



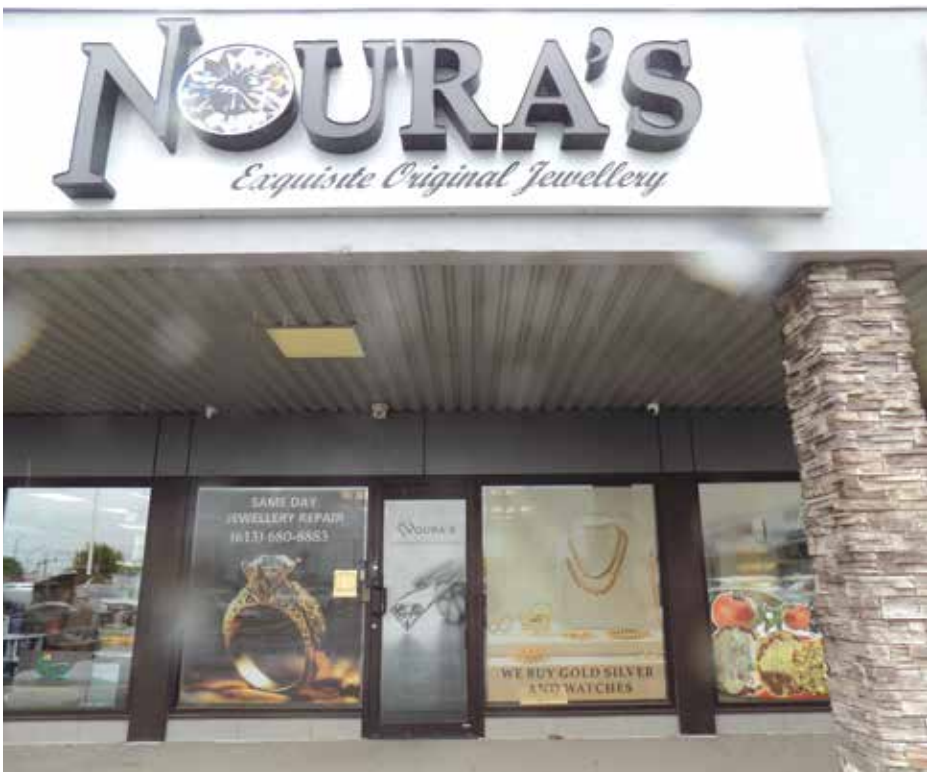
JUNE 2025

A VOICE OF RIVERVIEW PARK

JULY 2025



PHOTO: GREG MONEY



13-2651 Alta Vista Drive, home of Noura's Jewellery.

PHOTO: CAROLE MOULT



The welcome begins at the door of 41-2450 Lancaster Road.

PHOTO: GREG MONEY



Without 'opening a door', one can still explore the community, from 'A - Z'!



odc MEDISPA, located 1675 Alta Vista Drive. PHOTO: GREG MONEY

## "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.

Elias Zidan and his wife, Noura, established their well-respected family business in January of 2012. They are recognized for providing exclusive designs along with dependable service. The growth of their business and their family is shared on page 28.

Since odcMEDISPA joined the Alta Vista community in 2023, it has become an important destination for many, offering a broad range of services. The appealing environment and highly qualified staff, ensure that every visit will be a positive experience. For further insight into one of our newest neighbours, please see pp. 25 and 26.

When Roni El-Haddad opened up Premier Physiotherapy, patients were introduced to a friendly atmosphere and highly knowledgeable staff. The details outlining his journey to establishing such a vital support, can be found on page 27.

There are aspects of Riverview Park 'hidden in plain sight' awaiting our attention - everything from 'A- Z'! To get you started, put on your walking shoes, look at page 29... and enjoy your walk around the blocks!

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# Seniors Month celebrated at Perley Health

by Sherrilynn Starkie  
for Perley Health

June is Seniors Month in Ontario—a time to honour the contributions of older adults and the roles they play in our families and communities. Perley Health is marking the occasion with a joyful, thoughtful month of celebration focused on the Seniors and Veterans who live and thrive in our community of care.

From musical performances and social events to intergenerational activities, the calendar is packed with opportunities for connection. One of the month's most anticipated events is the *Century Club Reception*, where Perley Health honours residents aged 100 and older. This year, Ottawa Mayor Mark Sutcliffe will join in recognizing these remarkable individuals and celebrating their many life stories.

Perley Health will also release its *Community Impact Report and Foundation Report* in June, reflecting on a year of growth, innovation, and community benefits. These reports – and companion videos – spotlight Perley Health's wide-ranging programs and the vital support of donors and volun-



Ida Crocker, a Second World War Veteran, is all smiles in 2024 as she receives a Century Club certificate from Mary Boutette, Chief Operating Officer, Perley Health. The 2025 Perley Health Century Club celebration is planned for June, during Seniors Month. PHOTO: TOM LILLY, PERLEY HEALTH

teers who make it all possible.

To thank those supporters directly, the Perley Health Foundation will host an invitation-only Donors' Reception—an opportunity to recognize and connect with the individuals and organizations who help fuel its mission.

**Perley Health: A Community-Centric Approach**  
Located on Russell Road, Perley Health is more than a long-term care facility—it's a vibrant campus of care supporting more than 600 Seniors and Veterans. With 41.8% of Canada's Veterans now aged 65 or older, the organization

is uniquely attuned to their needs. Its wide range of services—including long-term care, independent apartments, convalescent care, respite, and an adult day program—are designed to help individuals live well and age with dignity.

Supporting all of this is the Perley Health Foundation, a registered charity that raises essential funds to enhance care, support families, and drive innovation across the organization. This includes funding for the Centre of Excellence in Frailty-Informed Care™, where applied research is shaping best practices in elder care across the country and sharing knowledge with the broader healthcare system.

Also launching during Seniors Month are a series of inspiring new videos that take viewers behind the scenes at Perley Health—from compassionate approaches to end-of-life care, to the work of the Family Transition Volunteer Team that helps new residents feel at home. These videos—and many of the month's special moments—will be shared online.

**A New Community Hub**  
Coming soon: a new look and new name for a program blending life-long learning and with activity for seniors. This welcoming space will allow older adults to connect, learn, and stay active. Community engagement and programming will be ramping up soon—watch for news and updates about this exciting new community service that is open to all Seniors and Veterans.

**Stay Connected**  
Follow Perley Health on social media throughout June to watch new videos, read the latest community and foundation reports, and get updates on the launch of the activity and socializing program for seniors.

Learn more at [perleyhealth.ca](https://perleyhealth.ca) and follow @perleyhealth on social media platforms.

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# Spring blooms at The Riverpath

shared by Jenny Monahan, Activity Manager/ Gestionnaire d'activité, Riverpath Retirement Community

Ottawa's Annual Tulip Festival is underway with the delightful displays blooming all over our city. We took advantage of the beautiful weather on May 13th and took some of our residents for a scenic drive down the Queen Elizabeth Driveway to Dow's Lake- with a quick spin past Parliament Hill to view the bountiful flower beds that line the street.

We're excited for some upcoming musical acts to perform at the home to put a little bounce in our steps. Our musical acts play diverse music genres appealing to all. Every Friday afternoon we host an afternoon *Wine & Cheese* in our Bistro Lounge. We welcome our friends and neighbours to join us. If interested please

RSVP with Lucie Erskine at [lerskine@riverstoneretirement.ca](mailto:lerskine@riverstoneretirement.ca)

We have an upcoming lunch at the Mandarin Restaurant on May 22nd where we plan to sample every savoury and sweet treat offered. I have a feeling that the dining room won't be too busy that night!

We're excited for May 29th to roll around so we can head out for our day outing to the pretty little town of Wakefield, Quebec where the residents will have a chance to explore the town on their own. Each resident will be provided with a directory of the town so they know where to eat and shop and discover the beauty that part of the province has to offer. At the end of the trip, we'll be driving over to check out the historic covered bridge which originally dates back to 1915. This is only the first of our summer adventures this year that we are looking forward to!



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# Riverview Park Community Association (RPCA) Cutest Cat and Dog Contest winners!

by Kris Nanda

The results are in for the second annual Riverview Park Cutest Cat and Dog Contest, put on by the RPCA, with prizes donated by the employees at Pet Valu Trainyards. Eighteen dogs (including two Mollys and two Teddys) and eleven cats were entered in the contest.

Over 225 votes were cast and the contest raised over \$600 for the Ottawa Humane Society (surpassing the goal of \$500 that the RPCA contest organizers set). Many thanks to all who entered and voted (and to Cass and the crew at Pet Valu Trainyards). A common refrain we heard was that it was very hard to choose just ‘one’ cat or dog – given all the cute/handsome/beautiful candidates!

The dog who received the most votes was Molly E. She is a 4-year-old, tri-coloured basset hound who lives with Lyn Ewing and her husband, Robin. Lyn says that “our kids have grown up and live far away, so Molly is our baby now.” She was entered by Lyn’s friend, Mary Moncrieff. Molly’s



Lyn Ewing, Molly and Store Manager, Cass Peric, show us the prize donated by Pet Valu.

PHOTO: MARY MONCRIEFF

feline counterpart is Legolas aka “Gus”, a three-legged rescue cat who is approximately nine-years old and whose “owner” is Eve McGurrin. (Eve has just recently added a second rescue to her furry family: another three-legged cat named Mazy. “Two cats, six legs, endless love”, according to Eve’s father, Tim.)

More details about the winners have been provided below by their “owners.” (Some people say

that cats have servants and not owners.)

“**Molly** has lived her whole life in Riverview Park. Molly is quite a character. She is very smart, strong willed and loving. She is a friend to both cats and dogs (and pretty much everyone she meets). Molly likes to visit neighbours, new and old.

Eve’s father, Tim, says, “**Legolas/Gus** is “the sweetest cat ever and might just be the fastest cat on



Legolas/Gus is the proud winner of this year’s Pet Valu prize. His proud owner is Eve McGurrin.

PHOTO: EVE MCGURRIN

three legs in the neighbourhood. Eve fell in love with Gus from the moment she saw him at the Humane Society six years ago. Despite clear signs of abandonment and trauma, he was very affectionate, and the match was made. Gus is happy to sit on my lap while hockey is on. His street smarts have faded - he rarely swipes food from our plates or from below the table anymore - but any loud noise will still send him scurrying under the closest bed.”



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# Elmvale Acres resident lights the way for Odyssey Theatre’s 39th season

by: Britney Forget

A highlight of Ottawa summers returns! Local lighting designer Graham Price will shine the spotlight on Odyssey Theatre’s 39th season of Theatre Under the Stars in Strathcona Park from July 31 to August 24, 2025.

This summer, Odyssey presents *The Girl With No Hands*. This darkly comic fantasy, written and directed by celebrated Ottawa theatre creator Laurie Steven, is inspired by the Brothers Grimm’s folktale, *The Handless Maiden*. The play sweeps audiences into a world where the boundaries of reality and imagination blur as a troubled girl is offered one final escape – into a crumbling fantasy world. Confronted by bumbling outcasts, a desperate King, an eccentric spirit, and a shape-shifting Devil, the girl’s attempt to rescue this kingdom from collapse forces her to face demons within.

Helping bring this imaginative world to life is Elmvale Acres’ own Graham Price, Odyssey’s long-time lighting designer. Graham



Odyssey Theatre past production: *The Bonds of Interest*, 2019. (L-R): William Beddoe, Bruce Spinney, Mitchel Rose, Stavros Sakiadis, Ross Mullan, Scott McCulloch. PHOTO COURTESY OF ODYSSEY THEATRE.

has been a key contributor to the company for nearly a decade, beginning with his work on 2016’s *The Servant of Two Masters*. “I’m thrilled to be returning to work with Odyssey this summer,” says Graham. “This show presents a particularly rich and imaginative world to illuminate.”

This season, Graham joins forces with director Laurie Steven and an accomplished creative

team to meld a modern industrial wasteland with classical gothic ornamentation, conjuring a crumbling world haunted by pig-nosed demons, soaring wraiths, a sharply wicked queen mother, and a devil with multiple disguises.

Audiences can expect Odyssey’s signature style: stunning original masks, bold costumes, and enchanting music and songs, all under the open sky. The pro-

The play sweeps audiences into a world where the boundaries of reality and imagination blur

duction features a powerhouse cast, including Odyssey veteran actors Bruce Spinney, Chandel Gambles, Nicholas Koy Santillo, Marlow Stainfield, Scott McCulloch, and William Beddoe. Joining them are newcomers Erin Mackey and award-winning film actress Valerie Buhagiar. Together, they bring to life over thirty unforgettable characters for a memorable night of theatre.

Odyssey first introduced open-air theatre to Ottawa 38 years ago and has since become a summertime staple. Its professional award-winning productions draw thousands each summer to the scenic banks of the Rideau River at the north end of Strathcona Park.

Tickets for *The Girl With No Hands* are available at [www.odysseytheatre.ca](http://www.odysseytheatre.ca).

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**June is Seniors Month in Ontario: the perfect time to look at innovative options for the future**

One day you look in the mirror and you aren't 18 anymore. Joints creak, parts squeak, and there is a hitch in your git-along. Like many, age-related issues are becoming more and more the norm. And similarly, finding primary care to keep up with those issues is a real problem. As the 'grey wave' gathers momentum, health solutions are going to need more imagination.

Ontario Health has recorded recently, that in the core of Ottawa alone, there are over 7,000 seniors with no primary care provider. Doctors, already in short supply, are retiring, leaving this growing cohort of senior patients with few care options. New doctors are less likely to be taking up general practice, let alone geriatric care.

One option being floated to help with this gap is the idea of Local Area Clinics. These are small, local clinics that can be placed in community spaces, easy to access by an aging public. In fact, the Seniors Health Innovation Hub (SHIH) of Old Ottawa South, Perley Health, and the Centretown Community Health Centre, have been proposing this idea since 2023. Effectively, a neighbourhood-based model, oriented around a Nurse Practitioner and a team of specialists, forming a local hub, could respond specifically to local health issues and relieve some of the pressure on hospitals. Ottawa has already expressed an interest in 'walkable communities', and this type of health resource seems like a natural fit with that.

A model like this already exists in the form of a Nurse Practitioner led clinic in Smiths Falls, ON. With four Nurse Practitioners, a Registered Nurse, a Registered Dietitian, a Social Worker, and a Pharmacist, this facility is able to help seniors manage and even prevent age-related health issues. As challenges arise, along with increased interest in 'aging in place', this model can connect patients with local resources.

About the ***RPR***Review community newspaper

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

**Deadline for submissions:  
Before September 10, 2025.  
Content submitted after the specified  
deadline cannot be accepted**

**Submission formats**  
Contributions can be emailed to [editor.riverviewrpr@gmail.com](mailto: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](mailto: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](http://www.riverviewparkreview.ca)

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# Calling all writers

The Riverview Park Review is looking for creative and inquisitive reporters to share their stories with others in upcoming issues. We cover stories related to Riverview Park, and need YOU.



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# You are invited to a Public Forum on Primary Health Care for Older Adults

by Carolyn Inch,  
Member, Senior Health  
Innovations Hub

In Ontario from 2022 to 2023, the number of “uncertainly-attached” seniors (those without access to reliable primary care) increased by 13.8%. Even more alarming, the number of those **aged 80+ years surged by 20.7%**, from 58,000 to 70,000. This was predicted, given the demographics and the fact that seniors are a disproportionate percentage of the roster of retiring family physicians.

Recently, Dr. Jane Philpott was hired by the Ontario government to craft a 5-year plan to provide primary care to every Ontario resident. The Ontario government’s announcement is promising; however, seniors can’t wait 5 years. We need reliable, accessible primary care now!

### Why host an older adult forum?

To build awareness of the crisis in primary health care for older adults, to share related advocacy approaches and to provide strategies to support healthy aging.



Councillor Shawn Menard, Capital Ward, and the Seniors Health Innovations Hub (SHIH), a group of senior volunteers in central Ottawa, are co-hosting a forum titled *Primary Care for Older Adults: An Urgent Need*, and we invite you to attend.

When we approached the medical community in Ottawa about our idea, we received tremendous support. The Director of the Ottawa (Ontario) Health Team, Monica Armstrong, will set the stage for the event by outlining the most recent data in Ottawa about seniors without primary care.

Our keynote speaker is Dr. Benoit Robert, Chief Medical Officer at Perley Health and a renowned seniors’ health expert. Hoda Mankal, one of Ottawa’s foremost public faces for the nurse practitioner (NP) profession, will outline the scope of NP practice and why their presence on mul-

tidisciplinary teams can provide seniors with optimal care. Other topics important to healthy aging will be examined.

### Why would you attend?

You will learn about recent developments that will help you navigate services important to aging at home, about how to be safer in your home and, most importantly, how to leverage people power to demand that seniors get the primary care they need to age at home. Attendance is free, both online and in person, refreshments are free, and the City of Ottawa provides free bus service to seniors on Wednesday!

### When, where and how do I register?

- Wednesday, June 18 from 6-8 p.m.
- Southminster United Church, 15 Aylmer Ave
- Accessible
- Served by bus route 6 and 7, parking on street and at Lansdowne Park
- Registration is appreciated; providing your email will allow us to contact you with event-related information.

Use the QR code to the right.

- The agenda and other useful information will be posted on the Seniors Health Innovations Hub website approximately June 11, one week before the event.

### Who should attend?

Older adults, their families, caregivers, stakeholders and advocacy groups across Ottawa are encouraged to attend. In fact, we think that the program offers something for every Ottawa resident who wants to live a long, healthy life in our beautiful community!

More details can be found at <https://seniorshealthinnovationshub.com/>



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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

# Movie Heaven of Summer 2025

The summer of 2025 has been chosen by studios as a time to roll out some of the most influential and award-winning films of the year on disc. First, it was Criterion releasing *Anora* in late April, the winner of the Oscar for Best Picture, but then it was followed by several of the films that will be remembered far after 2025 has come and gone. What should you watch? Let's take a look!

1. **I'm Still Here**

Although it happens slightly more often than it used to, it's still a major moment when a foreign language film is nominated for the Best Picture Oscar - and this was one of them. Fernanda Torres gives a searing, Oscar nominated performance as a mother of five, who must use every inch of her inner strength to persevere when her husband is abducted by the tightening grip of a military dictatorship in Brazil. A tender, yet fiery performance is spotlighted, as the story of upheaval and unrest in Brazil is subtly explored. A must-see in summer 2025 - and well beyond.

2. **The Seed of the Sacred Fig**

Centered on a backdrop of social upheaval in Iran, this film was entirely made in secret - which makes it all the more powerful. Iman gets the job he's wanted for years, an investigating judge in Tehran. But when a young woman is beaten by police for not wearing her hijab, there are riots which make not only



I'm Still Here



The Ballad of Wallis Island

his job dangerous, but puts his family in danger. A family which includes two female teens. Much like *I'm Still Here*, this has raw power coursing through every shot and becomes one of 2025's must sees!

3. **The Ballad of Wallis Island**

A wonderful, fun little character-driven movie!! A rich and unconventional man who lives on a remote island, wants to bring together his favourite band who have been split up for years.



The Seed of the Sacred Fig

When they arrive at the island and realize what he's done, the ex-bandmates and ex-lovers - can do nothing but take the situation in stride. A charming film that enters the 2025 must see list!

4. **The Count of Monte Cristo**

The Count of Monte Cristo ranks up with the 2002 version, which is a huge compliment. Produced by the French, this is a wonderful, rousing version of the Dumas classic that's just starting to receive the acclaim it deserves! The plot is the same: Edmond Dantes is arrested on his wedding day and spends fourteen long years in prison, but when he escapes, he begins a complex plan of revenge. Everything we watch movies for! Amazing!

5. **Anora**

What more can be said for this Mikey Madison vehicle? She won Best Actress (over favourite Demi Moore and the aforementioned Fernanda Torres) and carries this film of a prostitute who instinctively marries the son of a Russian billionaire. When his family find out, they send their henchmen to annul the marriage - one way or another - which leads to a wild chase through the streets of New York. At times bold, funny and thrilling, this was the winner of Best Picture at the Oscars!

6. **Nine Queens**

Two high level con artists try to sell an arts dealer a sheet of one of the rarest stamps in existence - the nine queens. What transpires is one of the very best drama/thriller/comedies ever made, as you never for one second know who is playing who and why. At several points during this 2001 Argentinian masterpiece, you'll be wondering "who isn't a con artist?". The lead actor would go on to star in two other Argentinian greats, the Secret in Their Eyes and Wild Tales. See these!

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# Cleaning the Capital, spring 2025: another success story!

by Carole Moul

Twice a year, the notice goes out that The City of Ottawa is again celebrating *Cleaning the Capital*. According to The City of Ottawa website, this year marks the 32nd year of the spring cleanup program. In 2006, after the success of the spring campaigns, that had begun in 1994, the fall program was added.

Since 1994, it has been estimated that over 1.5 million volunteers have participated in nearly 30,000 cleanup projects throughout the city, while over 1.2 million kilograms of waste has been removed from our public spaces.

Spring registration for 2025 began on March 14, 2025 and was closed Friday, May 2. Groups or individuals still have time to submit reports until June 15.

Litter pickup projects in public spaces were registered through the Cleaning the Capital program. Groups and individuals could choose 'to clean our green spaces and community parks, roadsides, and shorelines, or choose to clean areas around bus shelters by picking up litter and cigarette butts'. Kits were available to help groups get started.

The Cleaning the Capital Pro-



Notices were provided in different ways about Spring Cleaning the Capital. PHOTO: CAROLE MOULT.

gram is a not-for-profit initiative and relies heavily on the generosity of sponsors who offer financial and in-kind support. 'Supporting Sponsors' this spring 2025 included Giant Tiger and the National Capital Commission. 'Friend Sponsor of Cleaning the Capital' included: Bag to Earth, Le Droit, Ottawa Citizen, Ottawa Sun plus ROMCO.

Once again, a variety of groups helped make Riverview Park a much more litter-free area in which to live as a result of the Spring Cleaning the Capital program. Thank you to all our volunteers



Keenan, age 7, went to Balena Park ready to work. PHOTOS: FRANCE DULUDE



Evelyn, age 9, shows just one bit of what she found.



Grace age 8 and her mother, Ann, made a great team.

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# Getting together – The Weekly Confab: 5+ Years and going strong

## A positive consequence of COVID

by Kris Nanda

*Confab – (noun) an informal private discussion or conversation*  
**(Oxford Dictionary)**

If you have ever wandered along Lennox Park on a Saturday afternoon, you might have seen a few middle-aged men sitting on chairs in a front yard having a lively discussion about a variety of topics. Welcome to the CONFAB! The rules are simple – the conversation must at some point include reference to music, politics or sports. (Beer is optional). Guests are welcome.

During the COVID-19 Pandemic, Riverview Park residents (like their counterparts around Ottawa and elsewhere), found a number of constructive outlets and activities to channel their energy and need for social contact (appropriately distanced, of course!). One example in Riverview Park is a small weekly get-together (aka “the confab”) in a front yard on Lennox Park Avenue, that began as an impromptu gathering in April 2020 (when the temperatures were still quite cold- and respecting “social distancing” rules



Fall 2020 (Safely Distanced), L-R John Spencer, Craig Cormier, Guy Gellatly, Keith McKelvey and Kris Nanda. PHOTO: SHARED BY KRIS NANDA

that were then in effect). Five Riverview Park residents started to get together just before dinner for an hour or so of conversation over beverages (strictly BYOB in COVID times). The original members – Craig Cormier, Guy Gellatly, Keith McKelvey, Glen McPherson and Kris Nanda – lived within a block of each other and Craig and Guy are part of the local band Waterbomber. (Glen is now currently posted to Peru – and joins in occasionally via Zoom).

The group has met in person every week since then- rain or shine, snow flurries (and even the derecho)) as restrictions were loosened. Other neighbours (notably John Spencer) and friends from outside the neighbourhood have joined in from time to time.



Spring 2025: Left to right Craig Cormier, Guy Gellatly, John Spencer, Keith McKelvey, and Kris Nanda. SUBMITTED BY GUY GELLATLY

We have welcomed a new “adjunct member” - Keith’s daughter Amelie who was born during COVID. (We even have our own honorary canine mascot, David Drinkwater’s dog Charlie - who often digs his paws in when it’s time to leave- perhaps it is the “Y Chromosomes” of the Confab!).

The confab has proven to be a weekly highlight and time for release for its members. It provides a much-needed opportunity to build stronger friendships, while discussing everything from home renovation projects, kids, music, politics, sports and to compare notes on different beers.

Confab members and the world have been through a great deal since April 2020: COVID and social distancing, January 6 riots,



The Confab 2023 (the spirit will live on). PHOTO: KRIS NANDA

two Federal elections in Canada, two US Presidential elections, the entire Biden presidency, watching Stanley Cup playoffs on a back deck in below-freezing weather, BBQs, the Convoy Occupation downtown (and convoy chips), the Derecho, Ukraine, plus a lot of beer, and talk about politics, sports and music — and dogs (but no Leafs, Habs, Jets or Sens Stanley Cups yet )- and the occasional “field trip” to O’Brien’s or Vimy Brewery and golf.

The wives of confab members have also been supportive – and not just because it gets their husbands out of the house for needed social interaction with others The impromptu and informal nature of the confab makes it the type of much-needed social outlet that can easily be replicated in other parts of Riverview Park and elsewhere.



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# The RPCA Amazing Easter Egg Hunt – a kid’s perspective



EGG PHOTOS: FRANCE DULUDE

by Nora and Grace Lemieux

Hello, our names are Nora and Grace Lemieux, and we are here to tell you about the fun of the Easter Egg Hunt! It was organized by the Riverview Park Community Association (RPCA). The Easter Egg Hunt took place at Balena Park on Saturday, April 19, 2025.

The weather turned out well for the event. We were worried because it had rained a lot earlier in the morning, but it stopped just in time!

We thought the best part of the Easter Egg Hunt was finding the eggs with our friends. How it worked was the parents came ahead at 9:15 am to hide the eggs, then the kids arrived at 10:00 am to find the eggs.

Everyone was able to collect 10 plastic eggs. The things you could find inside the eggs were stickers, tattoos, candy and toys. There were also three golden eggs hidden, and if you found a golden egg, you would return the golden ticket that was inside to get a special prize. The prizes were donated by Tag Along Toys. We thought the prizes were awesome and wish we had found a golden egg to be able to take a prize home!



Wendy (9) on the left and Alianna (7) had fun at the craft table.

PHOTOS: CAROLE MOULT

Most of the people stayed after all the eggs were found. The adults drank coffee and chatted, while the kids played with their friends, did crafts and had hot chocolate. The fieldhouse was also open if anyone needed to use the bathrooms.

So now that you know about the Easter Egg Hunt, you could maybe try to attend another event organized by the Riverview Park Community Association. To find out about the next event, you should look out for a poster or check out their website.

**MORE PHOTOS ON PAGE 15**



Lucy (7) found the first golden egg.



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Elowen (5), in her pink rabbit ears, was dressed for the event.



With their mother, Jill, were Walter (5) and Winifred (3).



Authors Grace (7) and Nora (9) helped their dad look after the Easter Egg Hunt supplies.



Cade was with his dad plus dogs, Finn and Piper



Audrey (7), Chloe (4) and Claire (10) showed us their 10 eggs each.



Natalie (3) showed us her wonderful bunny suit.

ALL PHOTOS THIS PAGE: CAROLE MOULT

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COMPUTER TIPS & TRICKS

# Niche Fraud Online

by Malcolm and John Harding, of Compu-Home

Everyone who uses the Internet is vulnerable to online fraudulent attacks but certain groups are increasingly targeted by criminals who focus on their specific vulnerabilities. We all would do well to become aware of the ways in which friends and relatives (and we ourselves) are part of groups that are susceptible and be willing to step in, both to alert them and guide them as to how to protect themselves. Fortunately, online resources are often available to provide first-step warnings and strategies. We have listed a few of the best, but Google offers lots more.

**Recent Immigrants:** Fraud targeting newcomers takes advantage of unfamiliarity with Canadian languages, laws and practices that are in place to protect us. The job market and workplaces in Canada may be very different from what immigrants were used to back home. The marketplace, offering goods and services

including credit, can be a trap.  
**Online Resources:** *Five Common Scams that Target Newcomers* – New Canadians Magazine  
*Fraud Targeting Newcomers* – Government of Canada

**Seniors:** People who have less experience with technology may not have been exposed to fraudulent tactics and may therefore be more trusting than is safe. It is easy to fall victim to scams on a personal level, in social media or dating sites.

**Online Resources:** *Tips to Protect Older Adults from Fraud* – allseniorscare.com  
*6 Practical Tips to Protect Seniors from Financial Fraud* – Government of Quebec  
*Helping Protect Seniors from Fraud and Identity Theft* – Equifax

**People Managing their Finances:** Here we have the two extremes – people in financial hardship who may grasp at what seems like a rescue and others who are relatively comfortable, but whose assets offer an alluring target. Fraudsters are skilled at finding and exploiting both categories of victim.

**Online Resources:** *Protect Yourself from Fraud* – Government of Canada  
*Canadian Anti-Fraud Centre* – Government of Canada  
*Combating Financial Crime* – RCMP

**Young Adults and Teenagers:** Young people may have a false sense of savvy regarding sharing information and fall victim to financial and personal schemes that range from embarrassing to downright dangerous. It can be difficult to convince young people that they need guidance in areas where they lack experience.

**Online Resources:** *Protecting Teens and Young Adults from Social Media Fraud* – thewhitehatter.ca

**Online Shoppers – Websites and Email:** “Spoof” websites that mimic legitimate and well-known companies are widespread. A call to the telephone numbers or email replies to these fake sites become a slippery slope to inflated prices for useless or non-existent products and services.

Ads on social media sites and even Google search results can be examples of a spoof.

Email that is simply high-pressure advertising from real companies selling cyber-protection is often interspersed with even worse imposters warning you that your computer and personal security are already severely compromised and that you are in danger unless you “click here” to buy some useless utility. That “McAfee” message probably did not really come from McAfee.

**Online Resources:** *Protecting Yourself Online* – Canadian Anti-Fraud Centre, Government of Canada  
*Fake Websites for Real Companies are Scamming Canadian Consumers and Businesses* – CBC  
*Scam Alert: Antivirus Scam Emails Targeting Your Inbox* – which.co.uk

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](mailto:info@compu-home.com) and our website, with our blog, is [www.compu-home.com](http://www.compu-home.com).

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ESSENTIAL HEALTH

# Shin splints



Shin splints is the common term for medial tibial stress syndrome, which refers to pain felt along the shin bone, or tibia, anywhere between knee and ankle. It most frequently affects the muscle, tibialis anterior, just to the outside of the shin bone in the upper portion of the lower leg.

When shin splints occur, they cause inflammation of the muscles, tendons and the layer of tissue surrounding the bones called the periosteum. The pain is described as being dull and aching or burning and painful to the touch. Pain can occur before, during or after activity.

The most common cause of shin splints is overuse. Overuse can include:

- activities that put a lot of stress on the lower leg, such as

- dancing or HIIT (High Intensity Interval Training) workouts
  - activities like exercising too far beyond current fitness level
  - switching from indoor to outdoor running on pavement
  - sports involving a lot of running like soccer, basketball, football
- Other causes of shin splints can include flat feet, poor form and posture while exercising, high impact, like running uphill or on uneven surfaces, shoes that don't fit properly or have proper support for your body and activity.
- There are a few tips and tricks to help prevent shin splints from occurring. Be sure to do warmups before exercising and cool downs that include slow sustained stretches. Include stretching as a



regular part of exercising. When doing strength training, be sure to include the muscles of the lower leg. Wear proper footwear for your activities and replace shoes before they wear out. Orthotics or other insoles can be put in shoes to help correct foot position, prevent incorrect movement and absorb shock from activity.

If shin splints flare up, self-treatment should include resting your legs. Avoid the activity that caused the flare up for up to two weeks. You can still be active but switch to activities with less lower leg impact like cycling or swimming. Use ice on the affected area for 5-10 minutes 2-3 times per day. Wearing a compression sock or bandage can help reduce inflammation.

Book an appointment with your massage therapist to help get the muscles to relax as well

as to improve blood flow and reduce inflammation throughout the lower leg. Massage will focus on the affected area as well as the other muscles of the legs and feet.

See your physiotherapist to assess and work on muscle imbalances, potentially change training routine or schedule, or to learn how to tape the foot and calf for activity.

Shin splints are terrible when they occur, but if you start slow, build strength and get regular treatments, you should be able to avoid them in the future.

*If you would like to learn more about our clinic and our therapists, visit our website at [www.essential-health.ca](http://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](mailto:info@essential-health.ca).*



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# SUMMER EVENTS IN ALTA VISTA

COMPILED BY COUNCILLOR MARTY CARR

## Night Market/Jazz in the Park

June 13th - 5p.m. to 9p.m.  
Billings Estate Museum  
2100 Cabot Street

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## Alta Vista Market

Saturdays - June 14th to October 11th  
9a.m. to 1p.m.  
St. Thomas the Apostle Church  
2345 Alta Vista Drive

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## AVCA Canada Day Fireworks

July 1st - 9:30p.m.  
Lynda Lane Park  
580 Smyth Road

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## Jazz in the Park

July 25th - 6p.m. to 8p.m.  
Weston Park - 950 Pleasant Park Road

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## Shakespeare in the Park

August 5th - 7p.m. to 8:30p.m.  
Weston Park  
955 Pleasant Park Road

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## Ward 18 Splash Pad/Wading Pool Visits with Treats!

Sheffield Glen Splash Pad: July 10<sup>th</sup> - 1p.m. to 2p.m.  
Alda Burt Park Wading Pool: July 17<sup>th</sup> - 1p.m. to 2p.m.  
Canterbury Wading Pool: July 24<sup>th</sup> - 1p.m. to 2p.m.  
Cecil Morrison Park Wading Pool: July 31<sup>st</sup> - 1p.m. to 2p.m.

## Awesome Alta Vista Garage Sale

June 14th - 8a.m. to 1p.m.  
Map available on the AVCA website

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## Hawthorne Park Fun Day

June 18th - 4p.m. to 6p.m.  
Hawthorne Park  
2139 Tawney Road

---

## Shakespeare in the Park

July 3rd - 7p.m. to 8:30p.m.  
Alta Vista Park  
1309 Randall Avenue

---

## Heron Gate Summer Fun Day

August 16th - 12p.m. to 4p.m.  
Sandalwood Park  
2850 Sandalwood Drive

---

## Riverview Park Summer Festival/Movie Night

August 23rd - 6:30p.m. to 10p.m.  
Balena Park  
1640 Devon Street







MARTY CARR

Alta Vista Ward 18

Alta Vista Quartier 18

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martycarrottawa.ca

**Meet your Ward 18 Office Team**

The Alta Vista ward office is fully staffed with a dedicated team ready to serve you. Please reach out to us at anytime by email at [marty.carr@ottawa.ca](mailto: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.

**Heron Road Closure - June 1<sup>st</sup> to End of Summer 2025**

Spring is here and with it always comes construction and taking care of our infrastructure.

As I'm sure you are all aware, the Bank Street Renewal Project is underway to install new storm sewers, sanitary sewars and watermains for our community and reconstruct our roads, sidewalks, cycle tracks and traffic signals. To expedite the underground infrastructure replacements at the intersection of Bank Street and Heron Road, Heron Road between Bank Street and Alta Vista Drive will be temporarily closed beginning on Sunday, June 1, 2025, until late summer.

Visit my website to see the full detour and accompanying temporary traffic calming measures that will be in place with detailed photos.

**Ward 18 Community Safety Meeting - June 24th**

My office will be hosting a Community Safety Meeting at the Jim Durrell Recreation Centre in Ellwood Hall on Tuesday, June 24<sup>th</sup>, from 6:30p.m. to 8:30p.m.

Please join me and Community Police Officer Constable Brad Burleau of the Ottawa Police Service to discuss crime and public safety in our ward. to RVSP to this event, please email my office at [marty.carr@ottawa.ca](mailto:marty.carr@ottawa.ca).

**Summit Avenue Integrated Project Public Information Session - June 25th**

City staff have received the required permitting for the Summit Avenue Integrated project and will be pushing forward to get it started this year.

City staff will be holding a public information session on June 25th. The time, and location of this meeting will be posted on my website once they are confirmed. This will be a drop-in type event with boards set up around the room detailing the project plans. City staff will be available to answer any resident questions.

**Current Engage Ottawa Feedback Opportunities**

The City of Ottawa is always looking for resident feedback on plans and projects on their Engage Ottawa webpage. Engage Ottawa is your digital place to learn about projects and initiatives taking place throughout our city and connect with City staff at your convenience to help make decisions. Detailed project summaries and plans are provided to ensure residents have the most up to date information.

I invite you to visit the City's Engage Ottawa page and provide your feedback on important projects such as:


- 1245 Kilborn Place Concept Plan
- Lansdowne 2.0
- The New Zoning By-Law


Please note that the Provincial Planning Statement is available on the City's Development Applications Search tool on [Ottawa.ca](http://Ottawa.ca) for feedback.

**Stay Connected**

**Website:** Please visit my website [www.martycarrottawa.ca](http://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))



TRINITY COMMUNITY GARDEN

# Eager gardeners ready to get started

by Rhonda Turner

Gardeners are happy to start another season at Trinity Community Garden. Spring was somewhat of an up and down with temperatures, but, checking the long-range forecast looks favourable (mid-teen or more temperatures during the day and no lower than four degrees celsius overnight). With a visit to the garden, I noticed many gardeners seem to have already started with their planting even though it is only mid- May.

Planting too soon can be a costly mistake. Weather can change. We get used to nice warm temperatures and then get hit with an unexpected cold snap. It is not uncommon to get frost several weeks into May or beyond. Early May is the time to take advantage to seed radishes, lettuce, peas, spinach, broccoli and sprouts. All these seeds like to germinate in the cooler soil. It is wise to hold off with planting peppers and tomatoes until perhaps even early June when the soil has warmed up and the overnight temperatures are pretty well guaranteed.



Workers participating at Work Day. PHOTO: DEBRA JAMES PERCIVAL.



The start of the Blair Court Food Bank Donation Plots. PHOTO: DEBRA JAMES PERCIVAL.

If you plant early and there is a cold night or two, be prepared to either cover up your plants with a bucket, or tent them with a sheet or towel.

Trinity just had its spring work day. It was a beautiful spring day, sunny and warm, which brought

out a large gathering of gardeners to participate; a day dedicated to cleaning up all the dead vegetation left over from last year. Aisles and boundaries were tidied up. Compost was delivered, water tanks were made functional and available. The work day is gen-

erally a clean up of anything that had overgrown, along with the constant attempt to harness and hold back the invasive buckthorn bushes.

It seems the interest in community gardening hasn't waned. Although five gardeners left the garden last fall, we welcome another five who were happy to be advised they had a plot this season and were no longer on the waiting list. For a brief period, we actually had no names on the list, but within a couple of weeks we now have another four anxiously awaiting a plot. Sadly, they will have to wait until next year to perhaps be fortunate to get a plot.

I have been with Trinity Community Garden for more than 11 years and I am always happy to socialize with my neighbour gardeners and tend to my plot, planting, watering and being able to savour and share the rewards of wonderful, fresh, home-grown organic produce.

*If you would like more information about Trinity Community Garden, please contact us at: [trinitygarden480@gmail.com](mailto:trinitygarden480@gmail.com)*



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CONGRATS 2025 GRADUATES!

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[www.johnfraser.onmpp.ca](http://www.johnfraser.onmpp.ca)





**CANTERBURY**  
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# SUMMER

## CCA EVENTS

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Saturdays: July 19,  
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6 pm - 10 pm

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Session 2: July 28-Aug. 25  
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For more information: 613-738-8998



RIVERVIEW PARK COMMUNITY ASSOCIATION PRESIDENT’S REPORT



RON RIDLEY  
RPCA President

I hope you are enjoying the late spring weather where it feels like July one day and then April the next. It is great to have the four seasons, but it would be nice if they were a bit more defined with less overlap.

**Easter Egg Hunt Returns!**  
After a nine-year break, our RPCA Easter Egg Hunt made a fantastic comeback this year — and what a success it was! Over 100 parents and children came out to search for hundreds of colourful eggs, including three very special golden eggs. The sunshine, seamless planning, and amazing volunteers, made for a joyful event full of smiling faces. Huge thanks to Jonathan, his family, and the RPCA Social Committee for bringing this beloved tradition back to life!

**Cutest Pet Contest Wrap-Up**  
Our second annual Cutest Pet Contest wrapped up recently, and it was even bigger and better than last year — raising more funds and featuring even more adorable entries. A big thank you to Kris and Lynne for leading this popular event. You can read all about it in Kris’ article in this issue.

**Spring Cleaning the Capital**  
A huge shout-out to the 23 wonderful volunteers who tackled 11 different areas of our neighbourhood in late April and early May, collecting 29 bags of trash and recyclables during our annual clean-up. Your hard work made a visible difference! Unfortunately, more



waste was collected than last year, a reminder for all of us to do our part. Let’s keep Riverview Park clean and green. Stay tuned for our Fall Clean-up- we’d love to have you join us.

**Summer Festival and Movie Night**  
The RPCA Social committee was successful again this year in obtaining a City of Ottawa Civic Events Funding Program to host our Summer Festival and Movie Night. Mark your calendars for Saturday, August 23rd, rain date Sunday August 24th. More details will be posted on our website.

**Looking Ahead: Our upcoming 2025 Events Calendar:**

- 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 (TBD)
- RPCA Fall Social – Sunday, September 28
- Fall Cleaning the Capital – Early October (TBD)
- Annual General Meeting (AGM) – Wednesday, October 22
- Winter Carol Sing – Friday, December 12

Be sure to check our website for confirmed dates and any up-

dates. We have even more fun event ideas in mind, but we need volunteers to help bring them to life!  
Keep an eye on our website for confirmed dates and new events- we’ve got even more ideas in the works, and we’d love your help bringing them to life!

**Get Involved! Make a Difference in Your Community**  
Students and youth: Need volunteer hours? Interested in community events? We’ve got you covered! And to all residents- imagine how incredible our neighbourhood would be if every one of us gave just 40 hours of volunteer time a year. Together, we can make great things happen!  
Fun Fact: At the Easter Egg

Hunt, one resident thought you needed to volunteer to be a member of the RPCA — not true! Your \$20 annual membership helps support events and initiatives in our community, with no volunteer commitment required (though we’re always happy to welcome new volunteers!).

**Stay Connected**

- Visit: [www.riverviewparkca.com](http://www.riverviewparkca.com)
- Email: [president@riverviewparkca.com](mailto:president@riverviewparkca.com)
- Attend a Board Meeting: Dates and details on our website

Looking forward to seeing you at one of our upcoming events or around the neighbourhood!



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# Sunshine and celebrations on our first Annual Alta Vista Community Picnic

shared by Bonnie Miller,  
Marketing Manager,  
Oakpark Retirement Residence

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Florence



Oakpark's Parisian Social



Esther and her son.



Andrew and Frank playing chess.



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### Father's Day at the Ballpark June 15 at 1 PM

The Riverview Park Community Association invites you to come out to see the Ottawa Titans baseball team at 1 PM. Games are played at the baseball stadium on Coventry Road – a short drive, bike ride or walk from Riverview Park - and are fun for all ages (you don't need to be a baseball fan to enjoy the outing)

We are looking forward to a good turnout of friends and neighbours (kids and adults) from the community at the ballpark - and there will be an opportunity to play catch on the field afterwards.

Please click [www.tickets.ottawatitans.com](http://www.tickets.ottawatitans.com) to purchase your ticket. We will be sitting in Section NN - they are great seats – use the code **RPCA25** or **FATHERSDAY25** to get a special discounted price of \$11 (plus tax).





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# Riverview Park Review

## SECTION TWO

JUNE 2025

A Voice of Riverview Park

JULY 2025

### OPEN the DOOR, LET'S EXPLORE...

## More than just curb appeal... odcMEDISPA services attract many

by Carole Moulton  
Photos shared by ODC MEDISPA

In the spring and summer of 2023, those who usually travel along Alta Vista Drive began to notice some fascinating changes in the duplex at the corner of Alta Vista and Cluny. As people watched curiously over the next several months, their eyes went to the actual building, and then they became interested in what was happening with the manicured landscaping. Speculation was high. Then, up went the sign that would explain what all the changes were about. Ottawa Derm & Surgery Centre was opening its second location, ODC MEDISPA, and in

CONTINUED ON PAGE 26



The friendly staff at ODC MEDISPA on Alta Vista Drive: Left to right: Nancy (Medical Aesthetician), Trish (Patient Liaison), Anne (Medical Aesthetician), and Dr. Lalonde (MD, Injectables).



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OPEN the DOOR, LET’S EXPLORE...

ODC Medispa

CONTINUED FROM PAGE 25

our part of the city, although patients would come from all over the surrounding area.

Numbers never tell the whole story; however, they can explain a lot. Like any other business, this one started small. Ottawa Derm & Surgery Centre began in 2019 with a seven-person team at 105A- 460 West Hunt Club Road. In June, 2024, after opening their second location in Riverview Park, the practice acquired a third location, known as the Brockville MediSpa by ODC.

Now, there are over 35 staff among the three current locations, including 18 Healthcare providers who share over 300 years of experience. Together, over the past few years, they have supported over 125,000 patients.

At the Alta Vista location - home to ODC MEDISPA - you’ll find a highly collaborative team of advanced laser technicians, injectors, and skincare specialists who are known for both their technical skill and warm, attentive care. With a strong foundation of collaboration and clinical skill, the Alta Vista team helped shape ODC MEDISPA into a space where advanced treatments and patient care go hand in hand.

The three clinics offer over 150 treatment options to help people look and feel their best. This includes everything from body contouring and skin tightening to laser treatments for anti-aging, hair removal, redness, and brown spots. They also provide popular cosmetic services like Botox®, fillers, and personalized skincare plans to treat concerns like acne and visible signs of aging. And yes, they offer pharmaceutical-grade facials that are both relaxing and rejuvenating.

For those considering surgical options, they offer eyelid lifts, facelifts, rhinoplasty, and more. To support long-term skin health, a full range of medical-grade skincare products is available both in-clinic and online. And because



Ottawa Derm & Surgery Centre, 105A- 460 West Hunt Club Road.



A consultation room at 105A- 460 West Hunt Club Road.



A full range of medical-grade skincare products is available both in-clinic and online.

sun protection is essential year-round, all sunscreen is always offered at cost.

Patients at the three locations range in age from early twenties to people in their eighties, with men as well as women seeking the services. As Team Member Paula explains, many patients don’t come in asking for a specific treatment—they come in with a concern. “It’s less about requesting a particular procedure and more about asking, ‘What can I do about this?’” she says. From there, the team listens carefully and recommends the most suitable options based on each patient’s goals.

With new patients, the first step is to have a cosmetic consultation with one of their expert providers, who will assess the patient’s needs and create a personalized treatment plan. Walk-ins are welcome at all locations for a cosmetic consultation, when the correct provider is available. About 75 patients are seen a day among the three clinics. Richard Leveque and Dermatologist, Dr. Jennifer MacIsaac are the owners and co-founders.

Reading online ‘Reviews’ from patients not only provides an overview of some of the types of services one might want, and that their team can provide, but the

high satisfaction level of those who have visited any one of the three locations. A ‘Before & After Gallery’ similarly shares results that are extremely positive, and could help those looking at a particular procedure or options available. Ottawa Derm & Surgery Centre emphasizes that their focus goes beyond appearance, noting, “It’s not only about how we make you look, it’s about how we make you feel.”

Today, the odcMEDISPA is a mystery no more, as many are experiencing first-hand, the highly professional services offered.



The Brockville MediSpa by ODC.



1575 Alta Vista Drive: serving not just Riverview Park, but beyond.

PHOTO: GREG MONEY



## OPEN the DOOR, LET'S EXPLORE...

# Premier Physiotherapy lives up to its name

by Carole Moulton  
Photos provided by  
Premier Physiotherapy

Located in the nearby and easily accessible Lancaster Road Business Centre, Premier Physiotherapy's arrival added an important service to the surrounding community. The clinic offers a wide range of services aimed at patient relief, and many grateful individuals have already come to value the personalized rehabilitation programs provided by the dedicated professionals at 41-2450 Lancaster Road. Owner, Roni El-Haddad and his team, just celebrated the clinic's second anniversary on May 23.

Those who have known Roni El-Haddad growing up in his teens and all through his university studies, wouldn't have been at all surprised to hear that his chosen career path was to be a Physiotherapist. "I knew I was passionate about healthcare and physical activity," Roni said recently. He also knew that something sports-related would be a good fit. As a student, he was one of those individuals who enjoyed shooting hoops or kicking around a ball, either at school, after school or even between classes. And let's not forget of course, going to the gym. Physiotherapy is a good mix of promoting and engaging in physical activity while being a healthcare professional. He also mentioned that he chose this profession because it is something he would enjoy doing for the next thirty years.

The route to becoming a Physiotherapist is a long one. Roni's educational background includes a Master of Science in Physical Therapy from the University of Toronto, which he earned after obtaining an Honours Bachelor of Science degree in Human Kinetics from the University of Ottawa.

After graduating in 2017, Roni worked at a couple of clinics, which provided him with the opportunity to see what he wanted in his own clinic. "At university, they focused on the foundational skills and knowledge to embark into the profession. Once I graduated, I also wanted to gain clinical experience and take several courses to enhance my skill set. I'm happy I prioritized gaining experience prior to opening a practice. This allowed me to have



Roni El-Haddad as he celebrates the 2nd Anniversary of Premier Physiotherapy on May 23. Yes, Congratulations!



The wide range of equipment in the clinic is based on what is required for the broad scope of patient needs.



a more developed perspective on what it takes to have a good clinic for patients and clinicians.

As to his choice of locations for his new business, this decision should have come as no surprise either. Roni remembers the route from the many trips his family took, travelling between their home in Overbrook, down St. Laurent Blvd. arriving at his grandparent's house in Elmvale Acres.

It took time to find a good location for his own clinic, as he was looking for a place on a main floor plus free available parking. Unit 41 at 2450 Lancaster Road has both- and the size was right, with transit nearby. This unit had not been an existing clinic that was being taken over, therefore everything Roni El-Haddad did was starting from scratch.

Choosing a name for a new business is fascinating in itself. "It is difficult to find a dedicated name," said Roni. In the case of choosing the name Premier Physiotherapy, it went like this: "I compiled a big list, then asked family and friends to make two lists, one that contained their top choices and another for their bottom choices. In the end, the name Premier Physiotherapy won out. The name has become a very positive one over these past two years for those who require the professional help of a physiotherapist.

At Premier Physiotherapy, they see a wide range of conditions, including both athletic and general physical injuries, as well as age-related conditions such as osteoarthritis.

"It is fulfilling, profession,

where you're able to assist people in their recovery and returning to things that are meaningful to them," Roni notes.

When Premier Physiotherapy first opened, there were only two working at the clinic. It takes time to build up a case-load. Currently, there is a team of three physiotherapists, an office manager and reception staff. It varies as to how many patients each physiotherapist sees a day, while during the short holiday weeks, each person takes on longer hours to work around patient schedules and programs. The aim is to have two physiotherapists at the clinic, working simultaneously.

Accommodating walk-ins is part of the goal, as well as assisting those who telephone, email or book appointments using the online portal. Their patients range from pre-teens to those in their eighties. There are six beds and the equipment they have in the clinic is based on what is required for the wide variety of patient needs.

In Ontario, physiotherapists are required to be registered with the College of Physiotherapists of Ontario to practice. This college is the regulatory body for the profession in the province and outlines the scope of practice. Physiotherapists may also choose to become members of the Canadian Physiotherapy Association (CPA) for professional development and networking. There is also a provincial professional association, the Ontario Physiotherapy Association (OPA), which is a branch of the CPA. Roni El-Haddad belongs to all three.

When recovering from an injury, the role of a Physiotherapist in a person's life can become a very important one. Physiotherapists are health professionals who assess and rehabilitate patients with physical difficulties resulting from illness, injury, disability or aging.

After the assessment, a treatment plan is designed specifically for that individual's needs and goals.

Whether you're preparing for a marathon, or simply suffering from a day of too much gardening, physiotherapy helps people manage pain, improve movement, and regain functionality. Premier Physiotherapy is dedicated to addressing the needs of every patient, thus improving their quality of life.



OPEN the DOOR, LET'S EXPLORE...

Every day is appreciation day at Noura's Jewellery

by Carole Moul

“People do care about family businesses”, said Elis Zidan recently, and he can readily give affirmation to that all- familiar expression. It is now 13 years since he opened Noura's Jewellery at 2651 Alta Vista Drive and Elias continues to credit its success to his ‘loyal’ customers. Meanwhile, those who visit this special family-owned jewellery boutique, would be the first to say that Noura's is unique- a place like no other!

Not only does Noura's Jewellery showcase fashion pieces in a beautiful store, Elias Zidan, himself, is a worldclass creator of almost every item of jewellery imaginable. His handcrafted jewellery is legendary.

Rings remain the number one choice for custom-made jewellery, while bracelets, earrings and pendants are still in high demand. With male customers, Elias observes, many have much more complicated requests. Recently, one gentleman wanted a cartoon character pendant created from his days as a youth.

These days, after thinking about it for a few seconds, Elias responded that his customers are about a 60:40 ratio of women to men. And, where clients used to bring in glossy magazines with some of their ideas for Elias to create, today it is solely the internet with their phones or tablets. “Yes,” replied Elias, in response as to whether he too checks the web for the latest in jewellery design. “The internet has become quite an influence,” he adds.

It is not at all unusual for a customer to want a family piece of jewellery refabricated into an entirely different design. And, if something has significant meaning to a person, the cost of the change isn't nearly as important as it might be otherwise, because of the sentiment. Customers frequently share the rationale behind refabricating a particular piece. Sentimental value can also add to the pressure on Elias to complete the finished item promptly.

“Gold is at its highest value,” noted Elias Zidan only a couple of weeks ago, “and some customers do only want to sell their gold for the money rather than having a different item created from the same material” It is Elias' wife, Noura, who usually looks after these transactions, with her expertise and sophisticated technology. Anyone thinking of selling gold jewellery



Elias Zidan is always available to welcome customers to Noura's Jewellery. PHOTO: ROLA



Behind the scenes: working on design and repairs are (Top left) George, (Top right), Elias, and (front), Sako. PHOTO: ROLA



Sako displays his enjoyment of fine-craftsmanship. PHOTO: ROLA

would be wise to do so now.

As a young student, it was never the intention of Elias Zidan to become a jeweller. What began as a summer job for family in Syria when he was in high school, became his life's vocation four years later upon graduation. Today, he laments, “Designing jewellery has become a lost trade.”

The Zidan family is especially pleased that ten- year- old Christian does the ‘bench work’ of watching his father. “He sees his dad do it and he wants to do it too.” Thus, when not involved with soccer or gymnastics on a Saturday, Christian goes to work with Elias- who is hoping ‘Christian follows in his dad's footsteps.’

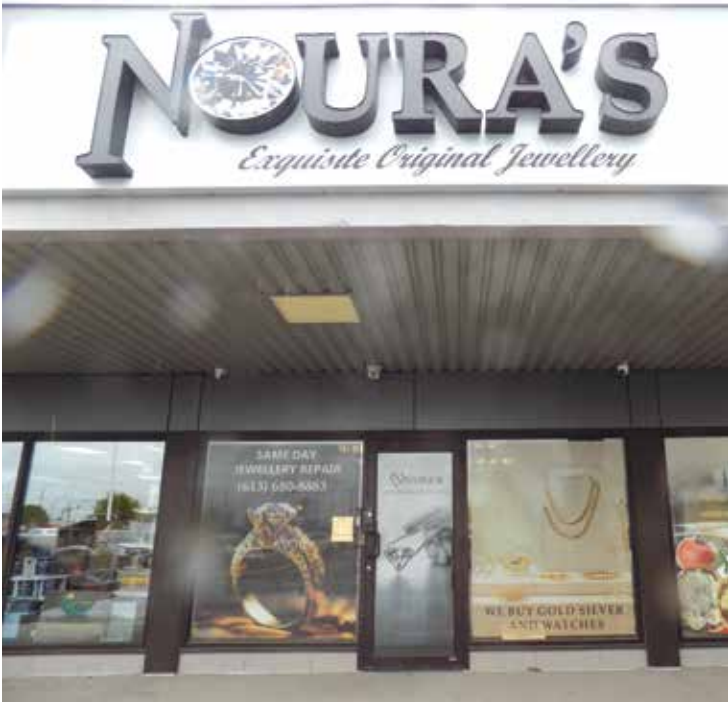
Mary is interested in the sales part of working at Noura's. Long-time customers will remember a well-behaved, young Mary being with her parents doing activities on a desk near the back of the store. Elias and Noura were the only two staff at the time, providing sales, quality work repairs and their creativity. Their six- year- old daughter, Shannelle, has the benefit of parents who have been in the business for thirteen years, with a full- time staff of five, rather than a busy mother and father who did it all on their own. Shannelle however, already wants to help wherever she can.

There have been three major renovations since Noura's opened, in what was previously

a clothing store. And, like any other person taking over a retail space, they were met with cement walls and ceilings cleared to the rafters. Ironically, when the mall first opened in the 1970s, Noura's location had been the original Jubilee Jewellers, which eventually branched out into various shopping centres over the years.

When asked why he opened his store in this particular mall, Elias replied, “I just liked the area.”

Much has changed over the years since the Zidan family opened Noura's Jewellery, January 2012, however many things have not. Customers have come to expect and appreciate the extraordinary service and craftsmanship that Noura's has provided since their first day of business- and that, most fortunately, has never wavered!



Devoted customers are well-accustomed to entering this door. PHOTO: CAROLE MOULT



OPEN the DOOR, LET'S EXPLORE...

# Around the Riverview Park Alphabet



A - Alta Vista



B - Balena



C - CHEO



D - Dempsey



E - Emmanuel United



F - Franco-Cité

Credit: Carole Moul, Kathy Ullrich, Greg Money



G - General Hospital



H - Hutton



I - Immaculate Heart



J - Jane's Walk



K - Knox



L - Lindsay



M - MD Financial



N - Nativité de Notre Seigneur



O - OMS



P - Perley Health



Q - Queensway



R - RAS



S - Shadow

Take time this summer to walk about and find all these letters



T - Trinity Church



U - U of O



V - Vincent Massey



W - Weyburn



X - Cross Walk



Y - Yellow Hydrant



Z - Zone Warning



# Coronation Park woodlot hosts one of the 2025 Jane’s Walk Festivals

by Carole Moulton.  
With photos by Sharron Edwards of Sedwards Holt Photos

On a beautiful sunny Sunday morning, Owen Clarkin, President of the Ottawa Field Naturalists Club, did an amazing job of leading a group of about 65 participants through the woodlot portion of Coronation Park. This Jane’s Walk was co-hosted by CAFES Ottawa (Community Action for Environmental Sustainability) and the Riverview Park Community Association (RPCA). A representative of Forêt Capitale Forest participated as well.

The walk was part of CAFES’s annual community tree initiative that aims to increase public education and awareness on the importance of trees and greenspace in Ottawa’s urban landscape. Forêt Capitale Forest is an Ottawa-based charitable organization that strives to mitigate the effects of climate change by facilitating the planting of forests and raising awareness of the importance of trees and biodiversity. The RPCA is our local community associ-



Owen Clarkin did a superb job of sharing his expertise, as he led the Jane’s Walk participants through Coronation Park woodlot.

tion, a volunteer non-profit organization, that supports and advocates for a livable, healthy, and green community for our Riverview Park neighbourhood.

Owen Clarkin was truly engaging, invited questions, and provided an incredible background of knowledge about our local woodlot. “This is the best time of year for a walk,” he said.

“Within the Coronation Park woodlot there is a diversity of observed species,” noted our extremely knowledgeable leader.

These include elm, maple, hickory, oak and more, with the sugar maple the pre-dominant tree. At this time of year, the wild flowers are also coming out under the trees. It was the Trout Lily that Owen Clarkin showed us that morning, while a Cooper’s Hawk watched from above in the tree tops. At the end of the morning’s event, participants were provided with a useful demonstration on how to correctly plant a tree.

The Riverview Park neighbourhood is fortunate to have such an oasis within our boundaries. By having the local Coronation Park woodlot as the site of one of the Jane’s Walk locations, this provid-

ed others the opportunity to appreciate the woodlot as well.

So, where does the name, Jane’s Walk come from? It was Jane Jacob’s friends and colleagues in Toronto who founded Jane’s Walk in 2006, after her passing. Although she had no formal training as a planner, Jane Jacob was a writer, urbanist and activist who championed a community-based approach to city-building. The Jane’s Walk website at [janeswalk.org/about-us/](http://janeswalk.org/about-us/) tells us how her 1961 book, ‘The Death and Life of Great American Cities,’ “introduced ground-breaking ideas about how cities function, evolve, and fail that have become conceptual pillars for today’s architects, planners, policymakers, activists, and other city builders.”

What is a Jane’s Walk? According to, [janeswalk.org](http://janeswalk.org), “On the first weekend of May every year, Jane’s Walk festivals take place in hundreds of cities around the world. Jane’s Walks encourage people to share stories about their neighbourhoods, discover unseen aspects of their communities, and use walking as a way to connect with their neighbours. Jane’s Walks are supported, organized, and led by volunteers around the world.”

CONTINUED ON PAGE 31



New Zoning By-law  
Nouveau règlement de zonage



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The Harding Family





Shelley Crabtree of Forêt Capitale Forest, with Erica Shardlow of CA-FES Ottawa, to her right, demonstrated the correct way to plant a tree.



The participants saw a Cooper's Hawk in the woodlot that day.



Showing the benefits of using binoculars.



Jane's Walk volunteers were the ones with the flags.



Owen Clarkin pointing out features to look for.

CONTINUED FROM PAGE 30

In 2025, in what is frequently called the Jane's Walk Festival Weekend, more than 1,500 people participated in 48 walks across the capital. This year, the theme for the Jane's Walk Ottawa-Gatineau Festival, was 'Third Places!' According to a Jane's Walk website, janeswalkottawa.ca, "Third places are spaces that connect us, which feels more important than ever right now. Some researchers show that third places can neutralize loneliness, political polarization and create space for resilience." These are places beyond home and work.

Jane Jacobs moved from Greenwich Village to Toronto in 1968. Not surprisingly, the second Jane's

Walk happened in September 2007 in Greenwich Village, New York City. In 2008, Jane's Walk was held in ten Canadian cities: Charlottetown, Halifax, Ottawa, Toronto, Guelph, London (ON), Thornbury-Clarksburg (ON), Winnipeg, Calgary, and Vancouver, and in one US city, Salt Lake City (Utah), with over 6000 people across Canada taking part in Jane's Walks. The first Jane's Walks in Ottawa were held with fourteen walks and about 600 people attending.

Today, Jane's Walk is a world-wide initiative - with over 500 cities participating globally, encouraging people to explore their cities through free, locally- led walking tours. Jane Jacobs believed that cities should be designed for people, not cars, and that the best way to understand a city is to walk its streets. Yes, we are indeed fortunate here in Riverview Park to have the wonderful Coronation Park woodlot: not a street, but one of those beautiful 'Third Places' to share with others.

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# Repair Cafés as part of the ‘circular economy’

by Carole Moul

In some ways it seems a little odd that a journalist would introduce the Repair Café. However, after reading countless stories about Martine Postma, what she did, and why she did it, the fact that she was the founder or originator of the Repair Café, makes perfect sense.

It was in 2009 when Amsterdam journalist, Martine Postma, covered a story of Platform 21’s art exhibition on repairing. The topic would have been right in line with the articles she usually wrote, focusing on sustainability and how to reduce and prevent waste. She was so inspired by the practice of fixing things, that she wanted to do more than just write about it.

Thus, on October 18, 2009, Martine Postma started the world’s first Repair Café in Amsterdam, The Netherlands. The concept was such a huge success that grateful people wanted the ‘same kind of spaces available in more places’. Today, almost 16 years later, Repair Cafés, are world-wide free events that bring together those with broken items and those who can fix them; events that are organized by, and for civilians, on a voluntary basis.

In order to set up the first Repair Café and bring her idea to reality, Martine Portsma rented a room in a building that served as a theatre at the time. She approached friends and craftsmen from the neighbourhood, collected tools and asked around. She didn’t do anything complicated, but ‘leveraged the relationships with people she already knew or that could be approached, and approached easily’. Then, using her career skills, Martine Postma successfully organized the first Repair Café.

The idea of the Repair Café was to link those who could fix things, ‘the Fixers’, with those who ‘needed’ things fixed. Martine Portsma’s belief was that there are expert people in all communities who do have the repair skills, the tools and the time. And, frequently these people are fond enough of ‘tinkering’ that they might be more than happy to help others.

While repairs, not often that difficult, can be fun when sharing with an expert, especially when this expert is a volunteer. People can learn new skills and



Volunteers of the Ottawa Tool Library. PHOTO: OTTAWA TOOL LIBRARY



Above and below left: Snapshots from Repair Cafés that have been organized by the Ottawa Tool Library (OTL)  
PHOTO: ODIN ADDERLEY AND OTTAWA TOOL LIBRARY



Katherine (R) is a long-time volunteer. She and another volunteer, Mary, check on hemming pants for Marie. PHOTO: CAROLE MOULT

Since he was about six years of age, Lawrence has been ‘fixing things’ as his hobby. Visitors to the Ottawa Tool Library, Repair Café certainly appreciate his volunteering. PHOTO: CAROLE MOULT



Volunteer, Andrew, repairs Sabrah’s weed whacker.  
PHOTO: CAROLE MOULT

it is certainly less expensive and more environmentally friendly than buying a new product. People often refer to these Repair Cafés as part of the circular economy; ‘an economic system based on the reuse and regeneration of materials or products’.

Today, Martine Postma is the founder and director of Repair Café International – a nonprofit foundation that makes ‘re-use’ a

part of the local community, by sharing repair expertise through accessible community events. Repair Café International also sends out kits to help others get started.

In Ottawa, it was the Ottawa Tool Library (OTL), established in 2014, and co-founded by Bet-



tina Vollmarhausen and Frederic Sune, that initiated the first highly successful local Repair Café in 2017. Repair Cafés are free, volunteer-led events that focus on sharing repair skills and knowledge, reducing landfill waste, and building community across generations and cultures.

In 2017, the OTL was on City Centre Avenue, and the first Repair Café was held there. Today, the OTL is located at 877A Boyd Avenue, and continues to organize each Repair Café held across the city, on a monthly basis. The OTL is also home to more than 3,000 tools to use or borrow with 200 volunteers. This non-profit organization provides expertise, workspace for projects, and learning events.

The consistency of these events has created a thriving and dedicated community in Ottawa, and since September 2019, Repair Cafés have continued to be sold out every month. Broken household items, including small appliances, textiles, electronics, furniture, and more are diverted from the local landfills at each event, thus reducing the environmental impact.

The May 10, 2025 event, at the RA Centre was sponsored by The City of Ottawa, and had 227 attendees. The team of volunteers, at 45 tables, looked at 159 items and were able to repair 97 of these. Twenty-five were partial fixes, which might require a part to complete the repair and 36 items could not be fixed. Items requiring a part often turn up at the next Repair Café in the hands of appreciative owners.

The huge room at the RA Centre on Saturday, May 10, was very busy and extremely well organized. Hours were 10a.m – 2p.m. People who attend a Repair Café fill out a form and remain seated until matched with a ‘Fixer’. Repairs are on a ‘first come, first served’ basis.

The upcoming Repair Café will be held at the Tom Brown Arena, 141 Bayview Station Road on June 14, sponsored by The City of Ottawa, and organized by the Ottawa Tool Library.



FRIENDS OF RIVERVIEW PARK GREEN SPACES (FORPGS)

Spring update from Friends of Riverview Park Green Spaces

by Ron Ridley on behalf  
of the FoRPGS

With summer-like temperatures and plenty of sunshine, our green spaces are bursting back to life! The pollinator gardens are already showing signs of waking up, and the hydro corridor is thick with lush green grass- ready for its first trim of the season.

**Spring Cleaning Success!**  
As part of the 2025 *Spring Cleaning the Capital* program, 23 amazing community volunteers came together to tackle 11 different areas around the neighbourhood, collecting an impressive 29 bags of trash and recyclables. The effort made a noticeable difference- thank you to everyone who pitched in!

That said, the groups did report finding more waste than last year. Let's all do our part: pack out what you pack in, just like you would at a campsite. A cleaner, greener Riverview Park benefits us all.

**What's ahead for 2025**  
The FoRPGS advisory group recently met to map out our plans



The majestic maple.  
PHOTO: RON RIDLEY

for the year, and we're excited to focus on:

- Supporting our growing pollinator gardens
- Tackling invasive species
- Advocating for our precious green spaces
- Hosting educational initiatives
- Welcoming new volunteers and growing our community

We kicked things off with our first outdoor work session, opening the pollinator garden and chipping away at leftover buckthorn. Great news - the garden came through the winter beautifully and is already thriving!

Hopefully you got to take part in the excellent Jane's Walk, May 4. FoRPGS, in conjunction with

the Alta Vista Community Association (AVCA) and Community Action for Environmental Sustainability (CAFES), helped arrange to have a walking program that started with tree identification and awareness with the amazing Owen Clarkin on board to guide. The group was also educated on identifying invasives and then given a demonstration on how to plant a tree.

**Garden growth around the neighbourhood**  
It's inspiring to see pollinator gardens popping up throughout Riverview Park! A new one in Oak Park joins the existing gardens along the hydro corridor (near Cluny, off Browning, and on the north-south part of the hydro corridor), the large one at the allotment gardens, our main pollinator garden near the toboggan hill, and another soon-to-be-added hydro corridor spot. That makes seven and counting - let's keep the momentum going!

**A new resting spot under the maple**  
As our restoration work around the 'majestic maple' shifts from

invasive removal to planting native species, we're excited to share that a beautiful, donated bench has been installed under its branches. It's a peaceful place to pause, soak in the scenery, and appreciate the community's efforts.

**Get involved- volunteers needed!**  
Students and youth: Need to complete your 40 volunteer hours? Curious about invasive species? Join us!

If you're looking to meet like-minded neighbours, learn something new, and make a real impact in Riverview Park, we'd love to have you. Opportunities include:

- Pollinator garden care
- Invasive species removal
- Forest path upkeep
- Community planting projects

Stay Connected! Join our mailing list at FoRPGSOttawa@gmail.com or follow us on Facebook @FriendsofRiverviewPark-GreenSpaces.

Let's work together to keep our green spaces beautiful, vibrant, and welcoming for everyone!

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# Letter to the Editor of the Riverview Park Review

Dear Editor,

The two articles featuring the Trinity Community Garden, submitted by Rhonda Turner and “Dominique,” were a joy to read and are deeply appreciated. “*Discovering Trinity Community: Hopes and Dreams Part 2 – A Message from Dominique*” (RPR, April–May 2025, p. 34), beautifully captured the spirit of the garden and its role in the community.

Dominique writes: “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.”



As Executive Director of Blair Court Community House, I

would like to express my sincere gratitude to the members of Trinity Community Garden for their generosity and dedication. Your commitment to providing fresh, seasonal produce to the Blair Court Community Food Bank is truly commendable.

On behalf of our staff, volunteers, and especially those who rely on our services, thank you. We were thrilled that the garden was able to contribute an impressive 924 lbs. of fresh produce to our food bank in 2024.

A heartfelt shout-out goes to Rhonda Turner, Debra James Percival, Melanie Flowers, Lise Vanasse, and Suzanne Tousignant—the dedicated volunteers who tend the two donation plots

that directly support our food bank, serving the Riverview Park community.

We are also incredibly grateful to the gardeners of the remaining 42 plots who so generously share their harvests. Your kindness makes a real difference.

Warmest regards,  
**Kristy Fudakowska**  
Executive Director  
Blair Court Community House

**[Editor’s note: RPR readers – please help fight food insecurity in our community. Go to <https://blaircourt.ca/> the Blair Court Check website how you can help with food that is needed or how to make a donation. A receipt may be issued for a charitable donation].**

# Celebrate spring with Art Lending of Ottawa

by Sarah Bradfield

Saturday, June 14, 10 a.m. – 4 p.m.  
Jim Durrell Recreation Centre

As spring breathes new life into the city, it’s the perfect time to bring new energy into your home or workspace. Join **Art Lending of Ottawa (ALO)** for its *Spring Art Show* on Saturday, June 14, featuring original, high-quality artwork from over 40 local juried artists.

This one-day event showcases a wide variety of styles and mediums, including oil, acrylic, watercolour, pastel, ink, photography, printmaking, mosaics, mixed media and encaustics. Whether you’re a first-time buyer, long-time collector, or simply looking for a fresh seasonal update, ALO offers artwork for both purchase and rent, with no sales tax and accessible pricing. It’s an easy and affordable way to support local artists while rotating artwork in your space throughout the year.

### FEATURED ARTISTS

**Janice Miller Hall:** Janis an Ottawa-based artist whose work captures the quiet beauty of everyday moments with a style best described



The clean up crew. Artist: Janice Miller Hall

as contemporary realism. Her pieces often focus on people and their environments, preserving fleeting expressions and scenes with warmth and precision.

**Mike Goguen:** Mike brings an imaginative lens to his art, blending realism with fantasy and surrealism. For over thirty years, his goal has been to create a sense of “escape” for the viewer — whether into tranquil natural scenes or surreal dreamscapes. His work plays with exaggerated perspective and immersive detail, drawing influence from artists like Alex Colville, Salvador Dali, and Roger Dean.

In addition to exploring the artwork on display, visitors can enter door prize draws and purchase gift certificates for future art rentals or purchases—perfect for art lovers of all kinds.

Admission and parking are free with wheelchair access.

Can’t attend in person? Visit [www.artlendingofottawa.ca](http://www.artlendingofottawa.ca) to explore our online gallery.



This guy needs help. Artist: Mike Goguen

To rent or purchase a specific piece in advance, contact us to arrange pickup at the show. If you are unable to come to our June show, mark your calendars for our next show on Sept. 20th.

**Support local talent, discover something new, and bring home a piece of Ottawa’s vibrant art scene. We look forward to seeing you there!**

Sarah Bradfield is an artist member of Art Lending of Ottawa



www.shoppersdrugmart.ca

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THINKING BEYOND NUMBERS



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. Recent fatalities involving pedestrians have drawn renewed attention to the need for greater traffic safety measures, another focus of the RPCA.

Traffic Safety Issues

Several recent traffic fatalities in Alta Vista/Riverview Park and elsewhere in Ottawa have led to renewed calls for improved safety measures for pedestrians, including several that the RPCA has advocated. A pedestrian was fatally struck by a vehicle where Smyth Road intersects with Russell Road and Othello Avenue (near the boundary of Riverview Park), an intersection scheduled for realignment once formal approval is received. Councillor Carr indicated that functional design for the project would likely begin in 2026 with project completion expected to take three to four years to complete.

Councillor Carr added that the Transportation Master Plan (TMP) lists a project for separated cycling lanes on Russell Road and St. Laurent which included reviewing the possibility of bike lanes west of St. Laurent Boulevard on Smyth to Othello Avenue. While this segment was identified as being implemented over a 7 to 10-year timeline, the Councillor supports bundling this project with the realignment project above.

In late May, a local resident riding in a wheelchair, was struck and killed by a vehicle on Industrial Drive near the LCBO building. While this accident did not take place at an intersection, local residents have expressed concern about pedestrians narrowly avoiding being struck by vehicles exiting the Trainyards and turning onto Industrial Avenue (near the CIBC building and near the Pioneer Gas Station).



Another concern at the Tim Horton's entrance is this huge pothole. PHOTO: KRIS NANDA

The RPCA is asking the City to consider installing advance green lights for pedestrians and cyclists crossing Industrial Avenue at both intersections. A longer-term solution would be for the City to build sidewalks or Multi-use Pathways along both sides of Industrial Avenue—filling in current gaps and widening some existing sidewalks.

Another area of concern is along Dorion near the entrance to Tim Horton's where cars frequently block the road and obstruct pedestrians using the sidewalk, where there are numerous incidents of pedestrians and cyclists nearly being struck by cars turning into the shopping mall. The RPCA is requesting that the City revisit the idea of painting a yellow crosswalk so that cars turning into the Tim Horton's from Dorion do not block vehicular traffic on the street and obstruct pedestrians who are trying to use the sidewalk path to cross the entrance. The City is also being asked to reposition the "Do not block driveway" signs so that they are more visible to drivers.

Development for 451 Smyth Road – Medical Research Facility

Work continues on an Advanced Medical Research Facility at the University of Ottawa. at the northwest corner of the 451 Smyth Road site, adjacent to the existing Roger Guindon Hall and south of the Ring Road. This new academic research facility will provide laboratory and office facilities, and substantial completion is expected September 2026 with the move-in scheduled to begin at the end of 2026 or early 2027.

Other Pedestrian and Cycling Matters  
The Environmental Assessment (EA) for the Tremblay

Multi-Use Connection (Terminal Avenue to Tremblay LRT Station) is on hold. The multiuse pathway (MUP) proposal connecting Via Rail and Tremblay Road to Trainyards has been put "on pause" by the City until VIA rail redevelops the station as part of its High-Speed Rail (HSR) development plan. (This MUP is a missing link in the City's Cycling and Pedestrian Plan network). Officials from the public affairs team of the recently announced high speed rail project (Alto) have been briefed on the proposed MUP.

VIA Rail is currently conducting drainage and traffic-flow studies of its property to better understand the possible impacts of various surrounding developments near the train station, Officials have confirmed that the Alto project will be in the development stage, working with the winning consortium over the next 5 years.

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

Consultation and Public Input on Transportation and Climate Change

Consultation on the (TMP) is ongoing. The RPCA is among the groups who continue to call for removing all future stages of the Alta Vista Transportation Corridor (AVTC) roadwork from the TMP.

The draft TMP recommended removal of the northernmost section of the AVTC between Hurdman Station and Nicholas Street, thereby preserving the greenspace on and adjacent to "People's Park" on Lees Avenue. This section would have been the costliest part of the AVTC, as it would have required a new bridge over the Rideau River.

The section of the AVTC south of Smyth remains in the draft TMP as does the Hospital Link portion, which could still be widened to four lanes. Concerns continue about the need for these two sections to remain in the TMP, given the potential costs and impact of dumping additional traffic onto Smyth Road, Alta Vista Drive and

Riverside Drive. While the formal public comment period on the TMP closed on May 12, individuals may still provide input via [TMPupdate@ottawa.ca](mailto:TMPupdate@ottawa.ca) before the TMP and Capital Infrastructure Plan go to the Transportation Committee and Council for approval this July.

Consultation on Draft Zoning By Law Review

The City of Ottawa recently released Draft 2 of the new Zoning By-law, a document that will shape the future of development. This updated draft, including detailed zoning provisions and 16 supporting documents, is now available for review on the City's meeting agenda webpage. Concerns continue to be raised about the level of intensification on residential properties that the new zoning by-laws will allow.

Comments on the proposed Draft 2 Zoning By-law can be made by contacting the team at [NewZoning@ottawa.ca](mailto:NewZoning@ottawa.ca). The final version will go to City Council for approval in the last quarter of 2025.

Other Developments

Renovation activity continues inside the **former Farmboy site in the Trainyards, (665 Industrial Avenue)** which is being converted into two separate retail units. One of the new tenants is reportedly a Shopper's Drug Mart. The City official responsible for monitoring the project could not provide further details when asked about the status.

The RPCA has asked for additional details on the impact of the recent decision by the **Ottawa Carleton District School Board (OCDSB)** to make significant changes to boundaries, grade configurations and program offerings at its elementary schools.

Information on some project proposals can be found at the City of Ottawa website at:

<https://devapps.ottawa.ca/en/>  
The RPCA welcomes your input on these proposals and any other potential developments in the area.

If you are interested in joining the RPCA P&D group or would like further information, or have a planning and development concern, you may contact the Committee Chair, Kris Nanda via [Communications@RiverviewParkCa.com](mailto:Communications@RiverviewParkCa.com). For more information on this and other activities in Riverview Park, please see the RPCA website at [www.riverviewparkca.com](http://www.riverviewparkca.com) or email the RPCA at [riverviewparkca@gmail.com](mailto:riverviewparkca@gmail.com)



DEAR FRAN

Invasive plants: What you need to know



FRAN DENNETT

by Guest Contributor Candace Dressler MG

You’ve probably heard the term “invasive plants.” In Alta Vista, there’s been a strong community effort to remove dog-strangling vine (*Cynanchum* spp.), and every spring and fall, *Phragmites* (European common reed) is highly visible along our road-sides- more so now than at any other time of year.

There’s also increasing awareness about invasive plants in our gardens. Many of these species continue to be sold in local garden centres, despite the Auditor General of Ontario (AG) reporting that they cost municipalities over \$50 million annually.

**What’s the difference between a weed and an invasive plant?**

All invasive plants are weeds, but not all weeds are invasive. A weed is simply a plant growing where it’s not wanted.

To be considered *invasive*, a plant must be:

- **Exotic (non-native),**
- **Harmful to biodiversity,** the economy, or human health.

Roughly a quarter of exotic plants in Canada, about 400 species in Ontario, are considered invasive or potentially invasive. Native plants, while they can be aggressive or weedy, are never invasive. For example, poison ivy and ragweed are native noxious weeds, but they are not invasive.

**How can we battle invasive species?**

The best strategy is prevention. We can all help by researching the plants we buy and avoiding species known to spread aggressively. If a plant is already established, early eradication is key. It’s much easier to remove a small patch than a widespread infestation. If a plant becomes too entrenched, eradication may not be possible, and the focus shifts to containment and long-term management.

**How are invasive plants classified?**

The province of Ontario and the City of Ottawa categorize invasive plants in a few ways:

- **Prohibited Invasive Species:** There are no terrestrial plants in this category.
- **Restricted Invasive Species:** It is illegal to import, breed, buy, sell, lease, or trade the following restricted invasive species in Ontario:
  - o *Cynanchum louiseae* and *C. rossicum* (dog-strangling vines)
  - o *Reynoutria japonica* (Japanese knotweed)
  - o *Phragmites australis* (European common reed)

The province also maintains a list of **25 Noxious Weeds**, which landowners are required to control. These include:

- Giant hogweed (*Heracleum mantegazzianum*)
- Common barberry (*Berberis vulgaris*)
- Poison ivy (*Toxicodendron radicans*)
- Ragweed (*Ambrosia* spp.)
- Coltsfoot (*Tussilago farfara*)
- Canada and Bull thistle (*Cirsium arvense* and *C. vulgare*)

The City of Ottawa is responsible for managing wild parsnip, poison ivy, and giant hogweed on public property. If you spot any of these, please report them to the City.

**What about the other 370+ Invasive Plants?**

Unfortunately, current regulations cover fewer than 30 species- and most of those are already beyond the prevention stage. Over 370 other potentially invasive plants are still being sold and therefore spread, primarily through the horticultural trade. That’s where homeowners like us can make a big difference.

The AG identified 30 plants that should be considered for regulation. All of them, except Tree-of-heaven, are still available at many garden centres.

**Trees**

- Manitoba maple (*Acer negundo*)
- Norway maple (including red-leaved varieties) (*Acer platanoides*)
- Amur maple (*Acer tataricum* subsp. *ginnala*)
- Tree-of-heaven (*Ailanthus altissima*)
- Autumn olive (*Elaeagnus umbellata*)
- Russian olive (*Elaeagnus angustifolia*)
- White mulberry (*Morus alba*)

**Shrubs**

- Common and Japanese barberry (*Berberis vulgaris* and *B. thunbergii*)
- Winged burning bush (*Euonymus alatus*)
- Wintercreeper (*Euonymus fortunei*)
- Glossy buckthorn (*Frangula alnus*)
- Sea buckthorn (*Hippophae rhamnoides*)
- Italian honeysuckle (*Lonicera caprifolium*)
- Japanese honeysuckle (*Lonicera japonica*)
- Ornamental Honeysuckle (including Amur’s, Bell’s, European fly, Morrow, and Tatarian) (*Lonicera maackii*, *L. x bella*, *L. xylosteum*, *L. morrowii*, *L. tatarica*)
- Common buckthorn (*Rhamnus*)
- Multiflora rose (*Rosa multiflora*)

**Perennials**

- Goutweed (*Aegopodium podagraria*)
- Garlic mustard (*Alliaria petiolata*)
- Lily of the valley (*Convallaria majalis*)
- English ivy (*Hedera helix*)
- Daylily, common orange ditch lily (*Hemerocallis fulva*)
- Dame’s rocket (*Hesperis matronalis*)
- Yellow archangel (*Lamium galeobdolon*)
- Creeping jenny (*Lysimachia nummularia*)
- Spearmint (*Mentha spicata*)
- Japanese spurge (*Pachysandra terminalis*)
- Periwinkle (*Vinca minor*)

**Vines**

- Oriental bittersweet (*Celastrus orbiculatus*)

**Grasses**

- Miscanthus (*Miscanthus sinensis* and *Miscanthus sacchariflorus*)

The City of Ottawa also includes the following species on its “Plants to Avoid in Your Garden” list:

- Black locust (*Robinia pseudoacacia*)
- Bugleweed (*Ajuga reptans*)
- European linden (*Tilia cordata*)
- European mountain-ash (*Sorbus aucuparia*)
- Spotted deadnettle (*Lamium maculatum*)

**What can you do?**

If you have any of the prohibited, restricted or noxious weeds on your property you need to do everything you can to eradicate them. As for the plants the AG identified, Fran and I would like to encourage you not to purchase, share, or compost them. We’re not saying you have to rip everything out immediately, and we certainly don’t want anyone to feel guilty. Instead, think about gradually removing invasive species from your garden over time. Don’t give them to neighbours, cut the flowers before they go to seed, and be careful when disposing of them.

When I first saw the list, I thought, “Oh no, I’ll have to remove all the Norway maples from the backyard and the Japanese lilacs from the side yard- I won’t have any trees left!” I’m taking a gradual approach. I planted a hackberry near the lilacs, and once it’s big enough, the lilacs will come out. I also added a white spruce and a bur oak to eventually replace the Norway maples, and planted pagoda dogwood, serviceberry, and elderberry to take the place of the winged euonymus.

When removing invasive herbaceous plants, place them in a black plastic garbage bag, leave the bag in the sun for at least five days, and then put it in the regular garbage. Trees can be disposed of through normal yard waste procedures.

Together, by making small, informed changes, we can protect our local ecosystems and enjoy more sustainable, biodiversity-friendly gardens.

References: [https://www.auditor.on.ca/en/content/annualreports/arreports/en22/ENV\\_ProvMgmtInvasiveSpecies\\_en22.pdf](https://www.auditor.on.ca/en/content/annualreports/arreports/en22/ENV_ProvMgmtInvasiveSpecies_en22.pdf)  
[https://publications.gc.ca/collections/collection\\_2008/inspection/A104-74-2008E.pdf](https://publications.gc.ca/collections/collection_2008/inspection/A104-74-2008E.pdf)  
<https://www.invasivespeciescentre.ca/learn/invasion-curve/>  
<https://ottawa.ca/en/garbage-and-recycling/recycling/waste-explorer>

- 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](mailto:troweltalkeditor@rogers.com)> to be added to the list.



TAKE A LOOK... EXPLORE LIFE AT MAPLEWOOD

Upcoming Maplewood Highlights for: June / July / August / September / October

**JUNE**  
**Maplewood Day in the Life- 12th and 13th from 10:00 a.m. to 3:00 p.m.**  
Thursday 12th - (Philippines Independence Day)  
9:30 a.m. Exercise Class  
10:00 a.m. Resident Baking  
11:30 a.m. Special Traditional Lunch with Chef Mely  
2:00 p.m. Philippines Trivia  
3:00 p.m. to 4:00 p.m. Pagdiriwang (Party/ Dancing)

**Friday 13th (Western BBQ Lunch & 3rd annual Mini Golf Tournament)**  
9:30 a.m. Java Music  
10:00 a.m. Baking Corn Bread  
10:30 a.m. Corn Bread Snacks and

Photo Booth  
11:30 a.m. to 1:00 p.m. Western BBQ Lunch  
2:00 p.m. to 4:00 p.m. 3rd annual Mini Golf Tournament Staff vs. Residents  
3:00 p.m. to 4:00 p.m. Maplewood Saloon Pub Afternoon: Wine / Beer / Cheese & Pub food

**JULY**  
**Maplewood BBQ and Dance with Live Entertainment**  
Wednesday July 16th from 11:30 a.m. to 1:00 p.m.

**Staff Cultural “Taste of Colombia”**  
Wednesday July 23rd from 3:00 p.m. to 4:00 p.m.

**AUGUST**  
**Staff Cultural Food Demo and Lunch: Jamaica’s Independence Day**  
Wednesday July 6th from 11:30 a.m. to 1:00 p.m.

**3rd Annual Riverstone Picnic in the Park at Britannia Beach**  
Thursday August 27th from 11:00 to 3:00 p.m.

**SEPTEMBER**  
**Maplewood is a Special Event Supporter of the Riverview Community Corn Roast**  
Sunday September 14th from 3:00 p.m. to 6:00 p.m.

**Maplewood 12th Year Anniversary Celebration**  
Friday September 19th Cocktail Party from 3:00 p.m. to 4:00 p.m. followed by a Formal Dinner from 4:30 p.m. to 7:00 p.m.

**OCTOBER**  
**Maplewood Open House**  
Saturday October 4th from 10:00 a.m. to 4:00 p.m.

**Octoberfest Party With Live Music**  
Thursday October 2nd from 7:00 p.m. to 8:00 p.m.

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

Spring at Maplewood

shared by Hilary McCormick,  
Activity Manager, Maplewood Retirement Community



50s Party milkshakes



50s Party with Elvis



International Women’s Day



Spring Sip and Paint



Spring Sip and Paint



Above and below right: May 4th International Firefighters Day BBQ to recognize retired firefighters and current firefighters.



International Women’s Day with Arta Shala, VP of Riverstone Retirement



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ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

ALTA VISTA AND ELMVALE ACRES LIBRARIES – JUNE/ SUMMER Edition 2025

For the most current updates as well as information about available services, please visit [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca) or call 613-580-2940.

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

HOLIDAY HOURS

CLOSED Tuesday, July 1st for Canada Day.

Please note the following when visiting:

- You can place holds online at [www.biblioottawalibrary.ca](http://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](http://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](mailto:infoservice@biblioottawalibrary.ca)

FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

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

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

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

BOARD GAME AND PUZZLE SWAP

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

CHILDRENS PROGRAMMING

TD SUMMER READING CLUB 2025

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

The theme for the 2025 TD Summer Reading Club is Around the World. Please check the website in June for program listings at your branch.

**For the Dreamers and the Makers**  
(ELMVALE ACRES BRANCH)  
Experiment and explore with unlimited imagination. We will be crafting artworks through various materials and methods. Thursdays, July 3rd to August 21st at 2:30 PM. 60 minutes. Family program. Drop-In.

**Mini-Masterpieces**  
(ELMVALE ACRES BRANCH)  
Tap into your inner genius. We will be creating masterpieces through the technique of weaving. Fridays, July 11th, August 8th and 22nd at 2:30 PM. 60 minutes. Family program. Drop-In.

**Wonders of the World**  
(ELMVALE ACRES BRANCH)  
Let us show you the world – where will the library take you next? We will create models of the world’s wonders. Saturdays July 19th and August 16th at 2:30 PM. 60 minutes. Family program. Drop-In.

**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. Saturday June 7th 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 until June 18th. Ages 6 to 12. 45 minutes.

**Game ON!**  
(ELMVALE ACRES BRANCH)  
Play card games, board games or video games at the Library. Saturday, June 7th, July 5th, and August 2nd 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.. Saturdays, June 14th, July 12th and August 9th 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 until June 10th. For Grades one through ten.

**Dogs at the Library**  
(ELMVALE ACRES BRANCH)  
Come say hello to two gentle and sweet dogs at Elmvale Acres! Stop by as we host therapy dogs Alys and Kaboom from the Canadian Therapy Dog Support Services team. There may be a short wait as the dogs can interact with a maximum of 5 people at a time. Saturday, June 21st at 2 PM until June 10th. 60 minutes. All ages. Drop-In.

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

ADULT PROGRAMMING

**Armchair Travel – Norway**  
(ALTA VISTA BRANCH)  
Experience Norway through photos and narration of two separate cruises. See scenery from north of the Arctic circle and enjoy misty fjords, mountain top vistas and wild reindeer! Presented by Lynda Buske from the Ottawa PC Users’ Group and the Orleans Photo Club. Thursday, June 26th at 6 PM. 60 minutes. Registration required.

**Adult and 10+ Chess Club**  
**NEW!** (ALTA VISTA BRANCH)  
Join us for adult chess, all levels welcome; an instructor will be available! Come meet new people and have fun. No registration required. Ages 10+. Saturdays, June 7th, 21st, July 5th and 19th at 3 PM. 60 minutes.

**Memory Café** **NEW!** – (ALTA VISTA BRANCH)  
An open house for persons with dementia, their care partners, and families.  
Fun and stimulating mental activities are planned to enhance the social interactions and the connections that are built within the group. Light snacks and warm drinks are served alongside items that aim to spark conversations and reminiscing. Drop-in. 120 minutes.  
Wednesday, June 25th: Working 9 to 5, Wednesday, July 23rd: The 1950s, Wednesday, August 27th: Country Life.

**English Conversation Group**  
(ALTA VISTA BRANCH)  
Practice your English conversation skills in a relaxed and friendly environment. All levels are welcome in this free program. Drop-in. 60 minutes.  
Mondays, 1 PM to 2 PM. Tuesdays, 7 PM to 8 PM.

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

No group in July or August and will resume in September. Aucun groupe aux mois de juillet et août. Le groupe se reprendra au mois de septembre.

**Elmvale Writers’ Group**  
(ELMVALE ACRES):  
When we write with others, we discover ourselves. Join us for a Writers Collective of Canada (WCC) workshop. We will explore the strength of our authentic voice and receive support without judgment. We share our stories, listen deeply, and connect with ourselves and others. Tuesdays at 5 PM until June 17th. 90 minutes.



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## EnviroTips<sup>®</sup> for June 2025

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

**Use cat and dog hair as a pest repellent in your garden.** Pet hair can be used to keep animals away because most pests that try to eat from your garden (e.g. rabbits and squirrels), consider dogs and cats as enemies and will stay away from places where they think they’ve been. Pet fur could also be used like mulch and placed right around the base of your plants. If you pack it down, it should stay better than if it was simply sprinkled on the edge of your garden.

**Use a non-hazardous alternative like lemon juice or vinegar as household insect repellants.** Studies have shown that vinegar and lemon juice are both effective environmentally friendly means of repelling ants and some other insects.

**Make your own natural bug spray.** Lemon juice can be an effective and inexpensive mosquito

repellent either in a mixture with water or in other liquids. For example, mix 10 drops of lavender essential oil, 3 tablespoons of vanilla extract, 3 tablespoons of fresh lemon juice and a cup of water in a spray bottle.

**Rinse out and re-use small plastic condiment containers.** The small plastic containers that contain condiments (salad dressing, ketchup, salsa etc.) from fast-food restaurants and other locations can be rinsed out, dried, and used to store spices, home-made salad dressing and other items.

**Use dried coffee grounds in your lawn and garden on a weekly basis.** As a natural fertilizer, coffee contributes to soil health and promotes grass growth. It also provides essential nutrients, aerates the soil, encourages drainage, and repels pests (and earthworms like it too). Sprinkling coffee grounds (and watering afterwards) may benefit sandy or clay-filled lawns and absorb harmful contaminants. Be careful if spreading grounds around seeds

or seedlings and avoid putting too much on individual areas.

**Make your own salad dressing.** Instead of buying salad dressing in bottles at the grocery store, you can use ingredients like vinegar, oil and mustard to create a tasty, inexpensive salad dressing. Besides saving money, you will also reduce the glass or bottle packaging.

**Take empty egg cartons to a local food bank.** Alta Vista and Riverview Park residents can check with Blair Court Community House and Heron Emergency Food Centre - two locations that may need empty egg cartons for their clients.

**Rinse and recycle plastic meat trays.** The plastic containers that many grocery stores use for poultry and meat can be rinsed and cleaned and then placed in your household recycling bins. (or you can reuse them as trays for other items).

**Rinse out and re-use plastic Ziploc freezer bags (unless they contained meat/poultry products).** Clean them and hang them up to dry and you can re-use them again to store leftovers or

other items.

**Hang your clothes out to dry.** Spring, summer, and early fall are ideal times to use a clothesline or drying stand/rack in your backyard, balcony or patio. You save money and energy by not using the dryer and get fresher smelling clothes.

**Register for ‘Let’s Bike Month’.** June is ‘Let’s Bike Month’ in Ottawa. Participants can track how much money they save and the amount of greenhouse gas emissions they reduce by using a bike instead of a motorized vehicle (and win prizes). <https://letsbike.ca/>

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

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**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. 90 minutes.

**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, June 19th, 2025  
James Patterson  
Thursday, July 17th, 2025  
Summer social.  
Thursday, August 21st, 2025

Eva Dolan - any in the Zigic and Ferreira series

**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, June 5th, 2025  
*Song of a Nation: The Untold Story of Canada’s National Anthem* by Robert Harris.  
The next Book Banter meeting is on Thursday, September 4th. Please visit the branch in August for the book list.

**Infusions Littéraires (ALTA VISTA BRANCH)** Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00. Le

mercredi le 18 juin 2025 Qimmik de Michel Jean

La prochaine séance Infusions Littéraires aura lieu le mercredi 17 septembre. SVP demandez la liste de livres en succursale au mois d’août.

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](mailto:infoservice@bibliooottawalibrary.ca).






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