OCTOBER 2025

A VOICE OF RIVERVIEW PARK

NOVEMBER 2025



PHOTO: CAROLE MOULT



1795 Kilborn Avenue: an important destination. PHOTO CREDIT: CAROLE MOULT



This has become a familiar sign at Smyth Road and Alta Vista Drive. PHOTO CREDIT: NOVA MARKETING GROUP



Shane Barclay, President of Quality Life Services Inc., and Julie MacAlpine, Office Manager of 2220 Gladwin Crescent. PHOTO CREDIT: CAROLE MOULT

"Open the door...let's explore"

Quality Life Services Inc., at 2220 Gladwin Crescent is family-owned and proudly Canadian. Since 1986, this company has grown and evolved from coast to coast. Since the year 2000, Ottawa has been home to a retail store and warehouse, allowing immediate access for our city and surrounding area. Learn more about this success story on page 27.

One decade ago, Pharmasave Cyril Pharmacy opened its doors to a welcoming community. Owner, Nadar El-Zayat, could never have predicted the impact that COVID-19 would have on his small pharmacy five years later. That turning point established the reputation of a small business assuming a huge responsibility! Learn more about this pharmacy on page 28.

NOVA Networks, 1745 Smyth Road, is one of Riverview Park's newest large businesses and an Ottawa- based Canadian company. This company provides IT services to a wide range of clients. NOVA had previously been providing IT support services to this location for many years and the neighbourhood appealed! More information is provided on pages 25 and 26.



Donate your hearing aids to Perley Health and change a life

by Andrea Liu

Tearing loss is one of the most common health challenges associated with aging, yet it often goes unnoticed. Its impact extends far beyond missed conversations- it can lead to social isolation, emotional distress, and has been linked to an increased risk of dementia.

While hearing aids can be life-changing, they remain financially out of reach for many. That is why the Perley Health Care Clinic, located right here in southeast Ottawa, is launching Ottawa and Eastern Ontario's first Refurbished Hearing Aid Program. The program accepts gently used hearing aids (less than five years old), tests and reconditions them, and provides them as permanent loans to Seniors and Veterans who might otherwise go without this essential support.

"Significant hearing loss can prevent people from hearing their loved ones, their doctors, and can significantly impact their day-to-day communication, which is especially critical at end of life," says Melanie Baur, an audiologist at the Perley Health Care Clinic. "Our new Refurbished Hearing Aid Program aims to pro-



A senior being examined by an audiologist at the Care Clinic at Perley Health. PHOTO CREDIT: LAURA LILLY

vide better hearing for those most in need, who have, at minimum, a moderate hearing loss and no access to funding.

"These most vulnerable people deserve a chance to hear and access their world, and if financial considerations are the main barrier, we hope to provide an affordable option."

The program is straightforward, but impactful. Donated hearing aids undergo a thorough assessment and reconditioning process before being matched with appropriate candidates. This community engagement initiative promotes better health, enhanced communication, and improved quality of life for Seniors and Veterans who have financial barriers to accessing hearing aids.

A Convenient Care Clinic

Many people do not know that the Perley Health Care Clinic is open to the public. While the clinic is located on the Perley Health campus, it also serves the wider community. The clinic offers physiotherapy, massage therapy, audiology, and speech therapy. These services are tailored to older adults, Veterans, and people living with frailty, dementia, or mobility challenges, but they are available to everyone from pediatric through geriatrics with auditory needs.

There are no waitlists, fees are in line with other providers, and insurance is billed directly when possible. Online booking is available. For caregivers supporting a loved one living locally, the clinic also offers convenient, professional care close to home.

The Refurbished Hearing Aid program is especially timely, launching in October during Audiology Awareness Month. It's an opportunity to highlight the importance of hearing health while inviting everyone to take part in something that makes a real difference.

How can you help? If you have a hearing aid that is less than five years old, consider donating it to the program. Your gently used device could change someone's life. Or, if you or a loved one are struggling with hearing or communication, book an appointment at the Perley Health Care Clinic and explore the services available.

Learn more about the Refurbished Hearing Aid Program or book an appointment, by visiting: www.perleyhealthcareclinic.ca



Val Hattan and Joe the Cat: familiar faces in Riverview Park

By Kris Nanda

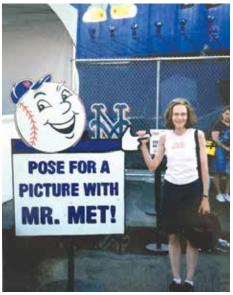
familiar figure to many in Riverview Park is a spry, white-haired woman pushing a stroller, but there is much more to the story of Val Hattan than what one sees. Like many members of the Riverview Park community, I would see Val and the stroller, although it was only last year that I realized Val was pushing her Persian cat, Joe, and that she had a very interesting life story.

Born in Staten Island, New York, in 1952, Valerie (Val) grew up in an Italian- American family, the daughter of Paolo, a New York State Trooper and his wife, Marna, (a former perfume "hand model" who still lives there at age 96). She grew up a big New York Mets baseball fan and a cat lover ("I've had cats all my life," she notes).

Val comes from a musical family- her younger brother and only sibling Jeffrey, was a long-time violinist with a New York orchestra. She herself studied liberal arts, first at Sarah Lawrence College in NY, and then at Carnegie Mellon in Pittsburgh, where she received a Bachelor in Fine Arts in Music Education (Cello) and minor in English.

It was in Pittsburgh that she met her husband, Jean-Michel, a French PhD student in Engineering at Carnegie-Mellon. After their marriage in 1978, Val and Jean-Michel moved to Paris where he was a professor of Mathematics at University of Paris. Their three sons Didier, Gilles and Jeremy were all born in France and Val threw herself into becoming fluent in French, obtaining a Diplôme de lettres modernes from La Sorbonne. As Val says, "I love la beauté de la langue française" (the beauty of the French language), which has allowed her to teach French for





Among her souvenirs, Val Hattan has kept this one.

many years.

In late 1996, the family moved to Princeton, New Jersey, where Jean- Michel taught Mathematics for several years at the university before moving to Ottawa to teach at the University of Ottawa. The family arrived in Riverview Park in 2002, renting an apartment first, before buying a townhome on San Remo Private in 2008 "because we liked the neighbourhood." Her three sons all attended and graduated from Lycée Claudel, while Val taught English and French at a variety of schools, including three high schools (Immaculata, Lisgar and Val Hattan and Joe the Cat are a familiar sight in the neighbourhood. PHOTO CREDIT: KRIS NANDA



Hillcrest). She was also a teacher at Rockcliffe Elementary school where one of her pupils was former Prime Minister Stephen Harper's son and where she met Harper. (Val also recalls attending a campaign rally where John F. Kennedy gave a speech when she was in third grade and just before he was elected President).

After her husband died in 2009, Val briefly returned to New York but decided to stay in Canada and Riverview Park because, "I knew so many people and loved it here." She has continued to teach French and has been at Ecole Creusot since 2010 where her pupils have included numerous federal public servants and where she is currently teaching prised what you find out!

English to adults. Val also became a Canadian citizen in 2010 and says, "I love Canada because it has given me so much and has become home." What Val likes best about Riverview Park is,"its location close to downtown and transit, the trees and shady streets, the pretty gardens, the sidewalks, the schools and friendly people."

Val has lived at her current location on Dorion Avenue since 2014 and while her son Jeremy moved to California, her two other sons still reside in Ottawa. The eldest, Didier has been at the Bank of Canada for many years, and at one point worked for future Prime Minister Mark Carney. Her son, Gilles, has a background in software engineering, also lives in Riverview Park and sometimes accompanies Val when she takes Joe the Cat out for a walk.

Val found Joe the Cat when she was back in France for a funeral in 2014 and he was a scrawny kitten. Val took a shine to him and brought him back with her to Canada, where she nursed him back to health. Joe is mainly an indoor cat, so Val regularly takes him for walks in a stroller so he can get fresh air and enjoy the scenery (and occasionally go for a quick walk in the field next to Riverview Alternative School). Val describes Joe as shy, and he does not like to be petted by strangers, although he gets on quite well with Millie, the dog who lives in the apartment below hers.

Getting to know Val Hattan is yet another example of how, by asking questions of a fellow Riverview Park resident (without being nosy), and by looking more closely, (in this case at who is in a stroller), it is possible to learn more about a person's interesting life story, and even find unexpected commonalities (Val and I are both native New Yorkers and Mets fans). Try it sometime - you might be sur-



Did you have a Riverview Park Summer?

by Kris Nanda

iverview Park offers res- 5. idents and visitors many opportunities and experiences. Take this quiz, count up the points, and see how many of these apply to you and how you 6. Did you go for a walk along took advantage of the amenities and experiences in our neighbourhood this summer.

- 1. Did you go to any of the Riverview Park Community Association (RPCA) Porchfest 2025 events around Riverview Park? (Bonus point if you performed during Porchfest)
- Did you go to any Ottawa Titans baseball games, including RPCA Night at the Ballpark? (Bonus point if you used the special RPCA25 code to get a discount)
- Did you go to the RPCA Summer Festival Movie Night in August 2025?
- 4. Did you go to the Balena Park Corn Roast in September 2025? (Bonus point if you volunteered at the Summer Festi-

val or Corn Roast)

- Have you already bought your ticket for the RPCA Fall Social/Fundraiser for the RPCA and Matthew House?
- the Hydro Corridor or through the Riverview Park woods near the Ottawa Hospital?
- 7. Did you or your children use Balena Park pool or the Splashpad along Station Boulevard?
- 8. Did you go to Movies 'N Stuff to rent a movie? (Yes, this store is located outside of Riverview Park, but it is a short walk or bike ride along the paths between Smyth Road and Kilborn)
- 9. Did you grow your own vegetables, either at home or at the Community Garden behind Trinnity Church of the Nazarene? (Bonus points if you planted pollinator plants)
- 10. Did you pick up any litter or

SUMMER

take part in a clean-up activity in Riverview Park?

11. Did you ride your bike around Riverview Park just for fun or go for an afternoon or evening walk through the neighbourhood? (Walking your dog counts!) (Bonus point if you rode or walked to Trainyards or elsewhere to go shopping and/or if you stopped to chat with neighbours on your walk.)

- 12. Did you take part in any local initiatives to remove invasive species like buckthorn or dog strangling vine?
- 13. Did you have a barbeque on your back deck, porch or patio?
- 14. Did you see a beautiful sunset from your house or street?
- 15. Have you joined the RPCA or renewed your RPCA Membership?

SCORE

- **o-4:** You have to get out more
- **5-9:** You realize some of the benefits of living in Riverview
- 10-14: You are a true Riverview Park Resident seizing the opportunities to enjoy life in Riverview Park
- 15+: You are a Riverview Park Ambassador who could be out there spreading the good news about life in our neighbourhood?



COMPUTER TIPS & TRICKS

Fall fun

by Malcolm and John Harding, of Compu-Home

his is NOT a test! It's unlikely that even the geekiest geek will have very many of the facts below at their fingertips, but we hope that thinking about these subjects and looking up some solutions will be fun. If you are anything like us, many answers will surprise you.

- Out of what material was the first computer mouse constructed? What was the year?
- 2. What is the longest English word that can be spelled using only the letters from one row of a standard keyboard?
- What is commonly believed to be the reason that keyboard letters are in the QW-ERTY arrangement?
- What role did "Lady Lovelace" play in the development 8. It is NOT true that Bill of modern technology?



- Do you suffer from Babbage's disease? (Hint: "The perfect is the enemy of the good.")
- 6. Why is a problem with a computer program called a "bug?"
- How many current smartphones would you have to place in a pile that would weigh as much as the first ENIAC computer (which had, by the way, less computing power than even one of those smartphones)? Approximately: 574? 2.700,000? 25,482? 37? 3,538,692,004? 5,280?
- Gates once said that 640

kilobytes of memory would be sufficient for personal computers. How many times must you multiply 640 kilobytes to get the RAM considered the minimum necessary in modern Macs and PCs? 12,500? 8? 100? 64,000?

- 9. Which requires more computer resources: The NASA Apollo moon landing or a typical Google search?
- 10. Which is the greater number: Computers on Earth, or Humans?
- 11. Which is probably dirtier your computer keyboard, or your garbage can?

- What is the most important thing you can do about this?
- 12. What percentage of all email is spam? More than: 10%? 25%? 40%? 75%? 90%?
- 13. What is the origin of the term "spam" as applied to email?
- __ billion people use YouTube monthly. More than _ million videos are uploaded daily YouTube celebrated its_ _th anniversary in 2025.
- 15. T or F ... A computer exists that can detect that you are smiling when you don't really mean it.
- 16. The current value of the shares of one of the co-founders of Apple could be as much as \$200 billion, if only he hadn't sold them in 1976 for: \$10? \$25? \$800? \$168,000?

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-bome.com and our website, with our blog, is www.compu-home.com.



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

Customized Physiotherapy Treatment Plans for:

- Back & Neck Pain
- Knee & Hip Pain
- **Pelvic Health Conditions**
- Sprains & Strains
- Pre & Post Operative
- And More!

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

- 613-736-7800
 - www.premierphysiotherapyclinic.ca

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

We have free accessible parking

RIVERVIEW PARK REVIEW • Vol. 17, No. 4

Board of Directors: Peter Bishop, Dianne Hoddinott, Marie Holly

and Greg Money

Editor: Carole Moult - editor.riverviewrpr@gmail.com

Advertising Manager: Carole Moult - advertise.riverviewrpr@gmail.com

Layout and Design: Patti Moran Graphic Design

There is a lot of free fun to be had in Ottawa There is a lot of free fun to be had in Ottawa

Proof Reader: Kathy Ullrich

Distribution: Denise Kennedy – distribution.riverviewrpr@gmail.com

Cartoonist and Masthead Artist: Greg Money

Treasurer: Janina Nickus

Web master: Cyberlily Design Studio

Printer: Hebdo-Litho

s Ottawa the city that "Fun forgot"? Or, is it that the "Fun-seekers" don't know where to find the fun? Local residents might be surprised to learn that there are numerous opportunities available that are unique and often free. The following list could get you started on a fun-filled fall!

The Ottawa Public Library has a number of Access Passes, which are all part of the Express collection. Just like the Express Book Collection, these passes cannot be put on hold. Access Passes offer free general admission to partnered museums, galleries and other sites of interest in the Ottawa area and are good for seven days. The following are included: Canadian Museum of History, Canadian Museum of Nature, Ingenium which operates three national museums: Canadian Agriculture and Food Museum, Canadian Aviation and Space Museum and Canada Science and Technology Museum, and the Ontario Parks Commercial Vehicle Permit. (In late fall, the Kanata Nordic Season Pass, Gatineau Park Cross-Country Ski Pass and City of Ottawa Ski Pass will be available).

Visit: collections.biblioottawalibrary.ca/en/access-passes-including-museum-passes

The City of Ottawa has 'Play Free Saturdays' which consist of
drop-in activities for children and youth (aged 17 and under), and accompanying adults. Free admission is for swimming, skating and gym
sports on Saturdays throughout 2025. Times and registration vary by
facility. The following website provides detailed information.

Visit: ottawa.ca/en/recreation-and-parks/special-events-and-offers/play-free **Free Thursday night admissions**. In Ottawa, general admission is free at the National Gallery of Canada from 5 to 8 p.m. and at the Canadian Museum of Nature from 5 to 8 p.m. (tickets are required for both). The Canadian Museum of History/ also offers free admission on Thursdays from 5 to 7 p.m. for military personnel and two family members.

About the *RPReview* community newspaper

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

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

Submission formats

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

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

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

RPReview is currently seeking distributors.

* Contributions by politicians are paid announcements.

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



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

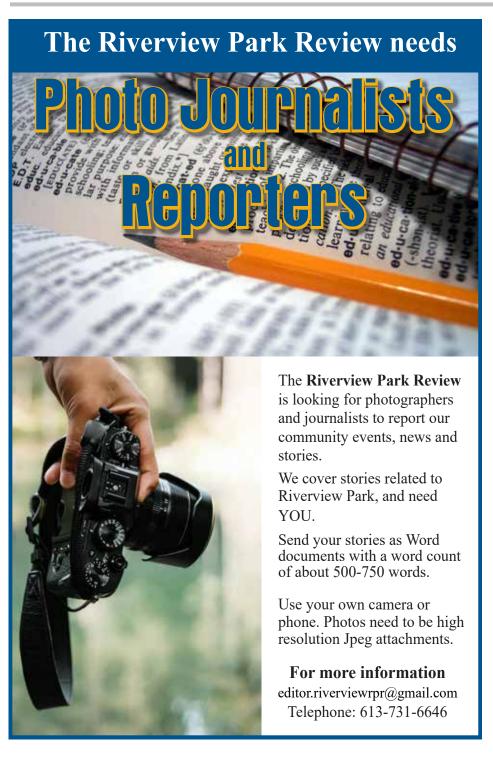
Next deadline for advertising and copy: November 10 for the Dec.-Jan. RPR

WHAT'S THAT NUMBER?

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

Area Captains: Peter Bishop, Colleen Calvert, Denise Kennedy, Anelia Mill, Greg Money, Janina Nickus, and Sherry Woodburn

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







CYRIL PHARMACY

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

Come See The Difference At Your Neighbourhood Pharmasave

Open Monday to Friday 9am – 6pm • Saturday 10am – 4pm Stop By or Visit Cyril Pharmacy Today!

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

* Some restrictions apply, see store for details



Download our





\$5 OFF*

Your next purchase of \$15.00 or more on Pharmasave Brand items
*Redeemable at Cyril Pharmacy Pharamasave only.



Time to Say No to Lansdowne 2.0

by John Dance

hen Lansdowne 2.0 was given initial approval in 2022, the estimated cost was \$333 million. According to the City's auditor general it's now about \$496 million. The world has changed markedly over the last three years and it is no longer affordable or desirable for the City of Ottawa to invest almost half a billion dollars in new entertainment facilities in a location with clogged road access and no LRT.

Advocates for Lansdowne 2.0 say that the cost to taxpayers will be relatively minor because taxes from the two proposed high-rise towers on the site and the sale of the related air rights for these towers will offset the redevelopment costs. In reality, an estimated \$39 million will come from the sale of air rights, less than 10 percent of the project's cost. Moreover, the proposed redirecting of tax and sale revenues is a dubious diversion that is contrary to how virtually everything else is funded by the City.

These tax revenues would actually be needed for the cost of City services required by the new residents of the towers, so that if the taxes are diverted to pay for L2.0, it will mean that all other taxpay-



The proposed new event centre will cover much of the great lawn, extending to be even with the centre of the Aberdeen Pavilion.

PHOTO CREDIT: JOHN DANCE

ers will be picking up the considerable cost of these services.

As for the lesser amount generated by the sale of air rights, these funds should go into the City's general revenues and fund what are truly the highest priorities of the City. It's hard to see new northside stands (to be built without a roof) and a new entertainment centre, as high priorities, especially when the Sens are going ahead with a new arena at LeBreton and Live Nation Canada will have a new 2,000 seat venue on Rideau Street.

Of note, both the Sens and Live Nation are funding their projects while Ottawa Sports and Entertainment Group, the City's partner at Lansdowne, is not contributing a cent towards the Lansdowne 2.0 project.

Alta Vista Councillor, Marty Carr, voted in favour of the Lansdowne 2.0 proposal when it previously was considered by City Council. A key reason for her support was the need to improve the accessibility of the 58-year-old facilities. There is no question that accessibility provisions, washrooms and team dressing rooms are inadequate but demolishing the northside stands and the arena is an excessive approach to making improvements.

The Brain Kilrea arena and the Alta Vista library need accessibility improvements but nobody would propose to demolish them to build a new arena and library. Instead, the City is making economical changes such as upgrades to the change rooms and installation of an accessible washroom.

The same approach should be taken with Lansdowne: economically fix it, don't demolish it and build a smaller version.

Similarly, if money is diverted to Lansdowne 2.0, there is less likelihood that Riverview Park projects such as much needed refurbishments to the rundown Balena Parks fieldhouse will ever proceed. It's worth noting that the Riverview Park Community Association has previously stated its opposition to funding for Lansdowne 2.0 for many of the reasons outlined in this article.

The world has changed greatly since the initial approval of Lansdowne 2.0. With the final vote coming in October, hopefully councillors will realize that with Trump, tariffs, inflation, federal downsizing, and real City priorities, spending half a billion on smaller stands without a roof and a new arena at Lansdowne has little merit.

John Dance is a long-time member of the Old Ottawa East Community Association who has worked with the RPCA on issues of mutual concern including removal of the northern segment of the Alta Vista Transportation Corridor from the Transportation Master Plan and adding more pedestrian and cyclist infrastructure such as bridges, safer bike lanes and multi-use paths.



Member of Parliament | Député The Honourable | L'honorable

David McGuinty

Ottawa South | d'Ottawa-Sud



HARD WORK, DEDICATION, PUBLIC SERVICE TRAVAIL ACHARNÉ, DÉVOUEMENT, SERVICE À LA POPULATION

My office provides information on the services offered by the Government of Canada, including:

- » The Canada Pension Plan / Old Age Security
- » Guaranteed Income Supplement
- » Immigration Matters
- Citizenship Inquiries
- Canadian Passport / Consular Affairs
- Business Opportunities / Grants & Funding
- Student Loans / Taxation Issues

Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:

- » le Régime de pensions du Canada / la Sécurité de la vieillesse
- » le Supplément de revenu garanti
- » les demandes de renseignements relatives à la citoyenneté
- » les questions d'immigration
- » le passeport canadien / Affaires Consulaires
- les occasions d'affaires / les options de financement
- » les prêts aux étudiants / les questions sur l'impôt

not hesitate to contact my office.

If I can ever be of assistance to you, on any federal matter, please do Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

David McGuinty, MP | Député

Constituency Office | Bureau de Circonscription

1883 Bank Street Ottawa (Ontario) K1V 7Z9 Tel | Tél: (613) 990-8640 Fax | Téléc: (613) 990-2592 Email | Courriel: david.mcguinty@parl.gc.ca Web Site | Site Web: www.davidmcguinty.ca

Our **Decompression Table** has arrived



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

Book Now

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

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

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



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

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



613-520-0123

The Riverview Park Community Association presented Porchfest 2025: Saturday, June 21 and Sunday, June 22

And what an amazing success story it was.



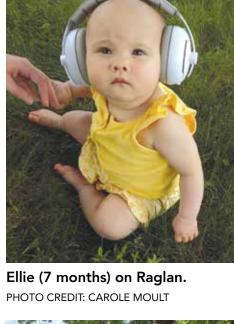
Main Street Revival - Roots rock. PHOTO CREDIT: MICHAEL TANSEY, TANSEY COMMUNICATION INC.



Ineson - Rock music. PHOTO CREDIT: CAROLE MOULT



Desiree - Classical music. PHOTO CREDIT: RON RIDLEY





Altered Egos - Mix of roots, blues and folk. PHOTO CREDIT: RON RIDLEY



GW Music - Acoustic band with gospel roots PHOTO CREDIT: STEPHANIE LINES



The Back Pedalers - Alternative music PHOTO CREDIT: CAROLE MOULT





Keith sold great snacks and donated the proceeds to the Blair Court Food Bank.

PHOTO CREDIT: CAROLE MOULT



Not Yet Men - Classic rock, jam songs. PHOTO CREDIT: RON RIDLEY



Craig Cormier - Folk, original. PHOTO CREDIT: RON RIDLEY



Spencer Scharf & Cindy G - Rock, blues and country.

PHOTO CREDIT: CAROLE MOULT



Heliara - Indie rock. PHOTO CREDIT: CAROLE MOULT



Atypical - Acoustic rock cover band. PHOTO CREDIT: CAROLE MOULT





Rea Williams - Acoustic folk/rock

PHOTO CREDIT: CAROLE MOULT



The Under Ground w/ Damiano & Steven. (PHOTO CREDIT: RON RIDLEY



Winchester Warm- Indie rock. PHOTO CREDIT: RON RIDLEY



Jaroslav Zenchuk - The Great Balena Avenue Singalong. PHOTO CREDIT: CAROLE MOULT



GET50!

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

Refer a friend to unlock additional savings!

- 30+ years of local experience
- Reliable & Quality Service
- Proactive Storm Communication
- Multiple Return Visits
- Fully Insured



Info@jrlawnandsnow.com



613-229-4803

TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

These summer hits remain hot!

s summer changes over to fall, it's always interesting to look back and see what the biggest hits were. There are titles that were major hits that have been discussed in this column previously, so they're omitted. The most notable of the bunch would be Anora, The Count of Monte Cristo, The Ballad of Wallis Island and I'm Still Here. Quality movies, major hits and still going strong, but, they had competition this summer and these six movies were right there with them. Have you seen these yet?

There's Still Tomorrow

A rare film that's both funny and very moving. A mother endures abuse at the hands of her husband while she dreams of a better life for her and her daughter. In postwar 1940s Italy, this was nothing unusual. Women were property of men and violence was sometimes a show of affection - but no! She receives a letter that brings a stir of courage that will lead to major changes in her life. Wonderfully done movie, see it!

Last Breath

This is one heck of a white-knuckle ride about the most improbable rescue of a deep- sea diver in history! "This is not a rescue any more, this is a body recovery." With that line, this film shifts into the mosttense example of what Mother Nature can do (like flinging a ship around like a toy). But, in-



The Penguin Lessons



There's Still Tomorrow

stead of giving up, the team re- er and it makes for a fantastic lentlessly works to save the div- climax!



- THOUSANDS OF MOVIES FOR SALE FOR \$1.99 EACH!
- OVER 10.000 MOVIES & GAMES
- KNOWLEDGEABLE HELPFUL STAFF
- USED MOVIES AND GAMES FOR SALE
- WE HUNT DOWN HARD TO FIND MOVIES
- DAMAGED DVD'S & CD'S RESURFACED

OPEN

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

MOVIESNSTUFF.COM



The Return

The Penguin Lessons

The second story of a penguin rescue in a year (My Penguin Friend), this one has Steve Coogan playing an English teacher who takes a detour away from a coup happening in Buenos Aires and rescues a penguin from an oil spill in Uruguay. What begins as a slightly tumultuous friendship blossoms into one of the year's most delightful movies - and a true story as well!

September 5th

The attack on the 1972 Munich Olympics told from the journalist's point of view as they struggle to make the world aware of the situation under unbearable tension. Told inside the ABC war room for the most part, the tension is heightened by excellent acting, subtle glances and the very real feeling of what is happening at this exact moment in history.

The Return

Breathes new life into the tale of Odysseus and his return home after 20 years away. Disguised as a beggar, he learns of major problems facing his family, as well as the upcoming forced marriage of his wife and execution of his son. Ever the shrewd and wily character, Odysseus waits until the moment is right to shed his mask and reveal his true identity! Expertly acted by both Ralph Fiennes and Juliette Binoche - reunited almost 20 years after The English Patient.

The Outrun

Battling the demons of her past, as well as alcoholism, Scottish journalist Amy Liptrot returns to her childhood home; the beautiful Orkney Islands in Scotland. She slowly begins the process of healing, while living with her father, then her mother - who are separated. A moving, true story with an excellent performance by Saoirse Ronan, this is one that continues to be popular, mostly by strong word of mouth!



OTTAWA DERM & SURGERY CENTRE

HUNT CLUB | ALTA VISTA | BROCKVILLE MEDISPA

LOVE THE SKIN YOU'RE IN AT EVERY AGE.

From medical facials to advanced lasers, injectables, and surgical procedures, Ottawa Derm & Surgery Centre offers personalized treatments for every stage of your skin journey.



Dr. Jennifer MacIsaac Dermatologist



Nancy Laflamme Medical Aesthetician



Anne McVitty Medical Aesthetician



Catherine Registered Nurse

Schedule your consultation online with one of our expert providers.



ODC MEDISPA 1675 Alta Vista Dr, Ottawa OTTAWA DERM & SURGERY CENTRE 460 W Hunt Club Rd, Ottawa

BROCKVILLE MEDISPA 135 Ormond St, Brockville

www.ottawadermcentre.com

appointments@ottawadermcentre.com (613) 369-8369

The party's over

by Carole Moult

he year was 1956 when Isabel and James Brown moved with their two daughters, Barbara and Dorothy, into their new red brick house in Riverview Park. Blair Street, now Neighbourhood Way, was one of the first streets in the new community of Riverview Park, Part 2, that had been annexed by the City of Ottawa from Gloucester. At that time, the Browns bought a house that had just recently been constructed.

Each house was different on the curving street and the Brown's new house backed on to the property of the Grey Nuns Convent (Novitiate Hurdman's Bridge). Residential services continued to arrive at the new area, and it was then that the Brown family acquired its rotary-dial telephone for the living room, including their party line.

Barbara and Dorothy Brown graduated from Glebe High School, since no secondary school was closer for them, and eventually the girls moved out of the family home. Unfortunately, not long after, their father James Brown passed and it was decided then that Dorothy (Brown) Robertson and her husband, John, would move into the family home with Mrs. Brown, to raise their growing family.

It was only when the five Robertson children became teenagers that one of the serious disadvantages of their party line soon became evident. "Previously the telephone had been used mostly for something important," said Dorothy Robertson before moving to British Columbia, June 2025. This was not the case when Deb, Danny, Dianne, Janice and Heather realized the importance of the telephone for their own busy teenage social lives.

Deb (Robertson) McLeod still remembers the lady who shared the Robertson family party line asking very nicely, "How long are you kids going to be on the telephone?" This frequent query would have been made in the early 1970s. "She was never rude," added Deb After all, there were now five Robertson teenagers vying for the one telephone line, and up until this past June, yes, that home's only telephone service with its rotary dial was still one of the original Bell Telephone's party lines that remained in use in the city!

Party lines had been the standard for many years, and while they may have saved money, they also lacked privacy, since anyone



Dorothy Robertson sits with her rotary telephone in the exact location where a rotary telephone with a party line existed for close to seven decades.

PHOTO CREDIT: CAROLE MOULT

on the party line could listen to the conversation. Each household on a party line had a unique ring pattern thus people knew when the telephone call was for them.

No one from the Robertson family remembers exactly when the lady, who consistently asked the same question, stopped being a part of their particular party line, and no other household joined. What they did know was that, until the former Blair Street house was sold this past spring, by the Robertson family, the approximately \$10. monthly telephone bill came to the home of that same 'party line'.



And, as the home owner, Dorothy Robertson, noted, "The \$10. telephone bill included free longdistance charges from after seven in the evening plus all weekend long, although there were no extra services included for the price."

It would seem that the end of an era occurred in our community this past June, without many in the neighbourhood being any the

When asking Bell about what to do with her rotary telephone, the reply came back from the telephone company, "You keep it!" So, Dorothy Robertson did.

And thus, a rotary phone with a party line of 69 years, left on the moving van at the end of June with many of the other long-time Robertson family keepsakes. Moreover, with the story of the Robertson's rotary telephone, went a piece of Riverview Park's history. Thank you to the Robertsons for sharing their memories with us.

You Can Give the Gift of Hearing!

The Care Clinic at Perley Health launches Ottawa's first Refurbished Hearing Aid Program.

Hearing loss can be isolating for Seniors and Veterans, but together, we can change that.

The Care Clinic's new Refurbished Hearing Aid Program accepts gently used hearing aids, reconditions them, and provides them to those in need as permanent loans. Your donation helps restore connection, dignity, and quality of life.

If you have a hearing aid that is less than five years old, consider donating it to the program. Your gently used device could change someone's life.

Or, if you or a loved one are struggling with hearing or communication, book an appointment at the Care Clinic at Perley Health and explore the services available.

careclinic@perleyhealth.ca | 613.526.7125

Accepting new clients. Book your appointment today.

Audiology | Physiotherapy | Massage Therapy Speech Therapy - Stuttering/Cluttering





Wonderful gardens, with pictures too beautiful not to be shared

have some of their garden pho- these for our readers to enjoy.

Friends, neighbours and others tos in our paper. There are many who appreciate the gardens of Bill more and it was very difficult to Berry and LeRoy Blake on Alta choose. Thank you LeRoy and Vista Drive have asked that we Bill for taking the time to send

The gardens of Bill Berry:

The gardens of LeRoy Blake:















PHOTO CREDIT: BILL BERRY



www.qualitylifecares.com

Our renovated Home Health Care retail space features walkers, wheel chairs and bathroom safety.



We continue to be your specialist for incontinence products.







Large number of high performing brands of incontinence products available,

WAREHOUSE PRICING



2220 Gladwin Crescent Ottawa, Ontario K1B 4S6



613-247-7554



Monday to Friday 8:30 to 4:30



The story of Al'deewan Bakery

by Carole Moult

he word Al'deewan in Lebanese means 'a place where people gather for conversation'. For those who have already visited the 1440 Bank Street bakery to pick up an order, or enjoyed one of their amazing meat or vegetarian pies in the shop, customers may have already decided that it isn't just the conversation they've come for, but the delicious food, prepared fresh, and made in Al'deewan's own ovens.

Tarik Adi is the owner of the Bank Street Al'deewan in Ottawa, and the brother-in-law of Mohammad El-Karaouni, who founded the franchise in Toronto just a few years ago. Mr. El-Karaouni oversaw everything from the branding, initial planning stages, designing the interior and the flavours on the menu. The food is authentic, openflame baked goods straight from the heart of Lebanon.

The bakery specializes in *Manakeesh*, a flatbread-style pizza. There are over 40 different pie offerings on the menu that people often customize, plus



Tarik Adi and his Al'deewan Bakery have an amazing selection of meat or vegetarian pies for every taste.

Abdul Aziz and Samia Adi: serving up delicious eats

Abdul Aziz and Samia Adi: serving up delicious eats with a smile!

at least 15 mini pie varieties to choose from – baked fresh every morning.

Mr. El-Karaouni opened his first bakery in Toronto because, "There just weren't any meat pie bakeries in the Greater Toronto Area (GTA)." A few years later, he opened a second Al' deewan Bakery about 10 minutes from the first. Several years later, the decision was made that he should begin selling Al'deewan franchises, and he did!

Our local Al'deewan Bakery opened on May 1, just five months ago, and customers such as Ahmed Anjarinya, have been picking up their meals there on a regular basis. "My favourite pie is meat, cheese and pomegranate," he noted recently, although he listed others that he finds equally delicious. Many vegetarian pies are likewise on the menu.

On a recent Sunday afternoon, a family of three made their way to Al'deewan. They had seen the name on the orange and limegreen storefront, checked it out on the web, placed an on-line order, then went to the bakery and dined in." Excellent! they noted.

It didn't take long for many regular customers to recognize three generations of family helping out at the bakery. Whether you are looking for one of the most delicious meals possible, or a snack to serve family or friends, Al'deewan Bakery won't disappoint!



ESSENTIAL HEALTH

Understanding acupuncture and how it works



ANDREINA (NINA) LUJAN-SIKORSKI

Acupuncture is a traditional healing practice that involves inserting very fine needles into specific points on the body, known as acupoints. These acupoints are located along 14 meridians—pathways that run through the head, arms, legs, and torso. According to traditional Chinese medicine, these meridians serve as channels through which Qi (pronounced "chee"), or vital energy, flows.

When Qi flows freely, the body is in balance and functions optimally. However, if this energy becomes blocked, deficient, or disrupted, it can lead to an imbalance of yin and yang, resulting in illness or discomfort. Acupuncture aims to restore the natural flow of Qi and promote healing by addressing these imbalances.

One of the ways acupuncture works is by reducing the buildup

of lactic acid and carbon monoxide in muscle tissue. These substances can accumulate due to stress, injury, or poor circulation, leading to muscle stiffness and stagnation of blood flow. This stiffness can create abnormal pressure on nerves, blood vessels, and lymph nodes, which may in turn impair the function of the skeletal system and internal organs.

By stimulating specific acupoints, acupuncture helps release these blockages, improves blood circulation, and reduces muscle tension—thereby supporting the body's natural healing processes.

It's important to distinguish acupuncture from a similar technique known as dry needling. While both practices use the same type of thin needles, their principles and training requirements differ. Dry needling is



primarily used by physical therapists, sports therapists, and some acupuncturists to target muscle trigger points—tight bands or knots within muscle tissue that can cause pain or limited movement.

Unlike acupuncture, which is based on the meridian and Qi system, dry needling focuses strictly on musculoskeletal issues and does not involve the traditional theories of energy flow. Additionally, only licensed acupuncturists are fully trained in the traditional principles and diagnostic methods of acupuncture. Physical therapists may be certified to perform dry needling but do not receive the extensive education required to become licensed acupuncturists.

Both acupuncture and dry needling can be effective treatments depending on the condition and the practitioner's expertise. However, patients should be aware of the differences in approach, training, and therapeutic goals when choosing a treatment method.

Whether you're exploring acupuncture for chronic pain, stress relief, or overall wellness, it's essential to consult a qualified practitioner to ensure safe and effective care.

Andreina (Nina), is currently studying Traditional Chinese Medicine and Acupuncture and will be graduating in fall of 2026. To visit her at the student clinic, please email Nina at lujan.toro.rmt@gmail.com.

If you have questions about how massage therapy or physiotherapy might be able to help you, please email info@essential-health.ca.



Alta Vista residents push for safer cycling

by Patrick Hamel

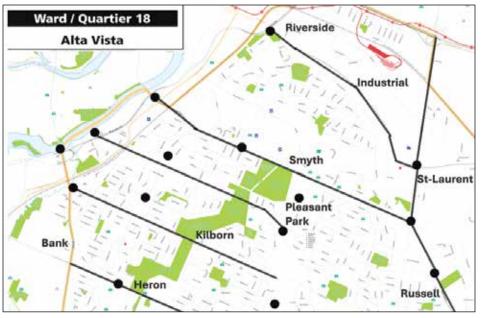
ycling is one of the healthiest, affordable, and eco-conscious ways to get around. But for many in Alta Vista, it often feels like a gamble.

For me, the issue became painfully clear after a bike accident on Kilborn Avenue over the summer. A collision with a car sent me on a dramatic trip in an ambulance, with shoulder fractures, a dislocation, and a cracked helmet. The experience drove home the importance of safe cycling—not just for myself, but for everyone in the community.

A Community Survey of Cycling Risks

To better understand the scope of the problem, I conducted a survey of Alta Vista residents through contacts and Facebook. The responses were consistent: people want to cycle more, but unsafe conditions are holding them back (Fig. 1).

Key trouble spots include Pleasant Park at Kilborn Gardens, Industrial & Riverside, and the congested Billings Bridge. Bike lanes vanish suddenly on key arteries: Smyth Road near the hospitals, St. Laurent Boulevard, Kilborn Avenue, Southvale Crescent, Pleasant Park Road, and Heron road (Fig.



Dots and dark lines represent where residents have identified dangerous areas in the survey.

2). Cyclists are often forced into fast traffic with no protection.

There is also a parking issue: vehicles regularly block what should be bike space on Kilborn near the baseball diamond and on Pleasant Park. Street parking on these arteries should be removed and replaced with proper bike lanes.

Another recurring concern is the lack of a safe Rideau River crossing south of Hurdman. Billings Bridge is unnerving for anyone on two wheels. Residents suggested that the city explore either upgrading the bridge or adding a dedicated crossing to better connect Alta Vista with Old Ottawa South. As a start, flexible bollards were added to the Smyth Bridge; however, there are still no safe cycling connections to Alta Vista.

Immediate, Practical Solutions

Residents are also asking for smaller, affordable fixes:

- Safer crosswalks, signage, and visibility upgrades at high-risk intersections.
- Speed-calming measures such as lowering limits on Kilborn and adding speed meters.
- Repurposing parking near Kilborn's diamond and Pleasant Park/Riverside into segregated bike lanes—similar to the temporary concrete barriers used on Lees Avenue.

These are small, targeted steps that could deliver large safety gains almost immediately.

Meeting with Councillor Marty Carr

I presented these survey results to Councillor Marty Carr at the end of August. Encouragingly, Councillor Carr agreed in principle with most of the points raised. She indicated some of the projects were in problematic areas or costs could be too high, citing the bike path on Heron as an example. She and her staff committed to follow-up with a comprehensive response.

Councillor Carr also acknowledged one of the underlying challenges: Alta Vista, like many Ottawa neighborhoods, was largely built in the 1950s, when cars were considered the unquestioned future of urban transport. Streets were designed for cars first, with little thought to cyclists. Today, however, mentalities have shifted. Residents are calling for safer, more efficient, and more sustainable ways of moving through the city.

Why Cycling Infrastructure Matters for Ottawa

The benefits of safe cycling infra-

structure go far beyond individual safety. Cycling builds daily exercise into life, with major cost and health benefits. Also, a bicycle is the most affordable form of personal transportation. As housing and fuel costs rise, bikes provide freedom for students and help reduce disparities. Moreover, studies from across North America and Europe show that bike lanes are a worthwhile investment to local businesses, can reduce traffic, and be cost-saving (see references below). Also, having cyclists within clear bike paths makes it easier for cars by reducing unexpected interactions.

Building on Success— Ottawa and Abroad

Ottawa already has proof that safe cycling infrastructure works. The Laurier Avenue segregated lanes, once controversial, are now among the busiest in the city. The Hurdman-to-downtown path has become a vital commuter link for Alta Vista. Both show that when routes are continuous, safe, and direct, ridership grows quickly.

Cold-climate cities prove that weather is not a barrier with good infrastructure. For example, year-round cycle tracks are plowed in winter in Montreal, and an extensive and well-maintained network allows important usage despite long winters in Helsinki, Finland. Helsinki and Copenhagen, Denmark, have been developing physically separated tracks on busy main streets. If these cities can succeed, so can Ottawa.

Conclusion: A Healthier, Safer, Better-Connected Alta Vista

Cycling isn't just about getting from A to B. It's about well-being, environmental responsibility, and community resilience. Alta Vista residents want to cycle more, but they need safe, continuous routes to do so. Suggestions gathered from residents provide concrete solutions that, if implemented, will benefit Alta Vista in the short and long-term.

Note: I wrote this opinion piece as an unaffiliated, private resident of Alta Vista.

References

- Arancibia et al. (2019). "Measuring the Local Economic Impacts of Replacing On-Street Parking With Bike Lanes".
- CBC.ca: bike-lanes-impacts
- Wired.com: the-battle-overbike-lanes-needs-a-mindsetshift/
 - Zipper (2024). "Business owners are buying into a bogus myth about driving"



Activities

Pick your perfect pumpkin

Apples and Seasonal Vegetables

Picture Benches, take a selfie or pictures with your family or friends

Hot Cider, Saturdays only

Straw Jump, for the kids and the kids at heart

Country Basket Ball game, Cedarview only

Wagon Rides on Saturday, Borrisokane only

Hours



Monday to Friday 10am to 6pm Saturday 9am to 5pm

Closed on Sunday. **Except Sunday October 27th

For more details check out our website: www.fosterfamilyfarm.ca/market-locations

Two locations to serve you

Cedarview Farm Stand or Borrisokane Farm Stand

Only working pets are allowed at the pumpkin patch

Cash is preferred



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



martycarrottawa.ca

Meet your Ward 18 Office Team

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

Ward 18 Weekly Newsletter

Did you know that I release a bilingual weekly newsletter every Friday to keep residents informed of everything taking place in Ward 18? f 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.

Thank You for Attending the Balena Park Corn Roast!

I'm happy to share that the annual Balena Park Corn Roast was a success again this year! The weather was phenomenal, and the turnout was the best yet!

A big thank you to all the residents who came out! I had a great time chatting with many of you. Another big thank you to all of our partners who contributed to make this event such a success.

The Heron Road Community Centre has Reopened!

Welcome back! As the Heron Road Community Centre gradually resumes services, staff are committed to providing you with the high-quality programs and services you've come to expect.

A selection of programs has already resumed — visit ottawa.ca for the latest updates and program listings. You can also reach staff by phone at 613-580-3311.

Thank you for your continued patience and understanding as staff rebuild and expand their offerings. We look forward to seeing you! Stay tuned for more updates!

The Last Day of the Alta Vista Market is October 11th!

It has been another wonderful summer and early fall at the Alta Vista Market! I wish to remind residents that the last day of the 2025 Alta Vista Market will be Saturday, October 11th, from 9a.m. to 1p.m. at St. Thomas the Apostle Church (2345 Alta Vista Drive).

Don't worry! The market will be back again next summer and we look forward to seeing you there!

Draft Budget Consultation Meeting - November 25th

My office, in collaboration with Wards 10, 16, and 17, will be hosting the Ottawa South 2025 Draft Budget Consultation on Tuesday, November 25th, at 6:30p.m. at Jim Durrell Recreation Centre (1265 Walkley Road) in Ellwood Hall.

The City Budget will be tabled on November 12 and all month long all committee meetings will be dedicated to Budget related considerations.

Following the tabling, residents will be able to submit questions through the City's Engage Ottawa webpage. Question submissions will be open for the public between November 12 and December 8.

All City Council and standing committee meetings are open to the public. You can watch all Council and Committee meetings on Ottawa City Council's YouTube channel.

Save the Date: Breakfast with Santa - December 6th

We look forward to seeing you at this year's Breakfast with Santa at the Canterbury Community Centre (2185 Arch Street)!

Come join us from 8a.m. to 11a.m. on December 6th for a pancake breakfast with coffee and tea, face painting, and a visit from Santa himself! We will also be collecting donations for the Ottawa Food Bank.

Stay Connected

Website: Please visit my website **www.martycarrottawa.ca** I invite you to visit the site regularly for the latest news and events, community resources, and information about what's happening at Council and at the City of Ottawa.

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



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



Instagram (martycarrottawa)

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

TRINITY COMMUNITY GARDEN

Beets and mingle: my first summer at Trinity Community Garden

by Dominique Parent

After a cold and rainy spring, the garden was finally in full swing by mid June - to my great delight! Then came a time when my crops were not sprouting or growing as fast as I had hoped, and I began to despair. I realized then that I am a bit of a dramatic gardener. "Patience, it's still early," said a fellow gardener, who is more relaxed and experienced than I am. And she was right.

Around that time, the pollinator garden had begun to bloom, revealing its beauty to the bees foraging nearby. My beets and other root vegetables had unfurled their first bright green leaves and my tomato plants, which had mysteriously turned purple, began to look healthier, filling me with hope and excitement.

I enjoyed walking through the plots of the other gardeners, discovering the vast variety of plants growing there: tomatoes, rows of corn, garlic, squashes of all kinds, multicoloured lettuce varieties,



and peppers in every shape and colour, just to name a few. Garden plots are as unique as we are-that much I can tell you!

During the summer, I tried to domesticate and manage my garden as best as I could- I put up a fence around the perimeter of my plot to prevent rodents from eating my crops, added straw mulch to keep weeds from overtaking the surface and planted marigolds to repel harmful insects. Despite all my efforts and the inevitable truth that I cannot predict the outcome of my garden with per-

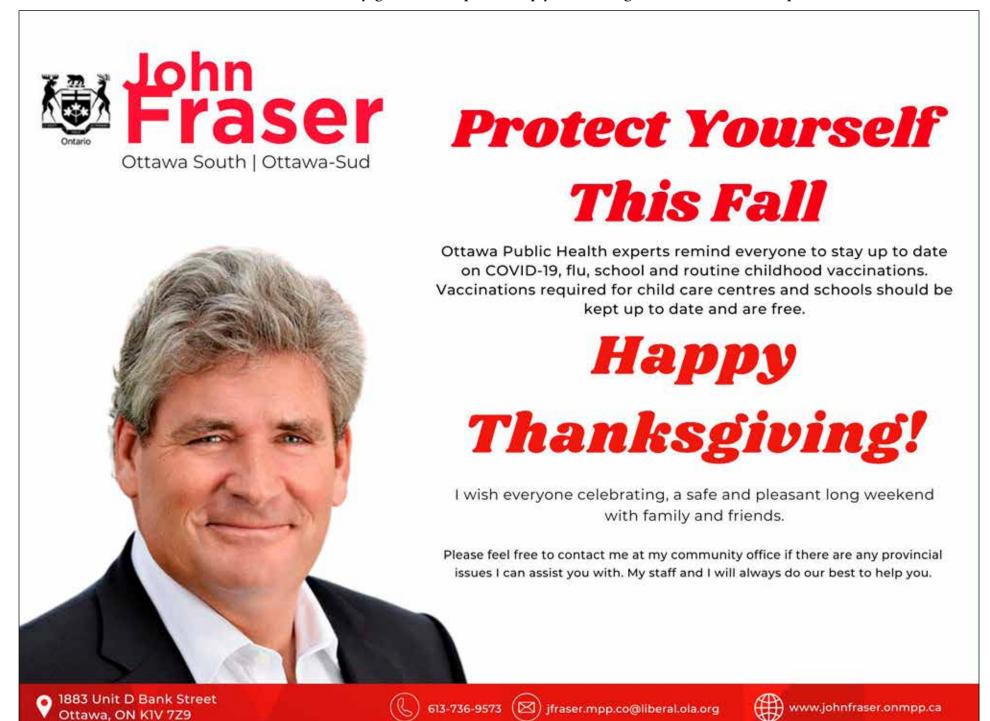
fection, I have come to learn that nature is always in control, and we must work with it. Next year, I will try to approach the garden with a bit more patience.

There was rarely a time where I was alone at the community garden - there was always a friendly face to exchange gardening tips and sometimes, even to share a slice of life. When I was lucky, I even got to pet a few furry friends. The sense of belonging to a group that shares the same passion and work toward the same goals is deeply comforting.

The garden is a peaceful place. I remember bending over to weed for hours, only to lift my head and watch bees buzzing around and butterflies chasing one another. Gardening in such a beautiful and safe space offers real benefits for both body and mind.

Trinity Community Garden is well rooted in the Riverview Park neighbourhood. Our gardens yield a generous harvest of fresh produce, some of which we donate to the Blair Court Food Bank. These donations are the results of consistent teamwork and shared commitment. At Trinity Community Garden, the word "community Truly lives up to its name.

I have had some very satisfying harvests so far and am now trying my hand at succession planting, hoping for another root vegetables harvest in the fall, just in time before the collective garden cleanup in October, and to prepare a few final batches of preserves. I intend to make the pleasure of gardening last as long as I can, until it is time to say goodbye - à la prochaine!



An Ode to Summer Baseball

by Kris Nanda

The long warm days of summer have now come and gone, and while major league baseball playoffs continue, the ballparks at the Ottawa Stadium and other minor league venues are now silent. It has been a great year to be a fan of the Ottawa Titans and other minor league teams, to sit out in the sun or under the evening sky (even with a bit of rain) and to enjoy a day or night at the ballpark, without breaking the bank!

While minor league teams like the Titans do not showcase the talents of major league stars like Aaron Judge, Vladimir Guerrero Jr or Shohei Ohtani, they still offer lots of simple and affordable fun and pleasure (and some great names like my favourite former Titan, Sicnarf Loopstok, whose first name is "Francis" spelled backward). And, the rules and the strategy of the game are the same. Minor league stadiums have their charms, like the left field picnic area and beer garden in Ottawa or the hand-turned scoreboard at Vancouver's Nat Bailey Stadium- with its beautiful backdrop of Queen Elizabeth Park.



the bat and the smack of the ball in the catcher's mitt sound louder. And when you see a high pop fly, seemingly hundreds of feet in the air, it seems much higher and more awesome than from the upper decks of a 40,000seat major league stadium. Make no doubt about it, minor league players are skilled, and while they are not millionaires, many are still chasing their boyhood dream and being one of "the boys of summer."

For true fans, there is the chance to keep score (even if the Titans no longer sell scorecards-one of the few drawbacks), heckle the opposing team (politely), or guess and second-guess the manager and players. (Will the

In a smaller park, the crack of runner try to steal second base or score from second base on a hit to the outfield? Will the manager pull a tiring pitcher or let him face another batter?) And, for those who are not fans, or overly knowledgeable about baseball rules, an outing at the ballpark still provides entertainment or a chance to just chat with your friends or the people in the rows next to you. The smaller scale lets you run into friends, neighbours, colleagues (and the occasional politician).

> Minor-league baseball offers old-fashioned charms lacking in bigger stadiums. There are the silly between-inning contests like the "donut race," or the dance off or watching children and kids at heart clamoring for the free piz-

zas, chips or t-shirts being tossed into the crowd. There are Baseball Bingo nights, Bark at the Park days (where you can bring your dog) and post-game Friday night fireworks. And then there's the friendly staff.

Fans can watch kids scramble after foul balls hit into the stands (the unwritten rule is that adults who catch foul balls should "give it to a kid".) Kids can easily see and highfive or hug team mascots like Cappy! And, it's much easier to interact with and get close to the players especially when they toss a baseball into the stands as they come into the dugout after an inning.

Maybe I am biased, but I have to say that an experience at a minor league ballpark is an enjoyable way to spend an afternoon or evening – even if the team loses 15-0 on 'Fan Appreciation night'.

As a Riverview Park resident, RPCA member and baseball fan, I look forward to riding my bike to more Titans games next year. Hope to see many of you there (using the RPCA ticket discount).

Editor's note: While it could look like Kris Nanda is an employee of the Ottawa Titans, he isn't. He is just one of their finest fans.



A community garden is not a free-for-all.

summer, individuals who are not members of the Trinity Community Garden have been encountered helping themselves to vegetables, and indicating that they assumed that a community garden was a "help yourself" resource.

This is not the case. Trinity Community Garden is on a piece of privately owned property where people from our neighbourhood come together to grow vegetables. Each member pays an annual fee to acquire a single garden plot. They start the season by planting seeds or seedlings (sometimes started at home in January through March). All summer long,

n a few occasions this gardeners tend to their plot- watering, weeding, pruning and cultivating. After much work, all season they finally have the reward of much anticipated vegetables.

Trinity Community Garden also has a long-standing partnership with the Blair Court Food Bank on Station Boulevard, to which it donates hundreds of pounds of vegetables each year.

Anyone wishing to apply for a plot can email trinitygarden480@ gmail.com, and more information about the Blair Court Food Bank can email blaircourt@rogers.com. In the meantime, please respect gardeners' individual and collective efforts to grow food for themselves and the local community.



RIVERVIEW PARK COMMUNITY ASSOCIATION PRESIDENT'S REPORT



RON RIDLEY RPCA President

t has been an exciting summer in Riverview Park, highlighted by a fantastic Porchfest in June and a highly successful Movie Night and Summer Carnival in August. This year's Porchfest was bigger than ever, featuring 15 acts over two days with a wonderful variety of music and top-tier talent. The event drew lively crowds, some of whom responsibly shut down their street—creating a vibrant, community-filled atmosphere enjoyed by people of all ages. Over 600 residents celebrated our local talent and community spirit.

Our Second Annual Summer Carnival and Movie Night was



another highlight, attracting 300-350 people to Balena Park on a perfect evening. Despite a threatening forecast, no rain or wind disrupted the fun, providing ideal conditions to watch the movie on our 20-foot inflatable screen.

In June, we also hosted a popular garage sale in collaboration jointly with Alta Vista and a joyful end-of-school celebration at Riverview Park Alternative School.

Next on our calendar is the citywide "Cleaning the Capital

- Riverview Park Edition." We invite you to join fellow community-minded individuals to help keep our parks and greenspaces beautiful. Details on dates, times, and meet-up points will be available on our website and Facebook page.

Our Annual General Meeting is scheduled for Wednesday, October 22, at Trinity Church of the Nazarene, 480 Avalon Place, at 7:00 pm. Jesse-Lee Wallace our guest speaker. While evening meetings might not be everyone's first choice, this event provides valuable insight into Riverview Park's future and a chance to share your input—and this year, refreshments will be served!

While the RPCA remains apolitical, we closely monitor city planning and development, particularly concerning upcoming projects like Lansdowne 2.0. We encourage you to learn about hood!

these plans and voice your opinions to our councillor and the mayor, as they will impact our community for years to come.

As our board transitions, we're seeking new members passionate about making a difference. Volunteering is a rewarding way to connect with neighbors, develop skills, and support causes you care about. We invite everyone to get involved.

Stay up to date by subscribfrom Volunteer Ottawa will be ing to our monthly newsletter or becoming an RPCA member for only \$20 a year. Ready to make a difference? Visit www.riverviewparkca.com or email us at president@riverviewparkca.com with your ideas or questions. We'd love to see you at our next board meeting—details are on our website.

> Together, we can build a stronger, more vibrant Riverview Park. We look forward to seeing you at an event or around the neighbor-

Spooky Halloween lawn displays:

Raising spirits and funds for the Ottawa Food Bank

How Two Local Alta Vista Residents Turn Their Yards into a Haunted Fundraiser

t's that time of year again when the leaves turn bril-■ liant shades of gold and red, the air grows crisp, and Christian McPherson writes an article referring to himself in the third person for his local community newspapers. Yes, it's almost Halloween!

For Alta Vista residents, Christian McPherson and Chris Nantes, the season is more than just candy and costumes—it's an opportunity to make a real difference in their community. The Chris' elaborate Halloween lawn displays have become local legend, drawing visitors from across the city, not only for their fright-



PHOTO CREDIT: CHRISTIAN MCPHERSON

ful fun but also for their charitable mission: raising money for the Ottawa Food Bank.

Last year Nantes and McPherson raised over two and a half thousand dollars and managed to pull in ten large boxes of food for vegetables, tuna, tomato sauce,



the Ottawa Food Band. They hope to do the same or

better this year!

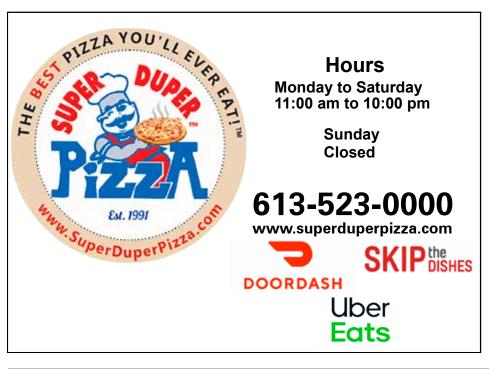
Once again, a QR Code will be displayed for donations to the Ottawa Food Bank along with bins for nonperishable items such as rice, pasta, can goods (beans, canned

etc.) diapers, baby formula, cooking oil, etc. Everything helps. With food prices at an unbelievable high, the Food Bank is strained more than ever.

Located in the Ottawa, heart of McPherson's Nantes' homes undergo dramatic trans-

formations every October. What begin as ordinary suburban lawns are gradually overtaken by ghosts, ghouls, animatronic skeletons, and hand-crafted tombstones.

Look for these spooky displays coming soon to 2340 Orlando Avenue, (home of Chris Nantes) and 1484 Orchard Avenue, (home of Chris McPherson). Happy haunting!!!





Mark your calendars

Immaculate Heart of Mary Christmas Concert Sunday December 7, 2025, 3:00 pm

On Sunday, December 7th, at 3:00 pm, at Immaculate Heart of Mary Church, 1758 Alta Vista Drive, come enjoy the music of the season! This event will feature local musical groups: the Grand Choeur De La Salle, the Ensemble vocal 8e du CEAO, the Harmonia Choir of Ottawa, the Ottawa Boys Choir, and the Immaculate Heart of Mary Church / St Margaret's Church Choir accompanied by the Divertimento Orchestra. They will be joined by tenor soloist Zachary Rubens, for special tributes to the musical season. Interspersed with this will be carol singing for all.



Immaculate Heart of Mary Christmas Concert December 2024.

of Mary Concert is held in support of the Heron Emergency Food Centre (HEFC). Admis-

and there is ample and easily accessible parking. There will be collection baskets for vol-This 34th Immaculate Heart sion to the Concert is FREE untary monetary donations

(cheque or cash). Through the event Go Fund Me page, you can easily make an online donation and tax receipts will be issued directly to you in accordance with Canada Revenue Agency guidelines. Those interested in an advance donation or in purchasing advertising in the concert program or who have any questions, please contact the concert organizing committee at 613-791-9115.

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

FRIENDS OF RIVERVIEW PARK GREEN SPACES (FORPGS)

FoRPGS October 2025

by Ron Ridley on behalf of the FoRPGS

hope you had an enjoyable summer and were able to re-■ lax and explore the lush green spaces in Riverview Park. Despite the hot and dry conditions, it's impressive how long the greenery persisted!

Thankfully, the city is beginning to organize a response to the growing problem of invasive species throughout Riverview Park. Our councillor has been a passionate supporter from the be• The small hydro corridor garginning, though the city initially seemed unsure about the best approach. Recently, in partnership • The new garden between with CAFES (Community Action for Environmental Sustainabil- • ity), the city hosted a Community Dialogue at Jim Durrel Arena. The goal was to gather input • from residents on invasive plant management, including a community stewardship program that • FoRPGS has been advocating for several years. While more work is needed, promising steps are underway.

For those unfamiliar, invasive plants are non-native species introduced- intentionally or unintentionall from other regions. They tend to outcompete native vegetation, threatening local ecosystems and endangering humans and pets. This issue is particularly visible in Riverview Park, where we see many invasives such as buckthorn (both common and glossy), dog-strangling vine (swallow-wort), gout weed, garlic mustard, and Japanese knotweed. Thankfully, we have fewer problem species like wild parsnip, poison ivy, and giant hogweed, which require careful handling.

FoRPGS has been actively maintaining the main pollinator garden and supporting efforts in other community areas, including Balena Park and the pathway between Dorion and Drake where a new pollinator garden has been established. We now care for eight volunteer-led pollinator gardens in Riverview Park, including:

- The main pollinator garden at Balena Park
- den near Cluny
- The garden near Browning
- Dorion & Drake
- The garden along the northsouth hydro corridor
- The new garden in Oak Park
- The new garden under the majestic oak along the Hospital Link Corridor
- The large garden at the allotment gardens

Looking ahead, as part of the RPCA's 2026 social events, FoRPGS and the RPCA are excited to launch a Riverview Park Garden Tour. Community gardeners will have the opportunity to showcase their beautiful gardens and share their passion with others. Riverview is home to many talented gardeners and stunning landscapes - let's spread the word!

Get Involved — **Volunteers Needed!**

Students and youth looking to earn their 40 volunteer hours, or anyone interested in making a dif-

ference: come join us! Whether you're curious about invasive species or eager to contribute, your involvement can make a real impact. Opportunities include:

- Caring for pollinator gardens
- Removing invasive species
- Maintaining forest pathways
- Participating in community

planting projects

Stay Connected! Join our mailing list at FoRPGSOttawa@gmail. com or follow us on Facebook @ FriendsofRiverviewParkGreen-Spaces. Together, we can keep Riverview's green spaces vibrant, healthy, and welcoming for every-





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

Independent Living | Assisted Living | Memory Care

OCT 4 | 10-3pm

COMMUNITIES IN YOUR NEIGHBOURHOOD

OAKPARK | 613-260-7144 Alta Vista

MAPLEWOOD | 613-656-0556 Riverview Park

RIVERPATH | 613-327-9655 Beechwood



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







Riverview Park Review

SECTION TWO

OCTOBER 2025 A Voice of Riverview Park NOVEMBER 2025

OPEN the DOOR, LET'S EXPLORE...

Nova **Networks** Inc. (NOVA)

Shared by the NOVA Marketing Team Photos by Carole Moult

Networks (Nova) is a privately owned Canadian IT services company based in Ottawa.

Originally established in 1993 as a provider of IT products and services, Nova Networks Inc. has grown to become a leading IT services company.

In 2021, Nova acquired the 255 Smyth building, formerly the Conference Board of Canada building, marking an expansion in its operational footprint. The Smyth location is now the Nova Headquarters, while its three-building campus on Woodward Avenue is now known as the Nova Service Delivery Center. The Woodward campus is fully staffed and houses core teams including the Service



One of the NOVA Network's Teams enjoying the patio. PHOTO CREDIT: CAROLE MOULT

Desk, Network Operations Centre (NOC), Security Operations Centre (SOC), and technical groups supporting a wide range of infrastructure and engineering services.

mostly based in Canada, its services also reach customers in the US and Europe. This client base is highly diverse, ranging from start-ups and not-for-profits to large organizations in the Although Nova's clients are private, health, municipal, and

public sectors.

Comprehensive Support

Nova's core business is providing extensive Managed Services, where the company often acts as the client's entire IT department.

CONTINUED ON PAGE 26



OPEN the DOOR, LET'S EXPLORE...

NOVA

CONTINUED FROM PAGE 25

Municipal and Public Sector

Nova supports over 18,000 local Municipal and other Public Sector employees across Ontario, including multiple municipalities and hospitals, providing a full suite of services. This comprehensive support includes IT, procurement, technical, engineering, and managed services (such as the supply of IT hardware and cyber security services). Nova also provides essential 24/7 service through its Ottawa-based bilingual Service Desk, NOC, and SOC.

Hospitals and Healthcare

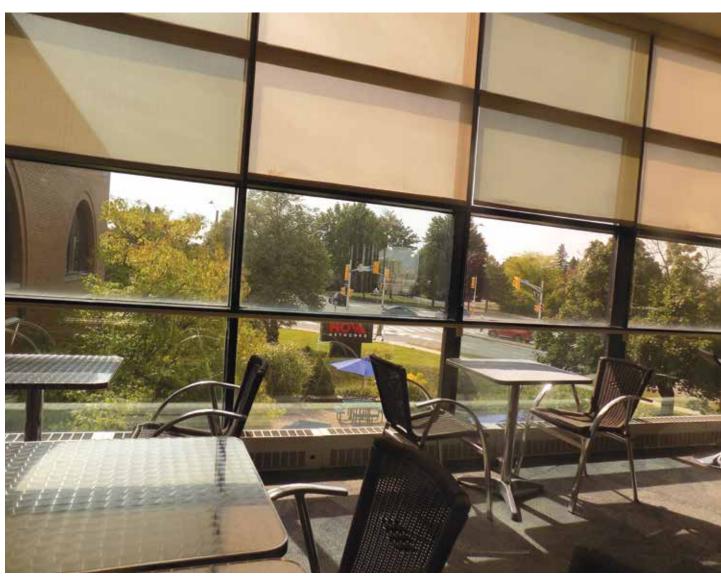
For multiple hospitals across Ontario, Nova delivers managed services, acting as an extension of the hospital's IT department. This comprehensive support includes hospital specific tools and software, engineering, procurement, technical, security, and managed services, as well as dedicated onsite/remote technical support. This is all backed by 24/7 Ottawa-based service desk and network operations services, including after-hours end-user IT support.

Not-for-Profits

Nova supports multiple not-forprofit organizations and associations in the health, education, and technology sectors. It delivers managed services, serving as the IT department, complete with dedicated on-site and remote technical support, technical services, and engineering and professional services.

Federal Government

In addition to offering the federal government competitive purchase order fulfilment and product delivery, the company provides round-the-clock sup- professional services.



Second Floor Collaboration Space.



Welcome to reception.

port. Nova is listed on several Lifecycle Management federal procurement vehicles for end-user devices and back-office infrastructure hardware. Its services include managed IT, procurement and engineering, and

Managing the entire lifespan of IT hardware is the focus of Nova's Life Cycle Management (LCM) program. This inclusive program starts with identifying and procuring a device and supports that asset

throughout its entire lifecycle until it is ready to be sustainably recycled. This six-phase approach ensures a sustainable IT environment by handling tasks such as imaging, asset tagging, configuration, warehousing, and maintenance. Nova supports environmentally conscious disposal, which includes refurbishment or sustainable recycling.

Partnerships

Nova is an authorized value-added reseller and integrator for most Tier 1 IT product manufacturers (including Apple, Cisco, Dell, HP, IBM, Lenovo, and Microsoft) and assists clients in identifying and purchasing the right technologies. The company's Technical Services and Professional Services are highlighted by their position on OECM (Ontario Education Collaborative Marketplace), focusing on the broader public sector.



The Boardroom



The Lobby

OPEN the DOOR, LET'S EXPLORE...

Quality Life Services: the name speaks for itself.

he reasons for opening a new business are far-ranging, and no doubt as varied as the people who decide there is a need for a particular service. Some make plans over many years, while for others, beginning a new venture can be the result of a specific life incident. Such was the case for Peter Barclay.

When questioned about establishing his Winnipeg company in 1986, he replied,

"Someone asked me recently, why did I start Quality Life Services? We were selling disposable gloves at the time to dentists, mostly. Then Harold, in his midthirties, came into the office. Harold, from an accident, was left incontinent. He was an engineer and traveled a lot. He was now scared to travel with fear of leaking and odour. We got him into Tranquility, and he later said it saved his career and family life."

Today, almost four decades later, Quality Life Services is a 100% Canadian family-owned private company and Canada's leading and well-known supplier of incontinence products. And, although the company is a leader in these products, it also has a wide selection of other health-care and medical merchandise to help assist people with their daily lives. Bathroom safety supplies, compression stockings, wheelchairs, walkers and commodes are all products of Quality Life Services. On-line and available catalogues provide the names of other items as well.

Quality Life Services sells and distributes exclusively products such as Tranquility and MoliCare, although the company also carries and distributes other leading brands such as Tena, Attends, Prevail, Abena, plus the Kimberley Clark range such as Depend and Poise, distributed to dealers across Canada.

With offices in numerous provinces, and sales representatives from coast-to-coast, Quality Life Services sells its products to stores, long-term care homes, retirement communities, group homes and individuals.

Peter Barclay and his daughter Melanie, work out of the 980 Nairn Avenue, Winnipeg retail store, office and warehouse. From Winnipeg, they service the geographical area of Thunder Bay, Ontario to mid-country. There is also a Sales Rep. in Edmonton and the Calgary warehouse ships from there to the west coast. Pe-



The store has a great variety of products. PHOTO CREDIT: CAROLE MOULT



Delivery is available. PHOTO CREDIT: CAROLE MOULT



ter's son, Shane Barclay, works out of the huge retail store, office and warehouse at 2220 Gladwin Crescent here in Ottawa, and this location services Ontario and all points to the east.

"In a very short time," Shane Barclay notes, "I will be heading to Newfoundland to check with customers there. All locations serve their respective northern regions as well," adds Shane. The three Barclays are co-owners, with Shane Barclay, President.

In the year 2000, when the company first set up its retail showroom and warehouse in Ontario, it was in Ottawa on Industrial Avenue, here in Riverview Park. With Ontario having the largest population of any Canadicompany wanted to expand, it should do so in not only Canada's most populous province, but also be closer to those who have need of the products of Quality Life Services in the east.

When the Industrial Avenue location became too small, Quality Life Services moved to Gladwin Crescent, only minutes away, but with the much-needed extra space. Shelves in both warehouses are stacked high with not only products going to customers, but sample packages for people to try.

You don't have to be in the older demographics to require or use the supplies or products from Quality Life Services. Canadian

demographics, however, should leave no question in anyone's mind as to the growing need for the products that the company specializes in.

One example is with regard to this city. Data from Statistics Canada, in 2021, when the most recent Census took place, shows that out of the city's population of 1,017,449, there were 172,150 persons aged 65 and over enumerated, representing 16.9% of the total population. In comparison, for Canada, the proportion of seniors was even greater at 19.0%. Moreover, according to the same 2021 Census, 37% of Ottawa's population was over the age of 50 and represented the fastest-growing age group, with those over 85 and over 100 showing particularly significant increases. By 2030, it is estimated that one in five adults will be aged 65 and over.

How do these statistics affect the population, or how will these statistics perhaps create a need for change? Companies such as Quality Life Services have already been adapting to this change by having a team of Health Professionals provide educational programing, and in doing so, have received high praise for taking this initiative. Their educational program is provided to institutions, Home Care and dealers of health care products and suppliers of incontinent systems.

According to The Canadian Continence Foundation, urinary incontinence and bladder weakness can have many causes. There are numerous types of incontinence and it is a symptom of something else going on in the body. It is not a disease. Incontinence affects over 3.3 million Canadians, including men and an province, it made sense, even women, due to a wide variety of twenty-five years ago, that if the causes, and indeed of all ages, such as with Harold.

> These days, Peter Barclay continues to keep quite involved in the family business that he began back in the 1980s. Little would he have ever realized at the time, that when he was helping a young engineer and family man, there would eventually be thousands of others just like Harold, who would benefit from the products of Quality Life Services.

> Many have appreciated the foresight and hard work that the Barclay family have put into improving the lives of others. It is reassuring to know that this local company continues to contribute significantly to our well-being.

OPEN the DOOR, LET'S EXPLORE...

Pharmasave Cyril Pharmacy: dispensing customer confidence

by Carole Moult

e all remember, and no doubt vividly, the year 2020. This was that unforgettable time when the pandemic was declared, and when people by the end of the year, began looking toward receiving the COVID-19 vaccine against the illness.

It was on April 1, 2021, the following year, when a small pharmacy on Kilborn Avenue was designated as one of only five pharmacies in Ottawa to provide the COVID-19 vaccine for residents of the city.

According to the Pharmasave Cyril Pharmacy owner, Nader El-Zayat, what happened next was almost unbelievable. A staggering number of about 12,000 people were soon on a waitlist to receive the injection at this small location in Alta Vista.

Up to 80 patients a day could be vaccinated by Mr. El-Zayat, and consequently this local pharmacy quickly became extremely well-known because of the service it was able to provide. A person did not even need to live in the area to receive the vaccine from Pharmasave Cyril Pharmacy, and thus the waitlist continued to grow. People could also book on-line.

It was actually five years prior to the pandemic, when Nader El-Zayat opened Pharmasave Cyril Pharmacy at 1795 Kilborn Avenue on June 2, 2015. At the time, he worked there by himself, after waiting over two-years to be able to rent that particular unit. Family lived in the Alta Vista neighbourhood, as he had himself, and he described the location as, 'perfect'. Today, there are two assistants helping at the pharmacy, plus one part-time pharmacist.

When asked recently about the biggest change or challenge of his first decade in business, "It was COVID-19," Nader El-Zayat responded immediately. Then, he went on to explain what happened during the pandemic. "Pharmacies never closed."

"As a result of so many people hearing about our pharmacy, and coming to get the vaccines, it certainly gave a 'boost' to people's awareness of our local Pharmasave." Today, many of these same patients still travel to the Kilborn Avenue location to pick up their prescriptions, totally unrelated to COVID.

Nader El-Zayat was not always a pharmacist, but originally trained as a dentist in Egypt. After his father came to Canada in 1989, he decided to follow, preparing to set up



Over the past 10 years, as owner of Pharmasave Cyril Pharmacy, Nader El-Zayat, has been there to provide much assistance to his many patients. PHOTO CREDIT: CAROLE MOULT

a dental practice in his new country. Upon his arrival, Dr. El-Zayat discovered however, that requirements were different for someone wishing to practice dentistry in this country.

Dr. El-Zayat would have to go back to the beginning and take the courses as if he was a new student. As a result of these regulations, he returned to Egypt to study pharmacy, such as his father had done years before. The course was shorter in the number of years of education, and since over the years, he had often assisted his father at his pharmacy, this career change would not be a totally unfamiliar one.

In both professions, the sciences are an extremely important part of the course load and chemistry and biology were Nader El-Zayat's favourite subjects. The Ontario Pharmacists Association website notes that it takes at least five years of university education to become a pharmacist: one or two years of an undergraduate program (with some science courses required), followed by a four-year professional degree pharmacy program.

Many pharmacists also undertake additional post-graduate training. Continuing education is up to each pharmacist, while first aid courses are mandated.

According to the Canadian In-

stitute for Health Information, in 2023, 30,696 pharmacists were employed in direct patient care in Canada, with the overall supply of pharmacists licensed to practise in Canada, 48,312. Internationally educated pharmacists accounted for 35.7% of the pharmacist supply.

In 2023, pharmacists, through me the authorization of the Provincial to Government, began being able to prescribe for various ailments. An prin-store poster lists these, plus Cyril Pharmacy is notified by both the Head Office of Pharmasave and the Ministry of Health about changes. The list can be found at: Ontario. be ca/page/pharmacies. Changes are received by pharmacists via email; is however, these updates are not made to patients until they are released to the media first.

This prescription process works with the pharmacist asking a few questions with regard to what the patient is describing, and then that professional decides if it's something for which a pharmacist could prescribe, or if there is the need to see a doctor. At Pharmasave Cyril Pharmacy about two-three people a day ask for assistance with regard to this recent service.

And, as we place our request for a prescription the pharmacist is immediately re-ordering the replacement medication, with deliveries received each day

It wouldn't be an interview if the subject of technology wasn't mentioned. Pharmasave does have an app, known as eCare@Pharmasave. It is a free mobile application that enables Canadians to manage their prescriptions, view health information, and find Pharmasave locations. Users can refill and transfer prescriptions, take photos of new prescriptions, receive customizable notifications, access tax receipts, and book appointments for services such as flu shots. Moreover, eCare@Pharmasave is available for both iPhone and Android devices.

It is said 'the only thing constant is change'. Changes for Ontario's pharmacists have been significant since COVID-19, and in particular with their expanded scope of practice, allowing them to prescribe for minor ailments, administer more vaccines, order lab tests, and provide new clinical services to improve patient access to care. The aim is to reduce wait times and burden on hospitals by incorporating pharmacists as available healthcare providers.

The pharmacy profession has evolved from its conventional and traditional drug focused basis to an advanced patient focused basis. It is evident that Nader El- Zayat and his team are able to readily adapt.

The 2025 Balena Park Corn Roast: what a success!

¶hank you to Councillor Marty Carr, her team, and the many volunteers who helped in carrying on the wonderful corn roast tradition. Hundreds came out to enjoy the many fun-filled activities, the delicious food and treats, and the informative booths set up around the park. What a perfect day!



All ages enjoyed the Balena Corn Roast, including a very happy Zuzu, 15 months old.



Elliot (2) and his dad, Scott, checked out the ducks.



Ana (4) with dad, Florian, had just left the John Fraser booth that gave away yummy ice-cream.



Owen (6) and Zoe (4) enjoyed the ice-cream from John Fraser's booth.



Magical Marvin greeted visitors to the September 2025 Corn Roast.



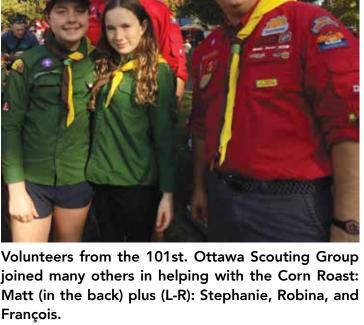
RPCA President, Ron Ridley, was one of hundreds who had a great time at the event.



Magical Marvin also performed his mysterious magic for hundreds around the empty pool.



Volunteers from the 101st. Ottawa Scouting Group joined many others in helping with the Corn Roast: Matt (in the back) plus (L-R): Stephanie, Robina, and



Kyrie (2), Kayden (3), Octavia (5), with Dakota (back) and Skylar were photographed in the line-up for the great BBQ food.



Marty Carr's team collected many needed items for the Ottawa Food Bank.



Mayor Mark Sutcliffe joined Councillor Marty Carr in welcoming the guests.



Kris Nanda and Lise Andrée Payette told visitors about the Riverview Park Community Association.



The inflatable slide was a huge draw for the younger crowd.

PHOTO CREDIT; CAROLE MOULT

ST. AIDAN'S YULETIDE BAZAAR and ONLINE AUCTION

Auction: Nov. 3-10

St. Aidan's Online Auction is back! This virtual portion of St. Aidan's Yuletide Bazaar will feature an array of household and gift items gift cards and more. Log on to www. staidansottawa.com from Nov 3-10 to link to the auction and place your bids. Winners can pick up their items on Satur-

Aidan's in-person Bazaar (10 am - 2 pm), 934 Hamlet Rd. Alternative arrangements for pick-up can be made.

Bazaar: Nov. 15, 10-2

St. Aidan's Church, 934 Hamlet Rd, Ottawa (Behind Elmvale Shopping Centre)

Please join us on Saturday Nov

day November 15 during St. 15 for St. Aidan's annual Yuletide Bazaar. This year's Bazaar will feature home baking, jams and preserves, The Boutique (jewelry and accessory items for men and women), books, puzzles and a silent auction. Enjoy a snack or light lunch at our Celtic Café. All are welcome.

> For more information about our Yuletide Bazaar and Online Auction, weekly services, outreach or ministries, visit our website www.staidansottawa.com



EnviroTips[©] for October 2025

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

Donate your used pump**kins** to an initiative like "Pumpkins for the Planet" which encourages Ottawa residents to drop off

their carved or intact pumpkins at local collection points, where volunteer drivers deliver them to local farms and food-sharing https://www.osean.org/ pumpkins-for-the-planet

Dim the lights for birds at night. World Migratory Bird Day is October 11, 2025. Dimming or turning off lights in the evening reduces the light pollution that interferes with bird migration and reduces the number of bird-window collisions.

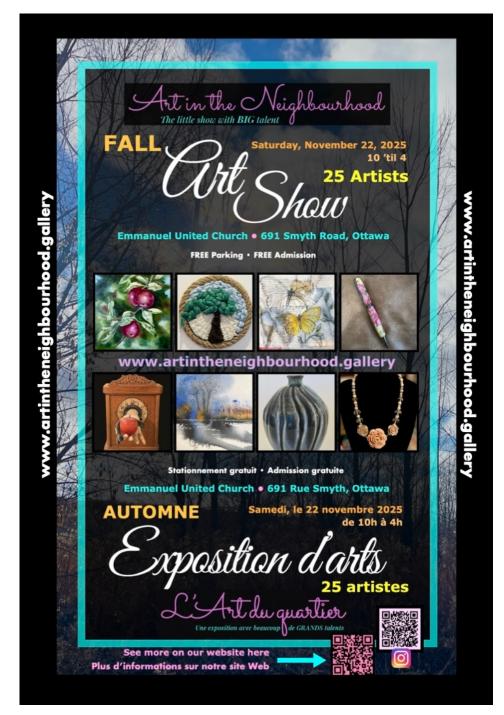
Bring your own travel mug with you on trips and into take-out restaurants. This will reduce the demand for disposable

cups (which otherwise may end up in the waste stream). And you will often get a discount or larger serving of coffee at the same price (e.g., Via Rail offers a 50-cent discount if you use your own travel mug and many coffee chains also provide discounts to those who bring their own container). Ask those establishments which do not have a discount program to do so to keep pace with the competition.

Make a powerful natural cleaner by combining vinegar and coffee grounds. Vinegar's ability to break down grease along with the abrasive scrubbing power of coffee grounds can erase stubborn grime and grease. Mix well 8.5 fluid ounces of white vinegar and one tablespoon of damp coffee grounds in a bowl. Add in one tablespoon of salt and a small amount of dish soap for extra stubborn spots. Pour the blend into a spray bottle and apply as needed.

Avoid streaming video through game consoles like **PlayStation or Xbox.** They use up to 30 times more energy than streaming on TV. If you do own a game console, set it to "auto-power down mode".

Bookmark the City of Ottawa recycling page's Waste **Explorer.** https://ottawa.ca/en/ garbage-and-recycling to ensure items are disposed of properly. You can also take part in community- run events. For example, the Enviro Crew of Old Ottawa South holds twice-yearly "big collection" of recyclables at Windsor Park. The next one is Saturday October 4 from Noon to 4:00 pm envirocrewoos@gmail.com.



TECHNOLOGY HELP IN YOUR HOME OR OFFICE

We come to you to fix technology problems.

Compu-Home is a highly regarded family business helping all of Ottawa-Gatineau since 1998. Service is honest, reliable, affordable and prompt.



HOW CAN WE HELP YOU?

- -On Site or Remote Assistance
- -Helping plan, purchase, set up and use new equipment
- -Computer slowdown
- -Problems with Internet connections
- -Spam, spyware and security issues
- -Setting up and maintaining home and office networks
- -Printer problems
- -Transferring and backing up data
- -Cell phones, tablets and televisions
- -Coaching, leading to self-reliance



613-731-5954 <u>info@compu-home.com</u>

www.compu-home.com

The Harding Family

Gloucester Horticultural Society: 100 Years of Gardening

(GHS: Ottawa, 2025)

Candace Dressler, Editor. 156 pages.

Reviewed by Bernard Wood

'm not a great gardener, but I got just as much from this lovely book as did my wife and all her friends with the chipped fingernails and strange tan lines. Celebrating the centenary of the Gloucester Horticultural Society (GHS), the editor, Candace Dressler, has skilfully woven "advice collected from GHS members" over the decades into a colourful, handsome handbook, fascinating for both novices and experts. Between the lines, it shows how our attitudes and practices around beautification, ecology and community have evolved over the past century. The text is enriched with photographs, sketches, and poems inspired by gardening throughout history.

Ms. Dressler, a Master Gardener herself, briefly outlines the history of the Society, honouring the hundreds of notable volunteers who have sustained it since 1925. But by page 6, we are already getting practical guidance. A 1947 guide to planning a garden, by an expert at the Central Experimen-

tal Farm, is quaint in some ways—the "small holding" sketched is about 130 ft. square, and the house only 30 ft. square—but the basic principles are still relevant. There is also an old-fashioned feel to the brief selections from the Society's Handbook in the 1990s, focusing on the popular ornamental flowers of the era and on the flower shows that attracted the most competitive gardeners.

The book has two main sections, both filled with sound advice. The first is a collection of members' favourite gardening tips and tricks featured in the Society's yearbooks since 1984. It is a treasure-house of practical insights and lessons, while revealing the gradual evolution from mainly decorative to more natural gardening. Gaston Tessier, a leading member for many years, advised on water gardens, shade gardening, water preservation, and a superb, colour-coded guide to help beautify with native plants. He recognized early that our gardens, taking up so much precious land, needed to contribute more to a healthy environment.

Other engaging articles discuss houseplants, "potagers" (ornamental vegetable gardens), preserves,

containers, bird feeders, composting, modern garden design, the benefits of snow cover, bulbs, seed harvesting and shrub propagation and forcing, rare and woodland plants, invasive flora and fauna, pollinator habitat, and many other intriguing topics. In case the reader's head begins to spin, editor Dressler provides an excellent index to help access this kaleidoscopic material for handy reference.

As a foodie, I latched on to an appetizing four-page article by another longtime pillar of the Society and Master Gardener, Fran Dennett, on "Culinary Herbs and Their Uses." Most of the second half of the book is a selection of Fran's columns of gardening lore and expert advice published in the Riverview Park Review since 2014. The 70-plus pages of these wide-ranging columns can't be easily summarized; the index is indispensable for reference. But it is also fun just to browse through topics from houseplant care to food growing during COVID, information sources on gardening and seed suppliers, and dozens of

other gardening worries and rewards, all covered with Fran's deft personal touch.

An article from November 2023, sums up Fran's own gardening journey and the changing attitudes of thoughtful gardeners since the GHS was founded. Entitled "A Messy Garden is a Good Thing," it begins, "After years of gardening, minding the weeds, and watching for pests, I have given myself permission to allow the garden to manage itself. It was liberating as well as beneficial, not only for myself but also for the health of my garden, and the pollinators and good bugs who keep the bad bugs in check."

This delightful book deserves a wide readership, throughout the National Capital Region and the rest of our hardiness zone across North America.

To have your own copy of the book, please check the advertisement on this page.

Bernard Wood is a family member of the GHS, a writer and a retired specialist in international affairs.

Immaculate Heart of Mary Parish

Roman Catholic Archdiocese of Ottawa-Cornwall

1758 Alta Vista Drive Ottawa, Ontario K1G 0G6 613-733-9636 https://ihmparish.ca ihmparish@rogers.com

"Through faith and virtuous life, together with love and service, we will lead people to Jesus and each other in charity."

SUNDAY MASS Saturday 4:30pm; Sunday 9:00am & 11:00am

WEEKDAY MASS

Monday, Thursday - 7:30am Wednesday - 7:00pm Tuesday, Friday, Saturday - 9:00am Public holidays - 9:00am

RECONCILIATION Wed. 6:15 - 6:45pm;

Fri. during the Holy Hour; Sat. 3:45 - 4:15pm; or by appointment **HOLY HOUR** with Benediction - Fri. 9:30 - 10:30am

BAPTISM & MARRIAGE - speak to the Pastor after Sunday Mass **ANOINTING OF THE SICK** - Call the office

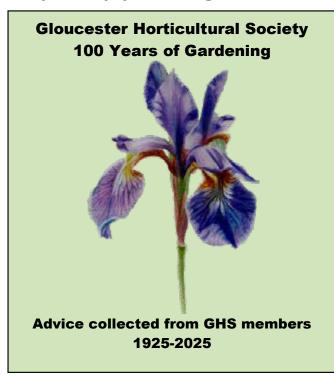
Children's Liturgy of the Word - Sun. 9:00am
Catholic Women's League - meets second Saturday 9:45am
Knights of Columbus - Council 13701
Parish Breakfast - third Sunday cans & bottles - third Saturday

Secular Franciscan Order - meets first Saturday 10:00am-noon Prayer Group & prayer requests Outreach to the Poor Bible Study Faith Formation

pastor: Fr. Frank Brewer office manager: Mr. Scott Ventureyra in residence: Fr. Thomas Nyambunde C.M.

OFFICE HOURS Mon. - Fri. 8:00am - noon; 1:00 - 3:00pm

Do you enjoy reading Dear Fran?



The Gloucester Horticultural Society is celebrating its 100th Anniversary with 100 Years of Gardening a 156 page book full of educational articles and garden poetry from our yearbooks since the 1950's including all of the "Dear Fran" columns from the Riverview Park Review.

We have a limited number of copies for sale to the public for \$20.00; alternatively the book is free with a \$20.00 annual membership.

To purchase your copy or become a member please send an email to: gloucester@gardenontario.org and indicate your preference.

For more information on our society visit our webpage gardenontario.org/society-listing/entry/93/ or our facebook page facebook.com/GloucesterHorticulturalSociety

Summer at Oakpark – a family affair

Shared by Bonnie Miller, Marketing Manager, Oakpark Retirement Residence

t's been a summer to remember at Oakpark Retirement Community, filled with fun, family, and community spirit.

We kicked things off on June 15 with a lively Community BBO. Residents, families, and neighbours gathered outdoors to enjoy great food and beautiful weather - a perfect start to the season.

Canada Day was a festive highlight, complete with live entertainment and a special visit from Mayor Mark Sutcliffe. His mother, a proud Oakpark resident, was thrilled to have him wish our residents a Happy Canada Day and join us for the festivities.

On July 16, residents were treated to a special Indian dinner prepared by our very own Food Service Manager, Meenaal. Her East Indian heritage and culinary talent shone through in every delicious dish.

Just a few days later, on July 27, we hosted a Blueberry Lemon Social - and it was, quite literally, berry delicious!

August brought even more heartwarming moments. On the 13th, a generous family member donated a variety of flowers, which were used to create beautiful, individual bouquets for residents on our Memory Care floor. A touching photo of Helen enjoying the scent of her bouquet perfectly captures the joy of the moment.

August 20 marked Oakpark's 17th Anniversary, and we celebrated in style with a masquerade-themed party. Residents and

staff had fun making masks in the pacts three of our residents, all of munity. With many families living days leading up to the event, ensuring everyone had one to wear. We were also delighted to welcome a new resident, Annette, who had just moved in the day before. She joined the party with her two daughters -a wonderful way to begin her Oakpark jour-

On August 31, as part of Riverstone's Make-A-Wish campaign, we had the honour of fulfilling a special wish for one of our Memory Care residents. Orv, a former baseball coach, was treated to a day at the ballpark, where he met players and shared stories and techniques. He was absolutely in his element. It was a magical day for him and his family!

And finally, on September 5, our residents and staff took part in a Walk for Parkinson's, raising funds for a cause that directly im-



September 5. Walk for Parkinsons. Erminia, who has Parkinsons, was out with her daughter, Lina, for the cause.

whom proudly participated in the nearby and actively involved, our

What truly stands out at Oakpark, is the deep sense of com-

August 13. Helen loves her bouquet!

home feels like an extended family- and this summer was a shining example of that spirit!



August 31. Make a Wish Campaign for resident, Orv, pictured here with his daughter, son, daughter in law and a Titan's player.



July 17. The Blueberry/ Lemon Social is enjoyed by residents, Lawrence and Joyce.



June 15. Community BBQ- Residents enjoying their meal outside.



July 16. East Indian Dinner with friends and family. Residents, Ellamae and Lee with their daughters.



Summer Carnival 2025

he notices went out, the signs went up, the guests arrived, and the Riverview Park Community Association (RPCA) celebrated its second annual highly successful Summer Carnival.



Fifteen- month- old, Alora tried the hoola hoop.

PHOTO CREDIT: CAROLE MOULT



From Volunteers Ottawa, two great helpers, Sean and Ashley, supervised Tug of war, volley ball and soccer.

PHOTO CREDIT: CAROLE MOULT



Finn and Bisca served up many, many bags of popcorn. Well done!! PHOTO CREDIT: CAROLE MOULT



Skler and Ryder were all set up with their mom, waiting for the movie. PHOTO CREDIT: CAROLE MOULT



Five-year old, Duke, with owner, Justin, had a great Summer Carnival evening.

PHOTO CREDIT: CAROLE MOULT





Team members, Ikram, Jacob and Tim were grateful for donations to the Blair Court Food Bank.

PHOTO CREDIT: CAROLE MOULT



Part of making S'mores was roasting marshmallows. Here Jonah, age 10, is giving it a try, under the supervision of Francis.

PHOTO CREDIT: CAROLE MOULT



Joe Murphy and David Hood, (back row) with Lise Andreé Payette and Kris Nanda (front row) telling about the RPCA.

PHOTO CREDIT: CAROLE MOULT



WOW!! Natalie, aged 3 and Elowen aged 6, were successful with both the balloon sculptures and face painting.

PHOTO CREDIT; CAROLE MOULT



Gathered together (from L-R): Volunteer Sarah, RPCA President, Ron Ridley; Councillor Marty Carr, Mayor Mark Sutcliffe, John Fraser, MPP; Kris Nanda, RPCA; Carol McQueen, RPCA Summer Carnival organizer; Blair Court Food Bank Volunteer, Tim Mark; Volunteer, Finn.

PHOTO CREDIT: CHRISTIAN MCPHERSON

Riverview Park Community Association Annual General Meeting

Wednesday October 22, 2025

7:00 pm - 9:00 pm Doors open at 6:30



Location: Trinity Church of the Nazarene 480 Avalon Place

- Get answers to your questions and concerns
- Learn about developments in your community
- Offer ideas to improve life in Riverview Park
- Participate in election of the Board of Directors
- Guest Speaker Jesse-Lee Wallace Volunteer Ottawa

For more information: www.riverviewparkca.com or Riverviewparkca@gmail.com



Riverstone celebrates...

Shared by Jennifer Monaghan, Activity Manager, Riverpath Retirement Community

n Wednesday, August 27, Riverstone Retirement Communities held our third annual BBQ Picnic Lunch at Britannia Beach Park. We were blessed with a beautiful sunny warm day, the perfect day to enjoy a picnic in the park. Just before lunchtime, a convoy of buses from the different homes converged on the park, taking over a large pavilion with views of the water. The staff of Riverstone had been there since the morning preparing the tables of food and firing up the BBQs. There were burgers and hot dogs, fried chicken and a variety of salads... not to mention a large table filled with all the desserts one could imagine!

We finished the day with a big prize giveaway. Residents from all the communities had the chance to win anything from gift baskets to gift cards. Live music was headed by local entertainer, Roland Doucet, who along with his partner, played memorable favourites that had the residents singing along and tapping their feet.

The annual BBQ is a great opportunity to get to know the residents of the other communities, to play games, listen to music and to enjoy one of the last of the beautiful summer days. The residents at the Riverpath Retirement Community look forward to it every year and the sign- up sheet fills up fast. It's also a time to connect with old friends from other communities and share a laugh.













THE PLANNING AND DEVELOPMENT UPDATE



KRIS NANDA Chair, RPCA Planning & Development Committee

he 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/ Pedestrian Safety

The RPCA is on record asking the City to consider installing advance green lights for pedestrians and cyclists crossing Industrial Avenue at both intersections to the Ottawa Train Yards. 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

The City was also asked to **re**position the "Do not block driveway" signs on Dorion to be more visible to drivers turning into the Tim Horton's often blocking vehicular traffic and obstructing pedestrian traffic. City staff conducted a site visit in June to check on the visibility of signs installed two years ago at this entrance. Councillor Carr reported that staff "did advise that though we originally asked for a 'do not block sidewalk' sign, however there are unsigned provisions in the Traffic and Parking Bylaw related to blocking sidewalks, so this is not something the City would put on a sign." They say they can only offer 'do not block driveway signs'. The Councillor's office has submitted a request to reposition the sign so it is more visible to drivers but no action has been taken to date by City staff. Residents can call 311 to report vehicles blocking the sidewalk.

The RPCA also requested 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 current situation at this site does not appear to meet the City's 'Urban Designs Guidelines for Drive Throughs', particularly objectives "to protect and enhance the character and quality of the districts and neighbourhoods where drive-through facilities are located[and] create a safe and comfortable pedestrian environment on site."

Councillor Carr also reported that **Dorion Avenue from Knox Crescent to Neighbour-hood Way sidewalk renewal** is tentatively planned to take place over the next 1-2 years. The project scope will be to reconstruct a 1.8 metre -wide concrete sidewalk.

New Matthew House Warehouse at 700 Industrial Avenue

Matthew House Ottawa is a community-based charity that supports refugee claimants and furnishes homes for families in need through its Furniture Bank. The organization recently signed a lease at 700 Industrial Avenue and is preparing to expand the Furniture Bank into a nearly 20,000 sq. ft. facility, The new space will include multiple loading bays, a workshop for repairing and building furniture, a sorting area for household items, and a welcoming reception and waiting area. Construction and design planning will take place over the coming months, with input from staff and community partners, and the move is anticipated for February 2026. Once operational, the expanded Furniture Bank will double the number of families served annually-providing thousands of low-income households with essential furniture, while also reducing waste and creating new opportunities for training, employment, and community collaboration.

Alta Vista Transportation Corridor (AVTC),

The Northern Portion (between existing Hospital Link and across Rideau River to Nicholas Street) was removed from the Transportation Master Plan (TMP) by Council in July. The remainder of the AVTC remains in the TMP but local Councillor Menard's office agreed to look into the process by which land is removed from the TMP and turned into permanent green space.

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 remain 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.

Shopper Drug Mart at Ottawa Trainyards

The new Shoppers Drug Mart opened on September 25, on the former site of the Farm Boy, which had been vacant for several years after Farm Boy moved to its current location. The lease for the Shoppers Drug on Alta Vista is scheduled to run through at least 2027. Should Shoppers end up vacating the current location, the RPCA will support the owners of the mall in their efforts to recruit a suitable anchor for the plaza, in keeping with the notion of a walkable community for local residents. Potential tenants could include another drug store or a small grocery store.

Consultation on **Draft Zoning By Law Review**

The third and final draft of the new Zoning By-law was released on September 8 with a public consultation period, ending October 3. This updated draft, including detailed zoning provisions and 16 supporting documents, is now available for review on the City's meeting agenda webpage and comments can be submitted to NewZoning@ottawa.ca Comments received after October 3 will still be reviewed and considered and Council is expected to vote on the By-law in early 2026

Concerns continue to be raised about the level of intensification and permitted heights on residential properties that the new zoning by-laws will allow.

Groundbreaking for Perley Health Intergenerational Child Care Centre.

On September 8, ground was broken for Canada's first dementia-friendly Intergenerational Child Care Centre, a partnership between Perley Health at 1750 Russell Road and the Andrew Fleck Children's Services. Scheduled to open in spring 2026, the Centre will serve 49 children and create daily opportunities for seniors, veterans, and young children to connect through play, art, music, and shared experiences.

OTHER DEVELOPMENTS

OC Transpo Parking Garage at Belfast and St. Laurent Blvd. (1500 St. Laurent)

A new 6970 square-meter enclosed parking garage is planned on what is currently a large surface parking lot. The facility will support the conversion of a large portion of OC Transpo's bus fleet to electric. Approximately 450 of the existing diesel buses are scheduled to transition to a full battery electric bus (BEB) fleet by 2027. The comment period closed on September 2. No timeline has yet been announced for construction.

A project was carried out this summer at Riverview Alternate School to provide a hydro upgrade. New underground hydro lines are being run from the hydro post to the school. The hydro vault in the basement has been moved outside to beside the school, just on the grassy area and contains new transformers.

Potential Housing Complex at 1460 Riverside Drive

Earlier this year, the National Capital Commission (NCC), in collaboration with the Canadian Mortgage and Housing Corporation, publicly announced it was seeking a proponent for the construction of residential housing at 1460 Riverside Drive (the empty lot directly across from the Cancer Survivors Park). No further details are available.

Information on some project Comproposals can be found at the ober 3 City of Ottawa website at: https://donsiddevapps.ottawa.ca/en/The RPCA welcomes your input on these proposals and any other potential raised 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@Riverview-ParkCa.com. For more information on this and other activities in Riverview Park, please see the RPCA website at www.riverview-parkca.com or email the RPCA at riverviewparkca@gmail.com

DEAR FRAN

Indicator weeds - what they tell us about our soil



FRAN DENNETT

eeding is a forever job for gardeners. So, what is a weed? In general, a weed is defined as a plant growing in an unwanted area or having an undesirable characteristic, such as human discomfort (poison ivy), affects food production (bind weed), and affects appearance of a lawn (dandelion) to name a few. Or, weeds can be indicators of problems in your soil, such as erosion, compaction, deficiencies in nitrogen, potassium or phosphate and micronutrients (calcium, boron), or have medicinal value or can be edible.

Identify and learn about your enemy. When you know the name of the weed (apps such as iNturalist help identify weeds, or post your photo to the Master Gardeners of Ottawa Carleton face book page) the entire world of that weed can be discovered thanks to the scientific community and their websites. ONTARIO WEEDS (J. F. Alex. Ontario Ministry of Agriculture & Food, Toronto 1992) claims there are over 500 species of Ontario plants that have been considered weedy. Also, a weed may be known by several names, depending where you live in the country or the same name may apply to two different plants. This is why the scientific name is so helpful, as it is unique to each plant. Weeds can be annual, perennial (herbaceous and woody) or biennial.

Plants can have their "status" changed. Asclepias syriaca (common milkweed) was listed as a noxious in Ontario until 2014. It can be toxic to livestock and reduce crop yields. Now that we understand its intricate relationship with Monarch butterflies it has been removed from the list.

This article is about indicator weeds that give clues about the health of your soil in the home garden. In general, hand pulling weeds, aerating the soil and then adding compost or leaf mould keeps weeds manageable and increases moisture retention. Here are a few examples:

Oxalis stricta (common yellow

wood sorrel, common yellow oxalis) is an herbaceous plant with clover-like leaves and yellow flowers. The ripe, hairy seed pods eject seeds up to two metres from the original plant, which is why you find oxalis all over your garden. Oxalis indicates the soil is low in calcium and high in magnesium

Urtica dioica (stinging nettle), Stellaria media (chickweed) and Anthriscus sylvestris (wild chervil) indicates fertile rich soil with lots of nitrogen. Nettle leaves fermented in water make a good liquid fertilizer. Remove chickweed with a hoe, but wild chervil needs its taproot removed with a shovel below the crown.

Daucus carota (wild carrot, Queen Anne's lace), a Class 2 invasive species, indicates sandy soil with low nitrogen. They are easy to pull from moist soil.

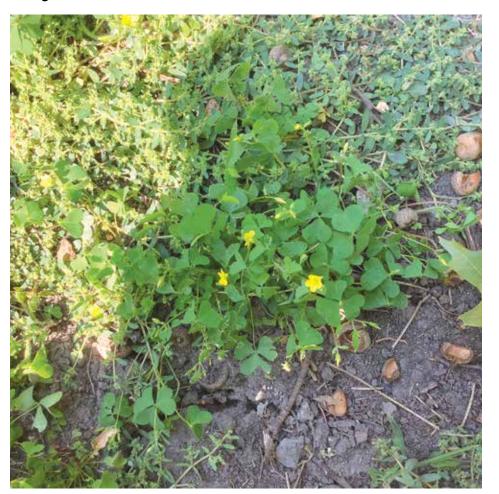
Matricaria chamomile (chamomile) and Silene vulgaris (bladder campion) grow well in alkaline soils. They are both persistent and produce lots of seeds, so hoe regularly.

Taxicum officinale (dandelion), Plantago major (plaintain) and Euphorbia maculata (spotted spurge), grow well on compacted, heavy soil. Remove as much taproot as possible. Overseed the lawn with perennial grass seed, or add clover to reach deeper nutrients.

Chenopodium album (Lamb's quarters, goosefoot) is an introduced annual that now grows everywhere in Canada and is edible when cooked young. Lamb quarters indicate a fertile rich, well-drained soil. Pull the young plants before the seeds mature.

Equisetum arvense (horsetail) is a native Ontario plant that grows in damp acidic soil with low fertility. Improve the drainage to dry out the soil, add lime and compost. Horsetail roots are very deep so keep cutting it at the base of the plant to weaken it in hopes it will die

Verbascum thapsus (common mullein) usually grows on dry sandy or gravely soils along roadsides waste areas or poor pastures. First year plants are distinguished by grey woolly rosettes, which



Oxalis stricta (common yellow wood sorrel). PHOTO CREDIT: FRAN DENNETT



Plantago major (plantain) PHOTO CREDIT: CANDACE DRESSLEF

grow into five-foot high candelabra plants with yellow flowers and a deep taproot. Amend the soil with compost to improve moisture retention.

This topic is well researched as it influences food production. For more information check out sites of university extension services, botanical gardens and gov-

ernment agricultural agencies.

Last point, a soil test is the only definitive way to know the composition of your soil and if there are any hidden surprises that will affect what you may grow- especially food.

As usual I hope you found this topic interesting and you will look at weeds in your garden with a new eye.

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

TAKE A LOOK... EXPLORE LIFE AT MAPLEWOOD

Upcoming Maplewood Highlights for: October / November / December

OCTOBER Maplewood Open House

Saturday October 4th from 10:00 a.m. to 4:00 p.m.

9:30 a.m. Fitness Fun with Raquel 10:00 a.m. Baking with Chef Mely in the Activities Room 10:30 a.m. Vanessa's "Maplewood Coffee Shop"

11:30 a.m. Bistro soup and sandwich lunch

1:30 p.m. Televised Concert and Popcorn

2:00 p.m. Outdoor Firepit Smores 3:00 p.m. Tea, Treats and Live

Music

Staff Cultural "Taste of Ethiopia" for National Flag Day

Tuesday October 7th from 11:30 a.m. to 1:00 p.m.

Waffle Wednesday

Wednesday October 22nd from 11:30 a.m. to 1:00 p.m.

Staff Cultural "Taste of **India**" Diwali Celebration

Tuesday October 28th from 11:30

a.m. to 1:00 p.m.

NOVEMBER Maplewood Casino

Thursday November 6th from DECEMBER 2:30 a.m. to 4:00 p.m.

Remembrance Day

Tuesday November 11th including a Ceremony and special lunch for Veterans

Live Musical Afternoon

Tuesday November 11th from 3:00 p.m. to 4:00 p.m.

Seasonal Painting

Friday November 17th from 3:00p.m. to 4:00 p.m.

Wine and Cheese Afternoon

Friday December 5th from 3:00 p.m. to 4:00 p.m.

Christmas Tree-O

Wednesday December 10th from 7:00 p.m. to 8:00 p.m.

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

Summer at Maplewood

shared by Raquel Leguizamon, Activity Manager, Maplewood Retirement Community

Each of these moments reflects the joy, energy, and community spirit we are proud to nurture here at Maplewood.



Our Intercultural Day celebrating Jamaica's Independence Day.



A memory from our lively BBQ and Corn Fest.



'Walking for Parkinson's' Fundraiser Day.



Just one of many photos of the Taste of Colombia event.



ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

ALTA VISTA & ELMVALE ACRES LIBRARIES – OCTOBER/NOVEMBER 2025

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

The Library's hours are:

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

HOLIDAY HOURS CLOSED:

- Monday, October 13th for Thanksgiving.
- Tuesday, November 11th
- for Remembrance Day.
- Thursday, November 20th for an Employee Development Session.

Please note the following when visiting:

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Public computer use is limited to two hours per user per day.
 To reserve a computer ahead of time, reservations can be made either at the branch or online from home.
- Meeting and program rooms are now available for booking.
- Please visit our website for the most up-to-date information with regards to programming.
- Outdoor book drops are open 24 hours a day, 7 days a week.
- Museum passes are available on a first come, first-serve basis. Please contact the museum in question before you visit to inquire about hours, closures, protocol etc.

Please visit

www.biblioottawalibrary.ca for the most up-to-date information. Info Service is available for many inquiries and services by calling 613-580-2940 or emailing: infoservice@biblioottawalibrary.ca

■ FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

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

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

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

■ BOARD GAME AND PUZZLE SWAP

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

■ CHILDRENS PROGRAMMING

Family Storytime

(ALTA VISTA AND ELMVALE ACRES BRANCHES)
Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program.
Wednesdays at 10:30 AM. 30 minutes. No session on October 29th.

Babytime

Stories, rhymes, and songs for babies and their parents or caregivers. Bilingual. Drop-in program. 30 minutes. Ages 0 to 18 months. (ALTA VISTA BRANCH)
Thursdays at 10:30 AM.
No session on October 30th. (ELMVALE ACRES BRANCH)
Tuesdays at 10:30 AM.
No session on November 11th.

Saturday Bilingual Family Storytime

(ELMVALE ACRES BRANCH)
Stories, rhymes, and songs for children of all ages and their parents or caregivers on the first Saturday of every month. Bilingual. Drop-in program.
Saturdays, October 4th and November 1st at 10:30 AM.
60 minutes.

PD Day Craft

(ELMVALE ACRES BRANCH)
Come craft at the library. We have all the supplies you need to satisfy your creativity! Drop-in. Family program.
Fridays, October 10th, Novem-

ber 7th and 28th at 1 PM. 60 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, October 11th, November 8th and December 13th at

Homework Help

10:30 AM.

(ELMVALE ACRES BRANCH) Come and get help with reading, math, science, French, English, etc. Led by United for Literacy volunteers. 90 minutes. Tuesdays at 5 PM. For Grades one through ten. No session on

November 11th. Please visit our website for the most up-to-date information about children's programs.

■ ADULT PROGRAMMING

Armchair Travel – Beautiful British Columbia

(ALTA VISTA BRANCH)
Enjoy photos and narration of coastal, interior and island beauty including stunning gardens and birdlife. Presented by Lynda Buske from the Ottawa PC Users' Group and the Orleans Photo Club.
Thursday, October 9th at 6 PM. 60 minutes. Registration required.

Quick PC Tips: Enhancing capabilities and performance with free tools

(ALTA VISTA BRANCH)
Learn how to extend the battery life of your PC laptop, discover the handy Microsoft
PowerToys, detect fake USB flash drives before you lose data, learn why you should avoid PC "fix-it" utilities, and embed music in PowerPoint presentations. Chris Taylor, President of the Ottawa PC Users' Group, will help you with these quick and effective remedies.
Thursday, October 9th at 6 PM.

60 minutes. Registration required.

Free Legal Clinic

(ELMVALE ACRES BRANCH)
Do you have a legal question? A lawyer from the Ontario Legal Information Centre will be onsite to provide legal information specific to Ontario and answer your questions. The lawyer can give general explanations of the law and help you understand your legal issues and the possi-

ble ways to resolve them for any legal field in Ontario. The lawyer does not offer legal advice or representation services. First-come, first-served. Confidential, free, 30-minute meeting, in French and in English. No admissibility criteria required. Thursdays, October 30th and December 11th at 6 PM. 180 minutes.

Adult and 10+ Chess Club

(ALTA VISTA BRANCH)
Join us for adult chess, all levels welcome; an instructor will be available! Come meet new people and have fun. No registration required. Ages 10+.

Saturdays, October 11th and 25th, November 8th and 22nd at 3 PM. 60 minutes.

Memory Café

(ALTA VISTA BRANCH)
An open house for persons with dementia, their care partners, and families.

Fun and stimulating mental activities are planned to enhance the social interactions and the connections that are built within the group. Light snacks and warm drinks are served alongside items that aim to spark conversations and reminiscing. Drop-in. 120 minutes.

Wednesday, October 26th and November 25th at 1:30 PM.

Community Writing Workshop

(ALTA VISTA BRANCH)
Experience the transformative power of writing in an inclusive space! Write together, share first drafts, listen deeply and receive supportive feedback. Tap into your story and explore your voice in an environment of dignity, courage, and respect.

No experience required Begin-

No experience required. Beginners welcome. Materials provided. 18+.

Mondays, 6:30 PM to 8 PM, except October 13th.

Beginner's English Conversation Classes

(ELMVALE ACRES BRANCH)
Join our Beginner's English Conversation group. Drop in.
90 minutes.

Wednesdays, 6:30 PM.

English Conversation Group

Practice your English conversation skills in a relaxed and friendly environment. All levels are welcome in this free program. Drop-in. 60 minutes. (ALTA VISTA BRANCH)

Mondays, I PM. No group on

CONTINUED ON PAGE 39

Riverview Park Review **BUSINESS DIRECTOR**

Support our businesses. They support us!

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



The Odd Job Man

THERE IS NO JOB TOO SMALL FOR US!

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

613-220-5488

www.theoddjobman.ca

info@theoddjobman.ca

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

Compuration

613-731-5954

info@compu-hom e.com

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

Who is Julie Coburn?

Hi my name is Julie Coburn. I am the principal at Riverview Alternative School this year. I am grateful for this new opportunity to be joining the school community in Riverview Park and learning and leading on unceded, unsurrendered Anishinaabe Algonquin territory. I am looking forward to getting to know the students, families, staff and surrounding community.

I grew up here in Ottawa, love outdoor activities, and also any opportunity to be creative. My career in education has been diverse, as I have embraced many roles and responsibilities from K-8 within the educational system. This has allowed me to continue to grow as a leader and connect with several wonderful school communities across the city.

I am a committed leader who puts student's wellbeing and achievement at the center. I value student voice and will begin my journey listening to the voices of the students at Riverview Alternative. Partnerships are essen-



Long- time Riverview Alternative School (RAS) custodian, Garry Baker, welcomes Julie Coburn, the new RAS principal. PHOTO: KRIS NANDA

tial in a school community and I will embrace a team approach to everything we do. As we move forward into the year, Riverview Alternative School students, staff and families will continue to work together to create learning opportunities to support students wellbeing, skill development and academic success. I am honoured to be part of this team and look forward to the school year ahead.

Thank you for welcoming me to the Riverview Park community!

Libraries **CONTINUED FROM PAGE 38**

October 13th. (ALTA VISTA BRANCH) Tuesdays, 7 PM. No group on November 11th. (ELMVALE ACRES BRANCH) Mondays, 5:30 PM. No group on October 13th.

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 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. Mondays at 6:30 PM. 90 minutes. No Group on October 13th.

Fibre Fridays

(ELMVALE ACRES):

Bring your knitting or crochet project (or needlepoint, crossstitch, 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)

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

Thursday, October 16th, 2025 Garry Disher Thursday, November 20th, 2025 Cancelled. New date TBD. Thursday, December 18th, 2025

Holiday Social and Planning

Elmvale Acres Book Club

(ELMVALE ACRES)

Meet up with fellow book enthusiasts for discussions about the month's chosen book. Join us on the third Monday of the month at 2:00 pm.

Monday, October 20th: The Framed Women of Ardemore House by Brandy Schillace Monday, November 17th: Who We Are: Four Questions for A Life and A Nation by Murray Sinclair

Monday, December 15th: Moon of the Crusted Snow by Waubgeshig Rice

Book Banter

(ALTA VISTA BRANCH) Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month 2 PM – 3 PM. All are welcome. Thursday, October 2nd, 2025 The Henna Artist by Alka Joshi Thursday, November 6th, 2025 Prophet Song by Paul Lynch Thursday, December 4th, 2025 In the Country of Others, by Leila Slimani

Infusions Littéraires

(ALTA VISTA BRANCH) (SUC-CURSALE ALTA VISTA)

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

Le mercredi le 15 octobre 2025 Ordures! Journal d'un vidangeur de Simon Paré-Poupart

Le mercredi le 19 novembre 2025 Debout dans l'orage de Dominique **Demers**

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

information.

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:// biblioottawalibrary.ca/en/databases/search-all.

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





Bringing European design to the modern woman



Uplifting women everywhere

LASANIA



Fashion forward styling and proper comfortable fit

SCAPA LAUREN PERRE



Contemporary fashion that transcends all trends

HOURS: TUES - SAT. 10AM - 5 PM



1877 INNES ROAD 613-748-6605