



FEBRUARY 2025

A VOICE OF RIVERVIEW PARK

MARCH 2025



PHOTO: JON JONES



Vincent Massey Public School, 745 Smyth Road. PHOTO: CAROLE MOULT



The Perley Health Apartments, at 1780 Russell Road. PHOTO: CAROLE MOULT



Michael and Kevin Sirko of Vimy Brewing Company.

“Open the door...let’s explore”

This edition of the *Riverview Park Review* continues the 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.

Since the late 1950s, Emmanuel United Church has served the south-east community, opening the doors to its current location, 691 Smyth Road in 1962. (Top left photo.) Richard Johnston elaborates on the significant role of Emmanuel United Church within the community and beyond. See page 27.

Page 29 salutes Vimy Brewing Company and owners, Michael and Kevin Sirko. (Top right photo.) Their responses to recent interview questions provide insight of their venture into craft brewing. The name ‘Vimy’ is a nod to the military, and the move to 830 Industrial Avenue, Unit 11, is a welcome addition to the neighbourhood!

Chelsea, a sixth- grade student, presents her perspective of Vincent Massey Public School on Smyth Road. See page 25.

Page 26 provides an historical background of this school named after Canada’s first Canadian- born Governor General.

There is something special about Perley Health! Residents, family, friends, volunteers, staff and administrators all appreciate this uniquely evolving health care community. Dave O’Neill reflects on this as he describes his lengthy affiliation with the Perley as student, volunteer and staff member. See p. 28.

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Vernissage: Saturday, February 8 @ 3 – 5 pm

There will be a spoken word poetry reading and artist talk at 3:30pm

Drew Mosley | *Biophilia*

Mosley's works tie together contemporary concerns of collapsing ecosystems, hyper-consumerism, and capitalism. In a world with an uncertain future, Mosley's owls, rabbits, foxes, serpents and wolves offer examples of empathy, community and reverence for nature.

The title for Mosley's show "Biophilia" is from a term coined by Harvard naturalist Dr. Edward O. Wilson to describe humanity's "innate tendency to focus on life and lifelike processes," to be drawn toward nature, to feel an affinity, a love, a craving.

Lori Richards | Seedbed

"a bed of fine soil in which seedlings are germinated". Seedlings are about becoming. Breaking from dormancy, they germinate, develop and grow into plants. They rise from a subterranean world, like human comprehension, much of which occurs in our subconscious.

"Sleep allows access to the



Drew Mosley. *The Final Test*, acrylic on canvas. 16 x 20



Lee Stewart. *Leidos*, acrylic on canvas. 36 x 24

magic of our dreams and unconscious thought: I explore this in my work, distilling and interpreting images, experiences and emotions.

Dots are connected, new syn-



Lori Richards. *Seedbed*, acrylic on canvas. 24 x 24

apses created and ideas come to light. My paintings use symbols: beds, birds, owls, dream bubbles, moons, stars and plants, to create worlds of mystery and understanding, darkness and luminosity.

Feature Artist | Lee Stewart

Wall Space Gallery is proud to present a curated selection of works by Lee Stewart.

A self-taught artist Lee's work

explores the mind of a culture vulture. Using a palette influenced by the vibrant hues of Canada's seasons the saturated images of the internet and the Old Masters he strives to bridge the traditional and contemporary to create a new liminal space. Through the curious mix of intuitive exploration source materials and its subsequent reimagining his art reflects a celebration of diverse narratives.



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Celebrating the people of Perley

by Peter McKinnon,
special to Perley Health

A new campaign celebrates the staff and volunteers who help make Perley Health such an exceptional place. Known as the People of Perley, the campaign presents endearing testimonials from more than 35 individuals in a variety of formats: videos, posters and webpages. Each testimonial features stories and memories that capture the unique nature of Perley Health and its deep connection with the community.

The day-long campaign launch, held in December, attracted hundreds of staff, volunteers, residents, tenants and visitors. The event featured live music, specialty coffees and treats, and visits from local celebrities, Stuntman Stu Schwartz and Sandra Plagakis. To accommodate as many staff and volunteers as possible, the launch lasted throughout the day and engaged individuals on all three work shifts. The morning's highlights included speeches from members of Perley's leadership team followed by the great unveiling: as each featured person stood alongside their poster, the veils were simultaneously removed from all 37 posters.

"When we reflect on all that we have been through as a community in recent years, your commitment to Perley Health is especially meaningful," said Lisa Peukeri, Perley's Director of Human Resources. "You faced uncertainty, adapted to constant change and dealt with the immense emotional toll of protecting our community. You showed up every day with courage and compassion. You adapted to new protocols, supported each other, and ensured that the residents and families who rely on us, continued to feel cared for and safe."

"Today's celebration is all



The People of Perley features more than 40 members of the Perley Health community including staff, volunteers and one four-legged friend. This campaign is intended to reflect the care, kindness, collaboration and ongoing commitment to our community under the PeopleFirst banner.



Allen Katushabe is a familiar face at Perley Health. For the past 16 years, she has dedicated herself to ensuring the well-being of residents, first as a PSW (personal support worker) and currently as a housekeeping aide.

about you—our amazing staff and volunteers," said Jay Innes, Director of Communications and project architect. "This project is close to my heart—a word you'll hear often today, along with words such as 'family' and 'home.'"

The posters are on display in the main hall of Perley centre. Along with a photo and quote, each poster features a QR code linking to an article and video on

the Perley website. A new People of Perley article and video will be posted each week to <https://www.perleyhealth.ca/blog-people-of-perley>

The initiative aims to build on the success of last year's 'What a Difference a Day Makes' campaign. The campaign not only aims to personify the organization's dedication to quality of life but also emphasizes that, wheth-



Daniela Acosta, RN, Perley Health's Manager of Education and Knowledge Translation, is all smiles as she shows off her custom coffee mug for the celebration of the People of Perley. The QR code on the cup links to her story and video on the Perley Health website.

er experiencing Perley Health for an hour or for years and decades, every day can make a significant difference. The videotaping of a performance of the song made famous by Dinah Washington involved a variety of Perley Health community members. An updated version of the song was released during the December celebration emphasizing the line, "And the difference is you." The 'People of Perley' campaign will run throughout 2025 and set the stage for celebrations to mark the 30th anniversary of Perley Health's current location.

The Perley, as it's commonly known, is home to 450 Veterans and seniors in long-term care, along with an additional 200 in independent-living apartments. Originally founded in 1897 as the Perley Home for Incurables, the Perley moved to a purpose-built campus on Russell Road in 1995 and is now widely recognized as one of Canada's most progressive and innovative LTC homes. Thanks to the community's generous donations to the Perley Health Foundation, the Perley continually develops and shares best practices in care with long-term care homes across Canada.

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TRINITY COMMUNITY GARDEN

Why “Community” Garden?

by Rhonda Turner

A home garden is nice to have but there is so much more by joining a Community Garden.

There are many reasons why people are attracted to community gardening. The most common is their want to give themselves fresh vegetables.

They may want to enjoy something grown organically and perhaps not have to pay the price at the grocery store for the very same item. Aside from vegetables, there is a family aspect to a community garden.

The garden is a place to make friendships and socialize with others enjoying the very same activity. There are new gardeners with little or no experience and then there are very experienced ones.

People at the garden are somewhat like a family with every age group imaginable. There is always someone who knows something and is willing to give their opinion about whatever the topic. Be it what to plant, where to plant, when to plant, all you have to do is put out the question. Advice is



Gardeners socializing while working. PHOTO: RHONDA TURNER

given about the “do’s and don’ts” all learned from experience. There will be all kinds of differing answers to your question. It is up to you to interpret all the advice.

Another bonus is that in most cases, there are other gardeners who will willingly help with watering your plot while you are on holiday, with the hopes that someone will also help them when they

are away. This help has been requested throughout the years and has always been reciprocated. I help you, you help me.

For a minimal annual expense, our garden supplies most tools necessary to garden without you having the expense of purchasing or storing them.

I truly enjoy friendships at the garden and hope to be able

to continue on for many years. Some who have left the garden say they miss interacting with their garden friends. Sometimes the only conversations some have had with others may have been that day at the garden.

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

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Second annual RPCA cutest cat and dog contest

by Kris Nanda

Do you think you have the cutest (or prettiest, most handsome, most beautiful) cat or dog in Riverview Park? Would you like to help raise money for a worthy cause and maybe even win a prize? Enter your cat or dog in the 2nd Annual RPCA Cutest Cat and Dog Contest

Last year, the Riverview Park Community Association (RPCA) held its first Cutest Cat and Dog Contest – with all funds going to the Ottawa Humane Society (OHS) and the winners receiving a prize donated by Pet Valu in the Ottawa Train Yards. Altogether, we had over 20 entries of local pets and raised over \$500 for the OHS. So, we’ve decided to do it again this year!

The rules are straightforward:

1. Make a donation of at least \$10 to the Ottawa Humane Society.
2. Forward the confirmation email from the Ottawa Humane Society (or a screenshot) with a photo of your pet, your pet’s name, and your contact information to: communications@riverviewparkca.com

Contest submissions close on March 7, 2025



Pictured here, from the 2024 RPCA Cutest Cat and Dog Contest with Nico, the winning cat, are RPCA Board Member, Kris Nanda; Nico’s owner, Anna Proestakis; and Mackenzie Doyle from PetValu.

PHOTO: SUBMITTED BY ANNA PROESTAKIS.

Photos of the “contestants” will appear on the RPCA website <https://riverviewparkca.com/> in late March. Members of the public will then vote for their choices using a link on the RPCA Website. While voting is free, vot-



From the RPCA Cutest Cat and Dog Contest, 2024: Proud owners of dog winner, Tassie, are Terry and Jill Collins-Williams. They are pictured here with Taylor McCanna, the PetValu employee.

PHOTO: SUBMITTED BY JILL AND TERRY COLLINS-WILLIAMS

ers may also make a donation to either the RPCA or the Ottawa Humane Society.

The winning pets will be announced in May. Photos of the winners will appear in the June edition of the Riverview Park Re-

view and on the RPCA website.

More details will be available once the nominating period ends. Meanwhile, please send any questions about the contest to communications@riverviewparkca.com

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Reading the 'Review is like
taking a walk down main street.
If we had one.

**Main Streets – The RPR as a “Main Street”**

Riverview Park has a problem. It doesn't have a main street, or Main Street. Usually a walkable streetscape with shops, businesses and food, a main street collects people and serves as a community hub. A place where people find reasons to eat, play shop and participate in civic life. More typical of small towns and rural communities, maybe, main streets are where everyone goes. It is one of the interesting places that, if you slow down and look, you can see that every storefront tells a story. And over the length of the street an image emerges of the style that the locals hold in common.

Other neighbourhoods in Ottawa have a version of main street, but Riverview Park doesn't have one. It has many thorough-fares, and access roads, but no main street in the traditional sense. But fear not, careful reader, the Riverview Park Review is your metaphorical Main Street. Through-out the pages of the RPR, the same functions of a main street are expressed. For example, the stories we cover concentrate on local issues and people. They are our stories reinforcing the idea that we are a collection of interested and interesting people. The businesses we highlight are local or locally accessible. Ideas and events get covered that illustrate and encourage imagination, skill and creativity from a variety of sources. From seniors to elementary students the Riverview Park Review is your Main Street.

Main streets are the social and economic heart of community life. And this describes the RPR pretty well. Every eight weeks the heart of the community gets delivered to your door. But we couldn't do it without the help of contributors like you. Cover your events with stories and photos. Submit them, and be a part of life on Main Street.

About the *RPR*Review community newspaper

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

**Deadline for submissions:
Before March 10, 2025.**

Every effort was made to connect with the Ottawa South candidates for the upcoming February 27 Provincial Election.

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.

RPRReview is currently seeking distributors.

* Contributions by politicians are paid announcements.

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.

RPR back issues are online at
www.riverviewparkreview.ca

Scan this QR code to access local news
and commentary with your mobile device



**RPRReview needs volunteers to
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Please contact**

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Next deadline for advertising and copy:
March 10, 2025 for the Apr.-May RPR

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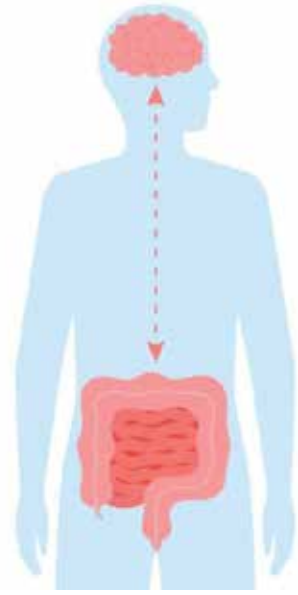
Gut instincts: exploring the microbiome

by Luana Leao.

Did you know that the number of bacteria in your body is roughly the same as the number of human cells? In fact, your body is home to about 38 trillion bacteria compared to 30 trillion human cells, and these bacteria weigh about 0.2 kg in total. That's a lot of little organisms working in harmony with your body!

The microbiome is defined as the community of microorganisms that live in and on the human body. It is essential in a range of physiological functions, from helping to strengthen gut integrity and protect against harmful pathogens, to shaping your immune system and harvesting energy from the food you eat. It's safe to say that these microbes are more than just passive residents; they're actively contributing to your well-being.

However, in the past few years, scientists have discovered something truly fascinating: your gut and brain are in constant communication. This connection, often referred to as the “gut-brain axis,” is a complex pathway that links your gastrointestinal system with your central nervous system. And while we're just beginning to un-



derstand its full impact, it's clear that what happens in your gut has serious implications for your mental health.

At the heart of this communication is the vagus nerve, a long nerve that connects your gut to your brain. This nerve sends signals in both directions—helping to regulate everything from digestion to heart rate, while also playing a role in emotional regulation. When your gut senses stress, discomfort, or an imbalance, it sends signals to your brain which can influence how you feel and think. So, in a way, your gut might be sending your brain more emotional “signals” than you realize!

But that's not all—your gut microbiome produces a variety of

chemicals, including neurotransmitters like serotonin, dopamine, and gamma-aminobutyric acid (GABA). These chemicals are vital for mood regulation, and in fact, up to 90% of serotonin, often called the “feel-good” neurotransmitter, is produced in the gut. This goes to show just how important your gut health is for keeping your mood balanced and positive.

Over the years, more and more research has linked an unhealthy gut microbiome—known as dysbiosis—to mental health conditions such as anxiety and depression. A study on depression, for example, found that individuals with depression had a different gut microbiome compared to healthy individuals, showing lower levels of beneficial bacteria that help keep inflammation in check. This imbalance in bacteria seems to trigger inflammation, which in turn affects brain function and mood.

Anxiety is another condition that has been closely linked to gut health. Research has shown that people with anxiety often have a less diverse microbiome, meaning they have fewer beneficial bacteria and more potentially harmful bacteria. Studies in animals have shown that altering the gut mi-

crobiome can directly impact anxiety-like behavior, further emphasizing that our gut can affect how we feel and how we respond to stress.

So, how can we improve our gut health to benefit both our bodies and our minds? The answer lies in diet and lifestyle. A diet rich in fiber, fermented foods, and prebiotics (found in foods like garlic, onions, and bananas) can support a healthy gut microbiome. Probiotics—found in yogurt, kefir, and fermented foods like kimchi and sauerkraut—can help replenish beneficial bacteria in the gut. Omega-3 fatty acids, found in fatty fish-like salmon, can also help reduce inflammation in the gut and brain.

It's clear that taking care of our gut health isn't just important for digestion; it's a crucial factor in our mental well-being. By eating a balanced diet, managing stress, and supporting our gut with the right foods, we can help maintain both a healthy gut and a healthy mind. So next time you're thinking about your health, don't forget to pay attention to your gut—it might just be the key to feeling better, both physically and mentally.

Luana Leao holds a MSc in Nutrition and Food Biosciences



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David McGuinty, MP | Député

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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

A smorgasbord of February films!

The beauty of film is that there is such an immense variety that you can find something in almost every genre that will tickle your fancy. However, ... they're not all created equally. For example, how many times in one month can two separate animated films be top picks in the movie world? Not often, likely. Or a documentary about cats in Malta. Or a 1974 film about the October Crisis. And yet, these are the movies that you should seek out this February!

The Convert

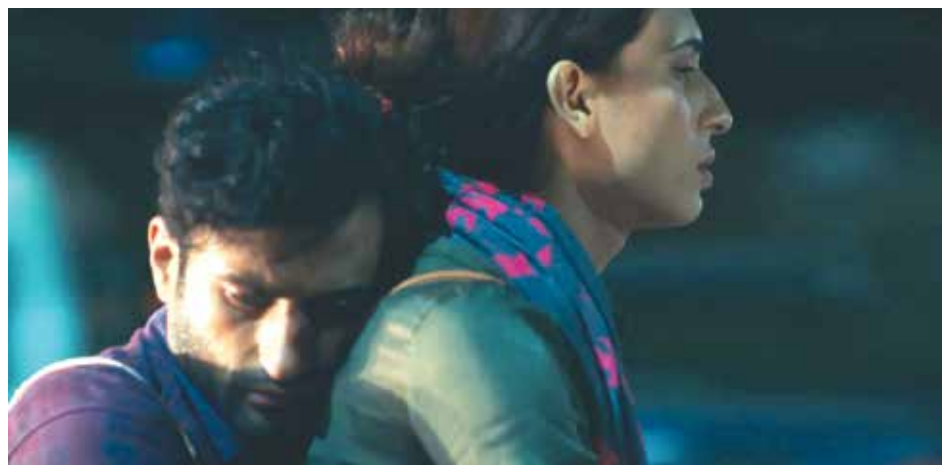
Director Lee Tamahori (Once Were Warriors) is back in fine form directing this handsome epic. A preacher (Guy Pierce) finds himself in the middle of a violent tribal conflict between two Māori tribes and is forced to take sides. Filmed on location in beautiful New Zealand, this is a violent, but morally intriguing film that showcases Pierce, who plays the role well, showing glimpses of compassion, humanity and a hint of a secret he's hiding.

Cats of Malta

While the cats in this documentary are the stars, it's the people in the communities that show how these creatures have brought them together for decades. Both servants and care-takers, the people of Malta must band together to pay for the bills to keep these lovely creatures healthy, but can they survive when the money



How to Make Millions Before Grandma Dies



Joyland

starts to run out? It takes a village...

Robot Dreams

Another animated film, this time absolutely beautiful. DOG is lonely, so he builds a robot friend. They become inseparable and spend their days rapturously together, until one day DOG has to leave ROBOT. Will they ever see each other again? Lovingly made and not quite as simple as it appears, this film has more heart and soul than most movies put together.

Widow Clicquot

After her husband's untimely death, Barbe-Nicole Clicquot goes against the trend and continues to build their wine business, despite tremendous political hurdles. Persevering through financial struggles and criticism, she becomes one of the most successful businesswomen of all time! Widow Clicquot is a visually impressive tale of resilience.

Memoir of a Snail

Hailed as one of the best animated films of the last decade,



Widow Clicquot

this one is not for kids. This is a story of a melancholic woman - a hoarder of snails, romance novels, and guinea pigs - who slowly but surely learns to be self confident, for the first time in her life! From the maker of Mary & Max, another great film!

How to Make Millions Before Grandma Dies

A young man goes to take care of his ailing grandmother, secretly motivated by her money and hoping to weasel his way into her will. But Grandma is no easy target after all. Bitter-sweet, heart-warming and a massive hit overseas - this is a must see!

Orders

Based on the incredible true stories of ordinary citizens who were arrested and imprisoned without any charges during the October Crisis in 1970 Quebec. This film has never been released, this will be the first time since the 1974 release of it - and it comes with much fanfare!

The Ipress File: Mini-Series

You've likely seen the 1965 Michael Caine film, but this mini-series goes much farther into the life of reluctant spy Harry Palmer. The Cold War is in full swing, and Palmer is thrust into a dangerous undercover mission to retrieve a nuclear scientist who has the ability to swing the war right into Russia's hands.

From fellow cinephile Christian McPherson of McPherson's Movie Marquee.com:

Joyland

This Pakistani film is both beautiful and heartbreaking. Set in contemporary Pakistan, it follows the story of Haider as a man who finally lands a job - he has been a house husband for many years to the shame of his father. Haider's new job is a backup dancer for a surly trans woman, Biba at the local burlesque club. Haider is infatuated with Biba, which leads to stunning consequences. This gorgeous but tragic film is a must watch!

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Christmas concert raises largest sum ever for the Heron Emergency Food Centre

by Tim Mark

On January 26, after the final tally, Immaculate Heart of Mary (IHM) Church representatives announced that the 2024 annual Christmas concert held on 1 December raised over \$19,000.

This is the largest amount ever raised by the Concert, now in its 33rd. year. The money raised goes directly to the Heron Emergency Food Centre (HEFC). The annual IHM concert is their largest single fundraiser.

The need is desperate. The Ottawa Food Bank reports a 90% increase in demand since 2019. Food bank usage is at an all-time high. One in four Ottawa households suffers from food insecurity. Sadly, 37% of Ottawa Food Bank clients are children

The IHM Christmas concert surpassed all expectations as a fundraiser. It was standing room only at the Church. Featured were 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 ac-



PHOTO: CHARLES FROST

companied by the Ottawa Wind Ensemble, a 35-member orchestral group. They were joined by an outstanding soprano soloist, Mallory Williams. And of course, there was carol singing for everyone to enjoy and to join in.

For 33 years the concert has been lovingly organized and directed by IHM Choir Director Francine Brisebois, Choir Assistant Joslyn Brodeur, and a host of volunteers. Why does Francine do it? "It is the joy of music and

the joy of singing. It is the chance to share some wonderful Christmas music, and to contribute to charity." When the complete ensemble combines— for instance in Handel's Hallelujah Chorus — "it's like being present at the final game of the Stanley Cup." Adds Joslyn, "singing together with over 100 other singers, accompanied by all the instruments, was magical."

As reported on its website: The Ottawa Food Bank is start-

ing the New Year with a decision we wish we did not have to make. In 2025, the 98 food programs working within the Ottawa Food Bank network will be receiving 20-50% less food than they have in years past. This of course includes HEFC as well as the Blair Court Food Bank in our local area

The need is great and it is ongoing. Please help. Go to the website of HEFC or Blair Court to see how to help those in need in our community.

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Equal Opportunity

by David Knockaert

On the 10th of January, the Ottawa District School Board (OCDSB) released recommendations for an altered system of elementary school education. It is a bold plan. Boldness is welcome, but boldness invariably stimulates demands for exclusions and exemptions. Since accommodating these can imperil a plan's coherence, only time will tell whether the final plan will roar or whimper. Foundational to the plan is belief in community education, as supported by a wealth of research. In community schools there is the basic commonality of shared residence. Common beginnings can foster a sense of fellowship and collaboration, serving to promote civility, a characteristic seemingly lost on much of our adult population.

Certain programming will be struck down, including Middle French Immersion (MFI), the Alternative program (as offered at Riverview) and 39 Specialized Program Classes (SPC). Special education classes will increasingly be offered on an "inclusive" basis, with affected students embedded in general classrooms. Additionally, grade configurations will be

standardized. Without trying to minimize the impact of such changes upon students and families, this article will address one other proposal, streamlined educational pathways.

The Board's proposal calls for each school to offer two pathways; Enhanced English and French Immersion. In 2019 the Ottawa Citizen reported the current Board Chair as stating, "The board does not restrict the number of immersion classes that are offered." That was not true then, today, nor at any time over the half century of French immersion. Apart from the eight schools in our geographic area (Alta Vista, Arch, Charles Hulse, Featherston, Hawthorne, Pleasant Park, Riverview, Vincent Massey) 82% of Board schools offer Early French Immersion (EFI). But within our area it is 37%, effectively meaning that two-thirds of our families have always been told they can have EFI or community schooling, but not both. Change is well overdue.

Yet, there are issues. Firstly, the promise of making linguistic choice "available to all students" is false. By stating "a handful of schools...will offer only Enhanced English or French Immersion", the Board has already conceded a



With the OCDSB proposal, Alternative Schools such as Riverview, will not be offered for students. PHOTO: CAROLE MOULT

lack of universality. Since few schools are currently restricted to English instruction, leaving a "handful" as 'English only' is not a recipe for meaningful change. Secondly, will individualized exceptions be granted? Will a child enrolled in grade 3 at Pleasant Park but resident in Hawthorne's catchment need to change schools, leaving friends, teachers and a familiar environment? But should that child be allowed to remain at Pleasant Park, what about their younger sibling just entering grade one? Will they be asked to attend Hawthorne or be permitted to maintain familial community by joining their sister at Pleasant Park? This leads to the third issue of enrolment. As of October 2023, there were 1139 students enrolled in our 3 'community' EFI programs, averaging 380 per school. But if distributed amongst eight community schools, the average declines to

142. Is that sufficient for an effective program? And what will happen when only a limited number of students enrol in a new immersion program? As of October, 2023, at Alta Vista, the number of enrollees in English numbered 5, 6, 7, 9 and 9 per grade. If repeated for immersion, will the Board simply abandon the program, stick with it or combine multiple grades in the same classroom? After all, having being absent for half a century, we can hardly expect children to flock to those schools new to immersion. Arousing interest in immersion will require active promotion (not limited to an in-school Q&A session). Indeed, if immersion is to be successful, promoting its expansion will demand engagement from the community at large - local media, community associations and elected officials at all levels (anyone seen/heard from our Trustee?). Getting enrolment up will take time and a long-term commitment.

Becoming officially bilingual can open doors to a broader range of future employment, improve financial security and maximize civic participation. For too long, our Board treated such outcomes as unimportant for a large segment of our population. We should be relieved at a promise of change. ...but success will demand involvement.

New Alta Vista Stamp Club

A new club for collectors has been established in Alta Vista. It is in fact, the successor to the RA Centre's club, originally founded during the Second World War.

The club meets twice per month at St. Timothy's Presbyterian Church, 2400 Alta Vista Drive. Plenty of free parking is available. All Ottawa residents are welcome.

Activities include: trading,

speakers, presentations, assisting new collectors, quizzes and participation in the Ottawa Regional Association of Philatelic Exhibitions, May 3-4. The club's next meetings will take place February 5 and 19, starting at 2:00 p.m.

For more information, send an email message to: roger.c.cook@outlook.com

Brian Watson

Treasurer

Alta Vista Stamp Club





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Christmas spirit alive and well in Balena Park!

by Carol McQueen, Vice President of the RPCA and lead organizer for the Christmas Caroling Evening in Balena Park.

Carol singing, Christmas lights, hand-held lanterns, hot chocolate and s'mores, sleigh rides and a campfire were all on offer at Balena Park on Friday evening the 13th of December 2024 at the Riverview Park Community Association's annual outdoor Christmas Caroling Event. About 130 residents came out on a cold and clear night to enjoy a magical evening in the lead up to the Festive Season. The RPCA's main partner for the event, the Blair Court Community House, also collected food items for their food bank.

Riverview Park resident musician, Craig Cormier, accompanied by a small group of fellow performers, led those assembled in the park in a fun Christmas Carol sing-along featuring a dozen or so classics from Rudolph the Red-Nosed Reindeer to Winter Wonderland. Residents held hand-made lanterns containing lit candles while singing, making faces glow and hearts feel that special Christmas spirit. Children, in particular, loved the fire pit and



PHOTO: ANNA NITOSLAWSKA

probably ate more s'mores than their parents would have wanted. The hot chocolate provided by Provincial Member of Parliament John Fraser and the Timbits provided by the Southeast City Church no doubt contributed to the sugar rush! Federal Member of Parliament David McGuinty also provided a financial contribution to help make the event possible.

A new addition to this year's event were the sleigh rides through Riverview Park streets near Balena Park, made possible by the generous contribution of Ward 18 City Councillor Marty Carr. For each ride, dozens of residents were able to climb aboard a wagon pulled through the neighborhood by beautiful horses from the Red Gate Arena Farm.



PHOTO: COUNCILLOR MARTY CARR

"It was a wonderful experience. We were all bundled up in the dark. There was just the sounds of the horses clip-clopping along the road and our own voices in the cool December air. I think the most fun was people looking out of their windows and waving as we passed. Of course we waved back. A magical experience!" exclaimed Tim Mark, a resident of Riverview Park.

Residents were responsive to the call to bring along a food item for the Blair Court Community House, and about eight crates were collected for their food bank. "We are thankful for the opportunity to take part in the event and collect food items and monetary donations to help support our community," said Kristy

Fudakowska, the House's Executive Director.

The Christmas Caroling Evening would not have been possible without the many volunteers from the Riverview Park Community Association (RPCA) and the Southeast City Church. This year, the RPCA also welcomed the next generation of volunteers, including a student from the Lycée Claudel who designed the poster for the event, and four students from the Ecole secondaire catholique Franco-Cité, coordinated by RPCA volunteer and social committee lead France Dulude. "Their presence was greatly appreciated as they helped with set up, preparing lanterns, handing out song sheets and cleanup. The students also had fun going on the sleigh ride and eating s'mores, a first for most of them. Some of the students will be back to help with the Winter Carnival on February 9th," she stated as a good plug for the RPCA's next big afternoon event in Balena Park.

In sum, a good time was had by all at the RPCA's annual Christmas Caroling Event! Mark your calendars for Friday, December 12th 2025!

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Art Lending of Ottawa: a happy anniversary!

by Leslie Firth

Art Lending of Ottawa's first show of 2025 will be on Saturday, March 15. We will be celebrating the first anniversary of our move to a new location. For those unfamiliar with Art Lending, we are a small collective of 43 local Ottawa area artists. We put on four art shows a year, on a Saturday, in the months of March, June, September and December.

Unlike many art shows and galleries, we offer the option of art rental – perfect for those who want to try out a piece of original art in their space before committing to buy, or for those who simply enjoy changing their art from time to time. Each spring we welcome artists to apply to become members through our jurying process. (See below for details on how to apply.)

Last year we put out information far and wide to publicize our move from the RA Centre to the Jim Durrell Recreation Centre. At the time, we wondered how this change would affect the turnout at our shows. We have had many loyal customers who would come to each show, sometimes to



KATHRYN SAUVÉ. Migration of Intentions 24 x 36 Acrylic, ink and pastel

buy or rent and sometimes just to enjoy viewing the original art of local artists. Would they follow us to our new location? Would we find new potential customers from the new area?

As it has turned out, our new 'home' has worked out well. Sometimes change is a good thing! Our rentals and sales have increased at each show, and our revenue from our recent show was almost double the revenue from last December! The big, bright Ellwood Room at the Jim Durrell Recreation Centre has provided us the opportunity to display many more works of art.

In December of 2023 at the RA Centre, we displayed 167 works of art. At our last show, we displayed 448 works of art! The in-

creased space has also allowed us to increase our number of member artists from 37 to 43. Looking back over the year we can be proud of what we have achieved in our new home. Happy Anniversary Art Lending of Ottawa! Come and help us celebrate at our March 15th show.

Here is a short introduction to one of our artists. Kathryn Sauvé was juried in last year and is one of our newest members. She is a contemporary abstract artist who works mainly in acrylics and mixed media. Her process is intuitive, playing with paint and materials and allowing the artwork to unfold and emerge. Her work is in collections across Canada, the US, Europe and India. In her words, "My art is inspired by the places we

hold in our hearts and our memories, as well as the spaces we want to imagine. I paint the emotions we feel when we connect with a space, whether it's a physical, sentimental or intellectual space."

To see Kathryn's latest works, and those of other Art Lending of Ottawa artists, visit our website at: www.artlendingofottawa.ca. If you see a piece that interests you, you can reserve it now for pickup at the March show.

Are you an Ottawa artist, interested in displaying your art and being part of a vibrant artist cooperative? Consider applying to our jurying process, which opens in early April. Please click on the Artists tab on our website for more information....and if you are interested, consider coming out to our show in March to see what we're all about.

Art Lending of Ottawa art show

March 15, 2025. 10 a.m. to 4 p.m.
Jim Durrell Recreation Centre
1265 Walkley Road, Ottawa

Leslie Firth is a resident of Riverview Park and an artist member and Board member of Art Lending of Ottawa



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COMPUTER TIPS & TRICKS

How well do you know Google?

by Malcolm and John Harding,
of Compu-Home

It is a pretty safe bet that just about everyone reading this has used “google” as a verb. These days we google a person or a subject whenever we need some information, and the results are almost certain to be vastly more than we thought we needed. For some people, their only use of Google is that search service, which is so powerful that we call it an “engine.” Others rely on more of the huge array of products, services and utilities that the Google Corporation offers... more than 250 at the last count. You will likely find it very interesting (and surprising) to google Google and see that incredible list for yourself.

Chrome, Google’s extremely popular web browser and *Maps* for street maps, directions and street views, are two of the best-known and useful offerings. *YouTube* is a modern-day encyclopedia of videos offering information and entertainment ranging from how to install your dishwasher, to Fred Astaire and Rita Hayworth dancing to Led Zeppelin. These

Google products are usually free of charge, although you can sometimes subscribe to enhanced versions if you wish.

It is actually hard to imagine a facet of modern life in which there is no Google presence. *Google for Education* is a central hub of classroom management and resources at levels from elementary to post-secondary and it became indispensable in many jurisdictions when schools were closed during the pandemic. *Android* is an Operating System for computers and mobile devices that offers an array of Apps for productivity and fun. *Chromecast* integrates your television into the Google world. Gemini is the Google foray into the world of Artificial Intelligence.

Some services are part of a deceptively wide-reaching Google account. When you sign up for Gmail, for example, you are simply creating a Google account that comes with its own email address and many integrated additional features. In that account you can create and save your email messages, documents, spreadsheets, databases, a personal calendar, address book, blog, password list and

photo albums... just for starters. If you set up your system carefully, you can save all of that data in the pretty generous 15 Gigabyte Google Cloud storage area that comes free with your account and pay a small fee if you need more space.

(We can’t leave the subject of the Google account without dwelling for a moment on a caveat that relates to the stringent - some say heartless - requirement that we use great care in setting and maintaining all of the complex credentials related to the account, from basics like username and password, to related components such as the cell phone number to which a text with a code can be sent. To lose track of these bits of information is to create a huge disruption, up to and including losing access to the account.)

In addition to websites and software, Google offers a comprehensive array of hardware, from phones and laptops, to doorbells. *Nest* is a form of hub that integrates devices to provide security, entertainment and convenience around the house. *Chromebooks* offer a somewhat different and cheaper approach to laptop computing, in which almost all activ-

ities happen in the web browser (*Chrome*, of course) and with very little stored locally on the machine.

The implications of such an overwhelming presence in the world of technology have not been lost on governments and consumer groups in Europe and North America, and Google has been accused of straying from its original mantra of “Don’t be evil” to engage in bullying and trampling smaller competitors, for the sake of profits. Courts have been asked to dismantle the Google influence significantly, possibly by breaking up the company to allow alternate ventures to gain a foothold. Without taking sides, we hope that if there are to be widespread changes, they can be achieved while avoiding undue inconvenience to users who are relying daily on Google services currently offered.

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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A wound resulting in a scar will generally heal in four stages:

Stage 1: Hemostasis. In this stage, blood vessels will restrict to lessen blood flow to the area, and blood will begin clotting to stop bleeding and form a scab. This process can take a day or two to complete.

Stage 2: Inflammation. The body will send an influx of white blood cells and enzymes to clean the wound and fight infection and prepare the area for new tissue growth. The injury site can become red, swollen, itchy, tender or painful. This stage can last several days in an acute wound.

Stage 3: Proliferation. New tissue, blood vessels and collagen fibers fill in the wound.

The scab may loosen or fall off during this stage resulting in new skin that is pink and tender. This stage can take up to several weeks depending on the size and depth of the wound.

Stage 4: Remodelling or Maturation. During this stage, the tissue becomes stronger, however the new tissue can become more dense and less flexible than the original tissue, which can result in stiffness and discomfort.

When scar tissue builds up to a degree that it creates tightness on the surrounding tissue, or limits range of motion, it can interfere with daily activities and mobility. Massage and physiotherapy can help break down the adhesions that form around scar tissue resulting in better movement and reduced discomfort.

Treatment for old scar tissue is very beneficial for many people. If you have had a recent injury or surgery, the earliest time frame for receiving physical therapy for scar tissue is at least 4-6 weeks following the injury, when the patient is in the remodelling phase of tissue



JODIE McKIRDY
RMT



PHOTO: JOHN WALKER, VECTEEZY

healing. Your therapist will examine the area to ensure that it's safe to start treatment.

Techniques such as deep tissue massage, myofascial release, and fractioning are common methods of addressing the tissue of and surrounding the scar. How long it takes to see improvement depends on several things such as the age, size and depth of the scar, as well as the patient's tolerance to treatment.

While scar tissue is a natural process for healing, don't let it prevent you from doing daily activities or the things you love to do!

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Oakpark Retirement Community rings in the New Year with a festive celebration!

Shared by Oakpark

On Friday, January 3, Oakpark welcomed residents and their families to a joyful New Years party from 6:30-8:30pm. The event was filled with live entertainment, lively dancing, and an array of delicious food, creating a vibrant atmosphere to start the New Year positively.

Residents, family members, staff and management came together to celebrate, making it a night to remember. The entertainment set the perfect backdrop for everyone to enjoy an evening of fun and connection. Attendees expressed their delight, and praises filled the air at

the end of the event, as families and residents shared their heartfelt sentiments about the wonderful gathering.

"It was amazing to see everyone come together and kick off the New Year with such energy and laughter", said Bonnie Miller, Marketing Manager at Oakpark. "Events like these are vital for fostering community spirit and bringing joy to our residents and their families."

The success of the evening speaks volumes about the strong community bonds at Oakpark. As residents and families left with smiles on their faces, it was clear that this event set an optimistic tone for the year ahead.




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Ward 18 Weekly Newsletter

Did you know that I release a bilingual weekly newsletter every Friday? Each issue features events being hosted by my office and community events in the ward, infrastructure updates, winter maintenance updates and tips, and engagement opportunities where you have the chance to get involved and share your opinion.

If you are interested in subscribing, you can do so on my website. You can also contact my office and we would be happy to subscribe you.

Complete your Vacant Unit Tax Declaration Before March 20th

Homeowners are reminded to complete their Vacant Unit Tax (VUT) declaration for each residential property they own before the March 20 deadline. A \$250 late fee will be applied to declarations submitted after the deadline.

To complete the declaration, visit ottawa.ca/vut.

Applications are now open for the 2025 Paint It Up! program - Virtual Info Sessions February 4th and 6th

Looking for a way to help deter vandalism and beautify the community while empowering our city's youth through public art? Look no further than the Paint It Up! program.

What is Paint It Up!?

Paint It Up! is a youth engagement program funded by Public Works and administered by Community and Social Services (CSS) at the City of Ottawa. It promotes the use of outdoor murals to:

- Support local arts and culture
- Enhance the city's beauty for residents and visitors
- Engage youth in positive skill-building experiences

Organizations interested in applying can attend a virtual information session on Tuesday, February 4 and Thursday, February 6. Please register on ottawa.ca/PaintItUp.

Repair Cafe at Jim Durrell Recreation Centre - February 22nd

After the success of last year's Repair Café, I am excited to share that my office, in partnership with the Ottawa South Eco-Action Network and the Ottawa Tool Library, will be holding another Repair Café at Jim Durrell Recreation Centre (1265 Walkley Road) on Saturday, February 22nd, from 10a.m. to 2p.m. This is a drop in event and no registration is required. I hope to see you there!

City of Ottawa Spring Program and Summer Camp Registration

Important dates are coming up for City of Ottawa spring program and summer camp registration. See the important dates below and browse courses on your Register Ottawa account.

Tuesday, February 11: swimming and aquatics registration opens online at 9 pm

Thursday, February 13: recreation, arts and virtual activities registration opens online at 9 pm

Thursday, February 27: summer camp registration opens at 9 pm


Don't forget that the City is offering "Play Free Saturdays" for kids and youth age 17 and under, where they can take part in free drop-in swimming, skating and gym sports at City recreation facilities. Visit Ottawa.ca and search "Play Free" for facility schedules.

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.

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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FEBRUARY

Staff Cultural Food Demonstration with Bry: Sri Lanka

Tuesday, February 4, from 11:30 a.m. to 1:00 p.m.

Riverview Winter Carnival at 1640 Devon Street

Sunday, February 9, from 2:00 p.m. to 4:00 p.m.

Sweetheart Breakfast

Friday, February 14, from 8:00 a.m. to 9:30 a.m.

Maplewood 'A Day in the Life' February 27 and 28 from 10:00 a.m. to 3:00 p.m.

Thursday 27 (National Chili Day)

Fitness, Chili Cooking with the residents, Winter Craft, Chili Trivia, Chili tasting challenge and winner

Friday 28 (Wicked movie Theme)

Java Music, Photo Booth, Coffee and Wicked Snacks and Cupcakes, WICKED Movie with pink and green popcorn, Yoga, Wine and cheese with live music

MARCH

Mardi Gras

Wednesday, March 5, Pancake Lunch from 11:30 a.m. to 2:00 p.m. followed by an afternoon party with live music from 3:00 p.m. to 4:00 p.m.

St. Patrick's Day Pub Afternoon

Monday, March 17, from 3:00 p.m. to 4:00 p.m.

Classical Music Appreciation

Wednesday, March 19, from 7:00 p.m. to 8:00 p.m.

Paint Night "Spring"

Thursday, March 20, from 7:00 p.m. to 8:00 p.m.



Holiday Paint and Sip Night

April

Tuesday, April 8, from 6:30 p.m. to 8:00 p.m.

Call Brian today to book a personal visit!
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FRIENDS OF RIVERVIEW PARK GREEN SPACES

FoRPGS Note for February 2025

by Ron Ridley on behalf of the FoRPGS

As expected, actual Green Spaces work is quiet during the winter, but we are still busy – busy making plans for 2025, working with the city to get permits, and reporting/planning for when we can get to work. We are also collaborating with other like-minded green groups both in our ward and around the city. Winter sowing of plants will also start shortly.

We are currently working with the City of Ottawa's Forestry group to renew our permits for greenspaces work in 2025. This time around we are aiming to get access for all city owned land in Riverview Park, not just the "parks" as we have done in the past. Additionally, we are also aiming to get permission to plant native plants where we remove invasives.

Our 2024 efforts to eradicate the dog strangling vine north of the pollinator garden will be evaluated in the spring. We have removed a lot of the plants through cutting and have trialed covering stripped areas with black plastic to kill the dog strangling vine root system. Approximately 1,000 lbs of dog strangling vine plants were harvested and taken to landfill after being cooked on site.

The grant received from the Ontario Invasives Center this year (and last) has provided FoRPGS with the supplies, tools and equipment we use to

remove invasives. This includes black plastic, pegs, garbage bags, personal protective equipment, shears, shovels, and more recently a woodchipper/shredder. We have some additional power equipment under review now to make us more effective/efficient. These supplies and equipment will allow us to continue our work through 2025 and we also lend out to members and like-minded groups we work with.

The Riverview Park Ornament trail was decorated on Sunday, December 1st and now, in its 5th year, boasts over 500 ornaments along its length. Thank you to all those of you that have added ornaments – it is always nice to see new ones on our walks. Christmas on the path was celebrated with special human cookies and special dog biscuits. Valentines' day will also be honoured!

Not exactly a "Green Spaces" item, but related, are the recent coyote sightings along the hydro corridor. Mentions of coyotes invoked the full range of emotions from live and let live, to have them all removed! If you want to learn more about how to deal with a coyote or have seen a coyote, the city has a web page on dealing with coyotes and a link to report your sighting.

Youth and students: If you're seeking opportunities to complete your 40 hours of volunteer service or wish to learn more about invasive species, we're always in need of assistance.

If you would like to get out and

do some green work and meet like-minded people while improving our community, please consider volunteering with FoRPGS. We have rewarding, interesting work to do on our pollinator garden, with invasives removal, path maintenance and planting around

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

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Ottawa South | Ottawa-Sud

Re-elect a good MPP - Réélisez un bon Député

Dear Neighbour,

It has been an honour to serve as your MPP for the past 11 years right here in Ottawa South and at Queen's Park to fight for the things that matter to you and your families - like good quality health care when you need it.

Doug Ford has called a snap election this winter, with nearly a year a half left in a majority government, plunging Ontario into more uncertainty at a vulnerable time.

Through two back to back majority governments, Doug Ford has damaged our healthcare system, the healthcare we and our families depend on. In Ottawa South, 21,383 people can't find a family doctor. That's 1 in 6.

2.5 million people in Ontario need a family doctor and even more are at risk of losing their family doctor due to retirement.

Hallway healthcare is twice as bad as it's ever been and wait times for procedures and diagnostics have grown much longer. Make no mistake. This potential election is not about you, or your family. It's about Doug Ford.

Doug Ford's not calling an election to make sure you have a family doctor. He's not calling an election to get a mandate to end hallway health care, or reduce wait times.

He's calling an election to secure himself another four years in government.

Every Ontarian deserves a family doctor and that's why Ontario Liberals have got a plan to make sure everyone has a family doctor by 2029.

We all depend on our healthcare system and need to know that we can count on it when we really need it. I will continue to fight as your MPP to make sure that happens.

Sincerely,

John Fraser

Campaign Office:
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Website: votejohnfraser.ca

Seedy Saturday in Alta Vista – March 1, 2025

Come one, come all! Great news! In collaboration with *Just Food* and *Seeds of Diversity*, the Kilborn Gardeners Group is happy to once again host Seedy Saturday in 2025.

Join us on **Saturday, March 1st at Emmanuel United Church, 691 Smyth Road from 10 a.m. to 3 p.m.**



PHOTO: JANET MARK WALLACE.

You'll be able to:

- Bring and exchange seeds for free
 - Explore seed vendor offerings
 - Seek out master gardener advice
 - Attend presentations on water management, bird friendly backyards, starting seedlings
 - Support local artisans
 - Meet community gardeners interested in Ottawa's food security
 - Sample local cuisine
- in spring and winter and Hillcrest High's gardening club Admission and parking are

free. Local bus route #55 services Emmanuel United Church and the site is accessible.

Just don't forget to bring your own reusable bags and, if you can, your reusable beverage containers. If you plan on donating seeds, please package, label and date them.

Contact us at altavistaseeds@gmail.com and go to justfood.ca closer to the event for updates on our vendors and presentations.

We look forward to seeing you!

About our co-sponsors -

Just Food is a local, non-profit, community-based organization that works on both rural and urban food and farming issues in Ottawa

and the surrounding region. It is an information and resource-sharing network supporting the sustainable development of its Community Gardening Network. Consult justfood.ca for more.

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

The warmth of snow

by Peter Dennett

It's not always that a gadget you buy for the home turns out to be educational, but I experienced this in the winter of 2007 when I bought one of those thirty dollar "weather stations". It consists of a wireless temperature sensor which you put in a convenient location outside while I fixed it to a shady spot on a trellis, and an interior unit which displays both inside and outside temperatures.

It was intriguing to see the temperature differential on this little unit without having to peer out into the dark at night, and you could move it anywhere in the house because there were no wires attached. Then it occurred to me that the outside unit could

also be moved and wouldn't it be interesting to see how "warm" it was under the snow? We all know that snow provides plants with some insulation but exactly how much? This gadget gave me a chance to measure this with some precision.

January 2007 was mild but it snowed towards the end of the month and turned much colder. By January 31, about 9" of snow had accumulated. I put the outside sensor in a closed cardboard tube to keep it dry and placed it on the ground under the snow in an area partly shaded by a cedar hedge.

Through the first two weeks of February, I recorded the outside air temperature and the under-the-snow temperature in the early morning, at midday and in the late evening. Over that period, it turned very cold and the snow

depth was 9" or a little more. The air temperature ranged from 0° to -25°, but, in spite of that, the under-snow temperature stayed between -2° and -4.8° throughout the entire period. And this, with only 9" of snow cover! It demonstrates how even a moderate amount of snow provides considerable insulation, preventing the residual summer heat contained in the soil from escaping into the air and instead, keeping the heat contained and allowing it to moderate the temperature close to the ground.

We also protect some plants with large conical styrofoam containers placed upside down over the plants. No snow reaches the base of the plant but it piles up around the outside of the container. I placed the temperature sensor at the base of the plant under the container and found that the temperature there was -7° to -8°

with an air temperature of -20°. In other words, these containers, with the snow piled around their base, provide good insulation at ground level but not quite as good as actual snow. Of course, the styrofoam container gives some protection to the upper part of the plant which snow would not provide, unless it was much deeper than normal, and that is the benefit of the containers.

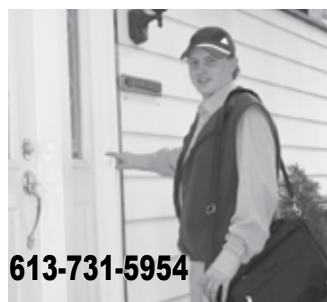
In summary, based on this small experiment, I would say that in a typical winter in our area, provided there is good snow cover before the severe cold arrives, ground level temperatures under the snow are unlikely to go much below -5° no matter how low the outside temperature.

(I performed this experiment in February 2007 and wrote the article for the Gloucester Horticultural Society's 2008 Year Book.)

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Styrofoam covered plant. PHOTO: PETER DENNETT

OPERA AND DANCE IN ALTA VISTA

shared by Andrew Ager,
Composer/Arranger-in-Residence,
New Opera Lyra

A spectacular event is taking place in Alta Vista on March 14, 7:30 pm, and March 15, 3pm, at Rideau Park United Church, 2023 Alta Vista Drive.

New Opera Lyra is presenting, for the first time in Ottawa, a fully-staged production of Rachmaninoff's one-act opera "Aleko". A truly operatic love tragedy, this one-hour opera combines lush vocal melodies, thrilling dancing and powerful drama.

New Opera Lyra composer/arranger-in-residence, Andrew



Antonina. PHOTO: GREG BENSON

Ager, received a City of Ottawa grant to create the orchestral arrangement used in this production.

Rachmaninoff's music is uni-

versally loved for its gorgeous tunes that pull the heart-strings. His popular melodies have even been used by rock-music writers.

Rideau Park United Church will be turned into a mysterious moonlit stage-set for this event. With evocative lighting and colourful costumes, "Aleko" will be not only a treat for the ear but for the eye.

The opera tells the moving story of an outcast who seeks love amongst the Romani - and whose passions destroy his dreams of happiness. In just 60 minutes we witness, through unparalleled music, his tragic fate.

New Opera Lyra's production

features a cast of brilliant Canadian opera singers, the Ewashko Singers, Chamber Orchestra, The Kalinka Women's Dance Group, members of Svitanok Dance Ensemble, and solo dancer, Clare Bassett, all under the direction of choreographer Tetyana Avramenko and conductor Norman E. Brown.

In particular, we are pleased to bring Ukrainian-Canadian soprano Antonina Ermolenko to the nation's capital for her Ottawa operatic debut.

Tickets and more information about this spectacular show are available at newoperalyra.ca. Rideau Park United Church is fully accessible and has unlimited parking.

New Black History Month stamp features Marie Joseph Angélique

Accused of a crime she denied doing, Angélique's story sheds light on the history of - and resistance to - enslavement in what is now Canada

MONTRÉAL - Canada Post has unveiled its 2025 Black History Month stamp featuring Marie Joseph Angélique. Her harrowing story reminds us of the history of enslavement in what is now Canada - and sheds light on how those who were enslaved resisted their bondage.

On April 10, 1734, a fire broke out in Montréal that engulfed much of the city's merchant quarter. Dozens of buildings and homes burned down. Angélique, a 29-year-old enslaved Black woman, was arrested. It was alleged that she lit the fire to escape her



enslaver after learning she had been sold and would potentially be sent to the West Indies.

Her trial lasted several weeks and included more than 20 witnesses, although not one is believed to have seen the crime committed. Most accused Angélique because she had tried to escape before, and they said

she had a history of rebelling against and threatening her enslaver.

Angélique maintained her innocence throughout the trial. "Madam, although I may be wicked, I am not miserable enough to do an act like that," she said during her interrogation. However, the courts found her guilty. They condemned her to death and had her tortured to force a confession. On June 21, 1734, she was publicly hanged.

Although historians disagree on whether Angélique was guilty, her story continues to encourage ongoing conversations about racial equality, justice and the importance of acknowledging the complexities of Canada's past.

About the stamp

The stamp features an illustration of Marie Joseph Angélique, who is shown with agency and resolve while defiantly facing the viewer. With no known portraits of Angélique, the illustration was based on a photograph taken by Jorge Camarotti of actor and model Penande Estime.

The stamp was designed by Nathalie Cusson of Scooter Design, illustrated by Alexis Eke and printed by Colour Innovations. The issue includes a booklet of six Permanent™ stamps and an Official First Day Cover. The cancel site is Montréal.

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

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Riverview Park Review

SECTION TWO

FEBRUARY 2025

A Voice of Riverview Park

MARCH 2025

OPEN the DOOR, LET'S EXPLORE...

Vincent Massey Public School

Hi, I'm Chelsea Morris and I'm 11 years old. I help deliver the Riverview Park Review. I have been a student at Vincent Massey for eight years - currently, I am in Grade 6 - and I would love to tell you more about what it is like to be a student at this fantastic school in our very own neighbourhood.

At Vincent Massey, students get to learn many different things. The school offers standard subjects like math, reading, writing, science, and social studies. Students also have fun learning about art, music, and physical education.

Vincent Massey has both a French immersion and an English program. Teachers work hard to make sure that every student understands the lessons and is ready for the future. The teachers are great at supporting students who might need extra



help, and they make sure that everyone has the chance to do their best. Teachers are always there to explain things and give support when it's needed.

One of the best things about Vincent Massey is that it's a school where everyone feels welcome. The school celebrates different cultures and backgrounds, making sure that every student feels valued and included. The school also has special

programs to help students who need extra attention. Teachers and staff work together with families to make sure that each student has what they need to do their best in school. Whether a student is new to Canada or needs extra help with their work, Vincent Massey is a place where everyone is given a chance to succeed.

Vincent Massey isn't just about schoolwork! There are lots of fun activities to take part in. Students can join sports teams - soccer, volleyball, track and even Borden ball! Students can try drama, art and music, and even take part in our own resident rock band! These activities help students learn teamwork, creativity, and leadership skills. Vincent Massey also organizes events that bring everyone together, like multicultural events, fundraisers and community projects. These

events help students learn the importance of helping others and being good citizens. Whether it's organizing a charity event or participating in a school musical, there's always something exciting happening at Vincent Massey.

Vincent Massey Public School is a place where students can learn and grow in a supportive and caring environment. With great teachers, fun activities, and a welcoming atmosphere, it's a school that helps students become confident and successful. As the years go by, Vincent Massey will continue to be an important part of the community on Smyth Road. It will keep helping students learn, make friends, and become good people who can make the world a better place. These are just some of the reasons why Vincent Massey is a great place!

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OPEN the DOOR, LET'S EXPLORE...

The early days of Vincent Massey Public School and the man the school was named after

by Carole Moul

On 9.5 acres of land, at 745 Smyth Road, sits a very large two-storey, red brick school. The original section was officially opened on November 6, 1958, and the K-8 school named after Canada's first Canadian-born Governor General, Charles Vincent Massey. Over the years, this honourable gentleman has been well-known as Vincent Massey.

History has many impressive things to say about Vincent Massey, Canada's 18th Governor General. In particular, it has been his lasting impact on cultural policy in Canada for which he has become so renowned. Namely, in 1949, Prime Minister Louis St. Laurent appointed Vincent Massey to be Chairman of the Royal Commission on National Development in the Arts, Letters and Sciences.

The "Massey Commission", as it was called, examined the overall state of culture in Canada. The results, released in 1951, became known as the Massey Report.

One of the important legacies of this report was laying out the ground work for the foundation of Canada's most important cultural institutions. This included the creation of the Canada Council for the Arts, the strengthening of the National Film Board, and the expansion of the Canadian Broadcasting Corporation (CBC). It also made a series of recommendations that resulted in the founding of the National Library of Canada (now Library and Archives Canada).

The Report emphasized the need for the Canadian government to play a positive role in fostering a distinct Canadian culture, separate from the overwhelming influence of American media and British traditions. At the same time, it advocated for the protection of Canada's linguistic and cultural duality, particularly in terms of promoting French-Canadian culture, plus the federal funding of a wide range of cultural activities.

Vincent Massey's promotion of a national festival of the arts began a movement that eventually led to the founding of the National Arts Centre. While at Rideau Hall, the home of Canada's Governors General, he established writer's weekends to help create a Canadian literary identity.



His Excellency The Right Honorable Vincent Massey.

PHOTOGRAPHED APRIL 19, 1952 BY YOUSUF KARSH.



Photo of plaque from the Official Opening of Vincent Massey Public School, Ottawa, November 6, 1958. PHOTO: JENNIFER RICHARDSON

Vincent Massey served as Governor General from 1952 to 1959. His term as Governor General was extended twice, first by Prime Minister Louis St. Laurent, and then by Prime Minister John Diefenbaker. He left office on September 15, 1959.

In 1967, Vincent Massey was one of approximately a dozen or so Canadians who played a leading role in the establishment of the Order of Canada. Just months before he died, on December 30, Vincent Massey became one of the Companions of the Order of Canada (CC).

Today, Massey College is named for him, as are the Massey Lectures, Mount Massey, plus several parks and buildings throughout Canada. A total of 23 schools are named in honour of Vincent Massey.

It was in late January, 1958, that students actually began attending Ottawa's Vincent Massey Public School. The first principal was D. A. H. (Alex) Gillies.

There were 30 classrooms plus a home economics room, industrial arts room plus gymnasium. Since it was from K-8, Vincent Massey Public School was considered to be a composite school. An addition was built in 1968.

On the Official Opening Day of the school, The Ottawa Citizen, November 6, 1958, reported that Governor General Vincent Massey would be touring the school named after him, and that joining him would be the Board Chair, Mrs. F. H. Ambridge; Mayor George H. Nelms; Chief Inspector, W.T. MacSkimming and others.

Today, Learning Programs include: English with Core French, Early French Immersion, Early French Immersion - Congregated Gifted (Grades 5-8), Deaf and Hard of Hearing Program, and the Music Program - strings (grades 7 and 8).

The list of interesting and impressive facts about this neighbourhood school is long. Students represent approximately 50 countries and languages. There is a vibrant Parent Council and there are over 20 clubs and activities.

Facilities and resources include: two gymnasiums, one portable computer lab, computer technology in every classroom, a library staffed by a library technician, large play field with two play structures, two baseball diamonds and a soccer field.

Over its 67-year history, Vincent Massey Public School has always been able to accommodate and innovate in response to ongoing change. Canada's 18th Governor General would be proud.

Resources for this article include: *Canadian Encyclopedia*, 'Vincent Massey', *Publication Online*, by J.I. Granatstein, June 24, 2008, updated by Danny Kucharsky, February 13, 2018; *Canadian History Ebx*, 'From John to Justin' Podcast Series, 'Vincent Massey' by Craig Baird, July 2022; *City of Ottawa Archives*, 100 Tallwood Dr.; *Ottawa Carleton District School Board (OCDSB) Corporate Records Department*; *The Ottawa Citizen*, 'Named after Governor General Massey Opening New Public School Today', Thursday, November 6, 1958; *The Ottawa Journal*, 'Vincent Massey School Heart of Elmvale Acres', by Martin Sinclair, November 1, 1958; *Vincent Massey Public School*, and Kathy Ullrich.

In The Ottawa Journal Saturday, November 1, 1958, (Martin Sinclair, Reporter), Principal Gillies outlined how integral the school had already become to the community, even before the Official Opening.

No evening is free for months to come, noted a schedule hanging behind the principal's desk. On Sundays, the churches took over the school; St. Aidan's Anglican, Rideau Park United and St. Timothy's Presbyterian. During the week it was the Girl Guides (89th Ottawa) and the Boy Scouts. And then Mr. Gillies told the reporter that there was the Property Owners Association also using the school plus the Home and School meetings - with more than 1000 people attending. The St. John's Ambulance Brigade held courses at the school for families, and plans were in the works by the Property Owners Association to hold activities for the teenagers. A square-dancing school had also been started with 100 members.

The original school, built for 1000 students, reportedly cost one million dollars, which in today's buying power dollars, would be \$10,779,243.57.

In the newspaper article, Mr. Gillies also commented that the school was actually designed by a former student of his.

Vincent Massey Public School was said to serve 1,700 homes at the time and the enrollment at the end of September was 930 stu-

OPEN the DOOR, LET'S EXPLORE...

EMMANUEL UNITED CHURCH: a commitment to community

by Richard Johnston

Emmanuel United Church has been an integral part of the south-east Ottawa community for over 60 years. Initially meeting at Vincent Massey Public School in the late 1950s, the congregation embarked on the construction of a two-story building, located at the corner of Smyth Road and Botsford Street, in 1962, and commenced worship services there later that year.

This building, now called the Christian Education (CE) Hall, was significantly renovated in the early 2000s and now features an up-to-date large scale kitchen, audio visual equipment, modern offices, and meeting rooms of various sizes. In the early 1980s, the building footprint was greatly expanded by the addition of the Sanctuary building, which was constructed immediately adjacent to (and connected with) the CE Hall. The Sanctuary is hexagonal in shape, topped by a six-sided roof that culminates in a sky-light.

Emmanuel has been the frequent beneficiary of thoughtful and inspired clerical leadership. Rev. Wilbur Howard, who served as Minister of Emmanuel from 1970 to 1980, was Moderator of the United Church of Canada (UCC) from 1974 to 1977. The Moderator is the elected governing officer and spiritual leader of the UCC. The Congregation has, throughout Emmanuel's existence, reflected a large & active membership. Dr. Anne Squire, long-time Emmanuel member, also served as Moderator from 1986 to 1988. Our current worship leader is Rev. Grant Stuckless, who came to Emmanuel in 2022.

Many of Emmanuel's activities reflect the traditional view of what is popularly regarded as the role of the church. For children and teens, there is an active Sunday school and a one-week summer activity called Camp Awesome. Music plays a large role in worship: the Senior Choir accompanies Sunday service; also performing on a monthly basis is JAM, a youth-oriented collective of singers and players. A book club, a weekly discussion group, a monthly Friday film night, and a quilting group are some of the many activities that members of the congregation enjoy and participate in. Non-church members



PHOTOS BY JON JONES

are welcome to participate.

Today, many of Emmanuel's activities are focussed on community, both in a local and an international context. Affordable housing is an ongoing preoccupation: the Multifaith Housing Initiative (Veterans' House, the Haven, Dream Lebreton) receives ongoing financial support and participation; membership in the Ottawa Mennonite Refugee Association (serving refugees and asylum seekers); and historic connections to Habitat for Humanity projects in the Ottawa region and internationally (El Salvador, Louisiana).

Emmanuel is an Affirming congregation that actively supports the LGTBQ community. Once a month, the Rainbow Hub welcomes LGTBQ youth. For more information, contact Rainbowhubottawa@gmail.com.

For over 30 years, Emmanuel has worked in partnership with Iglesia Bautista Emmanuel in El Salvador. In addition to financial support, Emmanuel folks have travelled to El Salvador on many occasions to build houses, share

worship, and support local activities.

Also, Emmanuel has a sister church in the village of Chipembi, Zambia. Congregants have funded the cost of materials and participated in constructing an ablutions block and upgrading the rural health centre. Emmanuel youth annually participate as counsellors in Camp Chipembi, a church camp for local children.

In partnership with the Ottawa legal community, Emmanuel provided both funding and hands-on construction labour in the building of a cement-block school in Munenga, Zambia. Initially constructed as a single classroom, in 2012, a second classroom and a house for the teacher have since been added.

Indigenous relations have been an ongoing focus of congregational activity. Emmanuel recognizes Red Dress Day each May and Residential School Remembrance Day each September. The congregation has participated in learning trips to Kitiganzibi First Nation, near Maniwaki, Quebec, and trips to Haida Gwaii, in British Colum-

bia. Emmanuel supports Inuit artists through Isaruit Inuit Arts and an Inuit games and sports program for youth.

Refugee sponsorship commenced in the late 1970s with the South Asian boat people. East European and Syrian families entering Canada have received assistance from Emmanuel. Over the past 10 years, several African families have received Emmanuel sponsorship to settle in Ottawa. Church involvement starts with the paperwork required by the federal government and continues through the provision of accommodation and financial support for their first year in Canada. Approximately 50-60 persons have been assisted by Emmanuel over the years.

These are some of the many church-related activities that reflect the community focus of the Emmanuel Congregation. For additional pictures and information about the activities set out in this article and to discover more about the life of Emmanuel, please go to the church web-site at emmanuel-united.ca.

OPEN the DOOR, LET'S EXPLORE...

Dave O'Neill tells about his time at the Perley

by Carole Moulton

It should be of no surprise to those who know Dave O'Neill, that he would end up working at Perley Health. From early on in his career he knew he wanted to work with seniors.

At Carleton University his Bachelor of Art's Degree major was in history, a love of the subject, he notes, instilled by his granddad. At Algonquin College, in 2010, the Recreation and Leisure Program enabled Dave to do a practicum placement at what was then The Perley and Rideau Veterans' Health Centre or the Perley Rideau.

This practicum placement was for 160 hours, and provided Dave with great insight into the wonderful possibilities of working with seniors. Today, he is on the staff of Perley Health and has been there for the past four years.

Fond memories of his time spent as an Algonquin student at the Perley Rideau are still recalled by Dave O'Neill, as are those when he returned to the Perley that year as a special event's volunteer for recreation. In particular, celebrating the year of the Vancouver Olympics was one of the highlights for him of 2010.

It has been the tradition, that in the years when the Olympics are celebrated, a wide range of Olympic-themed activities take place at the Perley. Residents, staff, and volunteers celebrate their own Perley version of the Olympics, coinciding with the actual ones being held in the various countries around the world. During his time as a volunteer at Perley Health, Dave O'Neill was honoured by being asked to help carry the Olympic torch locally, as it made its way across Canada from the east coast to the west.

Then, by good fortune, just over ten years later, in 2021, a specific job posting came up at the Perley that captured Dave O'Neill's attention. Perley Health was looking for someone to fill the position of Business Lead, Senior Housing.

"I loved it when I had the opportunity," noted Dave recently. "It was a natural fit, and I still had great memories from the years before." Dave accepted the offered job and has been in that position ever since.

So, what does the job description actually mean? Dave likens it to being the main point of contact for tenant relations, which



A young David O'Neill is all smiles as he helps Perley residents celebrate the Olympic spirit. In 2010, David joined Perley Health while completing his Recreation and Leisure Program placement at Algonquin College.



Dave proudly carries the Olympic torch during Perley Health's 2024 Summer Olympics. That summer, his son, Ethan, a dedicated Perley Health volunteer, joined in the festivities, continuing a family tradition.

PHOTO: SHARED BY PERLEY HEALTH

include property liaison for any tenancy concerns or day-to-day operations of the two apartment buildings: 1780 Russell Road and 1720 Russell Road/Commissionaires Ottawa Place. His responsibility is to deal with not only the leasing of the two buildings, but the tenants' concerns, as well. 1780 Russell Road, which is the row of apartments close to the street, has 45 apartments. Commissionaires Ottawa Place, attached to the main building, has 94 apartments in what could be likened to a high-rise. The apartments opened in 2013, and a percentage of their residents are veterans. "It is the best move I ever made," noted one apartment resident this past year.

Along with looking after the two apartment buildings, Dave

also helps with the placements of students, both high school and college; a role he says he thoroughly enjoys. These students, along with the wonderful staff and volunteers are all an important part of what has made Perley Health the success it is today.

It was just this past month that Dave O'Neill told the story of how, in the summer of 2024, his son, Ethan, was also a volunteer at Perley Health, and how Ethan too helped with Perley's local Olympic celebrations. In almost a re-write of Dave's winter volunteering from years before, this time it was the summer Olympics that were being celebrated and, in this instance, Ethan, as a Perley



Dave likens his job to being the main point of contact for tenant relations, which include property liaison for any tenancy concerns or day-to-day operations of the two apartment buildings. This apartment has been named Commissionaires Ottawa Place.

PHOTO CREDIT: CAROLE MOULTON

volunteer, carried the flag for the closing Perley Health ceremonies. Fittingly, Ethan was the recipient of the Summer Youth Volunteer Award with his name on a hallway plaque.

When speaking with Dave O'Neill recently, outside it was wintry cold, however inside Perley Health there was a warmth among the people wherever we went. Names were known and a sense of camaraderie evident. The list is a long one of all those who make certain that life at Perley Health is the best it can be for everyone. Dave O'Neill is one of these special people who helps make sure that this is so.

OPEN the DOOR, LET'S EXPLORE...

An interview with Michael and Kevin Sirko, owners of Vimy Brewing Company

Q Who owns Vimy Brewing Company?

A Vimy Brewing Company was founded by brothers Michael and Kevin Sirko. They are former public servants and former reservists in the Royal Canadian Navy.



Q When did you move to Riverview Park? Where were you located previously?

A We opened our doors to our new location in Riverview Park in 2022 after having spent 5 years in Hintonburg. We were previously located at 145 Loretta Avenue North.

Q What are the benefits of being in Riverview Park?

A Riverview Park is a great area of the city. There seems to always be something going on. In our parking lot alone there are people going to circus school, taekwondo, archery and a smash room! Another great advantage of being located here is that we're so close to the Ottawa Titans Baseball Stadium. We've been a sponsor of the team since they began playing in Ottawa and our beer is available at the stadium.

Q Exactly at what point in time did you decide to begin brewing beer and opening your own brewery?

A We had been brewing beer at home for years but finally opened our doors to the public in 2017 which just happened to be the 100th anniversary of the Battle of Vimy Ridge.

Q Why brewing beer?

A Beer is a beverage that brings people together.

Q How did you name the company? Or why the name?

A We wanted to celebrate Canada and honour our military. The brewery is named after the Battle of Vimy Ridge, a great Canadian victory and a great Canadian accomplishment. When we both served in the Canadian Armed Forces we visited different bars and military messes across the country and came to the realization that there wasn't a beer that really celebrated Canada. Our beer celebrates Canada and great Canadian accomplishments.

Q There are four main ingredients of beer: malt, hops, yeast and water. Are there special Canadian distributors of each? Do you need pure water? Can you (briefly) tell us about the importance of each?

A Quality ingredients are key! We try our best to source our ingredients from Canadian sources though there are some specialty hops and malts that are only available in the UK or US; however, the majority of our beer is made from quality Canadian barley. When it comes to water, we're very fortunate to have some of the best water in the world to brew with here in Ottawa.

Q What process do you go through to create the different kinds of beer? Do you have taste-testers to help?

A We only brew the types of beers that we enjoy ourselves. Our taste-testers are our customers and we take the time to listen to them.

Q What are the various machines you need to help you from the basic ingredients to the cans on display? Perhaps tell the sizes or give a comparison to something else.

A Since we celebrate Canada at the brewery, we naturally searched out the best Canadian-made brewhouse. Our brewhouse is made in Charlottetown PEI and has helped us brew award-winning beer time and time again. We're a medium-sized brewery compared to our peers and each one of our tanks holds approximately 7,000 beers.

Q Is there a lot of computer work/technology involved for recipes, records, the maths of working out the perfect taste...?

A We use all of the latest technology to brew great beer



Vimy Brewing Company, 830 Industrial Avenue, Unit 11. Ottawa



Brewmeisters Michael and Kevin Sirko



but a lot of brewing is still hands-on. We're always tasting our beer throughout the process to make sure that we're making the best beer possible. Whether that's chewing the barley, sniffing the hops, or tasting the beer at various points of the process, there are some things that technology will never replace.

Q Do you design the labels?

A We came up with the concept for our labels but we work with local graphics company Aerographics to make sure they look their best.

Q What is the length of time that it takes to make a can of beer?



A From grain to glass is about two weeks. Some of our styles of beer like our Vimy Lagered Ale benefit from an extended aging process so those styles will condition for an additional three weeks.

Q What else would you like to share with the readers?

A Our brewery has really become a local hangout. We see so many regulars that we've enjoyed getting to know. You can come have a pint in our taproom or grab beer to go. Our taproom is also a great place to host events for family, friends and coworkers.

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.

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. Substantial completion is expected September 2026 with the move-in scheduled to begin at the end of 2026 or early 2027. Replacement tree planting will include 57 deciduous trees and 322 shrubs on uOttawa property and another 69 trees on the General Campus property.

Pedestrian and Cycling Matters

The Environmental Assessment (EA) for the Tremblay Multi-Use Connection (Terminal Avenue to Tremblay LRT Station) has been paused. An August 2024 update from city staff on the proposed multiuse pathway (MUP) connecting Via Rail and Tremblay Road to Trainyards stated 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. (The proposed MUP is a missing link in the City’s Cycling and Pedestrian Plan network.)

VIA Rail is currently conducting drainage and traffic-flow studies of its property to better understand the possible impacts of various surrounding developments, including active transportation opportunities like the

Trainyards. The RPCA contacted VIA’s HFR team to ensure that community concerns are reflected in the redevelopment plan and to see more information on how the City’s work to date might be incorporated into VIA’s planning. A February 6 in-person meeting has been scheduled for the RPCA at the VIA Station,

Meanwhile, the City is looking at an interim solution by extending a MUP from Tremblay Road, along Riverside Drive and up the hill behind the Main Post Office, ending near the intersection of Sandford Fleming and Terminal Avenue. Staff plan to include the project in the Transportation Master Plan (TMP) Capital Infrastructure Plan for consideration by Council when the TMP is brought forward for approval in 2025. (Implementation of this project is subject to the City’s priority list of active transportation projects and future capital budget priorities).

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. 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 until the TMP is complete and the City will post an ‘As We Heard It Report’ in the coming months to summarize input received.

Meanwhile, Councillor Menard’s office held a public consultation via Zoom on January 29 to discuss the future of the field on Lees Avenue that currently serves as park space, but is identified to be used for the future AVTC.

Consultation on Draft Zoning By-Law Review

After the release of the draft Zoning By-law on May 31, various consultation activities have been held. Concerns have been raised about the level of intensification on residential properties that the new zoning by-laws will lead to. The second draft of the Zoning By-law provisions is anticipated to be released for further consultations in

the first quarter of 2025. The final version will go to City Council in the last quarter of 2025.

Other Developments

The Public Information Session (PIS) Design was held on November 6 for the old rail bridge across the Rideau River just south of the Queensway. The City has indicated that the current bridge, which is used by pedestrians and cyclists, has structural issues that need to be addressed.

Four alternative solutions were presented, and the preferred option being construction of a new bridge just south of the existing bridge. This option would allow the public to continue to use the existing bridge while its replacement is constructed. The proposal went to the City’s Heritage Committee in December with final approval in the first quarter of the new year. The two-year construction period would likely begin in 2026. The current bridge would be demolished once the new bridge is opened.

The majority of the work on the long-delayed City project to construct bicycling safety improvements along Smyth Road, which began this fall, has been completed, with the exception of the intersection crossing at the former Riverside Hospital entrance. 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. Final paving, concrete reinstatements and landscaping work are planned for spring, 2025.

Construction of the second block of the multi-storey residences at Everest Private (across Russell Road from the Perley Rideau Veterans complex) is nearing completion. The occupancy date has yet to be confirmed. Once completed, this block will be one of two eight-storey apartment buildings at 355 and 374 Everest Private (which add another 293 units and 354 parking spaces).

Metro officials have confirmed that there are no current development plans for the paved parcel at 400 Industrial, on the site of the old building (demolished in 2024) between the Metro storage depot and Figure 8.

The RPCA will be monitoring any developments or changes based on the recent Ottawa Carleton District School Board (OCDSB) proposal to make significant changes to boundaries, grade configurations and pro-

gram offerings at its elementary schools.

Lansdowne 2.0 Update

The City is looking to move forward with the \$419 million project this year, which includes a new 5,500-seat event centre to replace the Arena at TD Place and building a new north-side stands for the football stadium. On January 7, 2025, the city issued a tender seeking “qualification submissions” for general contractors to build Lansdowne 2.0. The closing date for submissions is February 4.

Under the partnership with the Ottawa Sports and Entertainment Group, the City would cover the cost of building the new arena and stadium stands. Concerns have been raised about the affordability of this project and the potential financial risks the City faces in light of budgetary constraints and other priorities. A City Council vote on final approval of the funding for the project is expected by the end of 2025.

Information on some project proposals can be found at the City of Ottawa website at: <https://devapps.ottawa.ca/en/TheRPCA> 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



A winter visitor to Browning Avenue PHOTO BY MARIE HOLLY

EnviroTips[®] for February 2025

Recycle plastic food clamshells and meat trays. Ottawa's recycling program accepts rigid food and household containers numbers 1 to 7 (check bottom of container for the number)

Find out where to dispose of your household items. Bookmark the City of Ottawa recycling page's Waste Explorer <https://ottawa.ca/en/garbage-and-recycling> to ensure items are disposed of properly. You might discover that you can recycle more items than you thought.

Try to repair broken household items before throwing them away. The Ottawa Tool Library holds several Repair Cafes each year, where volunteers help repair broken household items including small appliances, electronics, furniture and more. The next one is being held on February 22 at the Jim Durrell Centre (1265 Walkley Road). See <https://ottawatoollibrary.com/repair-cafes/>

Pick up and recycle cardboard and bottles you find in the street. By safely picking up this recyclable litter, you can reduce the waste stream, clean up the streets, and reduce potential



traffic hazards or distractions

Rinse and re-use plastic ziploc bags. Cleaned ziploc bags that have not been used for raw meat, fish or eggs, can be washed out and re-used for a variety of items. Each brand of zip-top bag varies slightly in recommendations. Visit the manufacturer's website for full information on how to reuse the ones you have.

Take part in the Lone Mitten Project. This pilot project gathers unmatched mittens from individuals and from lost and found bins across Ottawa that are filled with "single" mittens and gloves that don't have a partner. Contact OSEAN at <https://ottawasouthecoactionnetwork.com>

if you have unmatched mittens or want to collect them from local lost and finds.

Choose an eco-friendly dish soap to protect local waterways. Look for chlorine and phosphate-free soaps that will not harm the water ecosystem after they are used and go down the drain. For more information, see: <https://www.treehugger.com/best-eco-friendly-dish-soap-5115036>.

Buy discounted fruit and vegetables to reduce food waste (and save money). Grocery stores often sell 'about to expire' fruit and veggies that are misshaped but still edible. You

can also check out Odd Bunch. <https://www.oddbunch.ca/>, an organization which works with farms, greenhouses and distributors to take "odd" and surplus produce off their hands and which delivers items to your door weekly.

Check expiry dates on canned goods regularly and rotate older cans to the front. Cans that are stored in cold rooms or at the back of pantries sometimes are kept past their 'best before' dates. (They are often still edible but check with the local health authority). Rotating the cans and moving older items to the front will reduce the likelihood of them being kept past their 'best-before' dates).

And remember that one person's trash (e.g., ripped jeans, leftover boxes, empty bottles of maple syrup) is another person's treasure. There are several local "Buy Nothing" Facebook pages or Trash Nothing websites <https://trashnothing.com/beta/full-circles-ottawa/browse> to share items you no longer need.

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



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RIVERVIEW PARK COMMUNITY ASSOCIATION PRESIDENT'S REPORT



RON RIDLEY
RPCA President

I hope your 2025 has started off wonderfully! With the canal open and snow covering the ground, it truly feels like we are experiencing a classic winter. Our community offers plenty of seasonal activities, including two community-run outdoor rinks, cross-country ski trails along the hydro corridor, and the ornament/forest trail. Residents in the western part of Riverview Park can also enjoy the Rideau River Winter Trail, perfect for cross-country skiing, walking, or fat-biking from Montreal Road to Vincent Massey Park. Don't forget to mark your calendars for the annual RPCA Winter Carnival on Sunday, February 9th, from 2-4 PM—a great chance to embrace winter fun and connect with neighbours.

In December, the RPCA hosted its annual Christmas Carol Sing at Balena Park, a highly successful event with over 120 attendees



braving the cool night. A special highlight this year was the delightful horse-drawn sleigh ride, kindly funded by our councillor. We extend our heartfelt thanks to Councillor Marty Carr for the sleigh ride, MPP John Fraser for the hot chocolate, and MP David McGuinty for financial support. A huge thank you also goes to residents who donated food for Blair Court, as well as the invaluable Franco-Cité student volunteers and Southeast City Church volunteers.

Looking ahead, here are some exciting events planned for 2025:

- o Winter Carnival – Sunday, February 9th, 2-4 PM
- Cutest Pet Competition – Feb. 1 – Mar. 15, with the winner announced in May

- Spring Cleaning the Capital – Saturday, April 19th (rain date: April 26th)
- Easter Egg Hunt @ Balena – Sunday, April 20th
- Community Garage Sale – Early June (TBD)
- Porchfest – Weekend of June 20-22
- Summer Festival and Movie Night – Saturday, August 23rd
- Councillor's Fall Corn Roast – Sunday, September 14th (TBC)
- RPCA Fall Social – Sunday, September 28th
- Annual General Meeting (AGM) – Wednesday, October 22nd
- Fall Cleaning the Capital – Tentatively early October
- Winter Carol Sing – Friday, December 12th

Please check our website for confirmed event dates as changes may occur. We have several additional fun event ideas, but we need volunteers to help bring them to life!

Youth and Students: If you are looking to complete your 40 hours of volunteer service, the RPCA offers plenty of opportunities. Imagine the impact if every able individual contributed 40 hours of volunteer work in their

community!

With the upcoming federal election, the RPCA is collaborating with other ward community associations to organize an all-candidates meeting, giving residents the chance to hear directly from their candidates.

The Riverview Park Ornament Trail was decorated on December 1st and now, in its fifth year, with over 500 ornaments. Thank you to everyone who contributed! It is always a joy to see new ornaments during our walks. Christmas on the trail was celebrated with special cookies for humans and dog biscuits for our furry friends. Stay tuned for Valentine's Day surprises!

Want to stay updated on RPCA activities? Subscribe to our monthly newsletter or, even better, become an RPCA member for just \$20 annually. Ready to dive in? Volunteer with us to help make a difference in our community. Visit our website at www.riverviewparkca.com or email us at president@riverviewparkca.com with your suggestions, questions, or thoughts. We would also love to see you at our next monthly RPCA Board meeting—check our website for dates and times.

The Ontario Liberals have failed us

The Liberals closed 211 schools in our province from 2011-2018. It wasn't too long ago that they were talking about closing our schools in Ottawa South.

Liberals and Conservatives, over the decades, have made things worse for us. Our healthcare system is in crisis. Our schools are crumbling. People can't afford a place to live, and they can't find a doctor.

The NDP is a vote for change

Conservatives can't win in Ottawa South. They came third last time.

Only the NDP can defeat Doug Ford. The NDP is the official opposition in Ontario with 28 seats: the Liberals have just nine seats, and don't have official party status.

Elect Morgan Gay

Morgan has lived in Ottawa South for 18 years. He's the Secretary for the Alta Vista Community Association and on the board of the Heron Emergency Food Centre. He sees how food bank use is skyrocketing in our community. He's running for the NDP to invest in healthcare, not cut it, and double the amount of affordable housing in this province. **Morgan will put our community first.**

morgangay.ca

200E-2487 Kaladar Ave

info@morgangay.ca

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Authorized by the CFO for the Ottawa South ONDP



DEAR FRAN

Tiny allies—beneficial insects



**FRAN
DENNETT**

The National Dictionary of Horticultural defines a beneficial insect as any insect whose presence has a positive effect on plants, e.g. pollination or pest control. Beneficial insects are separated into three groups: pollinators, parasitoids and predators. They will come and remain in your garden if you provide food and shelter.

The key is backyard biodiversity. A succession of flowering plants attract butterflies, parasitoid and predator insects who are fond of the simple nectar rich flowers, e.g. Monarda, herbs (dill, parsley, mint, basil and marjoram). Native plants, some that we used to think of as weeds, are preferred by beneficial insects and include milkweed, Queen Anne's lace and goldenrod. Brassicas, (cauliflower, broccoli) if allowed to bolt to flower, are loved by parasitoids and predators. Native shrubs and trees support the greatest number of beneficial insects in the garden. Canada service-berry (*Amelanchier canadensis*) and ninebark (*Physocarpus opulifolius*) are good choices.

A source of water and shelter, such as ground cover plants, or a small pile of stones or twigs, will provide protection from birds. Leaving leaves in the garden over winter is also a very important source of pupation sites.

Beneficial insects include the "bug group" a specific group of insects with a syringe-like sucking beak, and includes both pests (e.g. Negro bugs on berries, chinch bugs on grass, leafhoppers and aphids) and beneficial bugs (minute pirate bugs which eat thrip, assassin bugs which impale their victims, damsel bugs which devour aphids and other pests, and big-eyed bugs which prey on spider mites). By far the largest predator is the stinkbug identified by its shield shape and the smell on your fingers if you touch it. The brown stinkbug or spined soldier bug (*Podisus maculiventris*) eats leaf beetles, moths, sawfly larvae, the hairless-type caterpillars (e.g., cutworms, armyworms), and hairy caterpillars (e.g., webworms and tent caterpillars). The stinkbug has a simple development so there isn't much difference in appearance between the young and the adult.

Other beneficials undergo a complete metamorphosis, looking and acting differently at different stages in their development. Lacewings, flies, beetles and wasps all undergo complete metamorphosis. The green or brown lacewing (*Syrphidae*), over 500 species in Canada, feeds on larval aphids and will consume over 400 aphids before it pupates into the adult stage when it lives on nectar. The fly predators include muscid, dance and long-legged flies. The most common is the muscid fly, *Coenosia tigrina* has a distinctive black-spotted silver abdomen and is about the size of a house-fly. The swarming dance-flies (*Empidae*) are about the size of mosquitoes,



Long-legged fly

PHOTO: MONIQUE PARE



Syrphid or Hover Fly



Spined Soldier Bug – cutworm



Spotted ladybeetle –
Canadian native



Seven spotted ladybeetle



Ladybeetle



Green lacewing



Brown Lacewing

have short stiletto-like beaks and are voracious predators. The long-legged fly family (*Dolichopodidae*), sometimes bright, metallic green consumes scales, mealybugs and other small pests. Wasps and ants are predators in their own way as they store paralyzed victims, such as caterpillars, leafhoppers and sawflies in their nests as future dinners.

Predacious ground beetles feed at night mostly on ground-living insects, snails, earthworms, cutworms, root maggots, sawfly cocoons and other pests. The large, black ground beetle (*Arabus nemoralis*) is an ally, hiding under rocks and ground cover plants, and dining on slugs and snails. The elongated, short-winged rove beetle (1.2cm long) is parasitic in the larval stage and a predator as an adult. This beetle lays its egg in the cabbage root maggot, pupates there and spends its life snug in the maggot eating its victim. This beetle will be found only in pesticide-free soil.

The most common and colourful predatory beetle is the lady beetle (*Coccinella*). Purchased lady beetles are wild gathered in California, and once released, will fly miles away before settling to feed. Not helpful to your pocketbook or your garden. Instead encourage the Canadian native species, e.g., the spotted, seven-spotted or two-spotted lady beetle that can be pink, red and black, gray, pale yellow, with or without spots, and all are voracious predators of soft-bodied insect pests.

The parasitoids, mostly flies and wasps, lay their eggs on a host and proceeds to consume it from the inside. The tachinid fly is the most common parasitoid and is characterized by a bristly back end. It is about bee-size, gray or brown with pale markings, and its larvae are internal parasites in beetles, grasshoppers, bugs, caterpillars and sawflies. The parasitic

wasps vary in size, shape, and colours, may be host specific or not, may parasitize internally or externally, and may act alone or as a team, but they do not sting.

Beneficial insects do not eliminate pests, they just help keep them at an acceptable level. Pesticide-free gar-

dens have holes in leaves and petals, but they represent a healthy thriving environment and a beautiful place to enjoy. All these voracious allies ask is no pesticides and a variety of plant material so they can be about their business.

I've gleaned this information over the years from books on insects, organic gardening magazines and now the ubiquitous internet. Please google knowledgeable Internet sites of correct information.

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

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THINKING BEYOND NUMBERS

ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

ALTA VISTA AND ELMVALE ACRES LIBRARIES – FEBRUARY/MARCH 2025

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

HOLIDAY HOURS

CLOSED Monday, February 17th for Family 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.

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

BOARD GAME AND PUZZLE SWAP

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

■ CHILDRENS PROGRAMMING

March Break

March Break programming will be available on the website in February. This year's theme is Mission: March Break. March 10th to 15th.

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 until February 26th. 30 minutes.

Babytime

Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program. (ALTA VISTA BRANCH) Thursdays at 10:30 AM until February 27th. 30 minutes (ELMVALE ACRES BRANCH) Tuesdays at 10:30 AM until February 25th. 30 minutes.

Read-A-Loud Circle – NEW!

– ALTA VISTA BRANCH A one-hour long read-a-loud circle where we will take turns reading, sharing thoughts and opinions, and defining new vocabulary. Bilingual. Drop-in program. Tuesdays at 4 PM until February 25th. Ages 8 to 12. 60 minutes.

Arabic Family Storytime (ALTA VISTA BRANCH)

Join us for Arabic Stories, rhymes, and songs for children. Ages 0 to 6. Drop-in program. Saturday, February 22nd at 3 PM. 45 minutes.

Sensory Storytime (ELMVALE ACRES BRANCH)

Join us for a program that features dimmed lighting, sensory toys, a smaller number of partic-

ipants and an adapted circle time with stories, rhymes, and songs. 90 minutes. Saturdays February 1st and 22nd and March 15th at 10:30 AM. Ages 18 months to 6 years.

Family Movie Matinee (ELMVALE ACRES BRANCH)

Join us for a screening of a family film. Light snacks and covered drinks are welcome. Family program. Drop-In.

Saturday, February 8 - Bad Guys. 100 minutes.

Saturday, March 8 - Inside Out 2. 100 minutes.

Lego® Block Party

Building Boom! Show off your architectural creativity with Lego®! Drop-in program. 60 minutes.

(ALTA VISTA BRANCH) Saturdays at 10:30 AM. Ages 4 to 12.

(ELMVALE ACRES BRANCH) Fridays, February 14th and March 28th at 1 PM.

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 except December 17th, 24th and 31st. For Grades one through ten.

■ ADULT PROGRAMMING

Armchair Travel –

Ireland & Scotland (ALTA VISTA BRANCH)

Photos and narration from multiple trips via car, ship, bus. Ireland includes Cork, Dublin, Northern Ireland (Belfast, Londonderry, Giant's Causeway) and the west coast (Cliffs of Mohr, Connemara). Scotland includes Hebrides, Edinburgh, Inverness, Shetland Islands. Presented by Lynda Buske from the Ottawa PC Users' Group and the Orleans Photo Club. Thursday, February 6th at 6 PM. 60 minutes. Registration required.

Macro Photography (ALTA VISTA BRANCH)

Get up close and personal with your photographic subjects such as flowers, insects, water droplets, or detailed parts of larger subjects or scenes. Learn how to isolate your subject from the background, and control how much of the image is in sharp focus. You can shoot up close with regular lenses and cell phones but Lynda will also include a

discussion about using dedicated macro lenses. Presented by Lynda Buske from the Ottawa PC Users' Group and the Orleans Photo Club.

Thursday, March 6th at 6 PM. 60 minutes. Registration required.

Memory Café (NEW! – ALTA VISTA BRANCH)

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, February 26th: An Apple a Day

Wednesday, March 26th: Wildlife

Adult Chess Club (NEW! – ALTA VISTA BRANCH)

Join us for adult chess, all levels welcome; an instructor will be available! Come meet new people and have fun. No registration required. Ages 18+.

Saturdays, February 1st, 15th, and March 1st at 3 PM. 60 minutes.

Teen Movies (ELMVALE ACRES BRANCH)

Join us for a screening of a teen film. Light snacks and covered drinks are welcome. This is a drop-in program for teens and adults.

Fridays, February 21st and March 21st at 4 PM. 120 minutes.

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, February 6th and 27th, March 13th and 27th, at 6:30 PM. 90 minutes.

Fibre Club (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. Thursdays at 5 PM. 75 minutes. Fridays at 2 PM. 90 minutes.

English Conversation Group

Practice your English conversation skills in a relaxed and friendly environment. All levels are

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Vincent Massey's student philanthropy group

by Selena Baksh and
Harlow Morrison

A group of seventh-grade students at Vincent Massey known as "The Soles of 7," is gearing up for a series of impactful community service events, aimed at making a positive difference in the lives of those around them. This ambitious group of young leaders is planning multiple activities that will not only help local residents, but also bring the community together in the months ahead.

This past November, we ran the annual food drive at our school. We held a friendly competition for donations between classes in each division. While supporting the Ottawa Food Bank, we invited Ward Councillor Marty Carr to come



into the class and speak about food insecurity in Ottawa and the neighbourhood. Councillor Carr explained the growing need for affordable housing, as well as inflation and rising prices. Overall, we collected 1,150 food items as well as \$2,295 in monetary donations.

The next project we are doing is Veteran Pen Pals. We are inviting the local veterans from Perley

Health to share their stories with us. In return, while we practice our writing skills and develop our writer's craft, we will be telling them about one of our cherished memories or items that makes us part of who we are. Some of the SOLEs of 7 students are planning to try and meet up with the veterans once the letters are completed. By doing this, we are encour-

aging the elderly to socialize and share important stories to the next generation.

Some of the other initiatives that SOLEs of 7 will be doing this year include the collection for House2Home, bike tune-up sessions, the new tree installation project, and performing some random acts of kindness along the way. We hope that you will support us while trying to enrich the community and its residents over the next few months.

With all of these events coming up, The Soles of 7 are showing just how much a group of determined young people can do for their community. We are not only learning valuable life skills, but also setting a great example of how compassion and hard work can create real change.

Libraries

CONTINUED FROM PAGE 38

welcome in this free program. Drop-in. (ELMVALE ACRES BRANCH) Tuesdays at 7 PM. 60 minutes. (ALTA VISTA BRANCH) Wednesdays 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. (ELMVALE ACRES BRANCH) Mondays at 6:30 PM. Les lundis à 18h30. No group on February 17th. Aucun rencontre le 17 février.

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, February 20th, 2025
The Damned by Andrew Pyper
Thursday, March 20th, 2025
Robyn Harding
Thursday, April 17th, 2025
TBD

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, February 6th, 2025
The Berry Pickers by Amanda Peters
Thursday, March 6th, 2025
North Woods by Daniel Mason
Thursday, April 3rd, 2025
Run towards the Danger by Sarah

Polley

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 19 février 2025
Ce que je sais de toi de Éric Chacour
Le mercredi 20 mars 2025, *Mur méditerranée* de Louis-Philippe Dalembert
Le mercredi 16 avril 2025
6 degrés de liberté de Nicolas Dickner

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

ONLINE COLLECTIONS AND SERVICES

Please check out some of the ac-

tivities and resources that we have for adults, teens, and kids alike.

These resources include:

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

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

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



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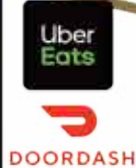
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