of all residents. The October 22 session at City Hall is

the closest location for Riverview Park residents. https://engage.ottawa.ca/zoning/news_feed/fall-in-person-workshops

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.

Other Developments

The Public Information Session (PIS) Design work on the old rail bridge across the Rideau River just south of the Queensway has begun with construction tentatively beginning in 2025. The City has indicated that the current bridge, which is used by pedestrians and cyclists, has structural issues that need to be addressed. The RPCA is part of the consultation process, with the next meeting scheduled for October.

The majority of the work on the long-delayed City project to construct bicycling safety improvements along Smyth Road, which is beginning in early fall, is now anticipated to be completed by late fall, 2024. This project will provide formal cycling facilities along Smyth Road from Riverside Drive to east of the Ottawa Hospital Riverside Campus intersection, including modifications to the Riverside Drive on/off ramps.

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

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

RIVERVIEW PARK COMMUNITY ASSOCIATION PRESIDENT'S REPORT



RON RIDLEY
RPCA President

I hope you had a great summer – it certainly was an interesting one with above average bouts of heat, rain and then cool weather and back to heat! It certainly was a great summer for the gardens and greenery.

The RPCA has had an active summer with two new very successful events – our first ever Porchfest followed later by our first ever Summer Carnival and Movie night.

Porchfest was a celebration of local music, where musicians performed on porches, driveways, parks, and yards throughout Riverview Park for all to enjoy. Our originally planned date was rained out with actual thunderstorms, but we re-scheduled for the following two weekends and eleven out of the original sixteen performers were able to play. Special thanks to Amy, Atypical, Craig Cormier, Desiree, Flee Bags, Heliara, Ineson, Kathleen Johnson, Javin Maurice & RW Haller, Partial Resistance, and Jaroslav Zenchuk for performing and making our Porchfest a great success. Some of our crowds were up to 80+ people and I heard a lot of great feedback on how much people enjoyed the music and vibe around the event. We plan to hold the event again in June 2025.

Our new Summer Festival & Movie Night was planned to follow the successful Winter Carnival format with games, face painting, balloon artist, a campfire with S'MOREs, popcorn/drinks, and adding a movie night (Disney's Encanto) to cap off the event. We



had originally hoped to attract 100-150 residents and unofficial counts before the movie started were over 350, far exceeding our expectations. Having a perfect summer evening for the event certainly helped. Thank you to all those who came out to make this event a great success and for the 20 bags of food collected for Blair Court. Special thanks to the City of Ottawa Community Funding group for the grant to help offset our costs for the festival and Southeast Church for their volunteers.

After the success of our 2023 Fall Social, and the positive survey feedback we are pleased to announce the Fall Social is back for 2024 on Sunday, September 29th at O'Brien's. The event will follow the same format as last year and we are again partnered to support Matthew House Ottawa, a local non-profit organization that provides shelter, furnishings and community to refugees and those transitioning to permanent housing. More information can be found in our e-mail newsletter, on our website, or on our Facebook page.

The RPCA Annual General Meeting will take place on Wednesday, October 23rd at Trinity Church of the Nazarene, 480 Avalon Place.. Please come out and see what we are up to and the benefit we bring to the community. We are bringing in a guest speaker as well.



The highly successful RPCA Summer Carnival.



RPCA inaugural Porchfest. PHOTOS: RON RIDLEY

By the end of the year the RPCA will have hosted or supported thirteen events/activities for the community, and we are looking at some new options for 2025! Special thanks to the RPCA Social Committee and Board for making this all happen.

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 \$20 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 president@riverviewparkca.com with your suggestions, questions, or thoughts, and/or come to the next monthly RPCA Board meeting – dates & times are on our website.



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Alta Vista Centre
(corner of Alta Vista and Dorion)

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Owner - Propriétaire

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ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

OCTOBER/ NOVEMBER 2024

For the most current updates as well as information about available services, please visit www.biblioottawalibrary.ca or call 613-580-2940.

LIBRARY HOURS

- Monday to Thursday: 10 AM to 8:30 PM
 - Friday: 1 PM to 6 PM.
 - Saturday: 10 AM to 5 PM
- **CLOSED – Monday, October 14th – Thanksgiving**
- **Monday, November 11th – Remembrance Day**
-
- Please note the following when visiting:**
- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
 - Public computer use is limited to two hours per user per day. To reserve a computer ahead of time, reservations can be made either at the branch or online from home.
 - Meeting and program rooms are now available for booking.
 - Please visit our website for the most up-to-date information with regards to programming.
 - Outdoor book drops are open 24 hours a day, 7 days a week.
 - Museum passes are available 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 the most up-to-date information.

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

FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

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

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

Prices are subject to change.

BOARD GAME AND PUZZLE SWAP

The Alta Vista Branch is hosting a small, self-serve board game and puzzle swap, located on the shelves next to the washrooms on the main floor. Bring in a complete board game or puzzle and trade it in for one that is "new to you." Please make sure any games or puzzles brought in, are complete.

CHILDRENS PROGRAMMING

Family Storytime: Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program. Wednesdays at 10:30 AM (no program October 30th) 30 minutes.

Toddler time (ALTA VISTA BRANCH): Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program. Tuesdays at 10:30 AM 30 minutes. (no program October 29th).

Babytime: Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program. (ELMVALE ACRES BRANCH) Tuesdays at 10:30 AM 30 minutes (except October 29th). (ALTA VISTA BRANCH) Thursdays at 10:30 AM 30 minutes (except October 31st).

Stay and Play: Meet new friends after Storytime! Chat and play with puppets, building blocks, crafts and much more. Bilingual. Drop-in program. 60 minutes. Tuesdays, Wednesdays, and Thursdays at 11 AM. No programs the week of October 29th

Crafternoon (ALTA VISTA BRANCH): Join us for an afternoon filled with arts and crafts! Drop-in program. Fridays, October 18th and 25th, November 22nd and 29th at 4 PM. Ages 4 to 12. 60 minutes.

Arabic Family Storytime (ALTA VISTA BRANCH) Join us for Arabic Stories, rhymes and songs for children, and their parents or caregivers. 60 minutes. Saturday October 19th at 3 PM. Ages 0 to 6.

Sensory Storytime (ELMVALE ACRES BRANCH) Join us for a program that features dimmed lighting, sensory toys, a smaller number of participants

and an adapted circle time with stories, rhymes and songs. 90 minutes. Saturdays October 5th and 26th at 10:30 AM. Ages 18 months to 6 years.

Lego® Block Party. Building Boom! Show off your architectural creativity with Lego®! Drop-in program. 60 minutes. Saturdays at 10:30 AM. Ages 4 to 12 (Children Ages 4 to 6 must have adult supervision).

Homework Help (ELMVALE ACRES BRANCH) Come and get help with reading, math, science, French, English, etc. Led by United for Literacy volunteers. 90 minutes. Tuesdays at 6:30 PM. For Grades one through ten.

Please visit our website for the most up-to-date information about children's programs.

ADULT & TEEN PROGRAMMING

The Eras Tour Afternoon (ELMVALE ACRES BRANCH) Do you love Taylor Swift? Come to Elmvale Acres and make Taylor-inspired friendship bracelets to celebrate the Canadian shows of the Eras Tour! **Saturday, November 2nd at 2 PM.**

Keeping Passwords Safe (ALTA VISTA BRANCH) We are told: don't write down passwords; don't reuse passwords; make passwords long and complex. Chris Taylor, President of the Ottawa PC Users' Group will show how to use free software that stores all your usernames and passwords along with related information and protects them with a single, very strong password. Don't let your online accounts get compromised. It's easy and free. Thursday, October 10th at 6 PM. Registration Required.

Restoring Old Photos (ALTA VISTA BRANCH). Learn how to bring old photos back to life! Lynda Buske, from the Ottawa PC Users' Group and the Orleans Photo Club will discuss different ways to digitize your photos and then provide a demonstration of how to touch them up using the free photo editing software Photoscape X (available for Windows and MacOS). Thursday, November 7th at 6 PM. Registration Required.

Memory Café (ALTA VISTA BRANCH - NEW!). An open

house for persons with dementia, their care partners and families. Fun and stimulating mental activities are planned to enhance the social interactions and the connections that are built within the group. Light snacks and warm drinks are served alongside items that aim to spark conversations and reminiscing. Drop-in. 120 minutes.

Wednesday, October 2 – Planes, Trains and Automobiles
Wednesday, October 23rd – Oh Canada!

Wednesday, November 7th – Try Your Luck

Employment Support Workshops (ELMVALE ACRES BRANCH). Are you looking for a job? Come learn all the necessary skills to do so, at the Elmvale Acres Branch of the Ottawa Public Library, with a program offered in conjunction with CCI Ottawa. Thursdays at 6:30 PM until October 31st.

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

English Conversation Group. Practice your English conversation skills in a relaxed and friendly environment. All levels are welcome in this free program. Drop-in. (ALTA VISTA BRANCH)
Mondays, 1 PM to 2 PM. 60 minutes. No group on October 14th.
Tuesdays, 1:30 PM to 3 PM. 90 minutes.
Tuesdays, 7 PM to 8 PM. 60 minutes.
(ELMVALE ACRES BRANCH)
Tuesdays at 6:30 PM. 60 minutes.

Groupe de conversation en français (intermédiaire) / French Conversation Group (intermediate)
Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise.
Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required.
(ALTA VISTA BRANCH)
Wednesdays at 6:30 PM. Les mercredis à 18h30. 75 minutes.

TRINITY COMMUNITY GARDEN

Hot and wet growing season at Trinity Garden

by Rhonda Turner

What a season it has been. It started off very hot in May, and then very dry. Then the rains came, again and again. So much rain such that we had to transplant the parsley from our donation plots because the roots were so saturated. They were rotting and the plants were dying. Once transplanted to a drier plot they started to thrive. Over the years we have experienced too much rain and have adjusted plantings to not include root vegetables in the saturated plots due to the rotting.

Many gardeners expressed a lack of success with plantings this year. Lots of re-seeding. I re-seeded three times for carrots and finally, although sparse I do have carrots. It seems to be a good year for tomatoes. They were very slow, staying green for a long time before ripening. Mid- August the tomatoes decided to ripen, and as usual, pretty well all at once. Lots of tomatoes and surprisingly not many of them splitting from the rain. Amidst all the rain we did get more sun and heat to help our crops and all in all the garden flourished and is abundant with fresh organic produce.

In addition to very successful pollinator gardens, a “dye” garden was started. Specifically planted pollinator blossoms are harvested and go through numerous processes to create a dye for fleece, yarns, fabric and paper. This floral garden adds a nice addition to



Summertime Mr. & Mrs. Tomato. PHOTOS: RHONDA TURNER

the existing pollinators.

Sadly our garden again fell victim to thefts of peppers, tomatoes and squashes. It used to be that all we would worry about were creatures nibbling at the tops of the vegetables and damaging them. It is only hoped that whatever is stolen from the garden is at least consumed and the veggies don't go to waste.

We had a visit to the garden by Kristy and Kim from Blair Court Community Food Bank. We pointed out all the different individual plots with all their varieties of veggies. The numerous donation plots where most of our

contributions come from were pointed out. The garden was at full bloom with an abundance of all vegetables. They expressed their appreciation for all of our efforts to assist them with their mission.

Our next action at the garden will be the fall clean up and individual plot clean up. Here's hoping for a sunny fall to help us extend our gardens for just a little while longer.

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



39 lbs of butternut squash for donation.



Whacky carrot.

Libraries

CONTINUED FROM PAGE 34

Sleuth Hounds Mystery Book Club (ALTA VISTA BRANCH)

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

Thursday, October 17th, 2024
Ambrose Perry

Thursday, November 21st, 2024
Cara Black

Book Banter (ALTA VISTA BRANCH). Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month 2 PM - 3 PM. All are welcome.

Thursday, October 3rd, 2024

–*The Lincoln Highway* by Amor Towles
Thursday, November 7th, 2024
– **REMEMBER:** *The Science of Memory and the Art of Forgetting*, by Lisa Genova

Infusions Littéraires (SUC-CURSALE ALTA VISTA)

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

Le mercredi 21 octobre 2024–
La Schéhérazade des pauvres de Michel Tremblay
Le mercredi 20 novembre 2024
Le naufrage des civilisations, d'Armin Maalouf

Please visit [\[tawalibrary.ca/en/program\]\(https://tawalibrary.ca/en/program\) for the most up-to-date information about programming as well as registration or visit the branch in-person for more information.](https://biblioot-</p>
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ONLINE COLLECTIONS AND SERVICES

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

These resources include:

- Digital eBooks and Audio-books via 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://bibliootawalibrary.ca/en/databases/search-all>.

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

TAKE A LOOK... EXPLORE LIFE AT MAPLEWOOD

Upcoming Maplewood highlights

OCTOBER

Casino Games and Cocktails
Thursday, October 3, 2:30 p.m. - 4 p.m.

Open House

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

Lunch Outing to Chateau Montebello

Wednesday, October 16, departure time 9:45 a.m.

Wine Tasting Dinner

Wednesday, October 17, 5:15 p.m. - 7:15 p.m.

National Chocolate Day

Monday, October 28, 3 p.m. - 4 p.m.

Halloween Party

Thursday, October 31, 2 p.m. - 4 p.m.

NOVEMBER

Diwali - Festival of Lights Celebration

Friday, November 8, 3 p.m. - 4 p.m.

Afternoon Veterans Pub

Live Music Wartime songs
Monday, November 11, 3 p.m. - 4 p.m.

Maplewood Bazaar

Saturday, November 16, 1 p.m. - 3 p.m.

Masquerade Party

Friday, November 22, 3 p.m. - 4 p.m.

DECEMBER

Paint and Eggnog

Tuesday, December 10, at 7 p.m.

Resident Holiday Cocktail Party

Thursday, December 19, 3 p.m. - 4 p.m.

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



Maplewood helped make Summer 2024 magic!

Shared by Daniela Avellaneda, Activity Manager, Maplewood Retirement Community



Above and below: Queen Royal High Tea - One of our residents transformed into a queen and graciously showed us her collection of miniatures which all were linked to the Queen and anything related to Royalty.



We had such a wonderful time at Green Corners Farm admiring the gorgeous sunflowers! We even got to pick our own flowers and bring home some stunning bouquets!



Maplewood had a fantastic time celebrating Barbie Day! We had an absolute blast in our Barbie Box and we even had two showings of the Barbie Movie - one at 1pm on our Assisted Living Floor, and another at 7 pm complete with pink popcorn and pink lemonades!



Maplewood Food Truck Fair- The food trucks were serving up mouthwatering treats like poutine, popcorn and ice cream. We also had a great time playing games such as clown toss, can knock down, ring toss, and balloon darts.



Maplewood had a beautiful summer evening with the Nepean Panharmonic Steel Band! It was like a little taste of the Caribbean

A great reason to celebrate!

Thumbs up for the Dempsey Community Centre Re-opening

Saturday, September 21, was the day of the Dempsey Community Centre Grand Re-Opening Party at 1895 Russell Road. And what a great party it was! We enjoyed a pizza lunch, plus you could try a unique four-

game bouncy castle, crafts, and games. There were lots of community resource tables around the back yard and a fire truck and police car out in the front! Thank you Dempsey Staff for making this happen.



That inflatable interactive sports game was sure a hit and lots of fun!



Jane Gibson, Executive Director to Marty Carr (L) provides Councillor Marty Carr with one of those great round pizzas that were part of the lunch. PHOTOS: CAROLE MOULT



The Team for Christie Lake Kids had lots of smiles at the re-opening celebration (L-R): Rachel, Justine, Amy, Eric, Geof, and Adrienne.



Sarah Marcantonio, Youth Officer with the Ottawa Police (C) is joined by Bruno Crites, Supervisor of Dempsey Community Centre (L) and Paul Shields, Dempsey Community Centre Program Coordinator.



Autumn did a wonderful job of showing us her painted face.

September 15, 2024

Perfect weather helped make this year's Corn Roast at Balena Park one of the most successful yet

The ingredients were all there for the perfect Corn Roast: six hundred ears of corn expertly husked by the St. Aidan's 101st. Scout Troup plus other volunteers; more hamburgers and hot dogs than one could count cooked by a crew from Enbridge Gas; and tables set up all around the park with dozens of great things to do for people of

all ages. The petting zoo was there with a welcome variety of animals and the bouncy castle wasn't far away from all the activities. Almost 1,000 visitors turned out on that beautiful sunny Sunday just last month. Thank you Councillor Marty Carr and your great team for making this happen.



Elijah and Lennox were fascinated with that big white rabbit.



OC Transpo representatives, Rebecca and Achuil provided the material for creating your own LRT cars.



Evan and his dad Scott take a good close look at Mother Hen and her chicks.



Elora and her mom, Jane, enjoyed all the fun that the day had to offer.



(L-R) Councillor Marty Carr, Mayor Mark Sutcliffe and John Fraser, MPP for Ottawa South, paused only a second from meeting the many guests.



Melanie (R) delights Harleigh with her painting magic.



Maplewood Retirement Community staff, Brian and Ranale, generously gave out water to thirsty participants.

PHOTOS: WANDA RAYMOND

OPINION

Let's make the Rideau River Corridor an Urban National Park

by JAMIE BROUGHAM

I remember back in the 1980's, when I lived on Glen Avenue, I hardly knew that the Rideau River existed. I did not engage with it, in part because it was not as clean as it is now and all of the public attention was focused on the Rideau Canal, with its skating and boat parades - even the Pope had a ride on it. There was little interest in the Rideau River.

By contrast today, for the growing numbers of people in the know, the river is every bit as interesting as the Canal. From Mooney's Bay to the Ottawa River, the river corridor is mostly green with interesting vegetation, wildlife, and geographical features. There are bull rushes, flowers, turtles, fish, hunting birds, and so many more plants and animals. Parts of the river are fast moving, while other parts are more still, like lakes; some parts are deep, while in other spots you can walk across.

In the middle of our City of a million inhabitants, it's astounding that one can still be completely alone on the water, in an absorbing, wide-open space. Want a little drama in your life? Get out on the river when the ice is breaking up, or when the clouds are menacingly low, or when there's a misty haze early on a summer morning.

To facilitate some access, the City now put docks in on the west side of the Rideau. With more people paddling, the waterway starts to have that cottagey island feel, as it should, since the land between the river and the Canal is actually an island. It is unique and its engagement should be facilitated.

Most remain unaware

But like me in the 1980s, most area residents remain unaware of the great environmental, sustainable social resource that is the Rideau River, and that needs to change.

If our governments want to do Ottawa a favour, they might designate the whole Rideau River corridor an urban park, particularly on the East side where there's less shoreline development. For its part, Parks Canada has declared that it wants to create National Urban Parks across the country. Sadly, though, the NCC, which controls most of the



Above: Hurdman Park looking south.

Right: Rideau Winter Trail.

PHOTOS: Jamie Brougham

eastern shoreline, says that its official plan includes nothing with respect to the urban Rideau River corridor.

So it is that, with the support of several community associations, lovers of the river corridor are advocating for the eastern shore of the Rideau from Mooney's Bay to the Ottawa River to be Ottawa's Urban National Park. The NCC says it's willing to work with local communities and partners who may wish to do something with its lands in the Capital Region. I would argue that Parks Canada is a suitable partner, and an NCC/Parks Canada collaboration would provide a great opportunity to involve local communities in the planning as well.

Achieving a healthy balance

With a national park to enhance our urban natural environment, we can take a huge stride forward to create a better social resource, to help mitigate our City's heat island effect and to offset the effects of global warming. Residents needn't travel out of the City to escape the heat - they could enjoy the great outdoors right in the heart of town. Vis-



itors to the Capital can enjoy quick access to a naturalized, waterfront park displaying a little of what makes Canada so special. Hurdman "Park", a reasonably large, forested area in the middle of the corridor, is only a couple of LRT stops from downtown and is easily accessed by bike or on foot. A proposed footbridge that would span Clegg Avenue and the park would facilitate a short ride to the Rideau Canal, Flora Footbridge, Lansdowne Park, and historic Bank Street.

The pandemic and its aftermath have shown us the importance of achieving a healthy balance between economic, social, and natural resources in our communities. Working together to develop a beautiful Urban

National Park in the heart of Ottawa is a proposal worthy of backing by all of us in this community.

You can show your support by writing your elected representatives to let them know that a national urban park along the Rideau River Corridor is an idea that you support. Share with them your thoughts on what could make it great and, hopefully, in the not too distant future, we can all build a bridge for others to follow.

Jamie Brougham is a Rideau River enthusiast - on it, in it, and down both of its sides!

This article was first printed in The Mainstreeter. It is published here with the consent of the author and of The Mainstreeter.

Congratulations to the Riverview Park Community Association (RPCA)

The amazing Summer Carnival, August 2024, was an event to remember.



The line up was long for the super balloon figures created by Will's Greatest Balloons. Ellie was one of hundreds who came away smiling. Stefan (L) and Kevin (R) made the smiles.



Jupiter looked after the happy participants, Cameron and Avery, playing 'Twister'.



Julia and Silas taste-tested the marshmallows.



Henri, age 2 1/2 showed dad, Julien, just how the game of badminton is played.



Two year old Apollo enjoyed all the sights with his dad, Jon.



Ready and set for the movie: (L-R) Andy, 18 month old Abi, Tracy, and in front, Hudson (3).



Among the approximately 350 people who joined in the fun were: Miran (L), and Assiya (R), with their mother, Svetlana.



Lorilla, Carol and Anna did an exceptional job of making sure the S'More's table was well looked after.



The inaugural Riverview Park Community Association (RPCA) Summer Carnival, August 2024, was made a success by volunteers such as: (L-R) Ron, France and Marianne.



CAPPY, the Titan's Mascot, thrilled many followers.



Jared set up the perfect fire for S'Mores. PHOTOS: CAROLE MOULT

DEAR FRAN

Let's grow garlic!



FRAN DENNETT

A *Allium sativum* or garlic is a relative of the onion and is a bulb composed of smaller bulbs called cloves. Garlic has a strong odour and pungent taste and is a seasoning in almost all cultures. It has been cultivated for over 5000 years.

Any one can grow garlic if a few rules are followed:

1. Do not grow garlic in soil that has grown any type of alliums (onions) for three or more years to reduce infesting your garlic with onion pests or diseases. Rotate the plot every year if possible.
2. Garlic is grown by planting the cloves. Buy seed garlic from reliable local sources or use garlic you have grown as it takes 2-3 years for garlic to adapt to local soil and climate. Planting larger garlic cloves normally yields larger bulbs. Do not use garlic from the grocery store as you may introduce diseases from where that garlic was grown.
3. Regularly weed around the garlic, as it does not tolerate competition.

General Information

Garlic requires 9 1/2 months to grow in Zone 5. Cloves are planted in fall to develop their roots, rest during winter and when the temperature is optimum, growth resumes and the bulb matures. Garlic sown in spring form small bulbs. There are two types:

- hardneck (*Allium sativum* var. *ophioscorodon*) which produce a seed stalk or scape, grows well in our climate and produces large, easy to peel bulbs called hardneck because the stem dries hard in the center of the bulb.
- softneck (*Allium sativum* var. *sativum*) does not grow a seed stalk, has more cloves per bulb, is often stronger in flavour, stores longer, can be braided and includes artichoke, silverskin and creole garlic. It is called softneck because the stem does not dry hard in the center of the bulb.

Giant garlic (*Allium ampeloprasium*) is a leek not a garlic.

Planting and Care

In October, select a full sun location and amend the soil with composted sheep or cow manure and a sprinkle of wood ash (potassium). Garlic is a heavy feeder. Dig a trench 9-11cm deep and gently plant a single clove pointed end up at 15cm intervals. Rows should be 30cm apart. Add a sprinkle of bonemeal and bloodmeal to each clove and cover with 9cm of soil. Mulch with clean straw or shredded leaves to protect against heaving. In a long warm fall, the garlic may grow through the mulch; in that case just add more mulch.

In spring, when leaves appear, clean off winter debris, fluff up mulch and add more if needed. Garlic needs about 2.54cm of water per week.

Fall planted garlic will produce lush sprouts from spring to mid June. Some leaves can be harvested for cooking. About the third week of June, top growth stops and energy is focused on bulb growth, which last 5-6 weeks.

Hardneck garlic increases in size by "popping the top" that is by removing the scape when seeds or bulbils form on the stalk and a spiral forms in the leaf. If you don't remove the scape it will go to seed and then you could have 100s of baby garlic that will take 2-3 years to mature. Use these scapes in cooking.

Harvest the main crop from mid-July to mid-August. Softneck garlic will mature about two weeks before hardneck garlic. Once the plant matures you have about one week to harvest all your garlic. Stop watering ten days before anticipated harvest. Watch for yellowing leaves and harvest on a dry day when 2-3 leaves are dead. Remove any soil and loose bulb wrapper to a tight layer and trim roots. Bundle or braid 10-12 softneck garlic together and hang to cure in a shaded ventilated area. Store hardneck in a mesh bag at about 0°C to -4°C. Garlic may sprout if stored at warmer



temperatures.

My locally purchased bundle of organic softneck garlic hangs on the kitchen wall at room temperature. It does start to dry out around May of the following year but is still usable. Growers often decorate garlic bundles with

straw flowers. Nice touch.

I hope this inspires you to try growing your own garlic. I thank Paul Pospisil of garlic fame in Perth for his instructions and tips on growing garlic shared with me in 2008.

- 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.

Riverpath over the summer

Shared by Diana Thibodeau, Activity Manager / Gestionnaire d'activité, Riverpath Retirement Community

Riverpath Retirement Community held its own Olympics from the July 26 Opening Ceremonies through to the August 9 Closing Ceremonies. The Awards Presentation is pictured here.

Riverpath invites you to join us in the fall

Please join us. We will be hosting our Fall Open House on October 5th - a fun day of activities, entertainment, food and more!



EnviroTips[®] for October 2024

Use more environmentally-friendly Halloween decorations. Consider making your own decorations that you can use year after year rather than buying items made from plastic. Instead of buying large inflatable plastic lawn decorations for Halloween, choose a more modest decoration scheme that uses less electricity and material, and incorporates compostable ornaments like Indian corn (its kernels can actually be popped and eaten as popcorn).

Donate your used pumpkins to an initiative like "Pumpkins for the Planet" which encourages Ottawa residents to drop off their carved or intact pumpkins at local collection points. Volunteer drivers deliver them to local farms and food-sharing centres. <https://www.osean.org/pumpkins-for-the-planet>

of metals and other products (including car batteries and some computers and other electronic devices). They will even pay you some money for this material which helps keep it out of the landfill and which can instead be re-used.

Dim the Lights for Birds at Night, World Migratory Bird Day is October 12, 2024. Dimming or turning off lights in the evening reduces the light pollution that interferes with bird migration. You will also help lower the number of bird-window collisions.

Consider using a "green search engine". Small individual actions, even something as seemingly insignificant as the search engine you choose online, can have a global impact... if enough people take this step. For example, a company called Ecosia <https://www.ecosia.org> provides a search engine that uses the ad revenue it generates from searches to plant trees where they're most needed, from Thailand to France.

Leave the leaves on the grass in your yard. Letting leaves decompose as nature intended allows them to break down into natural mulch, which is great for the environment and helps suppress weeds and fertilizes the soil. A variety of animals ranging from turtles and toads to songbirds, mammals and invertebrates rely on leaf litter for food, shelter and nesting material as it breaks down.

Try using paper maps instead of on-line direction searches. Every search using Google maps search or another on-line tool requires energy and electricity unlike a paper map. In addition, paper maps do not drain batteries or lose a signal. Studies have shown that over-reliance on GPS can have eroded away spatial awareness making people less aware of their surroundings.

Take unwanted metal scraps and products to a metal recycler. There are several such companies in Ottawa, including AIM Recycling which accept a wide variety

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

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Giving back at Oakpark Retirement Community

Shared by Bonnie Miller, Marketing Manager, Oakpark Retirement Residence

One of the summer highlights at Oakpark was having a Community Garage Sale on Saturday, July 27th. We raised over \$800 for the Ottawa Food Bank. We had lots of participation and many brought in items for the food bin we had set up as a bonus to the food bank. The weather was great and our residents enjoyed helping out.





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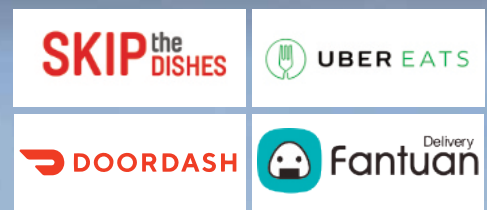
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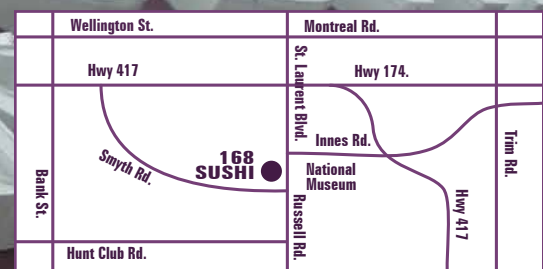
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