DECEMBER 2025

A VOICE OF RIVERVIEW PARK

JANUARY 2026



PHOTO: CAROLE MOULT



Terra20: A unique destination for those looking for sustainable products,197 Trainyards Drive, Unit 5. PHOTO CREDIT: CAROLE MOULT



The welcoming entrance of Train Yards Dental Centre, 525 Industrial Avenue, Unit 1-2. PHOTO CREDIT: CAROLE MOULT



Mathieu Charlebois, Lay Pastor at Trinity Church of the Nazarene, displays some of the Samaritan Purses donated by generous parishioners. PHOTO CREDIT: CAROLE MOULT

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

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

Movies 'n Stuff at 1787 Kilborn Avenue is now the only remaining movie rental shop in Ottawa. Its enduring history is detailed on page

Trinity Church of the Nazarene has long been actively involved in the Riverview Park community. Its contributions and programmes are numerous and varied. See pages 25 and 26.

The recent trend to 'Shop Canadian' has increased the interest in local products carried by Terra20. Learn more on page 28.

The fact that Train Yards Dental Centre doubled its space three years ago is indicative of the quality of services provided by its professional team. Updates can be found on page 29.

Riverview Park Review invites its readers to participate in a 'writing contest' on a topic of their choice. Submissions must not exceed 600 words. The deadline is Saturday, January 10, 2026. See page 40 for details.



'Tis the season to sparkle at



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Al'deewan: a family bakery that makes everyone feel like family

by Carole Moult

t isn't at all uncommon to hear someone talk about a person owning or working in a 'family business'. But, what does this actually mean? To different people, it can mean different things. The family business could be the small corner store in our local neighbourhood, or, it could be a multinational corporation in a large city's downtown core.

For Tarik Adi, the owner of Al'deewan Bakery, at 1440 Bank Street, the idea of owning a 'family business' is pretty well just as he envisioned it. And, as he notes, out of nine employees, his mother, wife, two daughters, and two nieces work at the 'family business', and the ones who aren't family are treated as if they are.

Tarik opened Al'deewan Bakery just seven months ago, and since then, there has been a steady stream of customers enjoying the products that are produced fresh daily. Many of these customers already note that they are 'regulars,' and they too are treated like family.

Is there a higher level of care when you work in a family business? Tarik Adi



The Adi Family.

thinks there is. This comes with the belief that when you're working with or for family, you are working for the 'greater good'. "We all care," notes Tarik. This perhaps also accounts for the high degree of quality in every product made.

But then, "All I've ever known are family restaurants," he added. His father, who came to Canada from Lebanon in 1975, was well-known for his burgers and fries, spaghetti and other delicious North American choices at the restaurants he owned around the

Ottawa Valley. Ironically, Tarik Adi, who was born and raised in Ottawa and the Ottawa area, is becoming well-known for Al'deewan's 15 varieties of mini pies, made fresh every morning, plus Manakeesh, a popular traditional Levantine flatbread (similar to a small, thin-crust pizza) topped with various ingredients. Manakeesh is derived from the Arabic word mangushab, which means "carve-out" or to stamp, and refers to the indentations made in the dough to hold the

toppings.

"When I first opened Al'deewan I didn't know how to make dough," Tarik said recently. "Now, I do, and I can handle every job in our family business." And, when his father, like many other parents, gave the usual parental message, "Don't do what I do," Tarik went on to higher education, qualifying in IT. Eventually however, he did follow in his father's footsteps and now holds not just one job, but two.



Meet two of the familiar faces at the Riverview Park Shoppers Drug Mart

by Kris Nanda

n the latest installment of familiar faces in Riverview ► Park, we talked to a pair of long-time employees at the Shoppers Drug Mart in the Alta Vista Shopping Centre: Leech and Victoria Rossol. Tim can frequently be found assisting customers and ensuring that products are properly stocked and Victoria is usually at or near her post in the cosmetic section. While neither Tim nor Victoria currently live within the formal boundaries of Riverview Park, they both appreciate the "smalltown" and friendly feel of this community, part of the reason for their long tenure at this particular Shoppers.

Victoria's Story

Victoria grew up as a "country girl who cared about people and community" in the "beautiful countryside" about an hour from Ottawa, along a rural boundary dirt road halfway between Embrun and Chesterville in Eastern Ontario. She went to the local high school where she was "never much of a school person but was into music and arts as an outlet." (Fun fact, during high school, Victoria had several coop positions, including one in the mechanics shop at OC Transpo. Around the same time as her OC-Transpo co-op, Victoria got to meet a famous "car guy" at the Syracuse National Car show. It was Henry Winkler, aka 'The Fonz" from TV.)

In 2010, while still in high school, Victoria began her career with Shoppers Drug Mart in Embrun which she describes as a "very nice, warm, welcoming country store." After starting as a cashier and merchandiser, she worked in the cosmetics sections, to which she was drawn, given her artistic nature. At the age of 19,



Victoria Rossol has been welcoming customers in the Cosmetics Department at the Shoppers Drug Mart, 1559 Alta Vista Drive for the past 10 years.

she moved to Ottawa and lived in the Alta Vista Towers but now lives in the west end.

After a short stint at the Shoppers in the Rideau Centre, she transferred to the Riverview Park Shoppers about 10 years ago and began working as a cosmetician. Mostly self-taught about cosmetics, including the science and health of skin care, Victoria says her artistic nature helps her when working with customers. She likes to maintain "a friendly, warm welcoming vibe in this store." Victoria appreciates "making my customers know and feel that I care more about getting them what they need and truly want for themselves, rather than just focusing on making sales. We've had many regular customers who have appreciated that from our store over the years, a main reason they stay loyal to us."

Victoria describes herself as "naturally, an old soul who grew up listening to music from the 40's to 70's, as well as watching old movies and shows." At a young age, Victoria discovered "an im-



Tim Leech, a familiar face at our local Riverview Park Shoppers Drug Mart for 20 years, is shown among the thousands of products on display.

mense love for international and multi-cultural music and food." During COVID, Victoria and her two best friends began "doing cooking events, where every two weeks we chose a new country to research through music, movies and documentaries, and then cooking their best dishes and playing their music!" She says it's like traveling from country to country, but just in your living room and kitchen." On another note, Victoria and her boyfriend Daniel Chenard, have a side gig painting and repairing apartment units before they are sold to new owners.

Victoria states that, "what has kept me at this Shoppers location is the community feeling of this store that we've always maintained. I was that same way at the Embrun Shoppers, and I was so lucky to find something similar in a big city like Ottawa." She concludes that, "Riverview Park has been a nice environment to work in-peaceful and a good community! I've met many friendly people from this neighborhood and area and feel safe here!"

Tim's story

Born in Ottawa, Tim has lived in the Alta Vista area since his early childhood, and recalls well the Alta Vista Shopping Centre, when the Danny Dear auto repair and service station occupied the present-day site of the Tim Horton's.

Tim attended Alta Vista Public School and Hillcrest High School. He has fond memories of his Hillcrest science teacher, former Riverview Park resident, Roger Taguchi (profiled in an earlier RPR issue), and enjoys running into former classmates and friends, especially when they drop by Shoppers.

While his brother has moved to Toronto, Tim's parents and sister live in Ottawa and the family remains close. Tim remembers going to the family cottage in the Outaouais most weekends, and New Year's Eve games of football on the frozen lake.

Tim dabbled in a variety of sports growing up, particularly golf, and worked at a golf course after graduating from Carleton University with a BA in Economics. Tim's hobbies include video games and board games. He also enjoys travelling, and has visited many European countries, most recently taking a boat cruise along the Danube River.

Tim came to Riverview Park Shoppers back in 2005 and has been there ever since, mainly working as a merchandiser, ensuring shelves are properly stocked and also assisting customers. Tim explains that he is a "visual person who has a map of the store layout in my head," which helps him give customers detailed instructions on where to find certain products.

He has stayed at this location for so long because he appreciates seeing familiar faces and the smaller-scale friendly ambience at the store, and the "small town" feel of the Riverview Park community.





COMPUTER TIPS & TRICKS

Windows 10 to 11 transition again – the latest update

by Malcolm and John Harding, of Compu-Home

e suppose that when more than a billion people are using your products and services, it's probably pretty hard to adhere to the KISS principle. We pity poor old Microsoft for having generated a furore of ill will in the process of putting the Windows 10 Operating System to rest and insisting that everyone had to leap onto the Windows II bandwagon by October 14. You will find the subject in earlier Compu-Home blog posts but some new facts have come to light in our more recent experience.

One factor in which Microsoft is NOT to blame, is lack of advance notice. There have been alerts on this subject for more than the past year.

Another place we can let Microsoft off the hook is in accusing them of doing this simply to sell computers. Microsoft's share of the new computer market is actually quite small and the firestorm of resentment likely overshadows the small boost in revenue.

The end of life for Windows

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10 (and all earlier Windows versions) means simply that Microsoft will stop sending updates, which focus primarily on security. Since October 14, so far none of our Windows 10 computers have gone to black. We have said all along that we do not expect sudden failures, but we have also been left in the dark about how long it will be before the cessation of Windows 10 updates will result in serious problems in the function of those computers. Although this is not an emergency situation, some of us have to "make a plan" at least.

Considering the fact that regular backup of our data is NEVER a bad idea, it seems that more diligent attention to this necessity is even more prudent than usual at

this time.

There is not a reliable way to upgrade pre-2017 computers to enable them to run Windows II. Components were added to the manufacture of computers at that time and Windows II requires them. Those components cannot be retro-fitted at a price that would make that viable. This whole subject is especially frustrating for owners of a computer that cannot be upgraded but which is otherwise serving perfectly their owner's current needs.

Microsoft has just recently announced a plan in which a user can (maybe) sign up to buy an additional year of Windows 10 updates. Details are vague. 1) Not all computers can qualify for the plan. 2) The updates will be of a lite nature, perhaps not address-

ing all potential problems. Still, this can buy time for some.

Surprisingly, the availability of new computers from suppliers remains fairly consistent, even in the face of great demand. There are even pretty decent sale prices from time to time. Even so, it is helpful to assess just what specifications we need in a replacement computer so that we are not spending too much or too little. This might be where a knowledgeable friend or technician could provide helpful advice.

Nervousness about using Windows II can be put to rest. Although II is certainly a superior Operating System, you will be very comfortable with it in only an hour or two. Furthermore, your existing software and peripheral equipment such as printers and monitors will almost certainly be compatible. We have seen very few exceptions.

We love feedback! Contact Compu-Home at 613-731-5954 to discuss this column, share your opinions and suggest future columns. Our email address is info@compu-home.com and our website, with our blog, is www.compu-home.com.

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Winter can be lots of fun! And, in Ottawa, many of the activities are FREE. Finding out about these opportunities can often be a phone call away or a check on the City of Ottawa or Ottawa Tourism websites. Other web pages too can tell you where to find the locations.

For many, winter means slinging your skates over your shoulder, and walking over to the outdoor rink at Balena, Dale Park or some other community rink. For others, your skating may involve a trip to an inside rink, such as the Brian Kilrea Arena, or the outside, Jim Tubman Chevrolet Sens Rink on Arch Street, next to the Canterbury Community Centre. Come February, you may decide to try the Rideau Canal with family or friends during Winterlude, from January 30 to February 16, 2026.

'Ottawa Rinks' is a user / community driven crowd sourced website that notes that there are more than 250 locations for the city's community-maintained rinks.

At Ottawa City Hall, the Sens Rink of Dreams is scheduled to open for the 2025-2026 season on Saturday, December 6, 2025 and remain open from 9 a.m. to 11 p.m. until March 29, 2026, weather permitting. The City of Ottawa also has an interactive map naming the City of Ottawa's outdoor rinks.

But, winter isn't only about skating. Our community has its own toboggan hill at the end of Knox Crescent and Cluny Street. Ottawa Tourism will tell you where to go to find others.

Ottawa Tourism can tell you, as well, about cross-country skiing trails, in and around Ottawa. For those of us who live in Riverview Park, we don't have far to go to find these.

There's more to winter than just sitting around a fire. So, don your skates, get out your cross-country skis or toboggan, find that hockey stick and have plenty of fun over the next few months!

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 January 10, 2026.
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

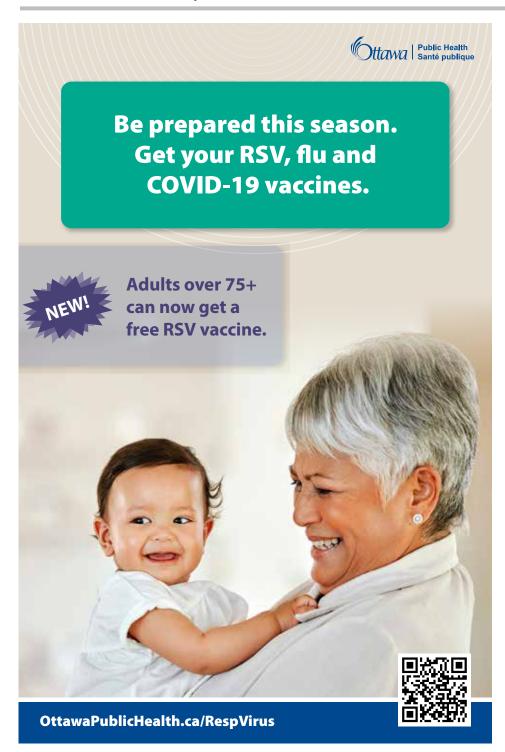
Next deadline for advertising and copy: January 10 for the February-March RPR

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Ottawa Valley Wild Bird Care Centre achieves Key Milestone

he Ottawa Valley Wild Bird Care Centre, a dedicated charity focused on helping wild birds receive the care they need, today announced a significant milestone with the completion of the exterior shell of its new facility located on 8520 McArton Road, in West Ottawa. This stage of construction represents the successful realization of months of planning and work, bringing the organization one step closer to completing its advanced care emergency hospital for wild birds.

The exterior shell, featuring the building's structural framework, and outer walls now stand as a visible symbol of the community's commitment and generosity. The roof will be completed in a few weeks. This achievement was made possible by the vital support of countless donors and volunteers. But more funding is critically needed to complete the project.

With approximately \$3.5M of the project already funded, another \$2.5M is needed to fully complete the project. The Centre is appealing to the public to provide the critical funding needed. Generally, donors giving \$100 or more will be recognized for their contributions to the building fund. Additional naming opportunities are still available.

"The completion of our exterior shell is a testament to the incredible



An artistic design rendering of the Ottawa Valley Wild Bird Care Centre. PHOTO CREDIT: SHARED BY THE OTTAWA VALLEY WILD BIRD CARE CENTRE.



The Ottawa Valley Wild Bird Care Centre under construction, November 18, 2025

dedication of our supporters," said Juliette Marczuk, Chair. "This milestone is not just about a building; it's about creating a tangible space where we can provide quality care to thousands of wild birds each year. Every life we can save helps the survival and biodiversity of its species. For an endangered species, saving a life is even more significant. Birds need our help now. It's up to all of us to do what we can to save them."

Published in the journal *Science*, research showed that wild bird populations have declined dramatically in North America, with a net loss of almost 3 billion breeding birds since 1970, resulting in many species becoming endangered or threatened even in the Ottawa area. Saving as many individuals as possible through its wild bird rehabilitation program and providing information on birds and their conservation through its education and outreach programs, the Ottawa Valley Wild Bird Care Centre plays an important role in bird conservation.

The project's success will enable the Ottawa Valley Wild Bird Care Centre to expand its capacity and will be equipped with an imaging suite and lab for faster diagnostics, isolation wards, and segregated spaces to allow free flight for most birds. The current temporary facility limits the types of species the Centre can take in for care, while the new facility will greatly extend the number of birds and different species the Centre will be able to rehabilitate on site.

Construction will be halted over the winter months due to the high cost of heating the space during the cold months and to allow the Ottawa Valley Wild Bird Care Centre to raise sufficient funds for the completion of the project. "Without any government support available, we rely on donations from the public for both our operations and the construction of the new facility." said Juliette.

About the Ottawa Valley Wild Bird Care Centre

The Ottawa Valley Wild Bird Care Centre is a registered charity and the only wildlife rehabilitation Centre in Eastern Ontario exclusively dedicated to wild birds. Open every day of the year, the Centre operates under provincial and federal permits. The Centre's mission is to provide emergency care for wild birds that need help, with the ultimate goal of releasing them back into the wild and helping in their conservation. The Centre extends its conservation efforts through its education and outreach programs geared towards children and adults of all ages.

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

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

The Honourable | L'honorable **David McGuinty**, MP | Député

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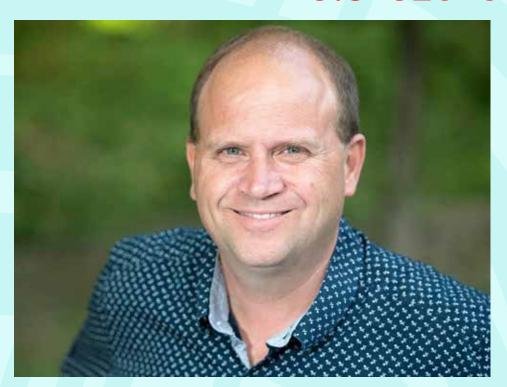
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What is a *Men's Shed* and what's it good for, anyway?

by Rick Strong, Men's Shed Ottawa Centre

t's become a truism that "men don't socialize easily", especially men on their own. Once a man retires from his job — any job, he loses the acquaintances/friends/co-workers he had at work; the daily work contacts that brought him into social contact easily. Now, in many cases, they're gone; stopped; dead in the water. The phone doesn't ring as frequently. If he has been retired for a while and either has had no partner or one that has passed away, the social isolation is even greater. The demographics have also shown that preventable health issues are more prevalent among older, isolated males than any other group. Fortunately, such a grim outlook is not inevitable and there are ways for older men to avoid social isolation.

One such solution is to join a Men's Shed or even start one yourself. The Men's Shed idea started in Australia over thirty years ago in 1993. Men would routinely gather in a neighbour's backyard shed to chew the fat and maybe help him out with some project. The practice became commonplace. It grew into a movement that continues to spread around the world because



Men's Shed Ottawa Centre's first walk. Membership is now 75+.



Rolls-Royce aircraft engine, Canada Aviation and Space Museum

PHOTOS © RICK STRONG, 2025, OTTAWA. ALL RIGHTS RESERVED.

there is a need for men to be able to talk, "Shoulder to Shoulder", as the saying goes. Some Sheds build things, some function like book clubs, other Sheds have speakers on topics such as Men's Health or the technical specialities of some of its members. Every *Shed* is different.

The "Shoulder to Shoulder" slogan encapsulates the idea that men will often talk about what's going on in their lives while they are working together on a project.



Canadair Northstar Cockpit, Canada Aviation and Space Museum visit.

Some government jurisdictions see such great value in the health benefits of Men's Sheds, that money is provided to support the creating and sustaining of Sheds. Other times it's the wife of a male retiree saying, "Why don't you look into that Men's Shed thing?" that provides the incentive.

Canada has Men's Sheds in almost every province. There are coordinating bodies at the Provincial and National levels, but each *Shed* is totally independent. "There is no hierarchy" is an oft-repeated maxim; members run their own Shed. There are several in Ontario and two in Ottawa: the Men's Shed Ottawa Centre, features speakers, and a spin-off from that original group, the Ottawa Makers Shed, builds or refurbishes things.

At the Men's Shed Ottawa Cen-

tre, events have included: photo hikes in the country, a visit to the Diefenbunker and a tour of the Canada Aviation and Space Museum. "Shedders" eat together, too. A feature of many Sheds is sharing a meal at a Men's Breakfast. The two Sheds in Ottawa have their breakfasts on different days: Ottawa Centre on alternate Tuesdays at the Hometown Sports Grill and Ottawa Makers at Buster's Bar & Grill in Kanata every

Visitors are very welcome to drop by either Shed to check out a meeting or a breakfast.

For further information on Men's Sheds in Ottawa, see these websites:

Men's Shed Ottawa Centre, https:// mensshed-ottawa-centre.ca/

Ottawa Makers Shed, https://ottawamakersshed.ca



My Heat Pump Journey - Part 1

by Nira Dookeran

I need a heat pump.
Here's why.
We moved to Ottawa
South 18 years ago. We bought a
modest townhouse. The furnace
was old, but we couldn't afford
to replace it then, so we just replaced the heat exchanger.

The house had no air-conditioning, which didn't concern me, as I was not a fan (pardon the pun). As a planet-loving person, I didn't think the trade-off was worth it: cooling my home with central AC for a few very hot summer days every year, at the cost of releasing Freon into the atmosphere- the refrigerant that both damages the ozone layer and also contributes to greenhouse gas emissions.

So, I opted for a simple homegrown system of window fans and rhythmic opening and closing of my windows and curtains, to keep our home cool enough for comfort in the summer. And, I'm proud to say that my do-it-your-self non-polluting, cost-effective, home-cooling system worked serviceably for almost a decade.

That changed in 2017. I will never forget that summer.

Ottawa had been experiencing more frequent and intense heat waves in recent years, and I had been managing by adjusting my DIY 24-hour routine to keep the house liveable.

But my system depended on a drop in night-time temperatures. And that September, the night-time temperatures did not drop. I remember lying in bed through those long nights – taking long,



Nira Dookeran

slow, laboured inhalations of the hot, heavy, humid air, unable to breathe properly or fall asleep.

Adding to the increasing misery, was the fact that my daytime workplace also did not have AC. So that September, I had no relief from the effects of the prolonged heat wave. My health declined very noticeably and very quickly!

And that is the moment, lying in bed one night struggling to breathe and unable to fall asleep, that I admitted reluctantly that I would have to get AC. This was very disappointing to me. As a person who cares deeply about the planet, human health, and environmental sustainability, I was trying my best to live my personal life in a way that was consistent with my values.

But now I couldn't breathe. And I couldn't sleep. And the situation was getting worse, not better. I started, reluctantly, to research air-conditioning units – cost, installation, servicing, and so on

And lo and behold, somewhere in my research efforts, I stumbled upon something called a "heat pump"!

What was this strange new device? I had never heard of such a thing. Nobody I had asked (friends, family, contractor-HVAC-type people) had ever mentioned this option. And now that I had discovered it, almost everyone tried to dissuade me from purchasing one, and counselled me to go with a standard AC unit and be done with it! But I couldn't.

Now that I suspected there was a way to cool (and heat!) our home effectively, more affordably, without adding to the environmental damage that went hand in hand with so much of the technology we had come to rely on, I was not going to let go so easily.

And so, I entered the confusing technical and financial world of air-source heat pumps ground-source heat (ASHPs), pumps (GSHPs), fully-electric systems, hybrid systems that add a heat pump to an existing furnace, cold-climate vs "eco-models", rebates – government rebates (federal, provincial, municipal, commercial). I learned that I had just missed the federal Greener Homes Grant rebate program. I contacted the Ontario Clean Air Alliance, who seemed to be a thorough and reliable source for an ordinary, non-techy homeowner seeking information and advice. I was referred to and diligently read the Natural Resources Canada

(NRCan) website section on heat pumps, home energy audits, rebate programs, etc.). And so on. And the upshot was.... I stalled. Information overload, fear of making the wrong decision, no clear path forward to action.

Six years and many heat waves and wildfire smoke warnings later, I am determined to take decisive action and get this done before summer 2026. If not being able to breathe, cook, and sleep in my home constitutes an emergency, or at least an urgent priority, then I definitely need to move this item to the top of my to-do list!

By all current projections, we have not managed to halt or even slow down the alarming rate of rising temperatures, devastating heat waves and heat domes, frequent and intense wildfires and the kilometres-wide drift of wildfire smoke that accompany them. Which for me, on a purely personal scale, means that functioning in my home in a safe and healthy way in the coming years, is going to get harder, not easier!

So, I hereby commit to getting that "climate mitigation" measure of finding, purchasing and installing an air-source heat pump in our home no later than May, 2026. I am making this promise publicly in my community newspaper as a way of holding myself accountable to get it done.

And also, in case any of you find yourself in a similar situation, you may learn a bit from my journey to help you on yours.

Stay tuned for my progress update in the next issue of the RPR! *Cheers*.

Nira Dookeran



TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Understanding this past month better through film

t wasn't so many weeks ago that many of us either went downtown to watch the Remembrance Day Ceremony or joined those at The National War Memorial by watching the service on television or computer. November is a month to remember and pay homage to the brave people who fought for freedom, and film can be a useful and sometimes entertaining medium to do this. Some films are made to be exciting action adventures, some are more serious and pensive, but all on this list deserve a watch!

Das Boot (1981)

One of the greatest movies ever made period, this claustrophobic tale of a German U-Boat in the Atlantic Ocean is an absolute masterpiece of suspense, taking viewers into the trenches of the submarine to feel what it must have been like. The performances are gripping, the suspense palpable - this is one to see immediately!

Cross of Iron (1977)

Sam Peckinpah, the celebrated director behind The Wild Bunch, creates a tension-riddled film that ultimately shows the futility of war. German Corporal Steiner, played by James Coburn, is a war-weary combat veteran who has already been decorated with the Iron Cross. When a German Captain, who wants an Iron Cross of his own, attacks his authority and takes control of his troop, tensions mount to a furious climax.



Paths of Glory



Ran

Stalingrad (1993)

Plucked from their leave in Italy, a group of German soldiers are thrust into the most unforgiving of circumstances as they navigate the frozen steppes of Russia en route to a final confrontation in Stalingrad. The brutal nature of war is showcased not with violence, but in the suffering and angst the characters feel as they realize the impossible odds they face. An excellent film that deserves attention.

The Battle of Algiers (1966)

Widely considered one of the greatest films of all time, this ultra-realistic film tells the story of a searing part of the Algerian War; the Battle of Algiers. Desperate for their independence from the French, Algerian Guerillas would stop at nothing and the French Legion matched them step for step, making the capital city an incendiary mix of bombs, gunfire and death. An important and powerful film, this Criterion



Cross of Iron

DVD set comes with two bonus discs, one of which has an equally powerful documentary on the stand-off. One of the great Ennio Morricone's early scores!

Paths of Glory (1957)

director Legendary Stanley Kubrick directs this WW1 action/drama about a French Colonel named Dax, played by Kirk Douglas, who is commanded to attack a German trench, a move that would leave his men uncovered for lengths of time. As the mission goes on, Dax realizes that this is worse than he could have imagined, this is a suicide mission. Torn between following orders and abandoning the mission, Dax has a decision to make that will dictate his future. Probably Stanley Kubrick's most empathetic piece of work, this film features incredible battles and incredible drama that culminates in an unforgettable ending!

Ran (1985)

A visual masterpiece from one of the greatest directors of all time, Ran is an adaptation of King Lear, where an elderly warlord retires and leaves his empire to his three sons. What he can't imagine is how the power would lead to intense strife between the brothers who turn on each other - and finally him! Such a stunning film, fully restored on Criterion with a full disc of extras on the making of, this is worth every single second!

The Killing Fields (1984)

New York Times reporter Sydney Schanberg teams up with a local interpreter, Dith Pran, and a fellow American photographer Al Rockoff to cover the Cambodian Civil War. When the US pulls out of Cambodia, they must leave immediately, but Pran wants to stay behind and get the rest of the story, leading to the journalists being trapped during the Year Zero cleansing campaign. A powerhouse film nominated for 7 Oscars and a worthy final addition to this list.



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Putting 'humanity' back in art

by Christine Osborne

s AI continues to permeate the online art world, it's refreshing to be reminded that incredible art in the real world is still being made by 'human hands', human artists that have spent years perfecting their craft.

Art Lending of Ottawa (ALO) is bringing the humanity back into art through a new and exciting feature at their shows: Live Art Demonstrations.

In addition to browsing the works of more than 40 local, juried artists, which is available for both rent and sale, visitors will now have the rare opportunity to watch an artist at work. You'll be able to see art materials up close, observe creative techniques in action, and chat directly with the artist about their process.

At the upcoming art show on December 13, ALO is pleased to feature a live demo by long-time member Linda Bordage. Originally from Saint John, New Brunswick, Linda's lifelong love of colour and drawing has led her to explore many mediums over the years. Recently, she has been creating stunning mosaics, as well as experimenting with printmaking and alcohol inks. During the December event, Linda will share how she crafts her intricate mosa-



ics, a process that is sure to inspire!

The show is also the perfect opportunity to finish your holiday shopping while supporting local artists. You'll find one-ofa-kind gifts that are full of heart and creativity. And if you're lookholidays, you can even borrow a piece of art to brighten your home through ALO's unique art-lending program.

Join us Saturday, December 13,

ing to refresh your space for the from 10 a.m. to 4 p.m. at the Jim Durrell Recreation Centre, 1265 Walkley Road. Admission and parking are free.

> Christine Osborne is an artist and member of ALO

An update on the new Matthew House



MHO Furniture Bank Manager, Basel Jalab, and Fundraising Manager, Sandra Pederson, inside the new warehouse – an inviting blank canvas!



MHO Furniture Bank Manager, Basel Jalab, with Terlin Construction's Lindsey McLaughlin, who will complete the fit up and renovation.

SHOPPERS www.shoppersdrugmart.ca N. IBRAHIM PHARMACY INC. Najlaa Ibrahim 1559 Altavista Drive B.Sc., B.Sc. PHM. Associate / Owner K1G 0E9 Tel: 613 738-1445 Fax: 613 738-6490 asdm639@shoppersdrugmart.ca by Kailee Brennan, Executive Director

atthew Ottawa is com-Park! The organization nue will allow the Furni-

furnishes for families of all backnew 20,000 sq. ft. wareception homes across Ot- serve even more families. coming months.

tawa and a Furniture Bank The team is collaborating homes with Algonquin College Interior Design students House grounds. The move to a to design a welcoming and functional layout for the ing to Riverview house on Industrial Ave- new space and Terlin Construction will complete operates both refugee re- ture Bank to expand and the renovation over the

Vincent Massey Public School celebrates

by Carole Moult

incent Massey Public School is a well-known landmark in the Riverview Park Community. It opened its doors in 1958, and soon after, local churches and community groups held their services and meetings at the 745 Smyth Road building. Sixty-seven years later, the school had one more important reason to celebrate: the Official Opening of its Bus Loop on Thursday, November 20, 2025.

Smyth Road has become extremely busy, and until the new Bus Loop, students who came by school bus were expected to enter and exit their buses at the side of the four-lane busy street. Or, parents who dropped off their children, were expected to do the same. Not so anymore!

The new installation of the Bus Loop has been a long time coming. New landscaping has also been added, with a mixed variety of trees.

To prepare for the event, which had two sessions for the large school population, the Grade 7 classes of Mr. McKean sent out emails and a sign was set up on the



Vincent Massey Principal, Kristine Klassen, Vice Principal, Glenda Davies, and Councillor Marty Carr spoke to the students at the Official Opening of the Bus Loop. PHOTO CREDIT: MARK COOPER



The Grade 7 students of teacher, Mr. Greg McKean, hosted the event. PHOTO CREDIT: MARK COOPER



Vincent Massey Staff member, Sandy Spicer, was The Signer for the Bus Loop Ceremony.

PHOTO CREDIT: MARK COOPER

come guests. The sign also let pass-



change. Chalk art was created on for everyone," noted the stuthe driveway by the students, with dents. "For nearly a decade, stua red ribbon cutting ceremony.

entrance will be an exciting event

dent safety has been a priority for "The reopening of our front us, specifically with the cars and buses."





Riverview Park Community Association (RPCA) **Annual General Meeting (AGM) for 2025**

by Carole Moult

The 2025 Annual General Meeting of the Riverview Park Community Association (RPCA) was held at Trinity Church of the Nazarene on Wednesday October 22 from 7:00 pm - 9:00 pm. The President's Report was presented by Ron Ridley and the Treasurer's Report by Jeff Blattman. Director reports were posted on-line. Virtual participation was also available.

It was announced that Kris Nanda, who has been both President of the RPCA for many years, plus Chair of the Planning and Development Committee, was leaving the RPCA. His participation has been invaluable.

Councillor Marty Carr provided important local input and Councillor Shawn Menard did as well, speaking, although virtually. Jessie Lee Wallace shared how the organization, Volunteer Ottawa, helps local groups and Dana Lawless, lead of the new Active Seniors and Veterans Living Centre at Perley Health told the audience about what is happening

Elections were held and the positions of 2025 were maintained for the upcoming year, 2026, with everyone grateful for this exceptional team.



Guest speaker, Jessie Lee Wallace (L) represented Volunteer Ottawa and Wanda Raymond, an RPCA Director, welcomed her. Jessie Lee shared how Volunteer Ottawa provides volunteers to groups such as the RPCA and how they can offer valuable help.

PHOTO CREDIT: CA ROLE MOULT



Dana Lawless, lead of the new Active Seniors and Veterans Living Centre at Perley Health, spoke to the appreciative audience and provided informational pamphlets.





Kris Nanda, long time RPCA President and Planning and Development Chair has resigned after many years of amazing work for the Association. He will be greatly missed.

Meet your RPCA Board of Directors for 2026. (L-R) Carol McQueen, Vice President; Jonathan Lemieux, Director; Stephanie Lines, Secretary; Ron Ridley, President; Lynne Patenaude (Communications Chair); and Jeff Blattman, Treasurer. Missing: Wanda Raymond and Lorella Piirik.



ESSENTIAL HEALTH

Posture and pain



VERONICA ROGOVSKY RMT

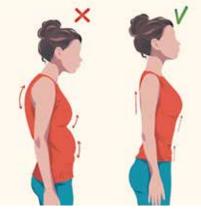
****eeling shoulder pain? Is your neck hurting again? Maybe even your knees and back are giving you issues? What if I told you that it could all be connected through one thing, posture! Growing up you've probably heard your parents tell you "sit up straight," but is it really all that important beyond just appearance? Absolutely! Poor posture and body alignment can actually be the hidden cause behind many everyday aches and pains.

Poor posture is the primary cause of upper crossed syndrome and lower crossed syndrome. Upper crossed syndrome is a muscular imbalance where pectoral and upper trap muscles get tight and your lower trap and deep neck flexor muscles get weak. This muscle imbalance is what causes us to have our heads forward, • Tennis/golfer's elbow chest tight, and pain into the up- • Wrist tendinitis

per back and headaches. Lower crossed syndrome is where your abdominals and gluteal muscles are weak and your low back and hip flexors are tight. This causes an anterior pelvic tilt, which can create pain into the low back and hips.

There many things are throughout the day contributing to improper posture such as our sitting positions at work, scrolling through our phones, gaming, repetitive movements and positions, previous injuries, and improper footwear. This can have an effect on our range of motion, flexibility and balance, and, as a result, can contribute to the following conditions:

- Neck strain
- Headaches
- Shoulder tendinitis



- Carpal tunnel
- Low back pain
- Knee pain
- Ankle pain
- Plantar Fasciitis

Poor posture contributes to pain through altered biomechanics, which puts uneven pressure on joints, and by forming compensation, which creates an overuse of certain muscles contributing to muscle imbalances.

Some things to help with pain due to posture is to ensure you are taking frequent position breaks, getting an ergonomic assessment, adjusting your tech habits, and ensuring that you get daily movement. Strengthening, working on core and balance, and fixing sleep positions are also very important.

While the research on posture is constantly changing, we do know that being in any one position for too long is always bound

to tighten certain muscles and cause weakening and elongating in others. The most important thing to do is to make sure you are changing your positions frequently, and varying up the movements you do.

If you find that even after some adjustments to your daily habits that the pain is still persisting, physiotherapy can help! At physiotherapy, we work to identity the muscles that need to be strengthened and muscles that need to be stretched. We give exercises that can help improve your core, flexibility, balance and overall wellbeing. Physiotherapy can provide insights and ideas to help with positioning at work, in the car, at home and with your hobbies. We can also use hands on techniques to help improve joint mobility and improve muscle tension.

Don't forget about prevention! Even if you aren't experiencing any aches and pains yet, it is never too early to start taking action now. Making lifestyle adjustments and strengthening your muscles will help protect the muscles from future injury.

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

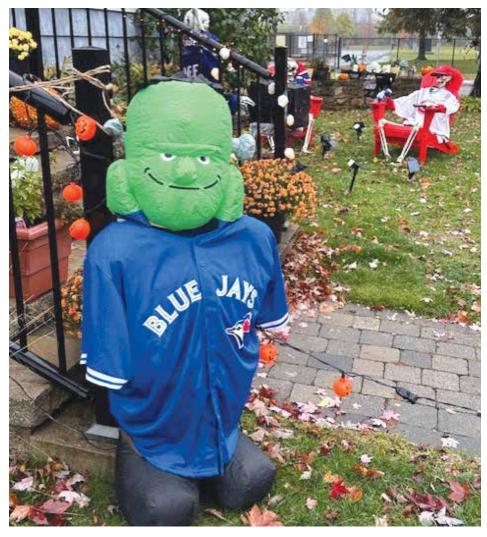


When Blue Jays fever came to Riverview Park

Shared by Kris Nanda

Riverview Park residents supported the Toronto Blue Jays with their Halloween decorations — it was fun even though the Jays lost a heartbreaker in the 7th and deciding game.















The weekend starts here



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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.

Happy Holidays!

It has been wonderful seeing so many residents all around the ward this year! I look forward to many more opportunities to connect with you in 2026.

I would like to extend my warmest wishes to the residents of Alta Vista for a safe and happy holidays. Rest up and stay warm and we'll see you in 2026!

Breakfast with Santa - December 6th

We are just days away from 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, crafts, and a visit from Santa himself! We will also be collecting donations for the Ottawa Food Bank.

Coffee and Conversation - December 12th

Our last Coffee and Conversation of 2025 will be taking place at 3 Sisters Bakeshop (2211 Arch Street) on Friday, December 12th from 10a.m. to 11:30a.m. Feel free to stop by to discuss any questions or concerns you may have or just to say hello!

Youth Night is Back at the Heron Road Community Centre!

Youth Night has returned to the Heron Road Community Centre (1480 Heron Road)! Every Friday night from 6p.m. to 9p.m., youth ages 9 - 13 are invited to spend their evening participating in a wide variety of activities. The drop-in fee for this event is \$3.25.

Each week, participants will have access to the newly renovated gymnasium, complete with new basketball nets, a video/board game room, a canteen for \$1 per item, and more! Please ensure to bring proper shoes to participate in sports if desired! If you have any questions, please call 613-580-3111 and a City staff member would be happy to assist.

Update on 1495 Heron Road

On November 12th, I was proud to attend the formal Federal government announcement, made by MP David McGuinty, sharing that Canada Lands Company, on behalf of Build Canada Homes, officially launched a Request for Qualifications (RFQ) to engage potential builders for the creation of 1,100 new housing units at 1495 Heron Road. This RFQ marks an important milestone in the government's commitment to deliver homes that are affordable to a range of households across the income spectrum in an accelerated manner.

Following the project being awarded, construction is expected to begin in late 2026 and will be a housing mix of 40% affordable rental and 60% market rental.

Winter Road Maintenance

Winter is in full swing! The City's Roads and Parking Services department is on standby to keep sidewalks, roads, and winter cycling networks cleared and safe during snowfall events.

Please remember to keep an eye out for winter weather parking bans. Residents will be made aware of parking bans through local media and posts on Ottawa.ca. You can also register for Winter Parking Ban e-alerts and stay in the know by downloading the City of Ottawa app.

If you have a winter related question or concern, please contact 311. This is the fastest way to ensure your request is attended to by City staff. You can also file a 311 request on the City of Ottawa's website or by emailing 311@ottawa.ca.

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 Ward /Quartier Alta Vista)



Instagram (martycarrottawa)

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TRINITY COMMUNITY GARDEN

Summer was a bust

by Rhonda Turner

ardeners were happily seeding and planting their plots, lucky to get some early spring rainfalls, but then everything turned for the worst. It went weeks and weeks without rain and then came the heat. A super hot summer that never seemed to quit. No rain it seemed for months. Teams responsible for filling water tanks definitely were kept busy several times per week topping up the three water tanks. As soon as they were filled, gardeners would be refilling their watering cans numerous times to water their thirsty plants.

Although the garden looked lush with greenery, it seemed that nothing was producing as expected. The usual weekly donation to Blair Court Food Bank was reduced to once every second or third week, sadly reducing our annual weight total to only 507 lbs, down from the 900 lbs of the previous year.

My photos are of what we in the garden call "volunteers". This is when nature deposits a seed in your plot from either a bird, from the compost, by the wind, or even perhaps by a squirrel. Tomatoes and dill usually

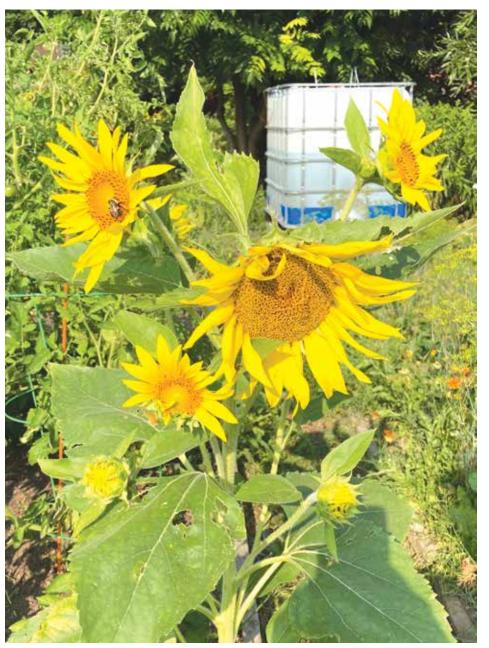


The "volunteers' in Rhonda Turner's garden plot turned out to be golden sunflowers and purple morning glory.

PHOTO CREDIT: RHONDA TURNER

come as volunteers from our compost or fallen tomatoes from last year. My volunteers turned out to be very welcome and beautiful, lovely golden sunflowers and wonderful purple morning glory. The morning glory wrapped itself all throughout my beans and pepper plants. Only when visiting the garden early in the morning did I get to see its "glorious" blooms.

Whether the garden was plentiful or not, it seems everyone always has lots of produce to



be prepared and saved for their winter pleasure. Gardeners always look forward to the next year and have all winter to plan what they wish to plant. In the meantime, the garden plots are all having a

recovery sleep.

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



A letter came to the Editor:

"Hi Carole,

How are you? I was reading your newspaper and I recognized you.

I remember you teaching at McNabb School. I'm Bing Hum a former student of yours. I hope you're doing well and staying warm. I'm now in Hong Kong and have been here for many years I just wanted to say hello and you probably don't remember me?

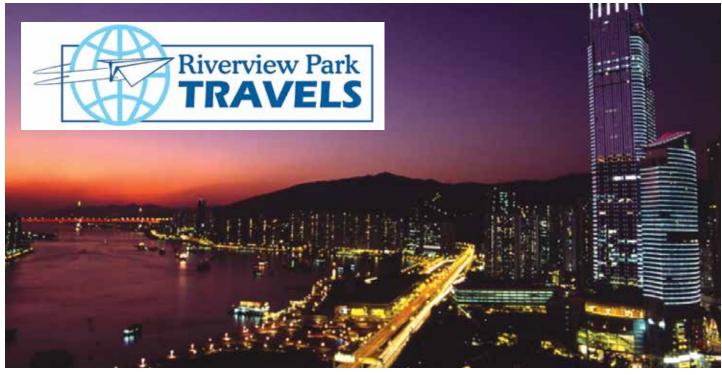
Take care Bing"

Editor's comment: I do remember Bing whom I taught in the late 1970s! Isn't it remarkable that our small community paper is being read around the world? Last year we heard a story about its readership in Italy. Another person actually found a hard copy at a campground in Northern Ontario, and numerous people in Western Canada have reached out to the Riverview Park Review over the past year.

The back- and- forth emails continued with Bing. Then, he began to share some of his hobby, which is photography. In viewing these stunning photos, reactions of colleagues culminated in considering a 'travel column' in future editions of the Riverview Park Review.

This December 2025 edition will feature several of Bing's photos for your enjoyment and inspiration. For the travel column, we are encouraging our RPR readers to submit their travel stories, share adventures and provide useful travel tips.

Submissions should not exceed 600 words, with a limit of five photos. The deadline is Saturday, January 10, 2026. No exceptions.



Tsuen Wan, Hong Kong Harbour at night



Above and below: People from a Miao Minority Tribe in the Hunan Province, China. PHOTOS: BING HUM









Hong Kong Harbour at night.



Many supported another successful RPCA Fall Social and Fundraiser

by Carole Moult

he Riverview Park Community Association's (RPCA) 2025 Community Fall Social and Fundraiser was held this past Sunday, October 5... probably one of the warmest October 5th dates on record.

This year's fundraiser was in support of Matthew House Ottawa and the RPCA. Matthew House is a local non-profit organization that provides shelter, furnishings, and community to refugees and those transitioning to permanent housing. The RPCA works to build community and advocates for residents of Riverview Park.

The event was held at O'Brien's Roadhouse and included four choices for dinner, plus wonderful door prizes and a great silent auction.

The following generous donors helped make the evening the success that it was: Bicycle Craft Brewery, Boogie and Birdie, Books on Beechwood, Bridgehead Coffee, Bank Street, Cyco's Bike Shop, David McGuinty, MP, Eagle Automotive, Farmboy Trainyards, Figure 8 / Hockey One, John Fraser, MPP, Mark Sutcliffe, Mayor City of Ottawa, Merry Dairy, Councillor Marty Carr, Milo's Pastry, Movati Trainyards, Movies 'n Stuff, Kilborn, Mynott Construction, Napa Auto Parts, North of 7 Distillery, Ottawa Titans Baseball Club, PapaJack Popcorn, Perfect Books, Rogers Bistro, Ritchie Feed and Seed, Rock's Barber Shop, Terra 20, Ottawa Train Yards, and Vimy Brewing Company.



(L-R) Anna Nitoslawska, Marianne, France Dulude and Lynne Bezanson



Myla Ridley. PHOTO: ANNA NITOSLAWSKA



ette, Joe Murphy and Gail Silver





Pauline Campbell, Chris Mark, Liam Meade, Beatrice Britneff, Tim Mark and Mary Lou Trappit



Ron Ridley and Jeff Blattman



Councillor Marty Carr and Kailee Brennan of Matthew House



Nadine Chamorel, Marilyn Minnes and Anne Stairs



Karin Endemann, Helen McGurrin and Marilyn Charpentier



Donna Karam and Vilbert Enviye



Stephanie Lines, Georgia Forler, Erich Forler, Ron Ridley, Jen Blattman, Carleen Ridley, Alison Nanda and Kris Nanda



Louis and Jackie Comerton. PHOTOS: CAROLE MOULT

RIVERVIEW PARK COMMUNITY ASSOCIATION PRESIDENT'S REPORT



RON RIDLEY RPCA President

The RPCA has been active this fall with our 3rd Annual Fall Social, Fall Cleaning the Capital initiative, and our Annual General Meeting. We also have our annual Christmas Carol Sing planned for Friday, December 12th at 7 pm and a new event for January in the works - stay tuned for more details on our website.

Our Fall Social was held at O'Brien's again this year with about 60 Riverview Park residents out to enjoy tasty food and friends, with a silent auction raising money for the RPCA and the Matthew House. The event raised over \$4,000, split evenly between the RPCA and Matthew House. The funds will help the RPCA cover our operating costs like insurance, website, and overheads. For Matthew House, the funds will help furnish homes and support refugee claimants. In 2024, Matthew House was able to fully furnish 1818 homes and provided a bed, food, and settlement support to 414 refugee claimants. Kailee held on Wednesday, October 22, at

K1B 4S6



Brennan, the executive director of Matthew House also spoke about Matthew House and interestingly, they are moving to our neighbourhood this coming year.

Our Fall Cleaning the Capital program was successful again this year with over thirty people working to clean up eight greenspaces/ roadways in Riverview Park. In a good light, the volume of material collected was down from the spring campaign and previous fall campaigns. In all, the Hospital Link Road, the Hydro Corridor, Balena Park, Coronation Road, Coronation Park, and the neighbourhood walkways were all cleaned up. Thanks also to those that clean up on their walks in our community - your efforts are very much appreciated.

Our Annual General Meeting was

Trinity Church of the Nazarene. In what we think is an RPCA record, the AGM was held in -70 minutes including brief speeches by our MPP representative, our Councillors (Marty Carr & Shawn Menard) and Dana Lawless from the Perley. The AGM was done so early that the event turned into an ad-hoc social get together! It was also one of our highest attended AGMs in recent years. The Perley and the RPCA are looking for opportunities to support each other in the community. An upcoming opportunity is the Perley Health's Active Seniors and Veterans Living Centre, with a vibrant lineup of programs designed to keep you moving, learning, and staying socially connected - a great asset to have in our community.

I would like to personally thank all of the 2024-25 RPCA Board Members - Carol McQueen, Jeff Blattman, Stephanie Lines, Lorella Piirik, Kris Nanda, Jonathan Lemieux, Lynne Patenaude, Wanda Raymond and Bryan Orendorff - your time and effort working on the board this past year are very much appreciated and made a big difference in our community. Kris is stepping down after 18 years on the board, what an amazing contribution to Riverview Park. Thank you, Kris, for all your years of service to the community.

If you would like to get involved with the RPCA Board, we do have some openings for Directors-At-Large. We look for people passionate about making a difference!

I would also like to personally thank all the members of the Social Committee who delivered all the RPCA events this past year 12 in total! Fance Delude, Tim Mark, Carol McQueen, Stephanie Lines, Jonathan Lemieux, Kris Nanda, and Lorella Piirik. 2024-25 was one of our best years yet for events and 2025-26 is off to a great start. Tim Mark who helped get the Social Committee started is stepping down, but promises to be available to volunteer - Thank you Tim for your years of service! Gail Silver and Dianne Delzotto have joined the Social Committee for 2025-26 - Welcome!

Stay up to date by subscribing 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 would love to see you at our next board meetingdetails 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 neighborhood!





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Riverview Park Review

SECTION TWO

DECEMBER 2025 A Voice of Riverview Park JANUARY 2026

OPEN the DOOR, LET'S EXPLORE...

Trinity Church of the Nazarene: small but mighty

by Carole Moult

iverview Park has an impressive list of structures, no doubt unequaled in other parts of the city. There are world re-known hospitals, head offices of Canadian associations, retirement communities, a variety of businesses, medical facilities, and a number of churches. Yes, it takes the sum of the many parts of Ottawa to equal the whole of this amazing city. And, each of these buildings in our community clearly does its part to contribute to what makes our city great. Frequently, however, we just don't hear enough about some of these different places.

Such is the case of Trinity



Trinity Church of the Nazarene, 480 Avalon Place

Church of the Nazarene at 480 Avalon Place on the corner of Braydon Avenue. Many know this church as the home of Trinity Community Garden, while parishioners from when this church was built on that corner lot are better able to share some of its interesting history.

Mary McMullen remembers,

as a young child, walking down Braydon Avenue to go not only to Trinity Church of the Nazarene, but also her elementary school, Riverview Public. She can also vividly describe what the church was like when she was a youngster and how the inside has changed. Years later, in 1965, she married her husband, Bob, at Trinity

Church of the Nazarene, which they still attend.

Barbara MacMillan, as one of the children of the Grace Church of the Nazarene pastors. was able to share some of the church's early history. Prior to 1965, there were two Churches of the Nazarene in Ottawa; Grace Church of

CONTINUED ON PAGE 26



Trinity Church **CONTINUED FROM PAGE 25**

the Nazarene at 821 Boyd Avenue in the west end and the other, First Church of the Nazarene,(in The Glebe on Fourth Avenue, east of Bank Street). Barbara MacMillan's father, Rev. Kenneth MacMillan, was the pastor of the Boyd Avenue church.

"In 1965,Grace Church of the Nazarene amalgamated with First Church of the Nazarene and continued as Trinity Church of the Nazarene (located on Fourth Avenue in Ottawa and organized in 1942). The churches continued as, "Trinity Church of the Nazarene". The property on Boyd Avenue was sold on amalgamation and the new congregation worshipped in the building on Fourth Avenue before selling it around 1967 and starting construction of the present building at 480 Avalon Place in Riverview Park which was completed in 1969."

Pastor Bill Coulter became the first minister at the new location and remained at the local Trinity Church of the Nazarene until 1974.



Barbara MacMillan and Ernie Bullis. Barbara MacMillan's father, Kenneth MacMillan, was the Grace Church of the Nazarene pastor, prior to amalgamation.

The building at the time, held not only the church but a goodsized parsonage in the eastern tor and family, with a private side entrance. Several years after construction, the pastor and his wife moved to a private residence, and the parsonage was opened up to be a fellowship area for the congregation. The pastor's office today was the former master bedroom of the parsonage.

It was about 14 years ago, in 2011, when Trinity Church of the Nazarene provided the land on the south side of the church for the well-received community project of a community garden. It is one of the largest community gardens in Ottawa. There are 44 garden plots, including two tended by the garden members for



Anna Tjepkem serves up soup and sandwiches on a Souper Sunday.

the nearby Blair Court Community House Food Bank. The garden has closed for another year, although not before hundreds of kilos of fresh vegetables were donated to Blair Court during the summer of 2025. Kristy Fudakowska, Executive Director of the Blair Court Community House Food Bank notes,

"Blair Court Community Food Bank has had the pleasure of receiving fresh, locally grown produce from a dedicated group of volunteers from the Trinity Community Garden since we first opened our doors in 2019. The items we receive from each garden harvest are deeply appreciated by our program participants, as they provide variety, nutritional support, and valuable learning opportunities."

Ever since the Blair Court-Trinity Community Garden partnership began in 2019, Rhonda Turner has been the driver who takes the fresh produce to Blair Court each week. Prior to 2019, Anna Tjepkem, who started the tradition of donating from Trinity Community Garden to our local food bank, was in charge of delivery. That was when the food bank was located in the basement of Eglise de la Nativité-de-Nopart of the building for the pas- tre-Seigneur-Jésus-Christ on Acton Street. Anna remembers loading up her car every two-three weeks with fresh produce to take to the basement of la Nativité. At the time, Sister Louise ran the local food bank.

> Not surprisingly, Trinity Church of the Nazarene has much more going on than just the garden, although the garden remains an extremely important contribution to Riverview Park. The church also has its own Food Cupboard, with the captivating motto that says it all: "Need something? Take it! Have something? Leave it!" This food cupboard is new and open to anyone 'coming through their doors- a service truly im

portant in these days of increased food insecurity.

Other activities included at the church are 'Souper Sundays' plus free Community Dinner and Movie Nights. November 9 was this past month's soup and sandwich event, held after the church service. November 29 was Movie Night.

At the November 9 free lunch, delicious hot soup was served plus sandwiches and dessert. And, in spite of a severe snow warning, about 15 people sat around a table, eating and enjoying the camaraderie where everyone is welcome.

Just a few weeks later, the highly anticipated Community Dinner and Movie Night were held on November 29. This time it was spaghetti, followed by The Muppets: A Christmas Carol. These free monthly dinners and movie nights usually draw around 60-70 people of all ages, and surprisingly enough, guests come from many parts of the city.



Mary and Bob McMullen married in Trinity Church of the Nazarene in 1976.

For Christmas and the holiday season, already the number of 'Samaritan Purses' has exceeded the church's goal of 20. These are boxes, the size of shoe- boxes, that parishioners have donated, full of quality toys, school supplies, personal care items and are labeled for a boy or girl including the age category. The call for the Samari- Avalon Place. tan Purses was in October. These will be sent for distribution outside of Canada. The Charitable organization that runs Operation Christmas Child is called Samaritans Purse. Operation Christmas Child is the name of the initiative that the church participates in, which started in 1993, after Billy Graham got a request to send packages to war-torn Bosnia.

In November, an announcement on the church website at ottawatrinity.ca noted that Christmas Hampers to fill would be 'Coming Soon'. Any folks needing assistance can contact the church through the website to request a food hamper, and the church is always open to receiving donations from the community. Food hampers will be delivered between December 21-23.

Like many other churches, the facilities are shared, and on Sunday afternoons, beginning at three, Iglesia Pentecostes Poder de Dios en Accion (IPPDA), a Spanish speaking multicultural Pentecostal church, holds its services at the 480 Avalon Place location. During the week, the Alta Vista Cooperative Nursery School (AVCNS) is at the church. The nursery school management was taken over by Andrew Fleck Childcare Services a couple of years ago. They now offer a full day program from 8-5 for infants and children up to kindergarten age. The Church also supports La Maquina Church and their pastor near Guantanamo Bay in Cuba.

The Riverview School of Music (RSoM) is also held at Trinity Church of the Nazarene, and residents of Riverview Park are pleased to have music lessons within the neighbourhood.

Pastor Mathieu Charlebois took on the role of Lay Pastor in 2024. He remembers being a leader of youth activities at the church over the years. When asked about that role, he replied that he had participated in the same type of programme with youth at another church. Today, he lives in the Riverview Park neighbourhood, in the house his grandfather built in 1952, a home that has stayed in the family for over 70 years.

Trinity Church of the Nazarene may be small in numbers, however, it is one that achieves very big results. And, as Margaret Mead once noted, "Never doubt that a small group of thoughtful, committed individuals can change the world. In fact, it's the only thing that ever has." So it is with the great endeavours of Trinity Church of the Nazarene at 480



Movies 'n Stuff: the reel deal of movie rentals

by Carole Moult

o have a conversation with Peter Thompson about all things movie-related has you speaking with someone who is a guru of everything concerning film. Be it about movies, movie series, numerous movie genres, or even different directors, Peter can answer any of your questions. He can also provide you with input as to what you might enjoy watching or suggest new titles that could fall into the exact category of what you've been looking for on your screen entertainment 'bucket list'.

After all, Peter's first job as a teenager was working in one of his parents' video stores, while today he still dispenses his incredible knowledge in his own one-ofa-kind movie rental store at 1787 Kilborn Avenue.

Barry and Samira Thompson opened their first Movies 'n Stuff video rental store in 1984, when they decided they wanted to start their own business. Eventually owning five video rental stores here in Ottawa and Nepean by the late 1980s, the Thompson family began their business venture in a strip mall in Craig Henry. Two years later, they opened a second Movies 'n Stuff on Cyrville Road. Next came their third store in Parkwood Hills in 1987. Their Kilborn Avenue Movies 'n Stuff opened in 1988, while their fifth store at Mooney's Bay opened in 1989.

Video demand was huge in the late 1980s, and in order to meet the popularity of home video rentals on VHS tapes, video rental stores became highly soughtafter. VHS tapes came to Canada in 1977, after being launched in Japan in 1976. "There was both Beta and VHS, and neither one wanted to give up its market, and so we carried both," reminisced Peter a few weeks ago. It was almost two decades later, when DVD technology was developed in 1995, again in Japan. By the spring of 1997, DVDs were becoming available in North America.

Peter Thompson vividly remembers the mammoth job it was to transfer all their VHS movies to DVD. Today, he keeps a small area dedicated to movies in VHS format for those who still want to buy these for their movie viewing. The current Movies 'n Stuff collection houses approximately 12,000 DVD titles for rent, 2000 for sale, plus 40,000 in storage



It's not at all unusual to see Peter Thompson behind the counter. It's here, where he can often be found providing his amazing expertise.



The movie choice for customers to buy or rent is phenomenal at Movies 'n Stuff. PHOTO CREDIT: CAROLE MOULT

that will eventually be for sale, after they are cleaned and checked by Peter.

In 2017, when Barry and Samira Thompson decided to retire, community members became quite upset at the idea that a local in 2020, customers did not have Ottawa landmark and gathering the option of just dropping by to Thompson family opened up hub might shut down, with some Alta Vista history gone forever. Fortunately, their son, Peter, took over the business that he had grown up in, and a rare expertise of movie knowledge was preserved.

It was on a recent very rainy Monday afternoon when a variety of people arrived at different times to 'talk movies' and check out their viewing options with Peter at the Kilborn Avenue movie rental store. All the customers there that day said they stopped by at least once a week. Rick Strong noted," This is a unique place. Everybody comes here sooner or later and Peter is very

personable- he's a good friend."

"We come here all the time," said an adult family of three. "Any movie you want to see, he's got

With the arrival of COVID browse or choose movies at their leisure. Thus, Peter and his family decided to make the changes necessary, so that people could still rent movies from Movies 'n Stuff. For some movie viewers, it was decided that Peter and his daughter would drop off the movies at their houses at night. For others, an arrangement was made that once the movie choices were in place, the customers would swing by and pick these up outside the store. There was absolutely no

A comprehensive website at www.moviesnstuff.com provides multiple opportunities for searching the movie rentals available,

and was particularly welcome during COVID. Peter still has "no problem with home delivery, it's just that people don't take us up on it any more."

The question of movie streaming is one that Peter Thompson hears a lot. "Basically, it is like cable with different providers," Peter responds. "The problem being, it can get pretty expensive." Most streaming services cost money, paid by a monthly or annual subscription fee. These provide access to their content libraries. Some platforms are free and supported by ads, others offer both ad-supported and ad-free options for different prices. To increase viewing options, obviously the cost increases with multiple providers.

What Peter has observed over the last few years is a new and very positive addition to the movie renting universe. "Any new demographic added is powerful," he notes. "Cinephiles are recent cinema lovers coming to Movies 'n Stuff. Cinephiles are also interested in movies, not just as a source of entertainment, but are interested in film as an art form, going beyond just watching a movie. The cinephiles who come to Movies 'n Stuff are about from their late 20s to mid-30s in age," and, adds Peter, "Some of my best conversations are with cinephiles."

Customers to the Kilborn Avenue store range in all ages and will travel across the city to rent movies. "A steady stream of customers visit Movies 'n Stuff each week, most leaving with an armful of movie rentals.

The Kilborn Avenue plaza itself, where these movie lovers come to rent or buy, has changed a number of times since the shop in 1988. Their store's façade, however, and the shop's interior have pretty much remained the same over their 37 years at this location. Inside, are the shelves situated so the DVD or VHS covers are readily readable, while movie posters cover both the door and window facing the outside.

A movie rental store over the last several decades has been an important part of our film viewing history. And yes, thanks to the Thompson family, their perseverance has enabled both long-time film watchers and a whole new generation of 'movie buffs' to carry on both the experience and a great tradition.

Terra20: where sustainability tops everyone's shopping list

by Carole Moult

ow that December is officially here, and not just the signs of it in countless stores, there are many people whose thoughts turn more seriously to holiday shopping. With gift-giving lists often seeming very long, and the time for purchasing or even making something seemingly short- it isn't easy. This year no doubt, countless shoppers are also trying to include as much merchandise as possible with tags on the various items that note, 'Buy local' or 'Product of Canada' or something similar. With high hopes too, it would be great if a 'one-stop shop' could fit almost all of your shopping needs.

Kas MacMillan at Terra20, in the Ottawa Train Yards, may have just the answer, or at least be able to provide you with some suggestions. "Anyone who is trying to buy more environmentally friendly products or Canadian products, can find these at Terra20," he said recently. "An increase in the number of 'Buy Canadian' shoppers began in March of this year and has continued," he added. Thus, Terra20 is making sure that there is something for almost everyone on that list of yours.

Terra20 is a relatively new company. It was in 2020, when the Train Yards Terra20 opened its doors. "I started in 2016 as a part time cashier and worked my way up. 2020 is when I bought my franchise and opened it in the Train Yards in July of 2020," said

The company had wanted a Terra20 in the more eastern part of the city. Today, Alexa Paz owns the Westboro store, Kas MacMillan owns the one in our area and they own the Terra20 Brand together.

the best time to open any kind of business, however it appears that the need was there for people wanting to focus more on non-toxic and ethically- sourced brands, plus sustainability.

And, what makes this Ottawa-based eco-friendly retail store so unique? Not only is it one of only two in the city, but this 1,500 square foot store captures the attention of those wanting to buy healthy and sustainable lifestyle products.

The 'ecobar' in particular, is a true success story. It is estimated that about 15,000 containers a year are saved from our landfill site because of the 'ecobar'. The



Terra20 owner, Kas MacMillan, stands at the 'ecobar'. It is estimated that about 15,000 containers a year are saved from our landfill site because of the 'ecobar'.



Yes, Terra20 has Pokoloko alpaca socks, ready to keep you warm. These are made in Peru, but are from an Ottawa business.

concept at Terra20 began from day one of opening.

Customers can either bring in their own clean container or buy one from Terra20, then refill these when needed. There are about 50 choices of personal care products and cleaning supplies Admittedly, 2020, was not at the 'ecobar'. Laundry and dish soap are currently the most popular, with the products themselves coming from Montreal, Toronto, Calgary, Vancouver and Ottawa.

> How is our local store able to continue to provide the variety and quality that it does? Trade shows in Toronto will introduce new products to the Terra20 owners, product company owners will seek out Terra20 or the two Terra20 owners will seek out the producers of the products themselves. It is only when products they cannot buy in Canada are sourced from outside.

> According to Kas MacMillan, "The store wants to become as 'diverse' as possible. There were



Hummingbird Award-winning Chocolate Bars from Almonte, Ontario can be found at Terra20. PHOTO CREDIT: CAROLE MOULT

always the personal care prodwill find towels, re-cyclable dish cloths, candles, vegan chocolate bars, tea, shawls, alpaca socks, mugs, non-alcoholic wine, teething toys, recyclable lunch containers, holiday cards, and so much more.

Nor is it at all unusual for home builders to come to the store with a request for client gifts or 'corporate gifting'. Then the Terra20 team will fill attractive wooden crates with home goods gifts such as cheeseboards and cheese knives, 'ecobar' products for the kitchen or laundry room, water bottles and an interesting selection from the store. Packages can be created for as low as \$50., although the



Cards, candles, and many other choices are ready for holiday gift-

choice for a greater variety usually ranges from \$100. - \$150.

When asked about owning a store such as Terra20, Kas Mac-Millan notes that he has always been interested in the environment, food security, and climate. Thus, "When I had a chance to ucts: shampoos, deodorant, skin be the owner/operator of a busicare, and cosmetics. Now, you ness, I chose to go environmental," he commented a few weeks ago, after he had finished helping several customers in the store.

> Today, Kas MacMillan has a dedicated staff of three who are equally enthusiastic about helping customers with their needs or even 'wishes'. And, having the Canadian maple leaf on Canadian products has always been part of the Terra20 business model.

> Why the name Terra20? The branding team suggested there should be a name and a number. Well, terra means 'earth' and the hope is that all through the years of the 2000s, people will take care of our earth... with the help of Terra20.

Train Yards Dental Centre: linking the latest in digital technology to the best in patient care

by Carole Moult

t took a recent root canal to appreciate only a small fraction of the skillset necessary before Dr. Steven Da Costa could ever put up the sign, 'Train Yards Dental Centre'. This, he did in 2012. In 2022, the clinic was completely updated and expanded to almost twice its size.

The road to becoming a dentist is a long one. Even before completing his three- year undergraduate degree in Bio Chemistry from the University of Ottawa, Dr. Da Costa realized that his area of interest was in dentistry. He then enrolled in McGill University's four- year course at the Faculty of Dentistry in Montreal. An additional optional Residency Program took Dr. Da Costa to the University of Texas in San Antonio for their comprehensive one- year program. Since then, he has added to his credentials in the form of numerous Continuing Education courses.

It wasn't many years after the Ottawa Train Yards began opening the various sections of this vast complex, that Dr. Da Costa made the decision to establish his dental clinic in the neighbourhood where he was born and raised. Today, patients visit the 525 Industrial Avenue, Unit 1-2 site for cosmetic, restorative, or general dental services, and have come to know and truly appreciate the friendly team, while experiencing first hand how professional and efficient everyone is. A staff of 12 works at the Train Yards Dental Centre.

The clinic's location is excellent, just minutes away from Highway 417 and the Vanier Parkciate being able to either bike or walk across Industrial Avenue to get to their dentist. Public transit too, has certainly turned out to be readily available to the Ottawa Train Yards.

When asked as to whether there was a written list of equipment for each of the many, sometimes complex, procedures that Dr. Da Costa completes at the Train Yards Dental Centre, the reply came back from his Dental Assistant, Nicholas, "These have been well- memorized by now." Nicholas has been with Dr. Da Costa for seven years.

In the case of the root canal, these are multifaceted dental



Dr. Steven Da Costa (L) and his Dental Assistant, Nicholas, show the Primescan, one of the Train Yards Dental Centre's most recent additions for 2025.

procedures that require a variety of specialized tools. Nicholas acknowledged that with a root canal, there are over 30 different tools or materials required, and that it is one of the most complex procedures.

It seemed, during the root canal procedure, that whenever Dr. Da Costa asked Nicholas for any of these tools or materials, it was amazing just how seamlessly the two worked together. Dr. Da Costa was consistently guided with the use of a large television monitor that showed the results way, while patients who live in of digital x-rays taken at the be-Riverview Park certainly appre- ginning of the procedure, while a panoramic x-ray machine had, at an earlier appointment, helped diagnose the need for a root canal.

> Nicholas took his Dental Assistant course at Algonquin College. The program combines classroom theory with hands-on experience in areas such as radiography, chair-side skills, and oral health education, plus a 60-hour placement in a private dental office was included and on-site clinic experience. His expertise was evident as he anticipated, or responded to, what Dr. Da Costa required. "Dr. Da Costa has been an excellent mentor," he said, "and we are a great match."

It was in 2017, when Dr. Da



Primescan Milling Machine

Costa was asked what he felt was the greatest advance in the field of dentistry? At the time. his response was, CAD/CAM dentistry. This Computer-Aided Design and Manufacturing (CAD/CAM) is used to create dental restorations like crowns, veneers, and bridges more efficiently and accurately than traditional methods.

In 2025, Dr. Da Costa might well answer the same question with regard to the greatest advance in the field, noting the Primescan. This recent addition at the Train Yards Dental Centre provides even more up-todate technology. Primescan is an advanced intraoral scanner that takes fast, accurate digital impressions of teeth and gums to replace traditional messy molds. It is used in dentistry to create digital models for restorations such as crowns and bridges, implants,



SprintRay Dental 3D Printer PHOTO CREDIT: CAROLE MOULT

and clear aligners.

Another 2025 addition to the Train Yards Dental Centre is a 3D printer for dentistry. This technology uses digital scans to fabricate precise, patient-specific dental appliances such as a wide range of customized dental products, including surgical guides for implants, clear orthodontic aligners, night guards and diagnostic models, and with increased efficiency.

Yes, it would appear that digital technology is at the forefront of dentistry today. And, while technology not only helps make dental visits more pleasant, leading to better oral health outcomes, more importantly, it is Dr. Da Costa and the whole Train Yards Dental Centre Team who matter the most, and are of the greatest significance, to their very appreciative patients.

December 2025 EnviroTips®

Twelve Tips for Christmas

se more environmentally friendly Christmas decorations. Make your own decorations that you can use, year after year, rather than buying items made from plastic (which comes from a non-renewable fuel source). Instead of buying large inflatable plastic lawn decorations for Christmas, choose more modest ones that use less electricity and material.

Open curtains on the south-facing windows during **the day.** This allows sunlight to naturally heat the home. Close window coverings at night to reduce the chill from cold windows.

Take your old electronic devices to proper drop-off locations and never put them or batteries into any personal blue bin. They are hazardous waste and need to be taken to the appropriate facility or collection point.

manner". If you have a dishwasher, use it only when full. If you hand wash dishes, run the wa-



ter only while filling the wash basin and rinsing.

Give a truly "green" present. Consider buying an indoor plant like aloe or microgreens or a microgreen growing kit, which can easily fit in an apartment or house. Plants can improve indoor air quality and microgreens can be "harvested" and reduce the need to buy imported vegetables or those coming from another prov-

Buy gifts from local mer-Wash dishes in a "green chants, bookstores or charities rather than using deliv**ery services.** Buying local keeps money in the community and has a lower environmental footprint since less shipping and energy tends to be required in delivering the goods to you.

If you must make any online gift purchases, order them well in advance. Avoid two-day, same day or expedited shipping as these scenarios lead to more air shipments, emptier trucks, less efficient routes and more GHG emissions associated with delivering the goods to you. Waiting an extra couple of days may also lower shipping costs (as will having one larger order in your shopping cart rather than several smaller orders).

Consider thrifting a Christmas present for someone else. There are numerous stores where you can find good quality, previously owned clothes that would make a suitable gift (just make sure to wash the clothes item before giving it).

Get gifts that come in recyclable, reusable, or nonexistent packages. Choose reusable, recyclable, or repurposed wrapping paper, and hang on to gift bags, cookie tins, and other reusable packaging to use in the future.

Buy refurbished electronic **devices.** Refurbishing electronics not only conserves resources and reduces electronic waste but also helps reduce greenhouse gas emissions by as much as 50 percent,

Turn your old Christmas tree into a wildlife magnet. Prop up the tree in a snowbank or lean it against a backyard fence. Used Christmas trees provide the birds with excellent shelter from winter winds and predators. Evergreen trees and shrubs, like Christmas trees, provide dense cover even after the needles fall off.

Choose an alternative to salt like sand, gravel, non-clumping kitty litter, fireplace ashes or coffee to provide traction **on ice.** Road salt is a de-icer and is not intended for grit or traction and causes problems for local freshwater ecosystems (and pet paws). If you are using gravel, once the snow and ice clear up, sweep up the remaining gravel and use it again the following year to save money and help the environment.

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The Harding Family



If You Give A Kid A Paintbrush...

by Jupiter Kananura

rt has always played an essential role in my life — be it books, comics, or TV shows — so my passion for creating comes as no surprise. I like to savour the media: I consume, ruminate on the characters and plot, analyze it from every angle, then take all of my favourite parts and glue them together to form my very own art-Frankenstein.

It is often said that art is imitation, and that is true to an extent: mimicking art that already exists is how artists learn and discover what they prefer creating. But imitation can only get you so far; once you've learned the basics and figured out what you like, the sky is the limit of creativity.

For me, making art is a way to express the maze of thoughts and ideas that occupy my brain: it forces me to slow down and process the words and images that spark across my neural pathways and really exist in the moment.

My first love is writing — I still have pages upon pages of hand-written manuscripts tucked away in my closet and many aban-

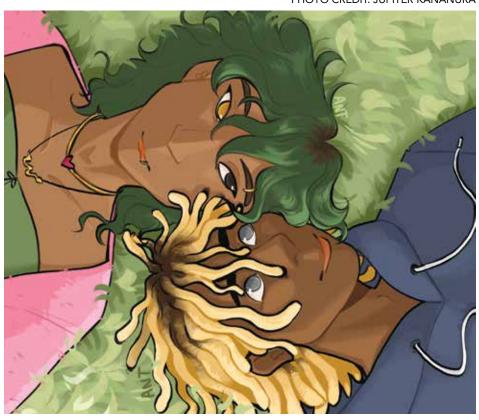
doned word documents on old flash drives — but the art I feel the most fulfilled doing is drawing.

I am a first-year illustration student at the Ontario College of Art and Design (OCAD) University in Toronto, and studying here has pushed me to improve my craft and step out of my comfort zone. Since the pandemic, I have shifted from traditional art such as painting and drawing with pencils to digital art. I have grown used to the simplicity of my drawing software's setup, and have focused on honing the more cartoonist side of my art. Coming to OCAD has gotten me revisiting watercolour and acrylic painting - mediums I hadn't seriously used since I was ten and taking weekly art classes at a local child care centre.

My art is still heavily influenced by the media that I consume, because that is what brings me the most joy, but I hope to explore different subjects in the future. As much as my life has been taken over by art, it feels as though my artistic journey is only beginning and I cannot wait to see where this school takes me.



PHOTO CREDIT: JUPITER KANANURA

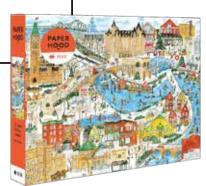




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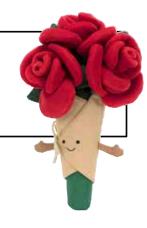
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Native Plant Profile: Wild Bergamot

Story and photos by Lynne Patenaude, Friends of Riverview Park Green Spaces and Ottawa South Eco-action Network (OSEAN)

ne of the easiest native perennial plants to add to your garden is wild bergamot (scientific name: Monarda fistulosa). It is sometimes called beebalm, but that common name is also used for its red cousin, Monarda didyma or scarlet beebalm. Wild bergamot is a beautiful plant that is native to most regions of Southern Ontario and Quebec, including here in Ottawa. It has pale purple flowers that usually bloom in July and August. Some plants are late bloomers though, waiting until September to start blooming and lasting into October.

Wild bergamot is also wonderful in a therapeutic garden, as its leaves, seed heads and seeds have a lovely aromatic scent, reminiscent of the bergamot oil in Earl Grey tea. Its scented leaves also make it less prone to being chomped on by herbivores like deer or our local rabbits and groundhogs!

It is not at all fussy, doing fine in sun to part-shade and in a wide range of soil conditions from sand to clay, dry to moist, rich to poor soils. It will grow between two and five feet tall, getting largest in sunnier conditions with richer soils. In a full-sun, loamy garden, it may spread by rhizomes and get a bit aggressive. Luckily it is very easy to dig up and divide, settling in well in most any garden bed.

It is also one of the easiest plants to grow from seed. Unlike most native seeds that need to spend the winter outside to break dormancy (or in cold-moist conditions in the fridge), wild bergamot seeds can be sown in the spring without any special treatment.

Wild bergamot stands out



Wild bergamot blooming in July at the Riverview Park Pollinator Garden,

for its broad appeal to pollinators like native bees, butterflies, moths, and even hummingbirds, who will visit its tubular flowers to sample its nectar. Native plants have evolved over millenia with native insects and other animals, and wild bergamot is no exception. Its leaves are one of the host plants for the caterpillars of several moths, including the raspberry pyrausta and the hermit sphinx. There is even a small black bee in southern Ontario that is a specialist insect that will only eat the pollen of Monardas.

Due to its attractiveness to pollinators, wild bergamot is one of the best companion plants for a food garden, increasing pollination and yield of tomatoes, squash, cucumbers, peppers and berries.

Wild bergamot provides great winter interest in the garden because it stays standing on strong stems, holding up its cheery, round seedheads all year. This

also keeps its seeds accessible to visit it all winter.

One downside of plants in the Monarda family is their tendency to get powdery mildew. However the mildew doesn't seem to affect the health of the plant so doesn't need to be treated. I just plant shorter flowers or grasses in front of them.

The Friends of Riverview Park Green Spaces (FoRPGS) invite you to spend some time next year visiting the pollinator gardens that members and others have planted around our community. Wild bergamot is one of the stars of the main Riverview Park Pollinator Garden in July, where there are several large patches. You can find that garden by following the path between the cross-walk closest to Alta Vista on Hospital Link Road and the western end of Knox Crescent. You can also spot wild bergamot blooming in community gardens planted on info@gmail.com.

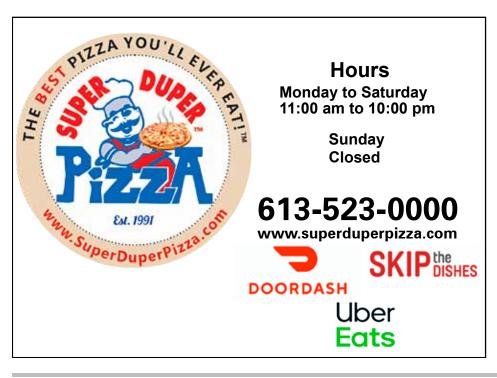


Seed heads of wild bergamot in the winter at the Riverview Park **Pollinator Garden**

the Drake-Dorion path and in the hydro corridors west of Cluny and east of Chomley. And our friends at the community gardens at Trinity Church also have wild bergamot growing in their pollinator patch.

You can get free seeds of wild birds like goldfinches that will bergamot and about two hundred other species of native plants at the Ottawa Wildflower Seed Library's in-person seed giveaway events, or by mail for a few weeks after Christmas. Most native seeds germinate best when winter-sown. This means sowing seeds in moist soil in pots inside between mid-December and mid-February, and then putting them outside where they get snowed on and undergo the freeze-thaw cycles they would experience in nature. You will be delighted to see them germinate in the spring! More info at https:// wildflowerseedlibrary.ca.

> You can even start your gardening season early by volunteering with us this winter to grow native plant seedlings under lights for FoRPGS community gardens and for OSEAN's Pollinator Patch kits! You can reach me at riverviewparkca@gmail.com & osean.





A second life for Halloween Pumpkins

by Jon Lemieux

This year, our family took part in Pumpkins for the Planet, an annual initiative run by the Ottawa South Eco-Action Network (OSEAN). We offered our home at 617 Bathurst Avenue as a drop-off point for neighbours looking to give their pumpkins a second use after Halloween. Over a few days, we collected just over 300 pumpkins, gradually turning our driveway into a bright, cheerful stack.

To help reach even more homes, my daughter Nora and her friend Vivian created their own mini pick-up service. Armed with a wagon and plenty of determination, they formed a small pumpkin brigade, going door-todoor to collect pumpkins. Their efforts brought in more than 100 pumpkins, adding a fun burst of energy to the whole experience.

When an OSEAN volunteer arrived for pickup, the bright orange cargo van instantly became part of the story. With pumpkins piled high across the driveway, it wasn't obvious everything would fit. Loading them quickly turned into a puzzle—turning pumpkins sideways, filling corners, and

packing the van from every angle. In the end, thanks to some Tetris-style problem-solving, every pumpkin squeezed in.

From there, the pumpkins were taken to Mooney's Bay for sorting. Carved pumpkins are delivered to local farms, where they're used as animal feed. Intact pumpkins are set aside for distribution to local food banks, giving them a meaningful second life instead of ending up in the landfill.

For us, taking part was a simple, hands-on way to support environmental sustainability. A pumpkin that might otherwise go to waste becomes food, feed, or compost. A driveway drop-off point becomes a small neighbourhood hub. And a weekend of collecting pumpkins—some delivered by parents, others proudly hauled in by kids—turns into something that benefits the broader commu-

To everyone who donated a pumpkin, spread the word, or stopped by-thank you. The response was generous, the kids had a great time, and we're already looking forward to doing it again next year. With a little luck, and maybe a few more wagon runs, we're hoping to see the pile grow even bigger.





PHOTOS ABOVE: KATHY ULLRICH





PHOTOS ABOVE: JONATHAN LEMIEUX

Latest stamp series showcases six Canadian graphic novelists

MONTRÉAL - Canada Post continue a long line of Canadiis excited to unveil the second stamp issue in its two-part series celebrating Canada's best-loved graphic novelists. The set of six influential Canadian artists:

stamps highlights the works and cultural contributions Kate Beaton, **Jimmy** Beaulieu, Guy Delisle, Julie Doucet, Bryan Lee O'Malley, and Michael Nicoll Yahgulanaas, whose artistry embodies the creativity and originality of the graphic novel medium.

Graphic novels - which can include anthologies, memoirs, and other works - creatively interweave

words and art. This narrative art form has rapidly grown in popularity since finding a mainstream audience over the last half-century. The six graphic novelists recognized in these stamps have all earned global acclaim for their works and an artists and storytellers honoured by Canada Post.

The stamp issue features six





Kate **Beaton** is the creator of the autobiographical Ducks: Two Years in the Oil Sands, which depicts her experience of working in the Northern Alberta oil sands and in 2023 became the first graphic novel to win CBC's prestigious Canada Reads competition.

Jimmy **Beaulieu** is a prominent figure in the francophone comic

book community and with a number of titles to his name, including 2013's Non-aventures : planches à la première personne, a collection of anecdotes and reflections of the ordinary "non adventures" of his

CONTINUED ON PAGE 35

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

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

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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

St. Aidan's Christmas Concert

everyone to its always popular Christmas concert to be held on December 13, 2025, at 934 Hamlet Road at 7 pm. This annual community event will lift your spirits and provide an opportunity for a free will offering to the Heron Emergency Food Cen-

The musical program, directed by Tea Mamaladze, will be varied, from Christmas favourites and carols to elegant classical music. Again, this year, the program will highlight rising stars from the Vyhovskyi Strings Youth Ensemble. The concert will also feature Susan Elizabeth Brown, Thomas Franzky and Sherrie Spelchuck. Susan has sung in operatic roles across Canada while Sherrie has performed in numerous operatic productions and festivals in Ottawa. Thomas is well known for his interpretations of Broadway Christmas music. Everyone is invited to sing the Christmas Carols.

Free will offerings to the Heron Emergency Food Cen-

Tt. Aidan's is welcoming tre (HEFC) will be welcomed by means of cash or electronic pay donations at the door. Louisa Sims, Executive Director of HEFC has reported that there are record numbers of clientele this year as economic conditions become more precarious for many.

> The concert will be live streamed on the church's You-Tube channel. There will be a reception after the concert with many delicious treats.

Later in December, everyone is welcome to join St. Aidan's for our Christmas ser-

- Christmas Eve Service December 24 at 7:00 pm
- Christmas Day Service December 25 at 9:30 am

For inquiries, give St. Aidan's a call at 623 733-0102, email us at staidans.ottawa@ outlook.com or visit us on social media: Website: staidansottawa.com; Facebook: facebook.com/saintaidansottawa; YouTube: St. Aidan's Ottawa.

Please join us on Saturday December 13 at 7:00 pm for this wonderful community concert. All welcome.



Enjoying the St. Aidan's Concert



Vocal Ensemble. PHOTO CREDIT: PHIL CHARKO.

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Celtic Tigers fundraising for Multiple Sclerosis for over 25 years

by Aileen Comerton

The Celtic Tiger team have been riding for Multiple Sclerosis for over 25 years, and in that time have raised over \$280,000 for MS research and services. Many of the current and past riders live in Riverview Park. The photo is the team for 2025. They rode in the heat, wind, and rain to and from Cornwall, the weekend of August 16th & 17th.

Past Riverview Park riders included Louis and Jackie Comerton, Nicholas Swandel and Tammie Winsor with their three, now adult children, Byron Johnson, Villana Murray, Jacqueline Bohemier, Jaroslav Zenchuk, the late Ken Kingsbury and the late Anne Gillespie.

We are fortunate to be able to do this ride, when many with MS are not so lucky.

Team Celtic Tigers will ride again next August.



The Celtic Tigers Team for 2025: From left: Eric Chrystal, Kirsten Byers, Daniel Lalonde, Aileen Comerton (Team Captain), Mary Comerton who all live in Riverview Park, plus Jackie McConville and Bernita Butler.

New stamps celebrate the upcoming winter holiday season

A timeless Christmas stamp and a classic storybook issue bring the spirit of the holidays to life

FOX CREEK, Alta., and **HOPE, B.C.** - Canada Post released two new stamp issues to mark the winter holiday season.

New holiday stamps tell a nostalgic winter tale of friendship, while the newest Christmas stamp features a whimsical illustration of the Nativity scene.

The stamps are part of an annual tradition from Canada Post, which has released new stamps celebrating Christmas and the holidays every year since 1964. These popular stamps are issued in advance of the holiday season so that they can be used on Christmas and holiday mail.

Set beneath the bright shining









proaching in the distance, this year's Christmas stamp depicts a simple and nostalgic take on the Nativity scene. The subtle use of colour and shading brings the characters to the forefront, including Mary and Joseph with baby Jesus and the angel announcing Jesus's birth.

The Christmas stamp was illustrated by Bex Morley and printed by Colour Innovations. The issue star of Bethlehem with the Magi ap- includes a booklet of 12 Perma- rating their forest home for the

nentTM domestic rate stamps and an Official First Day Cover. The stamp was cancelled in Hope, British Columbia, in reference to the message of hope found in the Nativity story.

The new holiday stamp issue celebrates the holiday spirit through the storybook tale of a sly fox, a playful rabbit and two productive squirrels busily deco-

festive season.

Designed by Kristine Do and illustrated by Alexandra Finkeldey, the issue includes a booklet of 12 Permanent domestic rate stamps, a sheetlet of 6 U.S. rate stamps, a sheetlet of 6 international rate stamps, a souvenir sheet of three stamps and a souvenir sheet Official First Day Cover. The cancel location of Fox Creek, Alberta, was chosen to acknowledge the fox in this year's stamp story.

As one of Canada's storytellers, Canada Post is proud to showcase meaningful topics for Canadians, like the community spirit of Christmas and the holidays, through its national stamp program.

Latest stamp series

CONTINUED FROM PAGE 33

everyday life in Montréal.

- Guy Delisle uses a simplistic drawing style and sparse, candid storytelling to chronicle his extensive travels in places like North Korea, Burma, as well as parts of Palestine, the West Bank, and Israel, which became the basis of the award-winning Chroniques de Jérusalem.
- **Julie Doucet** is included in the Joe Shuster Awards' Canadian Comic Book Hall
- of Fame and is a recipient of the Grand Prix for lifetime achievement at the Angoulême International Comics Festival – the most prestigious award in the comics industry. Her autobiographical works include Journal (365
- Bryan Lee O'Malley is the writer and illustrator behind the popular Scott Pilgrim graphic novel series, which found a cult audience and spawned a popular major motion picture, video game, and

- animated series.
- · Michael Nicoll Yahgulanaas is a multimedia visual artist who created his own illustrative style by blending Asian brush techniques with North Pacific Indigenous iconography, which can be seen in his 2009 graphic novel, Red: A Haida Manga.

About the stamp issue

The stamp issue features a collaborative design approach: Each graphic novelist worked with Canada Post and Subplot Design

Inc. to create original drawings, exclusively for this stamp issue, featuring the main characters from one of their most celebrated works depicted reading the novels in which they appear. Printed by Lowe-Martin, the issue includes a booklet of 12 PermanentTM domestic rate stamps (two for each graphic novelist) and six Official First Day Covers – one for each novelist.

The stamps and collectibles are available at canadapost.ca and postal outlets across Canada.

Residents "Fall" for Festivities

by Bonnie Miller, Marketing Manager, Oakpark Retirement Residence

akpark hosted Events that brought our community together in fun and joyful ways.

Sept 23 — Fall Harvest Corn Roast. The food, the decorations and the fun was appreciated by all.

Oct 4 — Oakpark's Fall Open House was one of our most successful Open Houses as we started the day off with the Giddyup & Go Ponies Petting Zoo. The weather was amazing and so were the animals everyone enjoyed visiting.

Oct 9 — Oakpark's Pumpkin Social - Our Kitchen staff prepared Pumpkin ...

Oct 21 — Dinner with Friends is a new Activity we are doing with our residents. A private dinner party with a friend and a theme. This month was our Dilwali Dinner - Indian themed. Our General Manager, Angela, attended wearing a Sari with Tegan, our Activities Manager, and Meenaal, our Food Service Manager. What a delicious and festive event it was!

Up-coming Events in December:

Dec 5 - 11am-3pm - Oakpark Community Exchange Bazaar Bring your gently used items to exchange with items displayed that you need, want or can wrap as a gift for a friend or loved one.

Dec 15 - 2pm - Winter Hymns with Dennis Doermer

Dec 22 - 2pm - Candy Canes & Mistletoe with Entertainment by Lawrence Marks

Dec TBD - Rideau Park United Church Hand Bell Concert

Oakpark's doors are always open to anyone who is interested in Oakpark for themselves, a friend or a loved one. Come see for yourself just how amazing a community Oakpark is.

Please let us know if you'd like to be on our Mailing List to receive our Monthly Event Calen-

Bonnie Miller, Marketing Manager, Oakpark Retirement Residence, 2 Valour Drive, Ottawa, ON K1G 3T5 Phone: 613-260-7144 ext 7702 Email: bmiller@ riverstoneretirement.ca













Not a beat is missed at Riverpath!

Shared by Jenny Monahan, Activities Manager, Riverpath Retirement Community

Studies have shown that music is a perfect therapy tool for folks with cognitive impairment and a great reminiscing tool for everyone.

Here at the Riverpath, we try to have as much musical entertainment as possible. Over time, we have hosted acts from other cultures, plus a variety of instruments and styles. Often, we'll be enjoying the soothing tunes of a romantic ballad and dancing along to some folk favourites.

In November, we had a very special group visit us to perform for the residents. Sueños Flamencos sang and danced, accompanied by a Spanish guitarist, much to the delight of the audience. The residents enjoyed the opportunity to take part in not only an energet-

ic, exciting performance but they also appreciated the introduction to music from another culture.

With the Christmas season approaching quickly, we're inviting even more varied acts to the Riverpath for the month of December.

Gertrude Letourneau is always a fan favourite! She is a bilingual singer who also plays a variety of flutes and the piano. She will be performing at the Riverpath on December 3rd.

Father and son duo, Peter and Pierre Foret will be the musical treat during our Annual Christmas Dinner on December 17th. They play an acoustic set with a guitar and flute, while filling the room with beautiful soothing melodies and creating the perfect ambiance during a delicious meal.

Fiddler Chad Wolfe will be visiting the Riverpath on December 19th for his Celtic Christmas Fiddle Show, guaranteed to be a per-



fect way to ring in the holidays with toe-tapping favourites.

In our community, music is

assured to bring us all together, to gather in the warmth of the season and celebrate the holidays.









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Perley Health's new Active Living Centre opens to Seniors and Veterans

by Sherrilynne Starkie, Special to Perley Health

If you live in Alta Vista, you might have driven past the Perley Health campus on Russell Road without realizing there's a vibrant community hub inside—one designed especially for Seniors and Veterans who want to stay active, social, and independent.

The Active Seniors and Veterans Living Centre by Perley Health is a welcoming space open to everyone aged 55 and older in our local community. You don't have to live at Perley Health to join. The Centre offers a wide variety of affordable programs—from fitness and wellness to creative arts, lifelong learning, and social activities—all created with and for older adults to promote independence, connection and healthy aging.

"The Living Centre is really about helping people in our community live well and stay connected," says Tanya MacDonald, Director of Senior Living and Community Programs at Perley Health. "It's a place where Seniors and Veterans can come together to learn, move, laugh, and build friendships that make life richer."

Each week, the Centre's schedule is filled with opportunities to move your body, engage your mind, and connect with others. There are yoga classes, tech tutorials, art and music sessions, and discussion circles on topics that matter to older adults. Veteran-specific programs offer space for those who've served to share stories and enjoy camaraderie with peers who understand their experiences.

For local caregivers, the Active Living Centre provides welcome connection opportunities. While their seniors are participating in our Day Program or Respite House program, carers and family members can attend social and learning events, take classes and meet up with others.

A tradition of care

The Active Living Centre reflects ans have opportunities to stay



Perley Health's 128-year tradition of care and innovation in Seniors' and Veterans' health. It builds on "the Perley's" expertise in frailty-informed, therapeutic, and recreational programming, making it one of the few facilities in the region offering this level of specialized, community-based support.

Accessibility and affordability are at the heart of the design. The Centre features barrier-free spaces, elevators, and accessible washrooms. Programs are offered at flexible prices through annual memberships, pay-per-session options, and free trial events. Parking is available on site, and staff and volunteers are always ready to help newcomers find their way.

"When Seniors and Veterns have opportunities to stay

active and socially connected close to home, it helps them live independently longer and with greater confidence," MacDonald explains. "We're proud to be part of this growing community and to serve people where they live."

Funded in part by the Government of Ontario's Ministry for Seniors and Accessibility and the Perley Health Foundation, the Active Seniors and Veterans Living Centre is a cornerstone of Perley Health's mission to help older adults live life to the full-est—right here in our neighbourhood.

To learn more about upcoming programs email salcinfo@perleyhealth.ca or call 613-526-7170 ext. 2846 to speak with a staff member about getting started.

FRIENDS OF RIVERVIEW PARK GREEN SPACES (FoRPGS)

FoRPGS Note for December 2025 issue

by Ron Ridley on behalf of the FoRPGS

Well, fall is giving into winter quickly as evidenced by the huge mid-November snow dump. This was a weird one as it seemed to catch a lot of the trees with their leaves still intact. FoRPGS has been active on a lot of fronts this year and things didn't slow down this term.

Our Fall Cleaning the Capital program was successful again this year with over 30 people working to clean up eight greenspaces/roadways in Riverview Park. In a good light, the volume of material collected was down from the spring campaign and previous fall campaigns. In all, the Hospital Link Road, the Hydro Corridor, Balena Park, Coronation Road, Coronation Park, and the neighbourhood walkways were all cleaned up.

The RPCA /FoRPGS worked in conjunction with OSEAN (Ottawa South Eco-Action Network) to divert Halloween pumpkins from composting/garbage to Food Centers & local organizations, and livestock feed. In



all, almost 400 pumpkins were diverted from the two sites managed by RPCA/FoRPGS/OSEAN in Riverview Park. This is the second year we have worked on this initiative with great results. Special thanks to the ambitious kids on Bathurst who collected over 100 pumpkins in their wagons all through the neighbourhood.

FoRPGS held a seed harvesting session at our main pollinator garden this fall and collected a lot of seeds that will be put into the Ottawa Wildflower Seed Library with some ultimately coming back into gardens of Riverview Park.

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 — please help spread the word! The tentative date for the garden tour is Saturday, June 20th. If you are interested in showcasing your garden next spring, please send in your contact information to secretaryriverviewparkca@gmail.com. More details to follow.

Another group of Riverview Park residents is forming in our community to combat buckthorn. This group is going to focus on the historically significant Coronation Woods area. The Coronation Woods to the east of the park used to be a much larger

maple wood lot associated with the former Catholic convent located where the current Alta Vista Towers are. Invasive Buckthorn has been taking over significant areas of the woods, and while it has gained a foothold, it is still possible to stop it from destroying this historically significant forest.

While researching the Coronation Woods, Lynne Patenaude has found out that the Coronation Woods had its Urban Natural Feature designation changed from being as EP-Environmental Protection, to being the same as the main part of the park - Recreation or REC. FoRPGS is working to find out how and why this happened.

Get Involved — Volunteers Needed!

Students and youth looking to earn their 40 volunteer hours, or anyone interested in making a difference: 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 everyone.

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: Following requests from the RPCA and local resident to **reposition the "Do** not block driveway" signs on Dorion to be more visible to drivers turning into the Tim Horton's, City staff conducted a review of the signage. (Residents have long noted congested traffic, vehicles turning into Tim Horton's blocking Dorion and putting pedestrians and cyclists at risk). Following their review, City staff deemed that that the signage was appropriate, although no details were publicly provided to support their conclusion. Residents can call 311 to report vehicles blocking the sidewalk.

In other local developments related to cycling and pedestrian safety, Councillor Carr's office shared the following updates with the RPCA:

- **Dorion Avenue from Knox** Crescent to Neighbourhood Way sidewalk re**newal** 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.
- The City will be **clearing snow** from the portion of the municipally owned path between Maplesoft Centre/ parking lot and the intersection of Industrial and **Riverside** (after many years of RPCA lobbying).
- There are no plans for a direct **Multi Use Path (MUP)**

connection between Dale Park and Cancer Survivor's Park at this time. However, the Transportation Master Plan (TMP) includes a project to construct a pathway to connect Dale Park down to the sidewalk on **Riverside Dr**, which will improve connectivity options between the two parks. This pathway is part of the later phase of TMP projects and is not expected to be implemented until after 2033.

A new Active Transportation Roundtable for the Ward, being hosted by Councillor Carr's Office, was scheduled to hold its first meeting on December 1. Riverview Park residents will be taking part in the Roundtable, to help identify locations where improvements are needed for cycling and pedestrian safety.

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. The renovated facility is expected to open in February 2026.

Lansdowne 2.0 Approval

On November 10, by a 15-10 vote, City Council approved the controversial \$419 million redevelopment of Lansdowne Park. Alta Vista Councillor Marty Carr - who represents most of Riverview Park - voted in favour while Capital Ward Councillor, Shawn Menard, voted against it. (Councillor Menard represents residents in the Riverside Drive high-rises and the other residences west of the VIA rail track).

The approved project will see the demolition of the North side stands and arena/event centre buildings adjacent to the stadium. The project will include a new smaller arena/event centre, new (uncovered) North side stands, retail space and two residential

Proponents claimed that the arena had outlived its life span and that prompt action was necessary. They also asserted that the project would attract investment and provide economic benefits to the City. Opponents disagreed with that assessment for a variety of reasons and argued that refurbishing the arena and improving accessibility was the better option. They also questioned the validity of the proponents' funding and cash flow model and why popular green space (and relatively new retail space) was being destroyed. Representatives from the Professional Women's Hockey League (PWHL) warned that the new arena, approximately 3000 seats smaller than the current venue, would be too small for the Charge to remain at Lansdowne.

The project is comprised of three phases, currently scheduled to take nine years. The first phase is slated to begin before the end of 2025 and be completed by July 2028, and will involve construction of the new event centre on the parcel of land where the Great Lawn and sledding hill are currently located. The final component of phase 3 (construction of two high-rise residential towers) is currently expected to be substantially completed by the end of 2034. Concerns continue to be raised about the level of intensification and permitted heights on residential properties that the new zoning by-laws will allow.

OTHER DEVELOPMENTS

OC Transpo Parking Ga-

rage 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.

On November 12, 2025, Canada Lands Company, on behalf of Build Canada Homes, officially

beneath it and some of the retail launched a Request for Qualifications (RFQ), to engage potential builders for creation of 1,100 new housing units at 1495 Heron Road (the former **Federal Study Centre)**. The parcel spans 7.3 hectares (18 acres) and is zoned for medium-density, multi-family buildings. Construction is anticipated to start in late 2026 and will be a housing mix of 40% affordable rental and 60% market rental.

> 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.

> Converting former bus only right-hand turn lane at Industrial/Riverside: Earlier this year, the RPCA requested that this lane (restricted to buses only during LRT construction) be converted to regular traffic or a dedicated right turn onto Tremblay and Eastbound onto HWY 417 only. In response, City Traffic Operations will be revising the lane configurations in spring 2026 to remove the bus lane and reinstate the curb lane as a travel lane for general traffic. Due to the early arrival of winter weather in November, the road paint cannot be modified at this time to reflect the revised traffic pattern.

> Construction of the bike improvement project along Smyth Road just east of the Rideau River has been completed and the 256 unit Long Term Care complex (The Village of Riverbank Terrace/ Schlegel Villages) is scheduled to open in fall 2026.

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

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

DEAR FRAN

Hellebore—Lenten Rose



FRAN DENNETT





ould you want a perennial for your garthat blooms den in April-May in many colours? Then, Helleborus or commonly referred to as the Lenten or Christmas rose, is for you.

Everyone should have a hellebore in their garden because they are lovely in the very early spring, have an unusual flower, are a source of early nectar for the over wintering pollinators and are hardy in Canadian zone 5b. What more could you ask of a flower? I first came across hellebores in the 1980s when I was growing lots of different plants from seed. There was no internet and my reference books were limited regarding information on germinating hellebores, so I decided to germinate some to see what would happen. My style then was to plant what I grew, and if it lasted it could stay, and if it didn't, I moved on to something else. The hellebores that germinated lasted a few years. I think our winters were harsher then. Then Helleborus became the 2005 perennial of the year and now they are available in every garden centre.

Hellebores are native to central and south Europe where they grow in mountainous regions in poor soil, and belong in the genus Helleborus in the Ranunculaceae family. They are clump forming, long lived, early blooming evergreen perennials, with deeply lobed leaves and nodding flowers in green, white, purple and rose or whatever colour the breedearlier cultivars have downward-



Hellebores. PHOTO: FRAN DENNETT

new cultivars have upward facing flowers that show better in the garden. The flower is interesting as the showy parts are not petals but sepals. The petals are a ring of nextaries (a tubular glands that secretes nectar) between the sepals and numerous pollen-producing anthers. At the centre of the flower is a cluster of unfused carpels (female reproductive organs) where eventually seed will be produced. Once germinated, it will take about four years for a hellebore seed to flower.

ers develop. Species plants and from winter, tattered looking. Just remove the dead leaves as facing flowers (nodding) but the the new leaves and flowers are

pushing out of the ground. Candace Dressler says she covers hers with leaves and a small Styrofoam cover. This year her clump was too large to cover with the Styrofoam cover and just used leaves. This is hellebores rewarding you for the extra TLC. Hellebores will bloom in April-May before the trees leaf out and should be planted in shade to semi-shade as they do not enjoy our hot summer sun. The soil should be well drained with a neutral to slightly alkaline pH and rich in organic In zone 5b, hellebores emerge matter. Plant in a hole twice as big as the pot, at the same depth as they were planted in the pot they came in, back fill with soil

amended with compost and water well. They do well under shrubs whose leaves provide shade from the hot summer sun.

Aphids are about the only pest, and a spray of water usually knocks them off. Diseases are few and usually fungal in nature--black spot or downy mildew. Remove effected leaves and discard in the garbage. Hellebores will spread but are not invasive. Should a clump grow too big it can be divided in the fall on our zone, but be warned they do not like to be transplanted. It is better to allow volunteers to grow and transplant them or buy new plants.

Helleborus niger (Christmas rose) and H. orientalis (Lenten rose) are the usual parents of the modern hellebores crosses available at local garden centres. Do some research to find the colour you like, the flower shape and whether you like single or double flowers. I would think the single blooms makes it easier for insects to access the pollen. The early blooms make hellebores a good source of nectar for pollinators and their toxicity make them unpalatable to deer and rabbits.

I hope you enjoyed this article and consider adding hellebores to your garden next year.

- 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.

Riverview Park Review readers write

Are you feeling creative?

The Riverview Park Review (RPR) announces its short story writing contest.

Put your pen to paper and submit your story before Saturday, January 10, 2026. The word count should be no greater than 600 words.

Winner will be contacted. Article will be published in the February 2026 RPR. Contest winner will receive a \$25 prize.

Send story entries to: editor.riverviewrpr@gmail.com



TAKE A LOOK... EXPLORE LIFE AT MAPLEWOOD

Upcoming Maplewood Highlights for: December / January / February

DECEMBER

Christmas Tree-O

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

New Years Eve Party

Wednesday December 31st from p.m. to 4:00 p.m. 3:00 p.m. to 4:00 p.m.

JANUARY

Classical Music Appreciation Tuesday January 6th from 7:00 p.m. to 8:00 p.m.

Women's Breakfast

Tuesday January 13th from 9:00 a.m. to 10:30 p.m.

Afternoon Live Concert

Friday January 16th from 3:00 p.m. to 4:00 p.m.

FEBRUARY

Evening Entertainment

Tuesday February 3rd from 7:00 p.m. to 8:00 p.m.

These photos tell a little about our fall events at Maplewood

Shared by Raquel Leguizamon, Activity Manager, Maplewood Retirement Community



Ethiopia Flag Day cultural lunch



Remembrance Day special Military Guest

Wine and Cheese

Friday February 13th from 3:00 p.m. to 4:00 p.m.

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



Casino Day



Seasonal Painting and Wine



Casino Day



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ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

ALTA VISTA & ELMVALE **ACRES LIBRARIES -**DECEMBER 2025 **JANUARY 2026**

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

The Library's hours are:

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

HOLIDAY HOURS CLOSED: Thursday, December 25th – Christmas Day. Friday, December 26th -**Boxing Day.**

Thursday, January 1st -New Year's Day OPEN 10 AM to 3 PM on Thursdays December 24th (Christmas Eve) and December 31st (New

Please note the following when visiting:

Year's Eve).

- 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.

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

Storytime (ALTA **Family** AND ELMVALE VISTA 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 December 17th to 31st.

Babytime

Stories, rhymes, and songs for babies and their parents or caregivers. Bilingual. Drop-in program. 30 minutes. Ages 0 to 18 months. (ALTAVISTA BRANCH) Thursdays at 10:30 AM. No session on December 18th to January 1st. (ELMVALE ACRES BRANCH) Tuesdays at 10:30 AM. No session on December 23rd to January 6th.

Crafternoon

(ALTA VISTA BRANCH) Come crafting at the library. We have all the supplies you need to satisfy your creativity! For children of all ages. Bilingual. Dropin program. 60 minutes.

Friday, December 5th at 4 PM.

Contes en famille

(ALTA VISTA BRANCH)

Rejoignez-nous pour des contes, comptines et chansons pour les enfants de tous âges avec un parent ou gardien(ne) chaque samedi!. Aucune inscription requise. Les samedis à 10h30. 30 minutes.

Cercle de lecture en français (ALTA VISTA BRANCH)

Rejoignez notre programme hebdomadaire de cercle de lecture. Chaque enfant aura l'occasion de lire à haute voix à tour de rôle pendant des séances d'une heure. Aucune inscription requise. Pour les 7 à 12 ans.

Les lundis à 16h. 60 minutes.

Alta Vista Reading Circle (ALTA VISTA BRANCH)

Join us Tuesdays from 4-5 pm for the Alta Vista Reading Circle. We will take turns reading out loud, building our confidence and defining new words. Children of all abilities aged 7-12 are welcome! Drop-in.

Tuesdays at 4 PM. 60 minutes.

Saturday Bilingual Family Free Legal Clinic Storytime

(ELMVALE ACRES BRANCH) Stories, rhymes, and songs for children of all ages and their par-Drop-in program.

Saturdays, December 6th 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, December 5th, January 23rd and 30th at 1 PM. 60 minutes.

PD Day LEGO Block Party

(ELMVALE ACRES BRANCH) Create and build with Lego®! Drop-in. Family program.

Fridays, December 5th, January 23rd and 30th at 1 PM. 150 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, December 13th at 10:30 AM. January dates TBD.

Homework Help

(ELMVALE ACRES BRANCH) Come and get help with reading, math, science, French, English, etc. Led by United for Literacy volunteers. 90 minutes.

Tuesdays at 5 PM until December 9th. For Grades one through ten. January dates TBD.

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

ADULT **PROGRAMMING**

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, December 4th at 6 PM. 60 minutes. Registration required.

(ELMVALE ACRES BRANCH) Do you have a legal question? A lawyer from the Ontario Legal Information Centre will be on-site to ents or caregivers on the first Sat- provide legal information specific urday of every month. Bilingual. to Ontario and answer your questions. The lawyer can give general explanations of the law and help you understand your legal issues and the possible 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, December 11th at 1 PM. 180 minutes.

Adult and 10+ Chess Club

(ALTA VISTA BRANCH) Join us for adult chess, all levels **CONTINUED ON PAGE 43**

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Libraries

CONTINUED FROM PAGE 42

welcome; an instructor will be available! Come meet new people and have fun. No registration required. Ages 10+.

Saturdays, December 6th and 20th at 3 PM. January dates TBD. 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.

Wednesdays, December 17th and January 28th 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. Begined. 18+.

Mondays, 6:30 PM to 8 PM, until December15th. January dates TBD.

Beginner's English **Conversation Classes**

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

Wednesdays, 6:30 PM until December 17th. January dates TBD.

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) Tuesdays, 7 PM.

(ELMVALE ACRES BRANCH) Mondays, 5:30 PM until December 15th. January dates TBD.

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 req-

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. No session on December 24th or 31st. Aucune session les 24 et 31 décembre.

(ELMVALE ACRES BRANCH) Saturdays at 1 PM. Les samedis à 13h. 60 minutes. No sessions December 17th. to January 3rd. Aucune session entre les 17 décembre et le 3 janvier inclusivement.

Elmvale Writers' Group

(ELMVALE ACRES):

When we write with others, we discover ourselves. Join us for a Writers Collective of Cananers welcome. Materials provid- da (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 until December 15th. 90 minutes. January dates TBD.

Ottawa Wildflower Seed Library workshop

(ELMVALE ACRES):

Winter Seed Sowing Workshop for your Pollinator/Wildlife Garden.

All materials will be provided, including a starter pot or two, soil and sample seeds. Drop-in. Thursday, January 22nd at 6 PM. 90 minutes.

Fibre Fridays

(ELMVALE ACRES):

Bring your knitting or crochet Infusions Littéraires 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 until December 19th. January dates TBD. 90 min-

Sleuth Hounds Mystery Book Nothomb Club

(ALTA VISTA BRANCH)

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30 - 8:00 p.m. All are welcome. Thursday, December 18th, 2025 Holiday Social and Planning party Thursday, January 15th, 2026 Richard Osman - any of the Thursday Murder Club books Thursday, February 19th, 2026

A Capital Mystery (Ottawa crime short stories)

Elmvale Acres Book Club

(ELMVALE ACRES BRANCH) Meet up with fellow book enthusiasts for discussions about the month's chosen book. Join us on the third Monday of the month at

Monday, December 15th, 2025 Moon of the Crusted Snow by Waubgeshig Rice Monday, January 19th, 2026 TBD

Monday, February 16th, 2026 TBD

Book Banter

(ALTA VISTA BRANCH) Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month 2 PM

Thursday, December 4th, 2025 In the Country of Others, by Leila Slimani

3 PM. All are welcome.

Thursday, January 8th, 2026 Miss Morgan's Book Brigade by Janet Skeslien Charles

Thursday, February 5th, 2026

Fire Weather by John Vaillan

(ALTA VISTA BRANCH)

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00. mercredi le 21 janvier 2026 J'emporterai le feu de Leila Slimani mercredi le 18 février 2026 Le Livre des Soeurs d'Amélie

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.

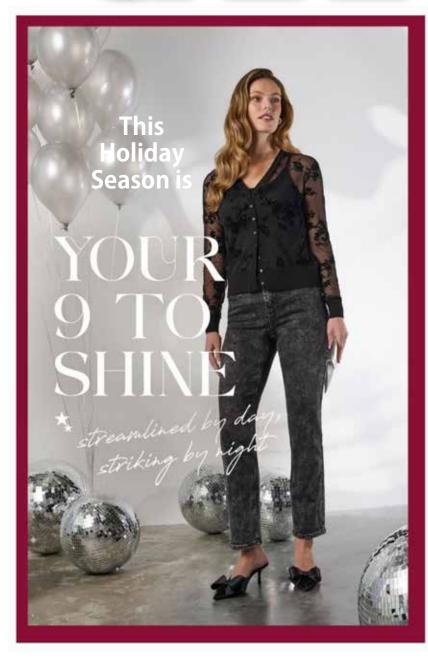
These resources include:

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

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

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