



APRIL 2025

A VOICE OF RIVERVIEW PARK

MAY 2025



PHOTO: CAROLE MOULT



Ottawa South Returning Office for Provincial Election, February 27, 2025. PHOTO: CAROLE MOULT



2649 Alta Vista Drive, home of Rubin's Paint. PHOTO CREDIT: GREG MONEY



Laura Dubois poses with her sign, Laura's Independent, installed three years ago. PHOTO: CAROLE MOULT

"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 Laura's Independent opened at the Elmvale Acres Shopping Centre three years ago, the store has surpassed the expectations of a grateful community. For the impact that Laura Dubois and her Team are having in this location at 1910 St. Laurent Boulevard, see page 29.

Almost nine years ago, Cindie Helmer opened her Essential Health Massage Therapy clinic in Riverview Park. Even through COVID, Cindie experienced the support of the community. Her story highlights the intensity of being certified by the College of Massage Therapists of Ontario (CMTO), and shares her professional journey in this community. The backdrop for this paper's front cover logo is a building familiar to many. See page 27.

Voters have just experienced the Ontario Provincial election. With a Federal election coming up in the near future, are voters aware of the process preceding the marking of an X on a ballot? This article highlights the tremendous organization involved in order that eligible voters are able to exercise their right to vote. See page 28.

For over five decades, Rubin's Paint at 2649 Alta Vista Drive has been the 'go to' place for anyone needing advice and good quality paint (and supplies) for both professional and 'do it yourself' painters. The history of this long-standing business (begun in 1952) can be found on pages 25 and 26.



NOURA'S

House of Expert craftsmanship

613-680-8883
www.nouras.ca

**We buy gold,
diamonds and jewellery**
Highest price guaranteed



13-2651 Alta Vista Dr.
Located in Vista Plaza – Bank at Alta Vista

Local artists highlighted at Wall Space Gallery

WALL SPACE GALLERY is excited to announce its upcoming April exhibitions by Ottawa-based artists Nicole Allen and Jian Zhang. Both exhibitions will be on display from April 3 until the 17, with a public opening reception on Thursday, April 3 from 5 – 7 pm.

Nicole Allen’s solo show “INTO NATURE’S KNOWING” features Allen’s latest work reflecting her deep contemplation of nature’s generative intelligence, particularly in the growth of botanical formations. Through vibrant, expressionistic florals, Allen invites viewers to connect with the age-old wisdom of plants and their ability to communicate with their surroundings. She aims to capture not only nature’s aesthetic but also the profound sense of conversation with the natural world.

Jian Zhang’s high-realism still life oil paintings reflect on contemporary life through carefully composed arrangements of florals, bottles, toys, and books. Contrasts between grandeur and minuteness, movement and stillness, are two sets of contradic-



Still life with blocks, oil on canvas, 30 x 40 in., by Jian Zhang

tions that he navigates to express the world’s dynamism and vastness. Zhang’s work embodies the phrase, “IN ME THE TIGER SNIFFS THE ROSE,” symbolizing the coexistence of contrasting forces within the human experience.

Although their artistic styles differ, both Nicole Allen and Jian Zhang share a deep exploration of our human experience. Allen’s florals invite us into a dialogue

with the wisdom of the natural world and our relationship with it. Zhang’s still life compositions reflect the quiet yet dynamic presence of everyday objects, offering moments of contemplation on life’s subtleties. Through Allen’s expressive brushstrokes and Zhang’s meticulous realism, audiences will find themselves immersed in worlds that echo the complexity of our surroundings and our place within them.



No secrets, acrylic on canvas, 24 x 30 in., Nicole Allen



Soulmate, acrylic on canvas, 30 x 36 in., framed, by Nicole Allen

WALL SPACE GALLERY + FRAMING

25% OFF
CUSTOM FRAMING

WALL SPACE FRAMING
Your trusted choice for quality framing,
locally crafted.

Offer valid at both locations:
BANK ST. TRAIN YARDS
1090 Bank St. at Sunnyside 505 Industrial Ave #6
613.729.0003 613.834.0872

Bring in this coupon and save 25%

This promotion cannot be combined with any other sales.
Valid until Saturday, May 10.

Joey Venne – a familiar face living and working in Riverview Park

by Kris Nanda

With the increased emphasis on walkable communities, Riverview Park resident Joey Venne, is an example of someone who is putting this principle into practice, his workplace is just a short walk from his home. Joey is a familiar face to customers at the CIBC Train Yards, where he has worked in Customer Service since the branch opened in 2009, as well as to residents on Sonata Place where he has lived for more than 25 years,

Joey’s roots in Alta Vista and Riverview Park run deep. He was born at the Riverside Hospital (just across Smyth Road from Riverview Park), and has lived in Riverview Park since 1999 when he moved with his parents from Overbrook to his current home on Sonata Place. (Joey later bought the house from them once his career was established – and lives there with his wife Devon and their dog Neve)

After graduating from Glebe Collegiate in 2000, Joey went straight into the workforce. Following a co-op at Merrill Lynch, Joey took a similar position with CIBC at the Preston Street branch near Dow’s Lake. He has been with CIBC ever since and is the longest-serving employee at the Train Yards branch. Joey enjoys his work as he has always been interested in finance and “numbers” ... and the social aspect of seeing and assisting customers.

Joey has appreciated being able to walk to work – and go home for lunch, often with his wife Devon whom he married in 2007. Devon works at the Heart Institute and like Joey, she walks to work,



Joey Venne enjoys the daily walk between home and work.

(in her case, to the General Hospital where she catches a shuttle to her office). Joey and Devon are continuing the Venne tradition of walking to work – Joey’s father walked to his job at CHEO and his mother worked at the Canada Post plant on Sandford Fleming.

He appreciates many aspects of living in Riverview Park – not just his short commute! As Joey says, “I love this friendly neighbourhood with the greenery and

trees and being near the bike path and the Rideau River.” A bonus for Joey is serving his neighbours (and other customers) and he enjoys encountering bank clients outside of work. (Once he even ran into a customer while vacationing in Florida).

Joey and Devon like travelling and outdoor recreation (hiking, biking, skating) and he can often be found outside gardening during warmer weather. Another



Joey Venne (R) and his wife Devon enjoy all the amenities of Riverview Park. PHOTOS SHARED BY JOEY VENNE AND KRIS NANDA

pastime and skill that Joey enjoys is renovating houses -and helping out friends with their home projects. Joey has just finished a renovation of his home and has renovated some of the investment properties he owns in Ottawa and elsewhere (including in Myrtle Beach South Carolina).

Joey Venne is grateful to have the best of both worlds- living and working in the same community and city where he grew up. He has no plans to move anywhere else, which is good news to his customers and neighbours!

The Riverview Park Review is looking for other examples of residents who live and work in the community. If you have any ideas, you can submit them to editor.riverviewpr@gmail.com or Kris Nanda at kkbmanda@hotmail.com

35 YEARS

HOME
APPLIANCE CARE
— EST. / ÉTABLI 1987 —

FACTORY AUTHORIZED PARTS & SERVICE
VISIT OUR PARTS STORE & REPAIR CENTRE
580 Industrial Ave. Ottawa • 613-724-0371
service@homeappliancecare.com • homeappliancecare.com

BOSCH

GE

Miele

LG

SUB-ZERO

Electrolux

Blomberg

WOLF

Fisher & Paykel

Thermador★

OTTAWA
613-724-0371

ORLÉANS
613-830-7630

KANATA
613-599-4727

GLOUCESTER
613-822-7630

Ode to polysemy

by David Knockaert

The past several years have borne witness to repeated efforts to restrict the availability of books, notably in school libraries and curriculum. Though commonly associated with the US, book banning does occur in Canada, often euphemistically labelled as “weeding” or “deselecting”.

While “weeding” can be necessary for managing a collection, it can also be used to restrict cultural variety and discourage thoughts which deviate from “acceptable”. Such misuse occurs across the political spectrum, from advocates for Christian values or heterosexuality to champions for social justice and inclusivity (e.g. school boards in BC and Peel Region).

But potentially more insidious efforts are at play, where attempts to manage the scope of debate are overshadowed by Orwellian language control. In his novel, 1984, Orwell's authorities create Newspeak, a highly simplified language where each word conveys a solitary pre-approved meaning. According to the book's linguist, Syme, "the whole aim of Newspeak is to narrow the range

of thought”, to render impossible the communication of self-identity and the expression of free will. By eliminating the ambiguity of words, non-approved thoughts become unthinkable.

That fiction may yet become reality. US government departments are now instructed to refrain from specific words or to limit the context in which they are used. According to the New York Times, the ever-growing list includes words such as women, female, victim, prostitute, minority, racism, mental health, bias, belong, injustice, immigrants, gender, discrimination, Black, climate science, trauma and advocate. Where this will all end up is unclear, but the objective is obvious: to control social dialogue by invalidating words or meanings.

But Canadians have no cause for arrogance. Language control is all around us. The media commonly operate with the aid of language guides, though access to the CBC's is restricted.

More concerning is increasing reliance upon digital platforms as the interface for language use. Search engines, apps, even government websites all rely upon in-

ternally constructed “controlled vocabularies”. These language mechanisms facilitate document indexing and retrieval by standardizing the meaning of words and phrases.

But standardization can ignore the reality that meanings and concepts vary by culture, by language and over time. Another problem is that words are seldom neutral. While some may think the phrases, “medical assistance in dying Canada” and “assisted suicide Canada” convey an equivalent meaning, Google disagrees. Searching the former phrase leads to GoC webpages, implying a socially acceptable act. The latter leads us to a Suicide Prevention hot line, implying a mental health crisis. This, despite the fact Canadians would associate “assisted suicide” with a medical process governed by complex rules, not a spur of the moment act demanding immediate intervention.

Google has chosen to associate words and phrases with a very specific meaning. Perhaps it is an understandable choice. But is assigning meaning Google's choice to make or ours? Controlled vocabularies are a convenience, perhaps a necessary one, but they

restrict the variety of meanings words can convey. Such restrictions will be reinforced with the expansion of AI search tools, invariably designed to scrub the Internet for the most common meanings. Increasingly, we will not give meanings to words, those meanings will be conveyed to us.

To some extent this future is now. When governments "speak" to us, they use "plain language". Their claim is that by simplifying and standardizing words, phrases and meanings, clarity is achieved. But this demands writing "for a Grade 8 reading level or lower" (BC), "Grade 8 reading level" (Alberta) or "Grade 6 reading level" (Ontario). It also requires being "authoritative" (Ontario), using "neutral" words and avoiding "misunderstandings" (Federal). They choose the words, give words their approved meanings and write, not to engage or communicate, but to inform and instruct. Though laws, regulations and policies reflect a choice made among alternatives, "plain language" obscures the complexities and variety of life. As in 1984, we are left not to question, but to serve as passive, obedient and unthinking recipients.

New Ways to Bus

Your bus route will change on April 27

Plan your new trip
octranspo.com/NewWaysToBus

OC Transpo



Emmanuel United Church

E A S T E R

Services

Lenten Evening Services

- ~ March 5 ~ In person at 7 pm at Emmanuel.
- ~ March 12, 19, 26, April 2, 9 ~ At 7 pm on Zoom.

Find the link on our website, under upcoming events.

Palm Sunday

- ~ April 13 ~ With communion, at 10 am at Emmanuel.

Maundy Thursday

- ~ April 17 ~ In person, 7:15 to 7:45 pm at Emmanuel.

Good Friday

- ~ April 18 ~ A joint service at 10:30 am at the Ottawa Mennonite Church, 1830 Kilborn Avenue.

Easter Sunday

- ~ April 20 ~ In person at 10 am at Emmanuel.

EMMANUEL UNITED CHURCH
691 SMYTH ROAD, OTTAWA

REVEREND GRANT STUCKLESS

WWW.EMMANUELUNITED.CA



The Emmanubells of Emmanuel United Church

by Ann Frederking, Vanessa Kraus
and Margaret Anne Park

The Emmanubells are an ensemble of English Handbell Ringers at Emmanuel United Church.

Why *English* handbells? Well, the history is a long one. A handbell is any bell designed to be rung by hand, traditionally used to summon people (and their attention) as school or dinner bells. But in England, where large bell towers could annoy entire communities, small, tuned handbells were developed by church ringers to practise bell-ringing less disruptively. Eventually, these became chromatic sets of tuned bells that could be used to make music. Early sets were produced in England, but today, the major manufacturers of handbells are located in Pennsylvania, though the name “English” handbells stuck.

Handbells vary widely in size, weighing as little as 7 oz. (200g) or upwards of 18 lb. (8.2kg). The Emmanubells play on 4 – octaves of bells plus 2 bells of the lower 5th octave, and our bells vary from about 7 oz. to about 8 pounds. We also use 4 – octaves of tuned chimes, which are rung similarly to handbells, but have a gentler,



The Emmanubells: a group photo. PHOTO: JONATHAN JONES

almost flute-like sound. These provide contrast to the bells, and are wonderful for teaching basic ringing to children.

The handbells at Emmanuel United Church were acquired in 1979, when the original 3 octaves were purchased as a memorial gift. Under the direction of Lee Langer, they were used regularly by a teen group and a daytime women’s “social ringing” group. By the mid-1990s, they were rarely used, until Ann Frederking, armed with a music background and previous handbell experience, decided to rebuild the program.

The British call their handbell groups “teams”, which more ac-

curately describes how handbell ensembles work together – each ringer with their assigned bells but sharing other bells if necessary. Ann’s original team was small and required some “creative” assignments to cover everything, but as they gained experience, they attracted more people and found a name –The Emmanubells. As we recruit shamelessly from all over town, there has been a large turnover in the team since then, though some members have rung for many years, and we are always happy to have non-Emmanuel United parishioners ring with us.

As well as adding more people, over the years the team has

added more bells, starting with the 4th octave in the early 2000s, followed by the low F3 for a solid bass note, the upper 5th octave in 2007–2008, and finally the low C3, acquired in 2011 as a memorial. The top 3 octaves of chimes were acquired first, followed by bass chimes in February 2017. These 12 low chimes are also memorial gifts and complete the bottom of the 4th and 5th octaves and are often used instead of bells for sustained bass lines.

Today, the Emmanubells participate in Sunday worship on a monthly basis and often attend provincial handbell festivals. They also participate annually in the ‘Bells in Spring Concert’ at Rideau Park United, held on the first Sunday in May.

There is always room in the group for someone who would like to join us. No previous handbell experience is required, but a basic ability to read music is necessary, as is making a commitment to attend rehearsals regularly and participate in performances. Rehearsals are held weekly on Thursdays from 6-7:30 pm at Emmanuel United Church. Please contact the church if you are interested in joining the Emmanubells. (613-733-0437)

Premier Physiotherapy

Trying to improve mobility & function?
Premier Physiotherapy is here to help!

Customized Physiotherapy Treatment Plans for:

Back & Neck Pain

Knee & Hip Pain

Pelvic Health Conditions

Sprains & Strains

Pre & Post Operative

And More!

41-2450 Lancaster Rd, Ottawa, ON K1B 5N3

613-736-7800

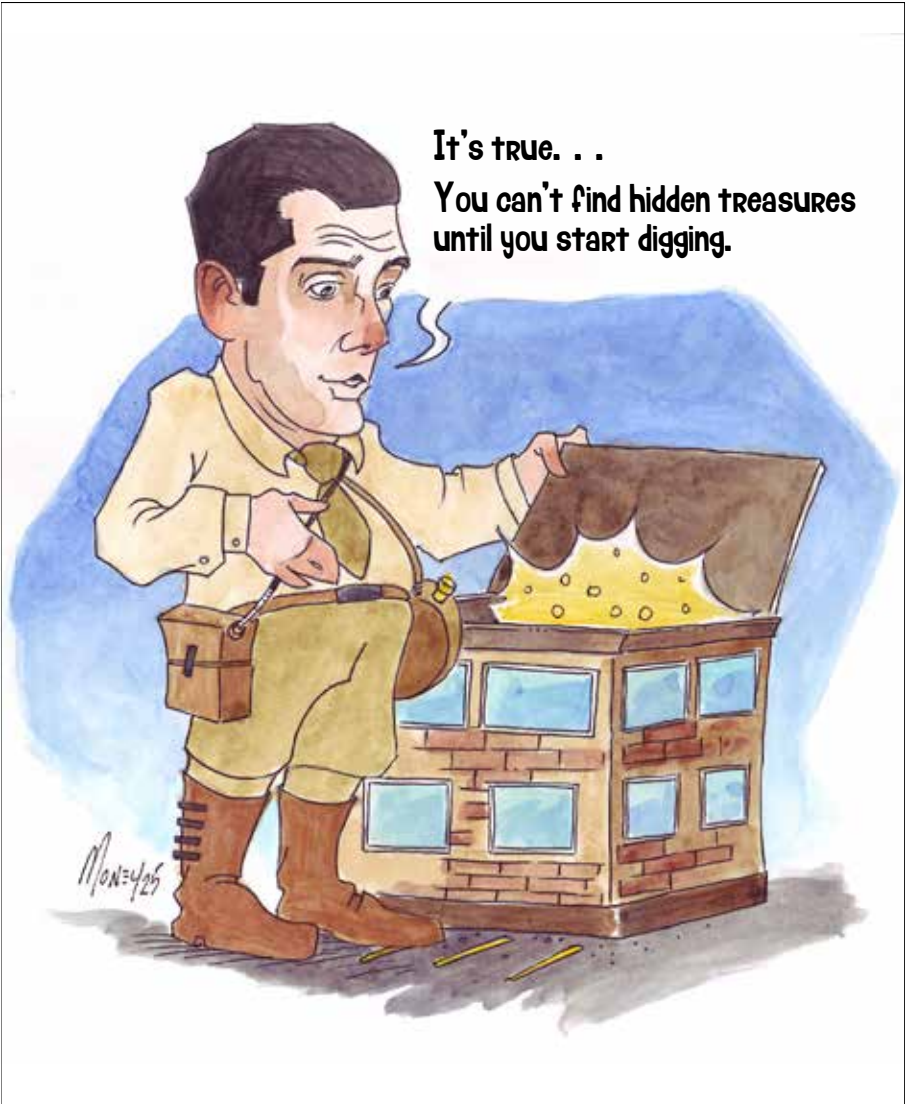
www.premierphysiotherapyclinic.ca

Located in the plaza across from the Canada Science and Technology Museum

We have free accessible parking

RIVERVIEW PARK REVIEW • Vol. 17, No. 2
Board of Directors: Peter Bishop, Dianne Hoddinott, Marie Holly and Greg Money
Editor: Carole Moulton – editor.riverviewrpr@gmail.com
Advertising Manager: Carole Moulton – advertise.riverviewrpr@gmail.com
Layout and Design: Patti Moran Graphic Design

Proof Reader: Kathy Ullrich
Distribution: Denise Kennedy – distribution.riverviewrpr@gmail.com
Cartoonist and Masthead Artist: Greg Money
Treasurer: Janina Nickus
Web master: Cyberlily Design Studio
Printer: Hebdo-Litho



Open the door... let's explore... you'll be glad you did!

The last several issues of the Riverview Park Review (RPR) have promoted the exploration of local businesses that might otherwise go unnoticed. Think of these places as examples of hidden treasures in our community. This issue of the paper continues to explore spaces that might be hiding in plain sight.

Often businesses in commercial and industrial locations can be overlooked. Building facades can hide a local resource worth knowing and going to. There are probably numerous examples in our neighbourhood.

Our readers have been introduced to many advertisers in the Riverview Park Review, and as such, have or are, becoming familiar with some of these hidden treasures. Beyond awareness of these establishments, the paper is also providing the interesting history, background, or anecdotes, and of course, location!

Unlike shopping malls, or established retail districts, Riverview Park doesn't have much in the way of large, colourful business signage. And that is fine. Riverview Park does not need to be lit up with signs competing for our attention. That doesn't mean worthwhile resources aren't right here.

There are many businesses and resources nestled into the commercial malls on Industrial Avenue, Russell Road, Smyth Road and Alta Vista Drive. And the RPR is happy to be drawing attention to them. If you know of any others that should be showcased, don't be shy, let us know. And let them know that they are a treasure of the community worth discovering.

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.

Every effort has been made to connect with the Ottawa South candidates for the upcoming April 28 Federal Election.
Contributions by politicians or political candidates are paid advertisements.

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

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

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

RPRReview is currently seeking distributors.
* Contributions by politicians are paid announcements.

RPR back issues are online at www.riverviewparkreview.ca

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

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

Next deadline for advertising and copy:
May 10, 2025 for the June-July RPR

WHAT'S THAT NUMBER?

Ottawa Public Library – 613-580-2940
Alta Vista Library – 613-580-2940
Elmvale Public Library – 613-580-2940
Marty Carr, City Councillor Ward 18 – 613-580-2488
Shawn Menard, City Councillor Ward 17 – 613-580-2487
Ottawa City Hall – 311 (www.ottawa.ca)
Police – non-emergencies – 613-236-1222
Emergencies only – 911
Ottawa Hydro – 613-738-6400

Area Captains: Peter Bishop, Colleen Calvert, Denise Kennedy, Anelia Mill, Greg Money, Janina Nickus, and Sherry Woodburn
Distributors: Anne Ashford, Neil Ashford, Erik Apedaile, Selena B, Michel Bourassa, Alex Bourne, Peter Cairns, Colleen Calvert, Aileen Comerton, Jack Contini, Carol & Michel David, Chloe Davies, Aryn Davies, Bill Davis, Tracy Di Canto, Sean Donovan, Eric Ewing, Abby, Jason & Jennifer Fraser, Kitty Galt, Charles & Stephanie Geertsema, Heather Gilman, Kim Holownia, Will and Colin Huddleston, Annalys and Jimmy Jamieson, Cheryl Khoury, Chris Khoury, Finn Kitor, Max Lawrence, Sandra Lawson, Nora, Grace & Jonathan Lemieux, Tim Mark, Vince McDonald, Tim McGurrian, Greg McKean, Bob Morden, Chelsea & Gavin Morris, Dillon and Harlow Morrison, Villana Murray, Janina Nickus, Lorella Piirik, Blaine Primeau, Ron Ridley, Jennifer Sayers, Jacob & Olivia Schock, Max and Tony Shewchenko, Wendy Simmons, Marlene Steppan, Betty and Joe Stickl, Lydia Tonelli, Penny Turnbull, Rose Marie Tyrrell, Dale Wagner, Terry Warner.



CANTERBURY
COMMUNITY ASSOCIATION

Annual Gigantic
Garage
Sale



Sunday, April 13, 2025
10:00am - 2:00pm
Canterbury Community Centre
2185 Arch Street, Ottawa

For More Information:
613-738-8998

Eagle Automotive

Vilbert Enviye
Owner/Operator

30+ years of experience with
Foreign and Domestic cars

FULL SERVICE

- Safety Checks
- Tune-ups
- Suspension - Tires
- Brakes
- Exhaust
- Wheel Alignment

celebrating
20
years

Thanks to our
dedicated
customers!

Warranty
Work
Approved

call
613-737-9717
Mon - Fri 7:30 am - 6:00 pm
730 Industrial Ave
(at Russell)

EAGLE
Automotive





PHARMASAVE®

CYRIL PHARMACY

1795 Kilborn Ave, Ottawa • (613) 680-1772

Come See The Difference At Your Neighbourhood Pharmasave

Open Monday to Friday 9am – 6pm • Saturday 10am – 4pm

Stop By or Visit Cyril Pharmacy Today!

- All Drug Plans Accepted • Free Local Delivery *
- Free Blood Pressure & Blood Sugar Monitoring • Compliance Packaging
- Bilingual Service • Prescription Refill Reminder Service (Blister packs)
- eRefills
- Easy Prescription Transfers

* Some restrictions apply, see store for details



Download our
app today



Apple, the Apple logo and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.





\$5 OFF*

Your next purchase of \$15.00 or
more on Pharmasave Brand items

*Redeemable at Cyril Pharmacy Pharmasave only.

SECOND ANNUAL RPCA CUTEST CAT AND DOG CONTEST

IT'S TIME TO VOTE

The candidates are now in and it's your turn to vote for the Cutest Cat and Dog in Riverview Park – an election that you can enjoy while raising money for a good cause. 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.

This year we have 29 pets nominated, 11 cats and 18 dogs and to date we have raised over \$600, but there is still time to donate. While voting is free, voters may also make a donation to either the RPCA or the Ottawa Human Society. The deadline for voting is May 4, 2025

Photos of the “contestants” appear on the RPCA website <https://riverviewparkca.com/> Members of the public can vote for their choices using a link on the RPCA Website. (One vote per email address).

The winning pets will be announced by mid-May. Photos of



Tassie, Cutest Dog Winner accompanied by, from the left: Terry and Jill Collins- Williams and Pet Valu representative, Taylor McCanna.

PHOTO SUBMITTED BY TERRY AND JILL COLLINS- WILLIAMS



Nico, Cutest Cat Winner, with, from the left: Kris Nanda (RPCA), Nico's owner, Anna Proestakis, and Pet Valu representative, Mackenzie Doyle.

PHOTO SUBMITTED BY ANNA PROESTAKIS

the winners will appear in the June view and on the RPCA website. about the contest to communica-
edition of the Riverview Park Re- Please send any questions tions@riverviewparkca.com

OWNED & OPERATED BY
LAURA'S
YOUR NEIGHBOURS

independent
YOUR INDEPENDENT GROCER

Fresh ingredients
are our speciality

featuring

Let us shop for you
with PC Express.

Call the Store
for details

Store
OPEN
8am –9pm

Elmvale Acres Mall
1910 St. Laurent Blvd.
613-521-0880

Coming Soon
a Garden Centre at your finger tips
with plants, hanging baskets, local fruits
and vegetables, trees and a huge selection
of annual and perennial plants.
Garden Centre OPEN 9 am – 6 pm



Simply Chiropractic



Special Offer

Postural evaluation Complete exam
X-ray (if needed) for only **79\$** (a 200\$ value)

Call us before May 31st, 2025
to make an appointment.
Places are limited

Dr. Stéphane Chillis

25 years of experience

1569 Alta Vista Drive, Ottawa Ontario K1G 0E9
613-520-0123

Our Decompression Table has arrived

Experience the Non-invasive, Non-surgical and Drug free procedure for yourself

Book Now

Simply Chiropractic is now equipped with a SpineMED® decompression table. This system is designed to target and decompress injured intervertebral discs. It provides a non-invasive, non-surgical and drug-free procedure for patients with lumbar/cervical disc herniations, sciatica, chronic back pain and severe lumbar osteoarthritis.

In simple terms, the treatment makes it possible to restore the normal nutrition and hydration of the disc and above all, to reduce pain.

The principle is to bring your spine back into its regular alignment! Our goal is to help you feel better, but the most important thing for us is to treat the cause of your pain.



Simply Chiropractic



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

1569 Alta Vista Drive, Ottawa Ontario K1G 0E9
613-520-0123

TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Oscar's complete unknowns

With the Oscars in the rearview mirror for another year, what movies benefited the most from the exposure? And which ones should have been there to gain exposure? *Anora*, which comes out April 28th, has to be one that benefits the most, but what are the top picks that didn't necessarily win the big awards? And what about the ones not nominated at all?

1.A Complete Unknown

Let me preface this one by saying I really didn't want to see it. I'm not a Bob Dylan fan, so a two plus hour movie about him didn't send me into a tizzy. However...this is a great film from start to finish. Timothée Chalamet and Monica Barbaro steal the show as Dylan and Joan Baez respectively, and although both ended up losing the Oscar, guaranteed they were in the running right up to the end. The criticism of this biography is that it didn't delve into Dylan's childhood at all, so we don't really know if his upbringing helped shape his poetic lyrics, but that aside this is one to make sure to see.



A Complete Unknown



Nosferatu

2.September 5th

While it's hard to argue what other major awards *September 5th* could or should have been nominated for, it certainly is an excellent piece of work. There's an immediacy to every scene, even when there's not much happening, and that makes for a very

engaging watch. Taking place at the 1972 Munich Olympics, ABC journalists unwittingly become the documentarians of a global tragedy, while barely keeping their handle on the ethical side of news coverage.

3.The Apprentice

Who wants to see anything to do with Donald Trump? When Sebastian Stan plays him so well he earns an Oscar nomination, you do. Jeremy Strong plays Roy Cohn so well, it's impossible to



September 5th

think of him as an actor playing the role (another Oscar nominated performance). Stan shows Trump as an insecure young businessman who slowly morphs into...an older insecure businessman, but he does it with such vibrancy that you begin to despise him, while not being able to turn away.

4.Nosferatu

Nominated for 4 Oscars, but all of them technical, this film deserved much more praise. From the acting of Lily-Rose Depp, Nicholas Hoult, Aaron Taylor-Johnson and, of course, Bill Skarsgård, as the titular character, this film is perfectly cast and acted, Director Robert Eggers brings his vision to life with astounding visuals and costume design. This is often referenced as a horror movie, but I would argue it's a sumptuously made Gothic drama with incredible visuals!

5.Driving Madeleine

This wonderful French drama is about Madeleine, an elderly woman who is on her way from suburban Paris to a nursing home and the cab she takes to get there. Forging a wonderful friendship with Charles, the taxi driver, she has him take her to all the spots she grew up in – and an emotional journey it is! A wonderful exploration of the feelings of two adults with different issues, but the same feelings of loneliness. The two leads are so good you can feel their chemistry through the screen.

6.One Life

No nominations for this film and that's a travesty. Anthony Hopkins delivers a beautiful, subtle performance as Sir Nicholas 'Nicky' Winton. Recounted from his older age, the film looks back on a young Winton, who is a London broker and who, in spite of great threat to his own well-being, saved well over 600 children from Nazis occupied Czechoslovakia before the outbreak of World War II. The supporting cast is wonderful, as is the film as a whole!

MOVIES 'N STUFF

1787 KILBORN AT VIRGINIA
738-1607

Inspired Viewing
SERVING THE COMMUNITY FOR OVER 30 YEARS

- THOUSANDS OF MOVIES FOR SALE FOR \$1.99 EACH!
- OVER 10,000 MOVIES & GAMES
- KNOWLEDGEABLE HELPFUL STAFF
- USED MOVIES AND GAMES FOR SALE
- WE HUNT DOWN HARD TO FIND MOVIES
- DAMAGED DVD'S & CD'S RESURFACED

OPEN

MON – THU 11:00 - 6:00
FRI - SAT 11:00 - 8:00
SUN CLOSED

MOVIESNSTUFF.COM

Traffic congestion on Russell Road

by Bonnie Racett

Ilive on Russell Road near Perley Heath. Russell Road has always been busy, but since Covid, and with the unreliability of the LRT, traffic has increased significantly. I've been living here for over 10 1/2 years and while traffic was bit problematic in the past, it's now become a 'nightmare' trying to get out and in of our driveway.

I took the accompanying pictures on February 21, 2025 at 3:17 p.m. The drivers deliberately stopped in front of me to prevent me from turning left, which I could have done since there was no traffic going in the opposite direction. As a result, I waited another 10 minutes before I was able to leave my driveway. Some might think that 10 minutes or so is not a long time to wait, but consider that I am forced to leave 1 hour ahead of an appointment that's only a 20-minute drive because I simply do not know how long it will take for me to get out of the driveway. That time increases when an appointment is in the west or east end of Ottawa.

Traffic is so heavy that there are times when I have no choice but to gradually inch my way out

of the driveway. This actually becomes a dangerous situation because drivers do not stop, they just keep on driving past and into the oncoming lane, often honking their horns in anger towards me. This happens even when a resident is stopped on Russell Road, trying to turn into the lane to get to the back parking lot, while another resident is trying to drive out of the driveway. Unlike residents who live in the neighbourhood behind me, who have the option to use other back/side streets to leave their neighbourhood, residents in our buildings, and the other residents along Russell Road, are stuck. We have no back door, so to speak.

I have written to Councillor Marty Carr and her office has sent my email to the Traffic Services Department to see if they have any suggestions that might help. I am grateful for Ms. Carr looking into the situation.

The simple solution is really for drivers to be courteous and respectful, and stop to give the right-of-way to those needing to leave home. Because some of us, also have important and sometimes urgent appointments to attend! Thank you.



**J.R.
Lawn & Snow**

Since 1997

Expert Lawn Care Services

Promo Code

GET50!

Contact us today & use the promo code
to get \$50 off your first season!

Our Services:

- ✓ Lawn Mowing
- ✓ Spring Cleanups
- ✓ Soil and Seed
- ✓ Aeration
- ✓ Fertilization

Info@jrlawnandsnow.com

613-229-4803

Balena Park abuzz with Winter Carnival fun

Story and photos by Carol McQueen,
RPCA Vice President

The annual Winter Carnival, organized by the Riverview Park Community Association (RPCA), took place amidst glorious sunshine and perfect winter conditions at Balena Park on the afternoon of Sunday, 9 February 2025. Some 300+ guests enjoyed skating on the rinks, playing games like tug of war and broomball challenge, eating s'mores by the campfire and generally catching up with friends and neighbours.

It took a village of volunteers and supporters to turn the event into a special afternoon of fun for community residents and their families. Maplewood Retirement Community provided hearty chili to keep participants fed and warm, with its General Manager Ronak Patel saying, "We are present today just to give back to the community. It is always good to be part of something like this." Sonja Payette, a local Sales Representative with Sutton Realtors, sponsored Shoot to Win on the hockey rink, offering prizes to the winners and creating memories on the ice.

Riverview Park's three elected officials, Municipal Councillor Marty Carr, Provincial MPP John Fraser and Federal MP David McGinty, all provided support, including hot chocolate and Timbits. The Hot 89.9 music booth and Cappy, the Ottawa Titan's mascot, kept the kids happy and entertained. The Blair Court Community Food Bank was on hand to accept donations, filling up about six crates of food as a result of the generosity of Riverview Park residents.

Ottawa resident Andréanne Fournier, who attended with her two boys Tristan and Thierry, enthused that her kids "liked the s'mores" and really "wanted to be there". "We are always happy to be apart of the Winter Carnival," she said, hinting they'd be back next year too. A half-dozen student volunteers from École Secondaire Catholique Franco-Cité, Hillcrest High School and Canterbury High School came out to assist, shoveling snow to make the site safe and welcoming, running games and generally being on hand to do whatever was required. Jack, a Grade 9 student at Hillcrest High School, said he thought the Carnival "would be a fun way to get volunteer hours and to do something for the community."

Although the RPCA is an apolitical community organization that endorses no candidates or parties for election, the Winter



RPCA Volunteers and Mark Carney and MP David McGuinty, with left to right Carol McQueen, Jon Lemieux, Lise Andrée, Lynne Patenaude and Kris Nanda .



Adréanne Fournier, Community resident, and her two sons Tristan (right) and Thierry (left)

Carnival became a magnet for candidates, given that provincial and federal elections were right around the corner. In addition to currently elected officials at all three levels of government for Ottawa South, Morgan Gay, NDP candidate at the provincial level, and Blair Turner, Conservative candidate at the federal level, came by to chat with community residents. Catching everyone by surprise and generating significant excitement, was the impromptu visit of Liberal Party leadership hopeful Mark Carney (now Prime Minister), who accompanied federal MP David McGuinty to the Winter Carnival. All these politicians appreciated the chance to connect with voters and to get those perfect selfies in the crisp sunshine and bright snow of the iconic Canadian winter.

Jon Lemieux, the lead RPCA Coordinator for the Winter Carnival this year, summarized what everyone was feeling as well, "What a wonderful day for a carnival. The weather co-operated, the rink was in fantastic shape and the s'mores were plentiful. It was great to see everyone from the community out enjoying themselves. Just a huge thanks to all of our volunteers and sponsors who made this amazing event possible." City Councillor Marty Carr gave the event a Community Spotlight shout out in her News-



Mely and Joy, staff at Maplewood Retirement Community with Ronak Patel, General Manager



Student volunteers: Jack (in red hat), grade 9 student at Hillcrest High School, and Finn, grade 9 student at Canterbury High School.

letter of 14 February, saying the Carnival "was buzzing with residents enjoying sweet treats, chili and wintertime activities." Now that is an endorsement crying out for a repeat next year!



START YOUR POSITIVE AGING JOURNEY WITH



OTTAWA DERM & SURGERY CENTRE
HUNT CLUB | ALTA VISTA | BROCKVILLE MEDISPA

Providing **HEALTHPOWER** in Eastern Ontario!

Services Offered:

Aesthetic Healthcare, Laser Dermatology, Rejuvenation, Botox®, Filler, Skin Care, Facelifts, Rhinoplasty, Plastic Surgery, and More!

Book Online



OTTAWA DERM & SURGERY CENTRE	ODC MEDISPA	BROCKVILLE MEDISPA
460 W Hunt Club Rd, Ottawa	1675 Alta Vista Dr, Ottawa	135 Ormond St, Brockville

Follow us!
  /ottawadermcentre

Walking for a cause: My journey with Team Perley Health

by Laura Boucher and Courtney Rock

As a member of Team Perley Health, I am gearing up for another incredible Ottawa Race Weekend taking place May 24 and 25, where I will walk 5K around our neighbourhood to raise money for Perley’s new campaign, *Bridging Generations*—a groundbreaking intergenerational program that brings children, seniors, and Veterans together.

I am a participant in the current intergenerational playgroup, and I can tell you firsthand it is a magical and life-enhancing program. I feel privileged to have personally experienced and witnessed the joy and transformation this program brings to everyone involved. From the youngest babies to mothers, fathers, grandparents, and residents, some of whom are over 100 years old—the impact is immeasurable.

The program has gifted me with unforgettable memories of tender and broad smiles, laughter, music, dancing, singing, games, and humanity at its pinnacle of

sharing and caring. I am grateful to have experienced it all, and I want to ensure that more people get to share in this wonderful opportunity.

Last year, Team Perley Health welcomed participants from age 11 to 87—proof that Race Weekend isn’t just for runners. You can run, walk, or move in any way that suits you, downtown or in your own neighbourhood. And if participating isn’t for you, you can still support a team member by donating. Every dollar makes a difference, and thanks to Commissionaires Ottawa, all donations will be matched up to \$50,000!

I do hope you will consider supporting this magnificent endeavour of bringing together Veterans, seniors, and children, creating happiness and life-enriching experiences for people at every stage of life.

If you’d like to support my fundraising efforts please visit: <https://bit.ly/LauraORW> or if you’d like to join the team you can register here, <https://bit.ly/TeamPerleyHealth2025>.



Laura enjoying a visit with a furry friend from the neighbourhood!
SHARED BY COURTNEY ROCK

Perley Health salutes volunteers!

Your compassion and
dedication transform lives.

Thank you for your valuable service
this National Volunteer Week,
April 27 – May 3, 2025.

Together, we improve the
well-being of the people we serve.

Learn more about volunteering at Perley
Health at PerleyHealth.ca/volunteers or
email info@perleyhealth.ca.



Transporting kindness to our community

by Carole Moul

You won't see the name Smith, on page 6 where the RPR distributors are being thanked. Nor will you see the name Tyler Bégin on the editorial page where the Riverview Park Review (RPR) information is shared. You will however, find these names on a list of those who are extremely important in bringing this community paper to you five times a year. The Smith Family from Gore Bay ON owns Manitoulin Transport and Tyler Bégin is its Ottawa/ Pembroke Terminal Manager.

A loading dock is an absolute necessity for receiving this paper from the printers. The delivery company drops off the RPR on its way from off-loading other newspapers five times a year. These other publishers do have their own receiving docks, while, of course, this community paper does not.

Manitoulin Transport at 4120 Belgreen Drive in Gloucester has been generously providing the RPR with one of their loading docks, 'pro bono', for many past newspaper editions.

Our shared history goes back a number of years ago when the RPR needed to have a loading dock. The



Manitoulin Transport at 4120 Belgreen Drive. The RPR is delivered to a Receiving Dock on the right-hand side of the Manitoulin building, moved across the platform to the back, then a forklift loads it into the RPR rented van.

PHOTO: CAROLE MOULT

144 bundles or so of papers arrive by transport, shrink-wrapped on a wooden skid. This means that cross-docking is required in order to move the skid of papers from a receiving dock to the location where the skid can be safely delivered by a fork-lift to a rented van. The RPR is called a third party. In other words, we are not a transport company. We rent a van five times a year, we use the facilities of Manitoulin Transport and that is about as big as we get, transportation-wise!

Receiving support such as what the paper needs for off-loading for a third party is almost non-existent anywhere around here, thus, the importance and generosity of the Smith family and Manitoulin Transport. Fortunately for the RPR, this family-owned company is deeply committed to philanthropic causes, just probably and usually not for a community newspaper here in Ottawa.

The year was 1960, when Doug Smith of Gore Bay, ON started a small trucking business in the town of what is today about 900 people on Manitoulin Island. It was when he bought out Hills Transport and renamed it, that his company became Manitoulin Transport.

As the company continued to expand, the family-owned business realized it had to broaden its reach, and it did. Today, owing to the due diligence of not only Doug Smith, Chairman of the company, but also his sons, Jeff Smith, Vice Chair, Manitoulin Transport and Manitoulin Group of Companies and Gord Smith, Chief Executive Officer (CEO), Manitoulin Transport has more than 85 Canadian terminals, 172 box trucks, 796 tractors, and 2,387 trailers, diversifying its portfolio over the years.

The family-run company also prides itself with a 98.4% of 'on-time' delivery, which is a valued commodity in the trucking industry. Expansion has been such that Manitoulin Transport has terminals as far west as North Saanich, BC, as far north as Inuvik in the Northwest Territories, and as far east as Moncton, New Brunswick.

Yes, Manitoulin Transport has an amazing story to tell of its successes across Canada over the years. And, although it probably doesn't include among them their part in getting out a community paper here in the south end of Ottawa, the 50 feet of Manitoulin's property that they let us use is vital to our RPR newspaper delivery.

"You are a not-for-profit community newspaper, so why should we make a profit from you?" said Tyler Bégin, the person in charge of the Ottawa/ Pembroke terminal and the one who oversees all that happens at our local depot.

So, the next time you see one of those white with red lettering transports along your travels, know that the family-owned business has helped in a big way, to get this small community paper out to its readers. Thank you, Manitoulin Transport. You are greatly appreciated.

VIONIC®
Walk. Move. Live.®



100% Canadian Owned and Operated



FREE PARKING

Be sure to see our
CLEARANCE SECTION

HOURS: TUES – SAT 10AM – 5PM

FASHION Outlet
4 women

1877 INNES ROAD
613-748-6605



SCAPA
LAUREN PERRE



Simplicity is the ultimate sophistication

Located in the heart of Montreal's fashion district, Lauren Perre as been designing in the Canadian fashion scene since the 1990s.

SCAPA Lauren Perre is a collection Noted for its' feminine casual silhouette. It is designed and entirely manufactured in Canada.



HOURS: TUES - SAT. 10AM - 5 PM

FASHION Outlet
4 women

1877 INNES ROAD
613-748-6605



COMPUTER TIPS & TRICKS

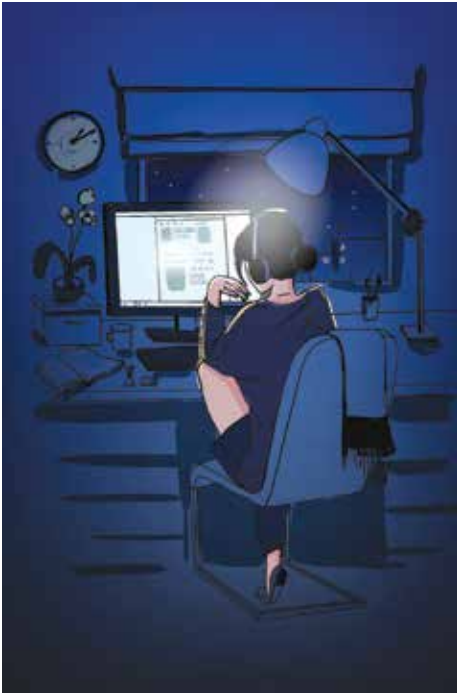
Shopping for a new computer in 2025

by Malcolm and John Harding,
of Compu-Home

For several reasons, a lot of people are heading out to buy a new computer just now and it is time to update our suggestions about what to look for, and what to avoid. We have tried to condense the information into what we hope will be the most useful.

Do I need to replace my computer? If your machine is less than 8 years old, age is not the most important criterion. Instead think about whether or not it is still able to do all things that you want it to do without signs of any malfunction. It is possible for a service technician to help you with this assessment remotely, in a half-hour or less. Some tweaking may make a replacement unnecessary.

If your computer's OS is Windows 10 and it is too old to upgrade to 11 (built pre-2017) it will eventually have to be replaced, although the "October 14, 2025" date announced by Microsoft is not an absolute deadline. More on this in previous columns and compu-home.com/blog. (BTW:



Win 11 is very reliable and not a steep learning curve.)

Desktop, Laptop or Tablet? Most laptops don't actually move very much and so the smaller footprint and fewer wires are often more important than portability. You can connect a full-sized monitor to your laptop for detailed work, which is helpful for some people and some projects. Refurbished desktops (which you should consider) are far more common than refurbished laptops. Tablets are okay for quick work but for an extended session

most people prefer a real keyboard.

Windows or Macintosh? You are probably best sticking with the world that you are used to. If you intend to switch, it would be very helpful if you have a potential guru who is already entrenched. Switching is no panacea for all of your tech problems; both platforms have significant strengths and weaknesses. Macs are considerably more expensive but their devotees believe the hardware quality is worth the extra.

What will it cost? There are people who feel they must move quickly now, to avoid a price increase due to the possibility of retaliatory tariffs being imposed on USA imports soon. They may be right. You will probably have to pay someone to set up the new computer and to transfer data from your old one. You might have to buy some new software. Even so, you can get a very decent machine for less than \$1000, all-in.

Here is a list of what the majority of users we help should look for:

- Manufacturer: HP, Acer, ASUS, Lenovo, Dell or Apple

- Screen (if it's a laptop): 15.6" (diagonal measurement)
- RAM: 8, or 12 Gigabytes -- more is unnecessary for most purposes
- Hard Disk Storage Capacity: 256 Gigabytes or larger
- Processor: Intel i3 or i5, or the equivalent from AMD

On the other hand, you probably do not want to pay for:

- An anti-virus program - the free one in Windows 11 is better and Macs don't need one.
- Microsoft Office - LibreOffice is a free equivalent, or if you are taking an old computer out of service, it may be possible to re-install Microsoft Office from that one. Apple iWork is usually free for Macs.
- A (laptop) touch screen.

Call your tech or your friends to discuss more specific details.

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.

Danny Dear

SERVICE CENTRE

Your trusted *local* mechanics



Bring in this page to save!

\$20.00 off A/C Inspection
Reg \$150.00

\$15.00 off Tire Install on rims
Reg \$75.00

Tire Install off rims
Starting from \$150.00

(offers expire June 30, 2025)

Follow us on Facebook



For driving peace of mind in 2025.

Danny Dear Service Centre
850 Industrial Ave, Unit 3

[613]-521-4216

ESSENTIAL HEALTH

Muscle cramps



CINDIE HELMER
RMT

Have you ever awakened in the middle of the night with an intense foot or calf cramp? Sucks, doesn't it? Here's some information that might help.

Muscle cramps, also sometimes referred to as muscle spasms, are sudden, involuntary muscle contractions that can range from mild to severe. In a mild case, you might feel some muscle twitching, while in severe cases the muscle(s) may tighten into a tight knot and leave a lingering sensation of pain or discomfort for a day or two. They can last anywhere from a few seconds to several minutes. Any individual muscle or muscle group can be affected by cramping, but the most common spots are feet, calves, hamstrings, back and neck.

Although inconvenient, muscle cramps aren't uncommon and aren't usually something to be

too concerned about. If muscle cramps are chronic and combined with pain, muscle weakness, numbness, paralysis, and poor coordination, make an appointment with your doctor to ensure there is no other underlying health condition. Muscle cramps can be caused by several things including over exercising, exercising in extreme heat, stress, poor posture (especially while sitting), muscle fatigue, poor circulation, dehydration, and electrolyte imbalance (not enough salts and minerals like potassium, calcium, magnesium in the body).

Immediate treatment when a muscle cramp occurs should include stopping any activity that might have caused the cramp. Gently stretch the muscle or muscle group affected. Keep the muscles moving with some gentle range of motion. Gently rub the



affected muscles to promote circulation and decrease tension.

There are five primary things that you can do to prevent muscle cramps from occurring:

1. Improve or maintain good general health and fitness. Regular exercise including warm up/cool down and stretching helps keep muscles flexible.
2. Drinking 8-10 glasses of water a day helps maintain adequate hydration. If you exercise at a higher intensity, more water may be required.
3. Electrolytes can help decrease muscle spasms. The focus should be on sodium (pink Himalayan salt or sea salt – not table salt), potassium (bananas, salmon, mushrooms), calcium (milk, cheese, spinach, yogurt, tofu), magnesium (spinach, pumpkin seeds,

- almonds, brown rice, tuna), and Vitamin D.
4. Stretching muscle groups that are most prone to cramping before and after exercise can reduce cramping. Sometimes applying a bit of heat prior to stretching can help improve the muscle's ability to stretch.
5. Booking regular massage therapy appointments can help decrease stress, improve circulation, decrease tension and increase flexibility in muscles.

Muscle cramps aren't uncommon, but if they persist despite making efforts such as those mentioned above, consult with a doctor.

If you would like to learn more about our clinic and our therapists, visit our website at www.essential-health.ca. If you have questions about how massage therapy or physiotherapy might be able to help you, please email info@essential-health.ca.



Essential Health Massage Therapy

Serving Riverview Park,
Alta Vista, Elmvale Acres
and Trainyards.

www.essential-health.ca





Unit 220-700 Industrial Avenue, Ottawa, ON
(Free Parking, Clinic entrance faces Coronation Blvd.)
info@essential-health.ca
613-695-4000

SOUTH OTTAWA'S INDEPENDENT PAINT DEALER!

we've got you COVERED

PPG PAINTS

Benjamin Moore

SICO

OLYMPIC

SICO ProLux

LIGNA

Old Masters

livos

Rubin's PAINT

QUALITY TOOLS

ECO PRODUCTS

CUSTOM PAINT SPECIALIST

EXPERT SERVICES FOR OVER 60 YEARS

Corner of Bank & AltaVista

2649 Alta Vista Drive

Serving Ottawa Since 1952

613-521-3636

sipan

TIRES AND RIMS

Ottawa's biggest selection of aftermarket wheels and tires

We specialize in wheels and tires. From installation, balancing, repair, and more, we know tires.

Riverview Park's go-to place for Tire Storage is right next door.

Sipan Auto Spa also provides

Detailing Services

for cars, trucks and SUVs.

Book your appointment on-line today

www.sipantire.com

715 Industrial Ave. Ottawa, ON

613.695.8866

mony@sipantire.com

fosterfamilyfarm

FEEDING THE NATION'S CAPITAL

fruits • vegetables • produce

We will be open for strawberries mid to late June followed by our farm fresh vegetables until the end of season.

Visit our vegetable stand at

Rideau Park United Church

(parking lot)

2203 Alta Vista Drive

Hours

Monday to Friday

10am to 6pm

Saturday

9am to 5pm

Closed on Sunday.

Foster Family Farm now has a Community Supported Agriculture Program.

Running from July to Thanksgiving, subscribers will receive a box of fresh produce weekly.

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

CANTERBURY

COMMUNITY ASSOCIATION

www.cca-acc.ca

SCHOLARSHIP PROGRAM

3 \$1000 Scholarships for High School Seniors

CCA Scholarships recognize students who have contributed exceptionally to their community through volunteer work while earning high academic achievement.

Contact Us

scholarships@cca-acc.ca

613-738-8998

www.cca-acc.ca/scholarships

Deadline: May 16, 2025

Apply Now

CCA scholarships support the youth of the Alta Vista – Canterbury Community in the pursuit of their educational goals at college or university.



MARTY CARR

Alta Vista Ward 18

Alta Vista Quartier 18

Councillor | Conseillère



martycarrottawa.ca

Meet your Ward 18 Office Team

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

Ward 18 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, spring 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.

Spring Cleaning the Capital

Registration for the Cleaning the Capital Spring Campaign will be open until May 2nd! Cleanup projects will be taking place across our city between April 15th and May 31st. Participants can register their cleanup projects by using the online form available on the City’s website.

My office will be Cleaning the Capital on Thursday April 17th from 1p.m. to 2:30pm in Grasshopper Hill Park (1609 Kilborn Avenue). We will meet in the parking lot off of Kilborn Avenue. If the weather is bad, we will meet April 18th at the same time and location. See you there!

Bank Street Renewal Public Information Session - April 16th

City staff will be hosting a Bank Street Renewal Information Session at Jim Durrell Recreation Centre in Ellwood Hall on April 16th at 7p.m.

Through this session, City staff will be presenting the construction information and traffic impacts related to Bank Street Phase 1 (Riverside Drive to Collins Avenue) as well as an update on the latest Bank Street Phase 2 (Collins Avenue to Ledbury Avenue) design. Phase 2 preliminary design drawings will be on display for review and staff will be present to answer any questions and receive comments. Residents can provide feedback in advance on the City’s website.

Public Information Sessions on the New Zoning By-Law and the Transportation Master Plan - May 21st and 22nd

My office will be hosting both an in-person and a virtual information session to discuss the New Zoning By-Law and the Transportation Master Plan.

The in-person information session will take place on Wednesday, May 21st at the Jim Durrell Recreation Centre (1265 Walkley Road) in Ellwood Hall from 7p.m. to 9p.m. The virtual information session will take place on Thursday, May 22nd, on Microsoft Teams from 7p.m. to 9p.m. A link to join this meeting can be found on my website.

Calling All Vendors for the Made in Alta Vista Market - May 29th

My office is currently working with the Canterbury Community Association on a Made in Alta Vista Night Market that will be held on May 29th, 2025, from 4-8 pm at the Jim Tubman Rink just outside the Canterbury Recreation Complex (2185 Arch Street).

If you are interested in applying to be a vendor, please email my office at marty.carr@ottawa.ca detailing:



- What sort of product you make
- A website/social media account for your product
- Contact information (full name and email or phone number)

We are looking for all sorts of artisans, artists, and authors as well as licensed food vendors. Please note that you must be located in Alta Vista to apply. The application deadline is **April 15th**. We will reach out to you directly if you are selected.

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))



John
Fraser

Ottawa South | Ottawa-Sud

Your community MPP

Votre député
communautaire

Thank you!

Dear Neighbours,

It is an honour and a privilege to be re-elected as the Member of Provincial Parliament for Ottawa South. Thank you for your continued confidence.

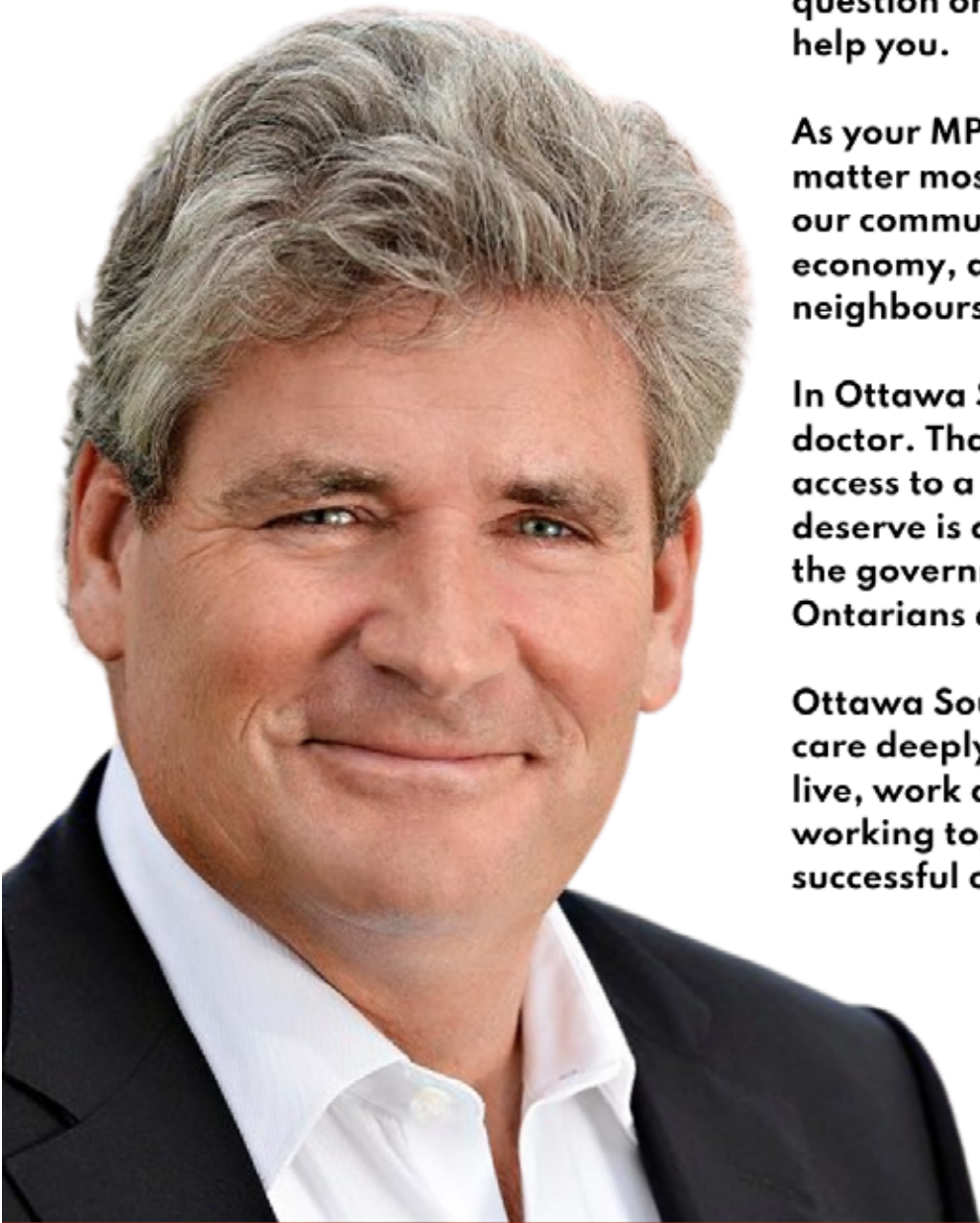
Our community office at 1883 Bank Street is there to serve you and your family. Please contact us with any question or concern you have. We will do our best to help you.

As your MPP, I will continue to fight for those things that matter most to our families; world class health care in our community, student success, good jobs and a strong economy, and support for our most vulnerable neighbours.

In Ottawa South, 1 in 6 people don't have a family doctor. That's not right. Ensuring that everyone has access to a family doctor and the primary care they deserve is a top priority for me. I will continue to hold the government accountable for their promise to find all Ontarians a family doctor.

Ottawa South has been my home for my entire life. I care deeply about our community and the people that live, work and raise their families here. I look forward to working together to continue to build a strong, vibrant, successful community.

John Fraser
MPP, Ottawa South



1883 Unit D Bank Street
Ottawa, ON K1V 7Z9

613-736-9573

jfraser.mpp.co@liberal.ola.org

www.johnfraser.onmpp.ca

We will be hosting a free tax clinic at our office!

Saturday, April 26 from 10:00 AM - 2:00 PM

Please register for an appointment at jfraser.mpp.co@liberal.ola.org or call 613-736-9573.

Please note that our assistance is meant for low to modest income households with a simple tax situation.

EXPLORE LIFE AT MAPLEWOOD

Upcoming Maplewood Highlights For: April / May / June

FRIDAY APRIL 4
Staff Cultural Food Demo and Lunch: Rwanda & Senegal Independence Day
11:30 a.m. to 1:00 p.m.

TUESDAY APRIL 8
Casino
6:30 p.m. to 8:00 p.m.
Maplefest Breakfast
Wednesday April 16, from 8:00 a.m. to 9:30 a.m.

SATURDAY APRIL 26
Open House “Awakening Blooms: A Celebration of Spring”
10:00 a.m. to 3:00 p.m.
Gentle exercises with nature
9:20 a.m.

Botanical art & aromatherapy
9:30 a.m.
Floral artistry workshops
11:00 a.m.
Spring Buffet Brunch.
11:30 a.m.
Virtual Botanical Garden Tour
1:30 p.m.
Garden Party with Live Music
3:00 p.m.

SUNDAY MAY 4,
International Firefighters Day BBQ 11:30 to 1:00 p.m.
Cinco De Mayo
MONDAY MAY 5
Special lunch with Chef Jorge

11:30 to 1:00 p.m. & **Afternoon Fiesta** 3:00 p.m. to 4:00 p.m.

SUNDAY MAY 11
Mother’s Day Tulip Tea
3:00 p.m. to 4:00 p.m.

SUNDAY MAY 18
Staff Cultural Food Demo Tasting: Haitian Flag Day
3:00 p.m. to 4:00 p.m.

TUESDAY MAY 20
Brunch at Tiffany’s
11:30 a.m. to 2:00 p.m. and **Live Music** from 2:30 p.m. to 3:30 p.m.
THURSDAY JUNE 12 (Philippines Independence Day)

FRIDAY JUNE 13
Western BBQ Lunch & 3rd. annual Mini Golf tournament)

THURSDAY JUNE 12 AND FRIDAY JUNE 13
Maplewood Day in the Life
10:00 a.m. to 3:00 p.m.

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



Valentine’s Day Celebration! Love was in the air! Games, delicious red velvet cupcakes, and plenty of smiles at our Valentine’s Day celebration. PHOTOS: DANIELA AVELLANEDA, ACTIVITY MANAGER

Wicked Party! Wicked fun! Treats, costumes, and a magical photo booth made for an unforgettable time.



Elvis was in the building! Rockin’ and rollin! Our 1950s party with Elvis vibes, milkshakes, and dancing!

Art in the Neighbourhood

The little show with BIG talent

SPRING

Saturday, May 10th, 2025

10 'til 4

Art Festival

30+ Artists

JTC Rink • Canterbury Complex • 2185 Arch Street, Ottawa

FOOD Trucks • LIVE Music

FREE Parking • FREE Admission

FAMILY friendly event • Leashed DOGS welcome

• Stroller & wheel chair ACCESSIBLE

www.artintheneighbourhood.gallery

Food Trucks • Musique en direct

Stationnement gratuit • Admission gratuite

Un évènement familial • Les chiens en laisse sont les bienvenus

Accessible aux poussettes de bébé & aux chaises roulantes

JTC Rink • Complexe de Canterbury • 2185 rue Arch, Ottawa

PRINTEMPS

Samedi le 10 mai 2025

de 10h à 4h

Festival d'arts

+ de 30 artistes

L'Art du quartier

Une exposition avec beaucoup de GRANDS talents

See more on our website here

Plus d'informations sur notre site Web

Celebrating the volunteers of Perley Health

by Jay Innes, Perley Health,
Director, Communications

“You are the heart of our community.” These words, spoken by Rachel Stoparczyk, Coordinator of Volunteer Services, resonate this National Volunteer Week as Perley Health celebrates the extraordinary contributions of all volunteers. During National Volunteer Week in April and ‘every’ day, we acknowledge the generosity and compassion that drive these dedicated individuals.

Rachel’s remarks highlight the diversity of volunteers that enrich our community: family members, newcomers to Canada, and individuals of all ages and abilities. In 2024, a record-breaking 430 volunteers supported Seniors and Veterans at Perley Health, some sharing their personal stories in the People of Perley communications campaign. As Rachel noted, “Your testimonials are powerful—they inspire, connect, and build a sense of belonging in our community.”

Every act of kindness, every moment given, strengthens the foundation of Perley Health. Whether assisting residents, supporting activities, or offering a listening ear, volunteers transform lives and bring joy. As Rachel emphasized, “You bring compassion, creativity, and energy that elevate the care we provide and remind everyone that they are part of a caring community.”

This sentiment is exemplified by the 2024 Wood Shop Volunteer Team, recipients of the year’s prestigious Team Award. Dave Hamel, Fred Ranacher, Bob Paradis, Randy Sannes, and David



The 2024 Wood Shop Volunteer Team, recipients of the year’s prestigious Team Award (left to right), presented by Ross Imrie, Perley Health Studio Lead, Creative Arts; Dave Hamel, Volunteer Woodworker since 1998; Randy Sannes, Volunteer Woodworker since 2017; David Cole, Volunteer Woodworker since 2015.
PHOTO: PERLEY HEALTH

Cole represent the “heart and soul” of Perley Health. As a group, they contributed more than 2,100 volunteer hours in 2024. Their creations, from birdhouses to essential resident aids, reflect their passion, dedication and skill.

Rachel’s 10 years at Perley Health underscore the organization’s commitment to appreciating volunteers. “I knew the Perley had a great reputation for embracing volunteers as valued members of the care team,” she shared. This reputation is linked, in part, to the roots of the Creative Arts program, originally delivered by the Canadian Red Cross.

The historical connection to

the Red Cross, which provided training to Veterans, highlights the enduring legacy of creative arts and therapy. Today, the Perley Health Ozerdinc Grimes Family Therapeutic Recreation and Creative Arts Program runs seven-days-a-week, offering diverse activities that enhance the quality of life for Seniors and Veterans.

“The volunteer team has wrapped their arms around Perley Health,” Rachel stated, “supporting us through challenges and bringing strength in record numbers, rebounding to improve on pre-pandemic volunteer contributions. Like the Red Cross

volunteers of the past, our present-day volunteers are integral to our success”.

As we prepare for National Volunteer Week 2025, we invite nominations for the Volunteer of the Year, Volunteer Advocacy, and Volunteer Team Awards. “Thank you for your unwavering dedication and for being ambassadors of Perley Health,” Rachel concluded. “Thank you for living our motto: Together, we improve the well-being of the people we serve.”

Learn more about volunteering at Perley Health at <https://www.perleyhealth.ca/volunteers> or email volunteer@perleyhealth.ca.

COMPUTER HELP IN YOUR HOME

WE COME TO YOU TO FIX COMPUTER PROBLEMS.

Compu-Home is a highly regarded family business located right near you. Service is honest, reliable, affordable and prompt.



613-731-5954

HOW CAN WE HELP YOU?

- Computer slowdowns
- Problems with Internet connections
- Spam, spyware and security programs
- Setting up and maintaining home and office networks
- Printer problems
- Helping plan, purchase and use new computer equipment
- Transferring and backing up data
- Using new digital cameras
- Coaching

Compu-Home

613-731-5954

info@compu-home.com
Malcolm and John Harding

VIMY BREWING COMPANY

Enjoy a pint in our taproom
or grab some beer-to-go.

Book our taproom
for your next special event.



830 Industrial Avenue, Unit 11 Ottawa
613-800-BREW (2739)
greatbeer@vimybrewing.ca

RE-ELECT A GOOD MP

RÉ-ÉLISEZ UN BON DÉPUTÉ

DAVID
McGUINTY

2300 rue Bank Street
Ottawa, ON K1V 8S1
(613) 794-7070
www.davidmcguinty2025.ca
info@davidmcguinty2025.ca

David McGuinty

@DavidMcGuinty

@DavidMcGuinty



Liberal

Autorisé par l'agent officiel de David McGuinty.

Authorized by the Official Agent for David McGuinty.

 RIVERSTONE RETIREMENT

Spring
OPEN HOUSE

MORE THAN JUST SENIOR
LIVING. IT'S A NEW LIFE.

APRIL 26
10-3pm

We welcome you to visit any of our communities across Ottawa, each is unique to the neighbourhood and the residents that influence the environment.

JOIN
US!

Full continuum of care:
Independent Living, Assisted Living,
and Memory Care

RSVP TODAY

COMMUNITIES IN YOUR NEIGHBOURHOOD	
OAKPARK 613-260-7144	Alta Vista
MAPLEWOOD 613-656-0556	Riverview Park
RIVERPATH 613-327-9655	Beechwood



Book your tour at one of our 11 Locations today!
riverstoneretirement.ca | 613-627-2090

 Locally Owned & Operated

RIVERSTONE
RETIREMENT COMMUNITIES


Riverview Park Review

SECTION TWO

APRIL 2025

A Voice of Riverview Park

MAY 2025

OPEN the DOOR, LET'S EXPLORE...



Rubin's Paint and Hardware Store, 547 Rideau Street, opened in 1952. PHOTO SHARED BY RUBIN'S PAINT



Rubin's Ottawa's Only Paint Superstore' opened at 16 By Ward Market, circa 1960s. PHOTO SHARED BY RUBIN'S PAINT



Rubin's Paint, 2649 Alta Vista Dr., opened in 1973. PHOTO BY GREG MONEY

The family that brightens our world with the power of paint

by Carole Moul

It wasn't long ago when a regular Rubin's Paint customer commented, "I have been going to that store since Rubin ran it!" What that customer didn't realize, was that the man she was talking about was actually named Fred, (although he answered to ei-

ther, and had been used to doing so for many years).

Today Fred's son Ben, is frequently called Rubin and like his father, doesn't make the correction. Ben is the person you will most likely see today at Rubin's Paint, 2649 Alta Vista Drive, or possibly Ben's university-age son Roman, or Roman's younger brother, Luca, mixing your

paint, although as yet, neither has been called Rubin. This is the family that took over from Harold Rubin years ago when he retired, and now spans three generations at Rubin's Paint.

The original 'Rubin's Paint and Hardware Store' opened in 1952 at 547 Rideau Street, and the owner was a man named Harold Rubin.

The place became a flourishing business, and within a few years, a young man named Fred joined the team.

A fire forced 'Rubin's Paint and Hardware' to leave their Rideau Street location, and as a result, 'Rubin's Ottawa's Only Paint Superstore' opened at 16 By Ward Mar-

CONTINUED ON PAGE 26



TRAIN YARDS

DENTAL CENTRE

Dr. Steven Da Costa and Associates



New patients & Emergencies welcome!

Service in: English, French, Portuguese & Spanish

Our Services Include

- General Dentistry for the Whole Family
- Complete & Partial Dentures
- Dental Implants
- Veneers & Other Cosmetic Services
- Invisalign & Orthodontics

613.789.2500

www.trainyardsdental.com

525 Industrial Ave., Unit 1, Ottawa, ON K1G 0Z1

Map showing the location of Train Yards Dental Centre at the intersection of Industrial Ave. and Belfast Rd. (CIBC). The map also shows Riverside Dr. and St. Laurent Blvd.

OPEN the DOOR, LET'S EXPLORE...



Third generation, Roman, hard at work in his father's store.
PHOTO: GREG MONEY



All the supplies you need to complete your next paint job are at Rubin's Paint. PHOTO: GREG MONEY

CONTINUED FROM PAGE 25

ket. Both paints and hardware were popular items in the new double store. It wasn't the market square that we know today, but a place where the businesses closed down no later than six p.m.

Eventually it became time for Harold Rubin to retire, and Fred took over the store at 16 By Ward Market. Both paints and hardware items continued to be sold there, and many customers attached the name, Rubin, to Fred.

In the early 1970s, when a new plaza at Alta Vista and Bank was built on the south side of Alta Vista Drive, Fred opened his second store in the brand- new mall. The year was 1973. And although paint was the huge seller in the Ottawa south store, for many years Rubin's Paint continued to sell hardware items similar to what they had sold downtown.

Owning two stores lasted for about two years. Changes in the By Ward Market contributed to the decision to close the market store.

Today, a picture of the By Ward Market store hangs over the front entrance of the 2649 Alta Vista Drive location, and the cars angle-parked in front of the earlier store, appear to be those of the late 1960s and early 1970s.

Fred's son Ben has his earliest recollections of his father's store when he was about eight. These memories were about those "many gallons of paint". His own children,

Ben noted recently, "just grew up with the store."

At about age 16, Ben began helping his dad with the unloading of trucks, cleaning around the store, and of course, stocking the shelves. It was a form of apprenticeship during breaks from school. Today, his son Roman, does that and more, as he also serves customers and mixes paint between his courses at university.

It is obvious to Rubin's Paint customers that Ben is there to help with their 'paint colour dilemmas'. His advice is to "buy a sample pot or pots of paint and try the colour on several different places in the room and in different light.

"Buy the best quality paint that you can for the job, although this doesn't mean the most expensive. Good paints cover more, last longer and look better, while lesser quality paints don't give the project the quality it deserves. Good tools do make a difference, and needless to say, preparation, including cleaning and sanding surfaces, is extremely important."

Keeping an eye on the weather forecast for exterior paint jobs is vital, although difficult, because of the time it takes for paint to dry. With interior painting, opening windows and/or using fans is an important part of the painting process. Checking the directions on the side of any paint can will provide the painter with the necessary conditions for optimal results. "Stay



Family photos hang in the store. Young Ben (top) and young Roman (bottom) sit in their Jetliner wagon with their pets and a can of Rubin's paint. PHOTO: GREG MONEY

out of both the sun and humidity," is a general rule for painting.

One of the benefits of going to a store that specializes in your painting needs, is that with one check of your telephone number, the computer can instantly retrieve and provide your colour codes and formula for a particular paint job; that is if the customer has pre-agreed to the use of their phone number for their own personal link. "It certainly saves a lot of time this way," noted one repeat customer recently.

Over the decades customers have come to rely on and trust Rubin's Paint and the family that has served them well for three generations. Anyone who walks through the door knows that an exceptional buying experience awaits their painting projects. Fred, Ben, Roman and Luca have made certain that this is so.

OPEN the DOOR, LET'S EXPLORE...

Massage... not a luxury but a component of Essential Health care

by Carole Moulton

“Even though COVID changed a lot, there was a lot COVID didn't change,” local resident Cindie Helmer said recently, as she looked back over the five years since the pandemic. Cindie is the owner of Essential Health Massage Therapy here in Riverview Park, and was referring to the loyalty of this community toward her business after COVID shut it down for four months. Essential Health is located at Unit 220-700 Industrial Avenue, the back part of the long brown brick building that faces Coronation Avenue.

“I'm forever grateful for the support of the community because I wouldn't be here without it,” added Cindie just a few weeks ago. And, the community's support did not change in spite of the many rule changes because of the pandemic. Clients were truly appreciative when they were allowed to return, and return they did.

COVID had a huge impact on massage therapists who had to shut down for four months beginning in March 2020. Four months later, in June 2020, massage therapists were declared an essential service and allowed to re-open along with other healthcare providers.

As a result of the shut down and rule changes, many massage therapists decided to retire or leave that career. Most massage therapists are considered to be self-employed health care professionals. They work in a variety of settings, most often in Massage Therapy clinics or multidisciplinary health clinics.

And, since massage therapy is a hands-on course, COVID had a huge impact on students in the program. The college program did not re-open until 2022 for course completion, a move that affected students about to write their exams plus those wanting to enter the program. Today, there are not enough massage therapists, although Essential Health has been fortunate to hire three new therapists in the last six months.

“Massage Therapy is a 3,600-hour course at a vocational college, and we all have our own interests,” noted Cindie Helmer. Readers of this newspaper have seen the evidence in the exceptional variety of articles shared by the various massage therapists on



Cindie Helmer in one of the five fully-equipped and tranquil treatment rooms. PHOTO: CAROLE MOULTON

the Essential Health page.

Training to be a Registered Massage Therapist (RMT) is extensive. There are medical classes in anatomy, physiology, pathology, neurology, all 11 systems of the body, and more. Cindie chose the two-year course at Everest College. From the outline of what was to be covered to become a RMT, suffice to say, perseverance could have been listed as one of the most important of the course prerequisites.

Students practiced on each other for the first year of the program, then each student worked in the student clinic where they had to complete a minimum of 300 clinic hours. In addition, there was student outreach and placement.

Once the program has been successfully completed, along with all hands on/clinical hours, students must pass certification exams directly with the regulating body, the College of Massage Therapists of Ontario, (CMTO). Passing grade is a minimum 70%.

On August 10, 2010, Cindie Helmer received her certification as a Registered Massage Therapist (RMT). After a successful Registration, each RMT is responsible for continued education, traced and reported to the CMTO regularly. For a number of years, Cindie was Manager and Primary RMT at the Chateau Laurier Hotel Health Club.

It was in early 2016 that Cindie decided the next step in her professional career should be to open



Cindie Helmer holding the phone that stores all the necessary data to run Essential Health.

PHOTO CREDIT: CAROLE MOULTON

her own Massage Therapy clinic. In a Google search for a clinic location, Cindie discovered her own neighbourhood, Riverview Park, was underserved with regard to having dedicated massage therapy clinics. This news couldn't have been better. And so, with some excellent professional advice, sixteen weeks later, *Essential Health Massage Therapy* welcomed its first patient on June 1.

Today Cindie notes that she has patients from kindergarten-age to those in their early 90s, and some who come from as far away as Perth. All appreciate the beautiful oasis of the waiting room, the calmness of the fully equipped treatment rooms plus the availability of plenty of out-

door parking spaces just steps from the door.

Working with about 3-5 patients a day is about the optimum number, since there is still after-client care such as providing exercise education and recording, with the work itself, physically demanding.

When asked about the effect of technology on Essential Health, Cindie was quick to reply that from 'Day One', Essential Health clients could see the availability of the therapists online, select their own therapists, book online, cancel online and change their bookings. She does all the billing through the same system, completes her treatment notes, and in the new system, clients can even add themselves to a wait list. The system, designed for massage therapists, named, Noterro, is an online clinic management tool. Essential Health also has an app that can be added to your phone.

How things have changed. When you think of the size of the computers you once needed to operate a business such as Essential Health, it is amazing that today Cindie Helmer's smart phone holds everything required for both she and her clients.

It should be no surprise that Registered Massage Therapists have become an important part of today's busy lifestyle, and a welcome contribution to the well-being of a community. Thank you to the Essential Health Team for looking after the wellness of the Riverview Park residents.

OPEN the DOOR, LET'S EXPLORE...

Behind the scenes of a vote

by Carole Moul

Have you ever given any thought as to how an election is planned? Most people have no idea how much work goes into preparing for voting day.

For you, it is a trip to your polling station, marking an X in a circle on your ballot, and that could well be the end of it. That is, until you check on the results later that night.

Not so for the thousands of people who worked on our most recent provincial election for Elections Ontario, before, after, and including election day, February 27.

Elections Ontario is a non-partisan office of the Legislative Assembly of Ontario, responsible for administering provincial elections in Ontario, led by the Chief Electoral Officer, and governed by the Election Act and the Election Finances Act.

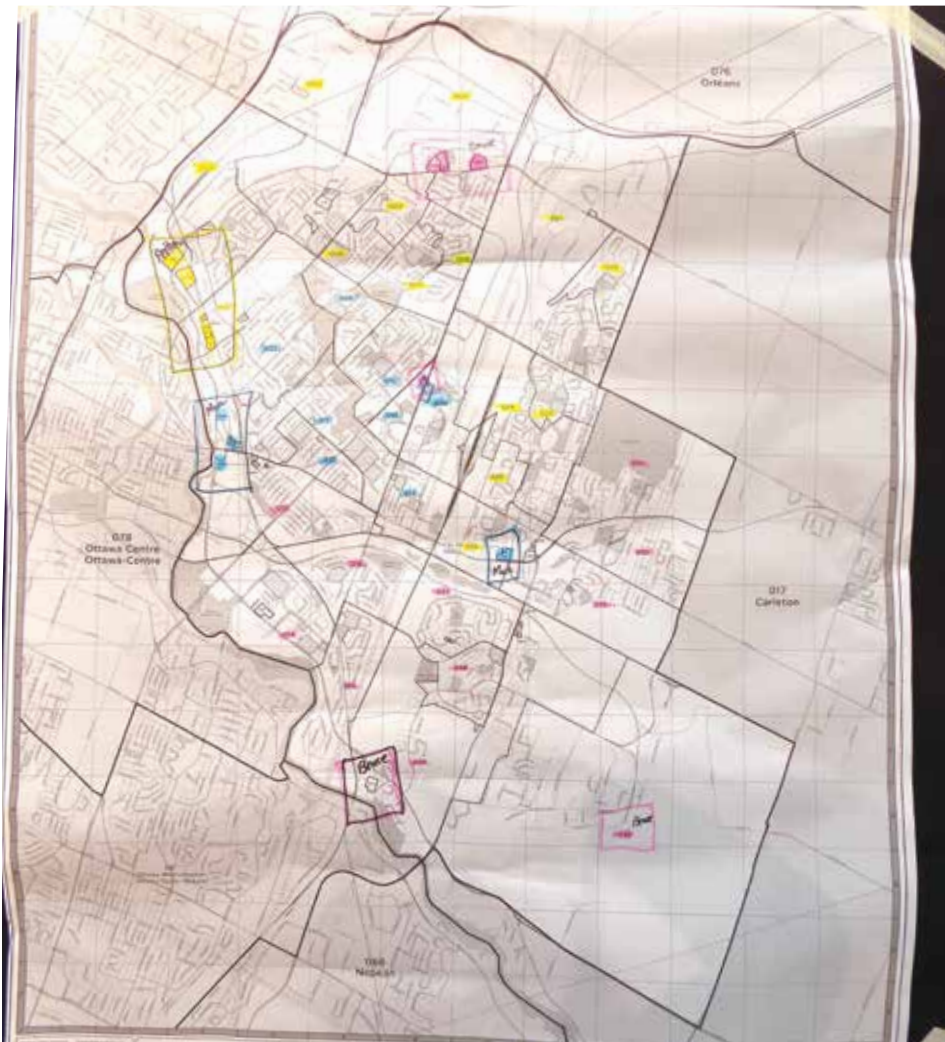
Here in Ottawa South, up to 600 temporary staff worked for Elections Ontario for our most recent election, including those at the polling stations. The Elections Ontario Office for our electoral district, number 079, was at the South Keys Shopping Centre, 2210 Bank Street, with one Returning Officer (RO). Those who voted at the 2210 Bank Street location could have referred to this office as a “well-oiled machine” because of how seamless their voting seemed to go.

The Returning Officer for each of Ontario’s Electoral Districts is on a retainer. That person would have already been sworn in by the Lieutenant Governor of Ontario, Edith Dumont, before an election is ever called, such as the recent ‘snap’ provincial election.

Currently, there are 124 electoral districts in Ontario. The electoral district boundaries were redrawn for the 2018 election, increasing the number from 107 in 2014. Ottawa has eight electoral districts: Ottawa Vanier, Ottawa Centre, Ottawa South, Orleans, Nepean, Ottawa West Nepean, Kanata Carleton and Carleton.

On January 29, Premier Doug Ford confirmed that the Honourable Edith Dumont, Lieutenant Governor of Ontario, accepted his advice to sign a proclamation dissolving the 43rd Parliament of the Province of Ontario, effective as of 4:00 p.m. that day.

Pursuant to the provisions of the Election Act, the Lieutenant Governor also called for the issu-



The electoral boundaries map for Ottawa South. PHOTO: CAROLE MOULT



One of the Elections Ontario signs at the Jim Durrell Recreation Centre in Ottawa South set out to help direct the voters. PHOTO: CAROLE MOULT

ance of writs for the general election, to be issued January 29, 2025, and named February 27, 2025, as the date of Ontario’s next general election. Each Returning Officer has to be ready to begin work on the day the writ is dropped.

Immediately after the general election announcement, the Returning Officer for each of the 124 Electoral Districts begins the incredible amount of work it takes to organize the various roles for the Elections Ontario Returning Office. There are about 15 roles to fill at the Returning Office, aside from those positions at the polls, most of these roles having multiple people. The assistant to the Returning Officer, called the Election Clerk, is one position.

A large enough location has to be rented for the many Returning Office roles and these also must be ready immediately when the writ is dropped. Included at the location, there needs to be space available for the numerous training sessions of the various polling station roles, in preparedness for the actual election day.

Eligible voters of an electoral district have two options for early voting prior to election day: one at the local Returning Office over several weeks and up until the day prior to the election, and the other at an advance voting location. For this particular election, the advance poll time period was over a span of just three days. In Ottawa South, three advance voting

locations were provided.

For those unable to get out to vote, two people from Elections Ontario could go upon request, to the residences of the eligible voters. This opportunity, during the hours the Returning Office was open, lasted up until the day before election day. Here in Ottawa South, about 100 people voted by this special ballot.

Ottawa South had 68 polls, including 33 with tech support and the remainder which were designated non-tech support, meaning, in part, that ballots were put in the box by the voter and were later counted by hand. Apartments and Retirement Communities, among other locations, had non-tech polls in our electoral district.

The Ottawa South electoral district has a population of 125,090, according to the 2021 census data. In electoral district, 079, there were 41,940 of the eligible voters who voted for their candidate of choice among the five candidates.

At the Returning Office there is an IT team who looks after the technology, plus there are Logistics Election Officers taking care of all the material required to run the election.

To apply for a job ahead of the election date, people could go on-line to the Elections Ontario website where there are on-line application forms. Or, they could contact a local elections office. Very detailed information is provided for the job descriptions. Recruitment Officers are an important part of the Elections Ontario team, and their jobs continue right into election day since having ‘standbys’ is imperative to ensure the day goes smoothly.

Today, looking back over the past few weeks, we can certainly say that our Elections Ontario Returning Office for Ottawa South did an excellent job. Eligible voters were provided with every opportunity to cast their ballots, and as a result, participated in electing Ontario’s 44th Provincial Parliament on February 27.

It won’t be long before a team working for Elections Canada will begin preparing to assist you so that you can participate in Canada’s 45th Federal Election since Confederation (1867). The right to vote should never be taken lightly. Nor should the work of the many thousands behind the scenes who enable you to mark that important X inside the circle.

OPEN the DOOR, LET'S EXPLORE...

Laura's Independent... much more than a neighbourhood grocery store

by Carole Moul

It was three years ago last month that Laura's Independent opened its doors to the local community, and already this store has made a difference. The reason is simple: Laura Dubois believes that her contributions outside the four walls of her store are almost of equal importance as to what should happen within them. She maintained that philosophy during the 17 years she formerly owned the franchise in Kanata, and still believes in those values, possibly even more so now, since she bought the Elmvale Acres Independent store franchise in 2022.

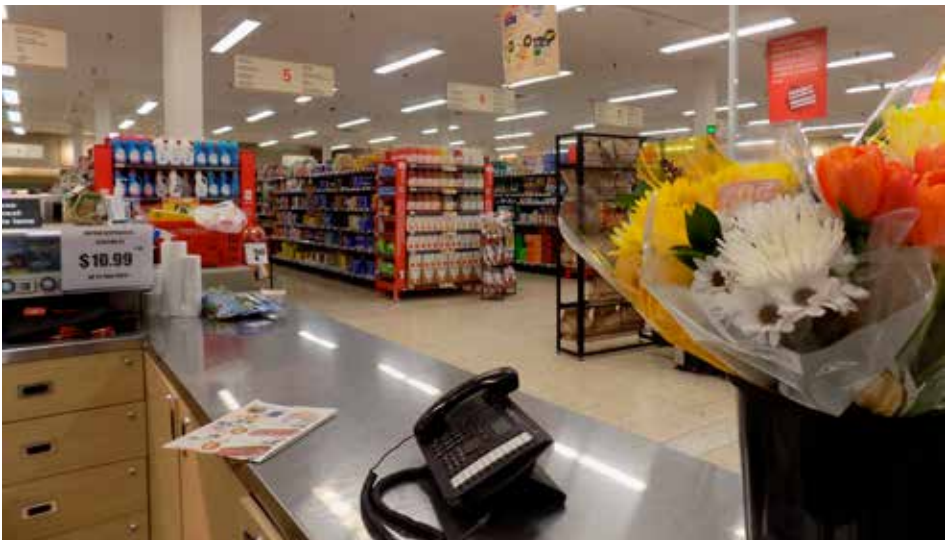
The two neighbourhoods are quite different, however each area has unique needs that Laura Dubois felt she and her stores might help fulfill.

"This change was a great opportunity for me," she said. "Everybody was new here at Laura's Independent. There was also a lot to learn about this neighbourhood, plus how the store could make a positive impact."

As an elementary student, Laura Dubois attended Hawthorne Public School when the family lived nearby. "There have been many changes," she notes, as she shared about returning to the community where she once lived. These differences are also what has helped guide her decisions with regard to her new location. "We're following what we set out to do, we're getting it done, and it's been good for us," she added.

Today, Laura's Independent reflects not only the changes but the ethnicity of the community. One long aisle is dedicated to a great variety of not only ethnic foods but the ingredients to make them. Staff is hired also to help with the language of the customers served. On the nameplate badges, a notation is made as to the languages spoken by the staff member, in order to help customers at the store. "Some of their badges ran out of space as to the languages the person speaks," Laura said in a recent interview. "Staff is representative of the community, and know about the items clients are looking for."

There are close to 100 staff working at Laura's Independent. "We're like a family working closely together to build the most positive shopping experience possible for our customers."



The inviting Customer Service Desk not far from the front door.

PHOTO: CAROLE MOULT



Canadian apples have their signs or maple leaf designations.

PHOTO: CAROLE MOULT



Food Bank Donation Bin contents are picked up weekly.

PHOTO: CAROLE MOULT

An exceptionally clean store, knowledgeable and pleasant staff, plus well-stocked shelves are not the only important elements to Laura Dubois. There are many others.

The Ottawa Food Bank receives donations from Laura's Independent every week. There is also a shelf, at the front near the checkouts, where customers can purchase designated donation bags of products not supplied by the Food Bank. Other groups benefit also from the generosity

of the St. Laurent Blvd. store.

Just up the street, Hawthorne Public School has been very fortunate that Laura's Independent has worked closely to help with a wide range of initiatives: a wonderful example of a community-minded store liaising with a nearby school. Hawthorne has over 300 students representing 40 countries of origin.

"Laura has been an extremely generous community partner with Hawthorne. On numerous occasions she has helped to

provide food support for school events such as community barbecues, graduations, Iftar dinners and programs such as cooking clubs and experiential learning opportunities," notes Evan Satta, a Learning Resource Teacher at Hawthorne.

Laura has personally given her time in order to provide students with a tour of her store, educating them on healthy eating, and the benefits of reading flyers and labels. She has also generously donated food items, kitchen supplies and school supplies in order to support our students," he added.

It won't be too much longer before people in the community begin to enjoy the Garden Centre that will be set up adjacent to the store. Again, the interests of the neighbourhood have been taken under consideration, with many of the colourful plants in balcony containers. Over the past few years, local gardeners have looked forward to buying both herbs and vegetables, as two of the necessities for their spring and summer planting.

Laura herself, has worked out in the Garden Centre on many shifts and can pretty well tell you about the weather we've had over the past couple of seasons. This includes the challenges of bringing in all the plants when the weather forecast was calling for 'cold nights or high winds'.

And, yes, the plants come from local growers. More and more customers want the assurance that they are buying 'local products' or at least Canadian, as they have become much more shopping savvy. Consumer awareness is now widespread, especially with the impending problems related to tariffs. Red signs on the shelves at Laura's Independent designate that an item in the store is a 'Product of Canada', and as Laura notes, "Loblaws Company is Canadian owned."

Times have changed quickly over the past little while, however what hasn't changed is the energy and dedication of Laura Dubois to make a positive effect on the neighbourhood. Laura's Independent is indeed an inviting place to shop. And, it isn't just the welcoming appearance that we should note, it is how the store continually strives to meet the needs of the community, as Laura Dubois has done since moving into it.

Riverpath wards off the chill in the dregs of winter

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

We started with roses, wine and chocolate while enjoying Kevin Agnew's show on Valentine's Day. Next up, a fun, interactive and entertaining Chinese New Year's show with Dr. Yu Ming Ye, the Tai Chi Lady. We even got to practice writing Chinese characters!

We wrapped up the month of February with Riverstone's 'A Day in the Life' open house when we hosted a March Break in the Caribbean-themed two-day event (Feb. 27-28). Thursday started with a fruit punch and smoothie bar and Caribbean snacks, and in the afternoon, Cruise Ship Bingo, where we served pineapple skewers for a nice break. Fri-

day afternoon was heated up by the thoroughly enjoyable performance of Denim & Lace and the amazing spread Chef set up for our Caribbean-themed social. If this sounds like fun... come join us for our Sugar Bush event on Thursday, April 3!

NEWS:
We are pleased to announce that we have been accepted into the "Improving wellbeing of older adults through community-based music-movement programs (COMM)" ; a research study being conducted by Dr. Gilles Comeau at the University of Ottawa at various locations throughout Ottawa.

Top: Valentine's entertainment
Middle Left: Chinese New Year show
Bottom: Chinese New Year show



March Break in Carribean theme – Chef's spread



Valentines

Authorized by the CFO for the campaign to elect Nira Dookeran

Greens have a Plan

Decentralize Decarbonize Decolonize

Nira Dookeran

Ottawa South | Green Party of Canada

A dedicated educator, community leader and Green advocate in Ottawa South. With a decade of political and grassroots experience, she champions sustainability, justice, and strong public services.



green

PARTY OF CANADA



ottawasouthgreens.ca



ottawasouthgreens@gmail.com



OS
Greens

RIVERVIEW PARK COMMUNITY ASSOCIATION PRESIDENT’S REPORT



RON RIDLEY
RPCA President

The warmer temperatures and longer days make it even more enjoyable to get outside. While we will miss skiing and the ornament path (which will take a short break due to the spring thaw), it is exciting to watch our green spaces transform from brown to vibrant green!

A look back: Winter Carnival success - we hope you had a chance to attend our hugely successful Winter Carnival! You will find more details about it elsewhere in this issue, but we want to extend a big thank you to the dedicated volunteers who made it happen. With perfect weather, around 350 residents came out to enjoy the festivities. One particularly special highlight—something that may never have happened before in Riverview Park—was the attendance of Canada’s future (now current) Prime Minister, Mark Carney!

A heartfelt thank you to our event sponsors: Councillor Marty Carr, MPP John Fraser, MP David McGuinty, Sonja Payette, and the Maplewood Retirement Residence.

We also deeply appreciate all the residents who donated food for Blair Court, as well as the invaluable student volunteers from Franco-Cité, Hillcrest, and Canterbury High Schools.

Thank you to our outdoor rink operators- we want to recognize and thank our dedicated rink operators: Trevor Denis (Balena Park Rink) and Bruce Aho (Dale Park Rink). Maintaining outdoor rinks takes an enormous amount of work, and thanks to their efforts (and the help of volunteers),



we had a fantastic rink season that benefited the whole community!

Looking ahead- our upcoming 2025 Events Calendar:

Here are some exciting events happening this year:

- Cutest Pet Competition – Feb. 1 – Mar. 15 (winner announced in May)
- Easter Egg Hunt @ Balena Park – Sunday, April 20
- Spring Cleaning the Capital – Sunday, April 27 (rain date: May 4)
- Community Garage Sale – Early June (TBD)
- Porchfest – Weekend of June 20-22
- Summer Festival & Movie Night – Saturday, August 23
- Councillor’s Fall Corn Roast – Sunday, September 14 (TBC)
- RPCA Fall Social – Sunday, September 28
- Annual General Meeting (AGM) – Wednesday, October 22
- Fall Cleaning the Capital – Early October (TBD)
- Winter Carol Sing – Friday, December 12

Be sure to check our website for confirmed dates and any updates. We have even more fun event ideas in mind, but we need volunteers to help bring them to life!

Our 2nd Annual Cutest Pet competition, to raise funds for the Humane Society, is well un-



Robert and Aurora PHOTO: ANNA NITOSLAWSKA, ASSISTED BY CLAYTON O’QUINN



Olivia. PHOTO: ANNA NITOSLAWSKA, ASSISTED BY CLAYTON O’QUINN

derway with submissions now closed and voting underway. We have surpassed our funding record from last year! Photos of the “contestants” will appear on the RPCA website where residents can then vote for their choices using a link on the RPCA website between March 20 and May 4, 2025. While voting is free, voters may also donate to the Ottawa Humane Society. Photos of the contest winners will be shared on the RPCA website and will also be shared in the June edition of the Riverview Park Review.

Get involved! Make a difference in your community - Youth and students: Need to complete your 40 hours of volunteer service? The RPCA offers plenty of rewarding

opportunities. Imagine the impact if every able resident contributed 40 hours of volunteer work—our community would thrive!

Stay updated - subscribe to our monthly newsletter, become an RPCA member for just \$20 annually. Or consider volunteering with us and help make a difference!

- Contact us:
- Visit www.riverviewparkca.com
- Email president@riverview-parkca.com
- Attend our next RPCA Board meeting (check our website for details)

We look forward to seeing you at an event or around the neighborhood!

Hours

Monday to Saturday
11:00 am to 10:00 pm

Sunday
Closed

613-523-0000

www.superduperpizza.com

Rock’s Barber Shop

We are OPEN

1579 Alta Vista Drive
Alta Vista Centre
(corner of Alta Vista and Dorion)

Rock Lalonde
Owner - Propriétaire

(819) 635-3711

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- University of Ottawa Medical Research Facility

Work is ongoing on the 6 storey Advanced Medical Research Facility at the University of Ottawa at the north-west corner of the 451 Smyth Road site, adjacent to the existing Roger Guindon Hall and south of the Ring Road. The tower cranes are scheduled for removal in early spring 2025, which will minimize the intensity of light that has been coming from the cranes. Exterior walls will be constructed which will reduce the amount of visible lights inside the building.

Substantial completion is expected September 2026 with the move-in scheduled to begin at the end of 2026 or early 2027. Concerns have been received about the visual impact of this facility, particularly since construction began before consultations on the Site Plan Application for the building. Replacement tree planting will include 57 deciduous trees and 322 shrubs on uOttawa property and another 69 trees on the General Campus property.

Potential Housing Complex at 1460 Riverside Drive

In early March 2025, the National Capital Commission (NCC), in collaboration with the Canadian Mortgage and Housing Corporation (CMHC), publicly announced it was seeking a proponent for the construction of residential housing at 1460 Riverside Drive (the empty lot directly across from the Cancer Survivors Park). According to the announcement, the parcel has potential for more than 200 housing units in an environment focused on active transportation, and is part of the Canada Public Land Bank initiative to make

public land available for housing construction. No further details are available yet.

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

Earlier this year, 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. At that meeting, virtually all participants who spoke, including the RPCA, supported removing the Corridor from the TMP. A copy of the meeting and presentation has now been posted at: https://www.shawnmenard.ca/alta_vista_transportation_corridor_consultation_re_cap

Official public engagement on the draft TMP Capital Infrastructure Plan and investment scenarios is scheduled to run from March-May. No additional details are available yet. The RPCA requested copies of any relevant traffic studies conducted after the construction of the AVTC Hospital Link to determine any impact that this link road has on vehicular traffic flow and patterns. In addition, Councillor Menard's office agreed to look into the process by which land removed from the TMP could be converted and re-zoned as park land or greenspace.

Consultation on Draft Zoning By Law Review

After the 2024 release of the Draft Zoning By-law 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 staff report and the second draft of the proposed new zoning by-law were

to be made available to the public on the City of Ottawa's Committee and Council website on March 20, 2025. Community Associations and residents across Ottawa will have an opportunity to review this draft and provide input. The final version will go to City Council in the last quarter of 2025.

Proposed Tremblay Multi-Use Connection (Terminal Avenue to Tremblay LRT Station).

The project was put on pause in 2024 until the time when VIA Rail redevelops the area as part of the High Frequency Rail (HFR). In February 2025, the federal government announced it was now planning to build a High-Speed Rail (HSR) system rather than HFR.

VIA is currently conducting drainage and traffic-flow studies of its property to better understand the possible impacts of various surrounding developments, such as active transportation opportunities, like the link to the Ottawa Train Yards, and a potential large-scale redevelopment project. A VIA official spoke with an RPCA representative in late February, shortly after the announcement about an HSR line between Quebec City and Toronto and through Ottawa.

The RPCA will get a further update after VIA meets with City officials to discuss the HSR. The RPCA has also been put in touch with the HSR team working on this project.

Other Developments

Most work on the long-delayed City project to construct bicycling safety improvements along Smyth Road, which began this fall, has been completed, except for the intersection crossing at the former Riverside Hospital entrance. Final paving, concrete reinstatements and landscaping work are planned for spring 2025. Once completed, the project will provide formal cycling facilities along Smyth Road from Riverside Drive to east of the Ottawa Hospital Riverside Campus intersection.

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.

Renovation activity for new tenants continues inside the former Farmboy site in the Ottawa Train Yards (665 Industrial Avenue). The city official responsible for monitoring the project could not provide further details when asked about the status recently.

No further details were available at press time. Although a request for more information has been sent via the Ottawa Train Yards website inquiry form.

In February 2025, the Ottawa Carleton District School Board (OCDSB) announced significant changes to elementary school boundaries, grade configurations and program offerings. These changes include shutting down alternative school programming at Riverview Alternative School and the other OCDSB alternative schools. The Board has said it plans to move towards a neighbourhood school model. The RPCA will be inviting the local School Board Trustee to a future Board meeting.

In response to a request from the RPCA, Councillor Carr's office has asked City Traffic Services about a study to look at a dedicated right turn lane for Neighbourhood Way onto Industrial Avenue. This new lane would alleviate congestion by allowing vehicles to turn right onto Industrial Avenue without having to be blocked by cars waiting to make a left turn onto this increasingly busy road.

Lansdowne 2.0 Update. The City has been moving forward with the controversial \$419 million project this year, which includes a new 5,500-seat event centre to replace the arena at TD Place and building new north-side stands for the football stadium. The closing date for "qualification submissions" from general contractors to build Lansdowne 2.0 was in February.

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

FRIENDS OF RIVERVIEW PARK GREEN SPACES (FORPGS)

FoRPGS note for April 2025

by Ron Ridley on behalf of the FoRPGS

As the weather warms and the snow melts, our focus shifts from skating and skiing to enjoying the beautiful green spaces in Riverview Park. We continue to work with the city to renew our annual invasive species work permit—a necessary step each year to keep our green spaces healthy and thriving.

This year, we have expanded our designated work areas to include:

- **Riverview Park, Dale Park, and Hutton Park**
- **The Rail Line area** (from Hospital Link Road to the Cancer Survivors Park)
- **Coronation Park and Balena Park**
- **Green spaces along Hospital Link Road** (north and south sides, from the train bridge to the ring road)
- **Forested areas south of the hydro corridor and north of Hospital Link Road** (from the rail line to Balena)
- **The park/path area** (from Alta Vista/Industrial up to

Neighbourhood Way/Coronation, behind Maplewood Residence)

- **Pedestrian walkways (lanes) from:**
 - Dorion to Drake
 - Chomley to Caverley
 - Bathurst to Devon

We hope you had a chance to explore the **Riverview Winter Wonderland Trail** while it was decorated with ornaments! Once again, the trail was well-used this winter, especially on colder days when the woods provided a warmer alternative to the open hydro corridor. The ornaments went up on December 1st for Christmas and were later updated for Valentine’s Day and then for St. Patrick’s Day.

A Special Thank You

We would like to extend our gratitude to the **Healthy Communities government program** and the **Invasive Species Centre** for supporting RPCA/FoRPGS initiatives over the past four and two years, respectively. Their funding has enabled us to:

- Build gardens

- Improve trails
- Install benches
- Purchase supplies and equipment
- Remove invasive species

Thanks to this support, we are well-equipped to continue our work and make a lasting impact in our community.

Boulevard Gardens – A growing opportunity!

The city has revised its **Boulevard Garden Program**, allowing residents to plant and maintain gardens on the city-owned portion of their front yard. In 2023, the city passed amendments permitting boulevard gardens, and they are now considering additional updates to allow food production and moveable planter boxes. If you are interested in enhancing our community while supporting pollinators, this is a terrific opportunity to get involved!

Get involved – volunteers needed!

Youth and students: Need to complete your 40 hours of volunteer service? Want to learn more



Pollinator Garden, March 14, 2025. PHOTO: RON RIDLEY

about invasive species? We would love your help!

If you are looking to meet like-minded people and make a positive impact in Riverview Park, consider volunteering with **Friends of Riverview Park Green Spaces (FoRPGS)**. We have plenty of rewarding opportunities, including:

- Pollinator garden maintenance
- Invasive species removal
- Path upkeep
- Community planting projects

To stay connected, join our mailing list at **FoRPGSOttawa@gmail.com** or follow us on Facebook (**@FriendsOfRiverviewParkGreenSpaces**).

Let us work together to keep our green spaces beautiful and thriving!

MASTERTSON



MECHANICAL



OTTAWA PLUMBING & HEATING EXPERTS

613-704-3702

mastersonmechanical.ca

- Residential Plumbing
- Commercial Plumbing
- Heating Installation & Repair
- Boiler Installation & Repair
- Drain Cleaning & Inspection
- Maintenance

NDP NDP

TRINITY COMMUNITY GARDEN

Discovering Trinity Community Garden

Part 2: A message from Dominique

Last summer, while taking a walk through the neighbourhood, where I’ve been a resident for the past three years, I stumbled across something unexpected—a vibrant, thriving community garden. That’s when I met Erica and Zac, two longtime gardeners who have tended their plot for the last ten years. They shared stories about the space, their passion for growing and canning fresh produce. Their enthusiasm was contagious. As I walked between the garden plots bursting with tomatoes, herbs, and leafy greens, I felt a deep sense of connection—to nature, to the community. Erica and Zac also told me something that stuck with me: two plots in the garden are reserved for the food bank, and members are welcome to donate part of their own harvest as well. I loved the idea of gardening not just for myself, but as a way to give back. Since then, the idea of applying for a plot stayed in my mind. I’ve always been an amateur gardener, trying my hand at growing vegetables and herbs in my small,



north-facing backyard. Some attempts have been successful, while others have been learning experiences. But I knew that being part of the community garden would give me the opportunity to grow alongside experienced gardeners and learn even more. On New Year’s Day, as part of a resolution to start something new, I finally applied for a plot. I was immediately placed on the

wait list, and just recently learned that a space has been given to me. This spring, I’ll officially become part of the community garden. I couldn’t be more excited! As I write these lines, I’m already planning my next growing season. As a canning enthusiast, I’ll be growing Italian tomatoes, bush pickles, and a variety of peppers once again. But with more space and sunlight this year—thanks

to the community garden—I’m eager to experiment with root vegetables like carrots, turnips, parsnips, and pickling onions. I’m also interested in biodiversity and companion planting, finding ways to create a thriving, balanced ecosystem within my plot. I can’t wait to start this new chapter, meet more fellow gardeners, and see what this season brings.



This bestselling stamp issue is popular among Canadian gardeners

OTTAWA – Laden with luxurious, delicately perfumed blossoms, peonies are perennial showstoppers. The elegant two hybrids featured on Canada Post’s latest stamp issue are ‘Cytherea’ and ‘Marie-Victorin’, both developed by Canadian-born horticulturists. Named after the Greek god-

dess of love, ‘Cytherea’ is a cherry rose “semi-double” – meaning that it has two or more rows of petals. ‘Marie-Victorin’ is a symmetrical, globe-shaped flower composed of a single row of rounded, pale pink petals with purple-pink flares. It was named after the founder of the Montréal Botanical Garden.

Known for their showy blooms, peonies are popular perennials in many private and public ornamental gardens in Canada and around the world. The images on the stamps were shot by Jeffery Ofori, a mail service courier with Canada Post, at the Central Experimental Farm in Ottawa, which has more than 400

varieties of peonies in its collection. The stamps were designed by Stéphane Huot and cancelled in Ottawa. Printed by Lowe-Martin, the issue includes a booklet of 10 Permanent™ stamps and an Official First Day Cover.™ Trademark of Canada Post Corporation.

DEAR FRAN

Companion Planting



FRAN DENNETT

Companion planting has been practiced almost since the beginning of gardening and has been passed down through the generations, but it is not an exact science. A loose definition is when a plant species is planted together with a different plant species and mutually benefits from characteristics of that species.

Gardeners live by some of these axioms though the scientific community is studying them to see why and how they work. The most famous example of companion planting is the “Three Sisters” where beans (legumes fix nitrogen in the soil), corn (a heavy feeder benefits from the nitrogen, provides shade for squash and a stalk for the beans to climb up) and squash (acts as a mulch providing moisture retention and weed control) are planted in the same area.

The practice of companion planting, for the most part, applies to vegetable growing. However, aphids and other pests also attack flowers, so plant herbs and annuals among your perennials to repel pests and attract pollinators.

Annuals and herbs are the main plants used in companion planting, in particular, nasturtiums, cosmos, calendula, corn flowers, annual poppies, hollyhocks and foxgloves not only benefit a garden by attracting pollinators, they look terrific and are a source of cut flowers.

French marigolds, in particular, produce a pesticide chemical in their roots that lasts for years, gets along with everyone and should be planted everywhere according to some gardeners. A friend swears no squirrel has dug or planted nuts in her flower boxes since she started planting French marigolds in her win-



PHOTO: CATHERINE DISLEY MGOC

dow box planters. Zinnias attract pollinators and lady beetles that eat aphids. Bees and other pollinators prefer flowers with single corolla (arrangement of petals), as they are easier to land on and access the nectar. Multi-petal flowers make life difficult for bees and pollinators.

West Coast Seed Company recommends that white sweet alyssum (*Lobularia maritima*) be planted as ground cover, in the paths of your vegetable garden to invite the pollinators and act as living mulch, and the smell when you walk on it is heavenly. It reseeds here in Ottawa’s zone 5a.

Planting nasturtiums and French marigolds alongside squash plants is a tried- and- true practice supported by several studies showing that they not only help reduce squash bug populations, they also lure caterpillars from dining on brassicas.

Herbs, which are so useful in cooking, are the biggest deterrent to pests, (and at the same time attract beneficial insects), and require lean soil to grow in which enhances their flavour. What more could you ask of a plant? To name a few, here are some herbs to intersperse in your garden

- tansy discourages cutworms.
- mint, catnip, hyssop, rosemary and sage deter cabbage moths.
- thyme fends off cabbage worms.
- lavender combats codling moths, the enemies of apple trees.
- mint repels ants.
- oregano and borage attract ladybugs which feed on aphids.

- borage also adds trace minerals to soil that help strawberries, and the edible flowers look pretty in a salad.
- dill and basil attract beneficial insects.
- basil planted near tomatoes makes tomatoes taste and grow better.

My advice is to try companion planting and if it works in your garden, you will see healthier plants with less pest damage and better tasting vegetables. Also keep a record of what you plant and your observations of what combinations work so you can repeat them. I hope you found this information helpful and intend to try some of these plant combinations in your garden or containers this summer.

Resources
<https://extension.umn.edu/planting-and-growing-guides/companion-planting-home-gardens>
<https://westcoastseeds.com> to view their Companion Planting Guide
Goggle companion planting charts for free download of chart.

- 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.



www.shoppersdrugmart.ca

Najlaa Ibrahim
B.Sc., B.Sc. PHM.
Associate / Owner

N. IBRAHIM PHARMACY INC.
1559 Altavista Drive
Ottawa, Ontario
K1G 0E9

Tel: 613 738-1445
Fax: 613 738-6490
asdm639@shoppersdrugmart.ca



McCay Duff LLP
CHARTERED PROFESSIONAL ACCOUNTANTS

JASON HOWARTH
CPA, CA
MANAGING PARTNER

jhowarth@mccayduff.com
613-236-2369
www.mccayduff.com

THINKING BEYOND NUMBERS

Dear Reader,



My name is Blair Turner,
and I am running to be your Conservative MP for Ottawa South. If we haven't met yet, here is a little bit about me:

- ✓ I've spent 20 years in frontline uniform enforcement.
- ✓ I've spent 7 years in the reserves with the Cameron Highlanders of Ottawa.
- ✓ I was born and raised in our beautiful community of Ottawa South.

I want to fight for you, for my kids, and for Canada. If you agree with me, let's vote to put Canada first for a change, lets vote to bring it home.

Fighting for you,

- BLAIR



Come by my campaign office!

613-296-0235
info@blairturner.ca

1637 Bank St
Ottawa K1V 7Y9

ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

ALTA VISTA AND ELMVALE ACRES LIBRARIES – APRIL/MAY 2025

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

The Library’s hours are:

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

HOLIDAY HOURS

CLOSED FOR THE FOLLOWING HOLIDAYS:

Friday, April 18 – Good Friday.
Sunday, April 20 – Easter Sunday
Monday, April 21 – Easter Monday
Monday, May 19 – Victoria 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 AND TEEN PROGRAMMING

Family Storytime

Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program. Wednesdays at 10:30 AM until May 14th. 30 minutes.

Babytime

Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program. (ELMVALE ACRES BRANCH) Tuesdays at 10:30 AM until May 14th. 30 minutes. (ALTA VISTA BRANCH) Thursdays at 10:30 AM until May 15th. 30 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, April 19th 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 participants and an adapted circle time with stories, rhymes and songs. 90 minutes. Saturdays April 5th and 26th, May 17th at 10:30 AM. Ages 18 months to 6 years.

Reading Buddies

(ELMVALE ACRES BRANCH) The program aims to help children practice and improve their reading skills! Children will receive individualized reading help and encouragement. Registration Required. Wednesday at 5:15 PM. Ages 6 to 12. 45 minutes.

Youth Chess Club

(ELMVALE ACRES BRANCH) Interested in chess and looking for new opponents? Teen volunteers will be on hand to help those who are learning! Saturdays at 1 PM. 90 minutes. Ages 6 to 17.

Game ON!

(ELMVALE ACRES BRANCH) Play card games, board games or video games at the Library. Saturday, April 12th and May 17th at 2:30 PM. 90 minutes.

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, April 12th and May 10th at 10:30 AM.

Homework Help

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

Lego® Block Party

(ELMVALE ACRES BRANCH) Building Boom! Show off your architectural creativity with Lego®! Drop-in program. 150 minutes. Fridays, April 4th and 25th at 1 PM.

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. Saturday, April 19th at 2:30 PM and Friday, May 30th at 3:30 PM. 120 minutes.

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

ADULT PROGRAMMING

CanFilmDay - Ladies and Gentlemen, Mr. Leonard Cohen

(1965) (ELMVALE ACRES BRANCH) A true treasure from the early days of the NFB, a celebration of a Canadian legend that offers a unique perspective on Leonard Cohen’s art, his personal life, and his vision for the world. Wednesday April 16, 2025 at 1 PM. 45 minutes.

Spring Gently Into Your Garden

(ELMVALE ACRES BRANCH) Presented by the Ottawa Wildflower Seed Library Tuesday, April 22nd at 6:30 PM. 60 minutes.

Macro Photography

(ELMVALE ACRES 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. Saturday April 26, 2025 at 2 PM. 60 minutes. Registration required.

Quick PC Tips: Enhancing capabilities and performance with free tools

(ALTA VISTA BRANCH) Learn how to extend the battery life of your PC laptop, discover the handy Microsoft PowerToys, detect fake USB flash drives before you lose data, learn why you should avoid PC “fix-it” utilities, and embed music in PowerPoint presentations. Hosted by Chris Taylor of the Ottawa PC Users Group. Thursday, May 1st at 6 PM. 60 minutes. Registration required.

Memory Café

(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, April 23rd: Music of my Life
Wednesday, May 28th: Crazy for Cats

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. Fridays at 2 PM except April 18th. 90 minutes.

Adult Chess Club

(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, April 12th and 26th, May 10th and 24th at 3 PM. 60 minutes.

English Conversation Group

Practice your English conversation skills in a relaxed and friendly environment. All levels are welcome in this free program. Drop-in. 60 minutes. (ELMVALE ACRES BRANCH) Wednesdays at 6:30 PM. 60 minutes. (ALTA VISTA BRANCH) Mondays, 1 PM to 2 PM, except April 21st and May 19th. Tuesdays, 7 PM to 8 PM, except April 15th.

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

Améliorez votre français parlé dans

Riverview Park Review

BUSINESS DIRECTORY

Support our businesses. They support us!

For a Business Directory ad space, please contact editor.riverviewrpr@gmail.com \$50.



The Odd Job Man

THERE IS NO JOB TOO SMALL FOR US!

Drywall & repairs • Tile & floor • Deck & fence
Carpentry work • Kitchen & bath • Painting
Plumbing & electrical • Garden & design

613-220-5488

www.theoddjobman.ca info@theoddjobman.ca

COMPUTER HELP IN YOUR HOME AND OFFICE
We solve your technology problems.



613-731-5954
info@compu-home.com

A quarter-century serving Ottawa
We have ways to help you safely
www.compu-home.com

EnviroTips[®] for April 2025

“To leave the world better than you found it, sometimes you have to pick up other people’s trash.”
—Bill Nye

Pick up at least one piece of garbage per day and clear the area in front of your house once a week. Removing unsightly litter not only improves the visual appeal of the community, it also prevents pollution and reduces the waste stream.

Pick up discarded paper coffee cups and put them into your green bin. If you wish, you can put the cups directly into your green bin as paper cups are compostable. Or you can put some of your organic waste into the cups and then place them in the green bin.

Join with friends, neighbours and co-workers to take part in a spring clean-up in your community. In addition, to the Cleaning the Capital Campaign, several organizations sponsor the Great Shoreline Clean-up along local rivers and bodies of water. <https://ocean.org/>

Plant clover in your lawn. Clover brings nutrients to your soil and does not need fertilizer. When mixed with other grasses, clover can reduce or eliminate the need for regular fertilizing. Clover is drought-tolerant unlike traditional lawn grasses. It also helps pollinators, like bees!

Wash and re-use plastic and glass jars to store food and other items. Smaller glass and plastic jars (e.g. jam, jelly peanut butter) are an ideal size to fill up at the bulk food store (and it reduces the need to buy plastic or glass storage containers, saving you money).

Recycle old lightbulbs properly instead of throwing them away. Collection sites across Ontario accept many lighting products for recycling, including light bulbs and fluorescent tubes such as incandescent, LED and mercury-containing light bulbs and tubes. (But not lighting fixtures, ballasts or string lights). To find the closest recycling site visit <https://www.productcare.org/recycling-locator>

Share yard and house tools with your neighbours. If you have a large tool or item (e.g. ladder, wheelbarrow, sod pounder) that you only use occasionally, why not share it with your neighbours? Organizing an informal tool exchange will save you money and storage space and reduce the number of items you need to purchase (which is better for the environment). It is also a good way to build community.

Use a push lawn mower. A push mower is quieter, does not pollute and you burn calories rather than fuel. If you must use a motorized mower, use an electric model. They are quieter and more environmentally friendly than two-stroke gas mowers. You might even consider sharing it with your neighbours.

Donate surplus food that you cannot use to a food rescue organization. One such group in Ottawa is Foodsharing Ottawa <https://foodsharingottawa.com> which also has a Share it - Don't Toss it Facebook group. Most of Foodsharing Ottawa's

rescued food goes to local charities such as food banks and shelters. In North America, more than a third of uneaten food goes to landfills where it generates methane greenhouse gases that contribute to climate change.

Check store hours before making a special trip in your car (particularly in the evenings or weekends). You can save gas and money and reduce frustration, vehicle emissions and unwanted trips by quickly confirming that a store is still open before you set out.

Bookmark the City of Ottawa recycling page's Waste Explorer <https://ottawa.ca/en/garbage-and-recycling> to ensure items are disposed of properly. 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)

Libraries

CONTINUED FROM PAGE 38
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 April 21st or May 19th. Aucun rencontre le 21 avril et le 19 mai.

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, April 17th, 2025

Beverly McLachlin
Thursday, May 15th, 2025
Mark Billingham
Thursday, June 19th, 2025
James Patterson

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, April 3rd, 2025
Run Towards the Danger by Sarah Polley
Thursday, May 1st, 2025
Wish You Were Here by Jodi Picoult
Thursday, June 5th, 2025
Song of a Nation The Untold Story of Canada's National Anthem by Robert Harris

Infusions Littéraires (SUC-CURSALE ALTA VISTA)
Partagez avec nous le plaisir des livres dans une ambiance déten-

due. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.
Le mercredi le 16 avril 2025 -
6 degrés de liberté de Nicolas Dickner
Le mercredi 21 mai 2025
La traversée du siècle de Michel Tremblay
Le mercredi 18 juin 2025
Qimmik de Michel Jean

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

ONLINE COLLECTIONS AND SERVICES

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

- Digital eBooks and Audio-books via Overdrive/Libby

and CloudLibrary for English titles and Cantook Station for French titles.

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

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

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

Pearson Street SmashBurgerS N' Melts: a win-win for all

By Carole Moul

After winning the lottery in 2020, Chris Pearson, along with his wife Kris Pearson, and son Cory Pearson, decided to create and bring to life the Pearson Street SmashBurgerS N' Melts restaurant concept. The first Pearson Street SmashBurgerS N' Melts Mobile Kitchen was created and established in Embrun, Ontario in 2021.

No stranger to the restaurant business, Chris Pearson was a Regional Chef with Moxie's Grill & Bar for about 20 years, while Kris and Cory also share kitchen experience.

It was the love of burgers that had Chris and Kris Pearson move in the direction of 'smash burgers'. When the Pearson family first opened their Mobile Kitchen, people were not familiar with the concept of a 'smashburger'. Today, smashburgers have become the true burger favourites of many.

On March 8, 2025, Pearson Street SmashBurgerS N' Melts opened its second location at 1460 Cyrville Road, Unit 5. During the first week, customers soon realized that one visit was never going to be enough, and returned for a



Chris, Kris and Cory Pearson recreate SmashBurger.

second or third smashburger. Even some of the Embrun customers have already found the new location at the corner of Cyrville and Star Top Roads. The Embrun Mobile Kitchen won't open until some time in May.

What makes a smashburger better tasting than a regular burger? A smashburger is made by smashing a ball of ground beef onto a hot griddle or skillet, creating a thin patty with a crispy, caramelized crust and a juicy interior.

What helps set the Pearson Street smashburger apart and makes it so

appetizing? Six different flavour profiles are offered on the menu: the Single Smash [Original], Double Smash, Mushroom Swiss Burger, Pesto Goat Cheese Smash, Horseradish Truffle plus Hot & Smokey. All were taste-tested by family, friends and neighbours, and given the thumbs up on first try before the Pearson Street SmashburgerS N' Melts Mobile Kitchen ever opened.

"They didn't want any changes," and that included for the sauces the family created. "It was just great the first time," the taste testers claimed.



SmashBurger's signature mushroom melt is a crowd pleaser.

Ingredients are fresh and locally sourced - and you can tell the difference at Pearson Street SmashBurgerS N' Melts. Their smashburgers are made from fresh 100% certified local Angus beef from Henderson's Meats of Chesterville. Then the meat is hand-packed into a ball, and placed on a hot, well-seasoned grill. Special utensils are used to smash the burgers into a thin, savory patty and each patty seared on the bottom.

Smashburgers are not the only items on the menu, with the new customers already trying the Grilled Cheese Melts, Chicken Club Melts, Smoked Meat Melts and Smashpatty Melts. Oh yes, and don't forget the Poutine nor the amazing French fries... probably some of the best-flavoured you will ever find anywhere.

A lot of planning has gone into making your 'smashburger' experience both unique and delicious. Is it any wonder then that the accolades have already begun with over 1,000 smashburgers served during their opening week!



EAT. SMILE. REPEAT.

Our 100% black angus chuck beef is sourced from local farms, ensuring a fresh and flavorful bite every time.

With titles like Ottawa's Best Burger and Best Food Truck under our belt, our Smashburgers aren't just good, they are an experience.

FEATURING

Mushroom Swiss Burger

Hot & Smokey

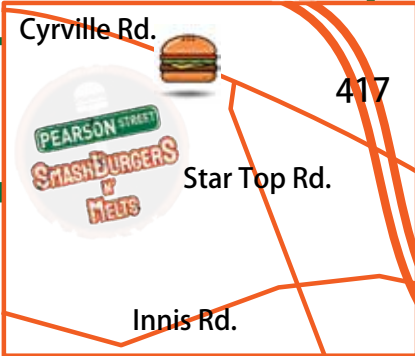
Pesto Goat Cheese Smash

Horseradish Truffle

Single Smash [Original]

Double Smash

FRIES



1460 Cyrville, Unit 5, Ottawa
343 588 1688
pearsonstreet1@gmail.com

