



Putting a Spotlight on the “First” First Responders

Why National Public Safety Telecommunicators Week Matters

By Sonia Vani, a community volunteer

Most of us have filled out forms asking us to name an emergency contact. For something simple like a hospital pick-up after a procedure, the choice may be easy. But in more unexpected situations, the decision might take more thought. Who can you trust to guide you if something goes wrong? Caring about your wellbeing is a good start, but they also need to be reachable, reliable, clear-thinking, connected, and capable of coordinating what should happen next.

Now imagine a room filled with the city’s top emergency contacts. That’s what it feels like to step inside the Ottawa Police Service’s 9-1-1 Communications Centre. The civilian police communicators



A police communicator working at the Ottawa Police Service’s Communications Centre where all of the city’s 9-1-1 calls are received. PHOTO COURTESY OF THE OTTAWA POLICE SERVICE

who work there—call takers and dispatchers—spend every shift acting as the calm, steady voice guiding people through their worst moments.

National Public Safety Telecommunicators Week, observed annually during the second full week of April, exists to recognize profes-

sionals like them. On any given day, the Centre handles roughly 1,000 calls through its main 9-1-1 line.

Communicators are trained to ask the right questions, gather the critical details, and ensure the appropriate responders—police, fire, or paramedics—are deployed as quickly and safely as possible.

While some callers are transferred to other emergency services, it is always the police communicators who first assess the situation, prioritize the emergency, and set the response in motion.

Despite how essential this work is, National Public Safety Tele-

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Lonely Mittens and other OSEAN Programs



A team from OSEAN (Ottawa South Eco-action Network) at the Riverview Park Community Association (RPCA) Winter Carnival promoting the Lonely Mitten project: (Left- Right): Tyler Locey, Marianne Ariganello, Caitlin Imrie and Lynne Patenaude. PHOTO CREDIT: CAROLE MOULT

by Tyler Locey

We’re back in warmer weather in anticipation of spring, so I’m putting my winter clothes away. Before hiding everything until next winter, I’m checking if I have any unpaired gloves or mittens. Throughout the winter, I’ve seen maybe a dozen - and a surprising number of scarves - hanging on elevated places in hopes their human comes back,

and now there are a few more peeking out as the snow melts. At the Lonely Mitten Project, this is when things ramp up.

While collecting, washing, sorting, and the like have been going on for months now, volunteers at Ottawa South Eco-action Network (OSEAN) have also been working tirelessly connecting with schools, community representatives, local businesses, and even the City of Ottawa.

CONTINUED ON PAGE 4

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Aging in place works until it doesn't

Canada needs a better plan

by Akos Hoffer, CEO, Perley Health

A Globe and Mail article published on December 18, 2025 explored the growing desire among Canadians to age in place, alongside the often unseen financial, emotional, and caregiving costs that come with it. Journalist Meera Raman shares personal stories that will resonate with many families that want to do the right thing for aging parents but find themselves stretched thin by responsibilities they never fully anticipated.

Aging in place is a deeply held aspiration. For many people, remaining at home offers comfort, familiarity, socialization, and a sense of independence. It is often the right choice for people with complex needs when the right services are in place. But as Raman's article makes clear, aging in place becomes more difficult as health needs change, supports fragment, and the burden on family caregivers grows.

What is often missing from the conversation is not compassion, but clarity. Long-term care is frequently referenced as the alternative when aging at home becomes too difficult, yet it is rarely presented in a way that reflects how care is evolving. This leaves families with the false impression that care options are binary: either stay at home with little help and a lot of expense or move into long-term care as a last resort.

In reality, aging well is not about choosing one place and staying there indefinitely. Aging in place works, until it does not. In fact, care should be a coordinated continuum where expertise follows people across settings. The real question is how we support people and families along that journey, and how we bring the right



Joined by the McKellars, Perley Health CEO Akos Hoffer (right) discusses the future of Perley Health and the expanding programs and services available to Veterans and Seniors from across the region. In his accompanying article, Hoffer makes the case that long-term care organizations must evolve to support family caregivers and help seniors age safely. PHOTO: PETER WARREN

expertise to them before a crisis occurs.

According to the Ontario Caregiver Organization, 68 per cent of caregivers have reached their breaking point. Long-term care organizations have a critical role to play in supporting them as part of aging in place, even when their loved one never sets foot in a long-term care facility.

The clinical knowledge, geriatric expertise, and understanding of health and social support systems that exist within long-term care should extend into the communities these organizations serve. This includes supporting seniors living independently, guiding families through changing care needs, and helping coordinate services before home living situations become unsafe or overwhelming. In fact, the Ontario Ministry of Long-Term Care is already testing this approach in a pilot program that engages long-term care organizations as community-based hubs that extend specialized expertise beyond their walls. This kind of approach reflects what integrated

care is meant to achieve: specialized knowledge deployed earlier, across settings, and in ways that reduce crisis-driven transitions.

This approach also allows health systems to benefit from economies of scale and knowledge transfer, by extending long-term care expertise and workforce capacity into community and home-based settings. Their expertise in managing complex conditions, supporting frailty, and understanding how health and functional decline intersect with daily living can help seniors remain at home longer and more safely. When long-term care knowledge is leveraged earlier, families are better equipped to plan, adapt, and make informed decisions without waiting for a breaking point.

Research also has a vital role to play. Specialized studies into aging and frailty help define best practices that apply across settings, not just within institutional walls. When evidence-informed approaches to frailty, mobility, cognitive health, and caregiver support are shared beyond long-

term care, they directly strengthen the ability of seniors to age safely at home.

At the same time, Canada must be realistic about the scale of the challenge ahead. Our population is aging rapidly, and we do not, and are highly unlikely to, have the infrastructure or workforce to provide traditional long-term care to everyone who may eventually need support. That reality makes it even more important to rethink how we define aging in place and how we deploy expertise across the system. Recent plans to intensify home-based care also highlight a hard truth: without sufficient workforce capacity, funding and system coordination, even well-intentioned solutions risk continuing to fall short, or shifting pressure, rather than relieving it.

Supporting aging at home cannot rest primarily on unpaid caregivers or on families quietly absorbing financial and emotional strain. It requires better integration among home care, community services, and long-term care expertise, along with honest conversations about limits, transitions, and planning.

Aging well is not about a single location. It is about access to the right support, at the right time, in ways that respect dignity, independence, and the realities families face. Canada needs to start planning for aging with that mindset.

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"Shoot To Win" winners Louis (7) and Charlotte (12) with sponsor Sonja Payette. PHOTO: CAROLE MOULT



Maverick (left) and Cappy, the Ottawa Titan's Mascot. PHOTO: TAMMY NOELLE LESCARD

Riverview Park residents embrace winter at annual carnival

by Jonathan Lemieux

With the sound of skates carving the ice and the smell of maple taffy in the air, Riverview Park residents came together on February 8 for the Community Association's annual Winter Carnival at Balena Park. More than 250 neighbours turned out, embracing the cold for a lively afternoon of outdoor fun.

As volunteers put the finishing touches on the event, Balena Park quickly filled with families and friends. Children soon laced up their skates, played winter games, toasted marshmallows and lined up for the family favourite Shoot-to-Win hockey competition, while neighbours reconnected and families settled in to enjoy the day. Even Cappy from the Ottawa Titans made a surprise appearance, greeting families and posing for

photos with fans.

Maple taffy on snow was a steady draw throughout the afternoon, with sticky mittens and smiles to match. Kids also had the chance to try snowshoeing and gather at the ice sculpture station, where they created their own frozen works of art. Nearby, residents warmed up by the fire with chili and hot chocolate, soaking up the energetic atmosphere, helped along by live music provided cour-

tesy of a local radio station.

Despite the cold February weather, Balena Park was bustling and lively all afternoon. The Winter Carnival has become a favourite neighbourhood tradition and a welcome reason to get outside during the colder months.

As the event wound down, tired skaters, empty taffy sticks, and plenty of smiling faces told the story of another successful winter carnival.

More photos on pages 34 and 35




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Lonely Mitten Project

CONTINUED FROM PAGE 1

We're preparing for a big wave of donations as lost-and-found collections across Ottawa look to dispose of their winter gear. The Lonely Mitten Project, through OSEAN, is stepping in to divert this waste through some tried and true steps.

The 3 R's (Reduce, Reuse, Recycle) is a mantra so repeated and boring that it's hardly considered. Regarding reducing; while we don't recommend forgoing gloves, especially in the winter, a new pair isn't necessary for every season and outfit. I write this as a reminder to myself too: take care of what you have.

Reuse is our main goal, finding pairs of gloves and mittens that are perfect, close enough, or complementary. Last year the Lonely Mitten Project collected over 6,000 lonely gloves and mittens from schools, public buildings and designated drop-off sites throughout Ottawa. Over 30 volunteers gathered, transported, washed, mended, and paired mittens and gloves, helped to make over 2,500 pairs of mittens and gloves and distributed these back to the community. Once paired, we delivered the mittens to local schools and community organizations such as the Caldwell Family



A variety of mismatched gloves and mittens of different colours, textiles, and styles put on metal fence rods beside a walkway, elevated above the snow.

PHOTO CREDIT: CAITLIN IMRIE

Centre, the Brookfield Community Food Cupboard, Street Outreach Society and Steps off the Streets. A further 1,500 were matched by the Conseil des écoles catholiques du Centre-est, and given to students who needed them.

Finally, recycle. Fabrics that cannot be donated are sent for textile recycling. Beyond just being another way to reroute the mittens and gloves from the dump, a cyclical economy is necessary for long-term sustainability and environmental equilibrium.

We have been helped by a \$1000 grant from Awesome Ottawa, pro bono services from

The 3 R's is a mantra so repeated and boring that it's hardly considered.

Brown's Cleaners, and of course our volunteers. Our main priorities at the moment are spreading the word, finding space to store and sort, and recruiting more hands to help with the work.

The Lonely Mitten Project is representative of OSEAN's deeper values: environmental stewardship, social activism, public education, outreach, and collaboration. OSEAN has been working on environmental stewardship projects for more than 10 years. Some of the projects we will be continuing this year include:

A. The Pollinator Patch Program where volunteers grow native-to-Ontario pollinator plants, and help plant and maintain community habitat gardens to help expand and protect biodiversity. Since 2022, our Pollinator Patch Program has grown more than 8,000 native plants

B. Waste diversion projects that prevent valuable objects from needlessly ending into the landfill such as Pumpkins for the

Planet (rehoming carved and intake pumpkins for a second life as food) and Swap and Drop Ottawa (helping redistribute household items directly from one home to another).

C. Protection of green spaces through tree planting and invasive species removal as well as our recent collaboration with numerous local groups to protect the valuable and distinct forested land and meadows such as Coronation Woods, McCarthy Woods and the Southern Corridor.

We also collaborate with our local city councillors to advocate for changes at the municipal level, to ensure that projects take into risk management and climate mitigation as well as biodiversity loss. We cannot solve the multiple crises facing our city by treating them in isolation.

If you have lonely mittens at home, or at school, you can drop them off at the different collection locations we have around town. Check out our website at OSEAN.org to find drop off locations for lonely mittens, sign up to volunteer with the Lonely Mitten Project, let us know if you have ideas for seasonal mitten storage, and learn what you can do to help your local community.



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TECH TIPS

You can be the boss of your AI

by Malcolm and John Harding, of Compu-Home

Artificial Intelligence is a subject that we hear about (...and perhaps use) daily right now, but frankly, we didn't expect that there would be a need to get to a personal level in a column quite so soon. We are now having lots of questions and comments (and complaints) from people who feel confronted or confused at AI "enhancements" that are happening in their everyday use of technology. Lots of users are uncomfortable with unexpected changes to their tech tools, even when the original intention was to be helpful. Distractions can include constant popup writing suggestions in word processing and email and intrusive interference while we are doing searches. To make it worse, sometimes this meddling can be inaccurate and waste our time. Most frustrating is that we often have the feeling that these busybody intrusions have been forced on us, like it or not, with little or no chance for us to prepare or adjust.

Another factor that can give us the "no" feeling about AI in our

devices is concerns about privacy. Horror stories abound about the time that someone googled "spatula" and then ads for spatulas inundated them for the next two weeks. The fact that some of these concerns may be exaggerated does not mean that they will not come to pass in the future, or that they can be entirely written off as urban myths.

In the world of Microsoft Windows computers, the embodiment of AI is named **Copilot**. A walk down a store's computer aisle will firmly establish that any desktop or laptop worth its salt is now a "Copilot+" model. This simply means that the Windows Operating System and much of the Microsoft software to be installed will have Copilot built in. Make no mistake – these features are sophisticated and have the potential to make your computer and software more useful than ever before, if you are willing and able to learn to use them. For most of us, the devil is in the details of how to filter the features into a personal, home or small-business setting.

The Apple equivalent to Copilot is **Apple Intelligence**.

Just a few of the components of Apple Intelligence are Writing Tools with such features as proof-reading of your text and content summary, Image Generation to clean up your photos and actually create images, and Communication Tools that can help to manage your email and texts (or even write them for you). Apple Intelligence is compatible with very recent OSs and chips in iPhones, iPads and Macintosh computers.

Browsers also are becoming AI enhanced. Google Chrome and the Google Search Engine now make use of **Gemini** to streamline searches, and synopsise results. Firefox is an interesting exception to the usual AI approach, in that it offers a "User Control" that makes it easy to manage AI browser features, including a toggle that will turn off most of them. Microsoft Edge, of course, makes use of Copilot. Safari, the Apple Browser, uses a combination of Apple Intelligence and Siri Suggestions.

By now, most readers' eyes are glazing over, but it's time for you to tune in again. The good news is that it is possible to manage all of these versions of AI, and

by "manage" we mean "turn off." We won't try to make a list of directions for all of these different examples, but in every case you can google step-by-step instructions. There are two caveats here: First, you might find that some services are turned on again during regular updates. Second, in some instances, it is possible to turn off only the components that you know you do not want to use and leave others running, if they seem like they might be useful. (We leave Gemini turned on in Google Search for example, because we have found that it is greatly improved over the past year and for us it is turning out to be helpful.)

We hope that you discover that an hour or two of research on these subjects can make your devices even more friendly and useful.

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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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.

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First responders

CONTINUED FROM PAGE 1

communicators Week remains largely unknown outside the field. Its name may not immediately resonate, but its purpose is clear: to honour the call takers and dispatchers who are the “first” first responders. They are the invisible yet expert multitaskers who help transform chaos into a coordinated emergency response.

The role is often misunderstood. Many people assume answering a 9-1-1 call is as straightforward as listening and relaying information. In truth, it is far more complex. Call takers must filter through noise, fear, and confusion to extract the key facts that will allow them to coordinate a safe, effective response in real time. They are masters of focus and compartmentalization and how they manage a call can directly influence how a response is carried out.

“I see myself as an ambassador for the Ottawa Police Service,” says Eric Brown, an OPS police communicator approaching his first anniversary in the role. “By using respectful communication, empathy, compassion, and active listening, my words and actions directly affect how first responders are received once on-scene. I may not control the outcome of an emergency, but I can control my part of the process—and that’s what motivates me every day.”



Eva Burnett (left) is one of the police communicators in the story. Brenda Tirrell (right) is the Founder and Executive Director of the Ottawa First Responders Foundation. Her organization is responsible for many fundraising initiatives that support the mental wellbeing of first responders like dispatchers, including the annual 9-run-run event that takes place every October. They are shown here training together and wearing their 9-run-run gear. Brenda is a retired volunteer firefighter with 17 years of experience. PHOTO SHARED BY SONIA VANI

Eva Burnett, a recently retired police communicator with 37 years of experience, recalls some of the challenges: “Sometimes callers won’t listen to the advice we give, even when we understand the bigger picture. We may not be on-site, but we have experience. Their

worst day is our every day.”

Behind the scenes, communicators juggle multiple screens, rapid information streams, system updates, note-taking, de-escalation, and the emotional weight of each call—and then move on to the next one. The flow of information is

constant, and the margin for error is incredibly small.

Burnett notes that closure can be hard to come by. Dispatchers often follow up with responding officers after difficult calls to understand how the situation ended. “Those extra details just might help us process what we heard and move forward.”

The physical and mental demands of the job require intentional care. Both Brown and Burnett emphasize how important it is for communicators to have healthy outlets outside of work. “Find something you love and hang onto it,” Burnett advises.

Strong relationships with colleagues and supervisors also play a critical role in helping communicators build sustainable careers in this demanding field. Organizations like the Ottawa First Responders Foundation provide additional support through financial assistance and access to specialized mental-health resources for active and retired first responders and their families—ensuring no one faces the impacts of trauma, stress, or crisis alone.

Between April 12 and April 18, take a moment to appreciate the “first” first responders whose steady voices and split-second decisions make a positive difference in so many lives.



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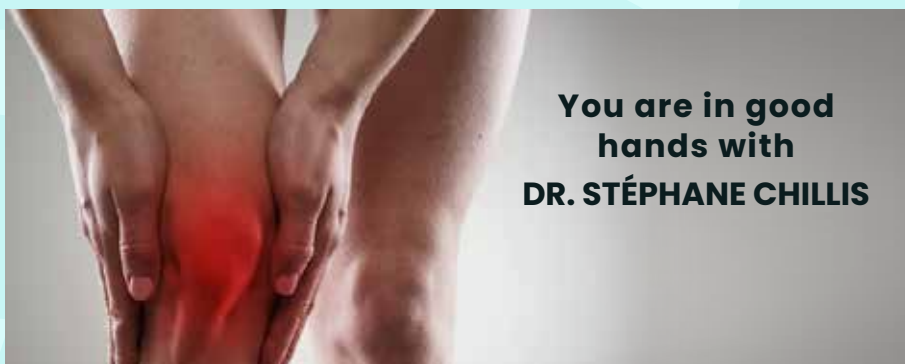
Osteoarthritis often leads to joint stiffness and decreased flexibility, hindering daily activities and diminishing overall well-being. Through targeted adjustments and gentle manipulation techniques, chiropractors can help restore proper joint function, allowing for smoother movement and enhanced range of motion. Whether it's bending, reaching, or walking without discomfort, chiropractic care can make a difference for osteoarthritis patients seeking to regain control of their bodies.

Posture and Osteoarthritis

Poor posture can exacerbate the symptoms of osteoarthritis by placing additional stress on the joints. Chiropractors can help patients improve their posture by providing exercises and stretches that promote proper alignment. By improving posture, patients can reduce the stress on their joints and improve their overall quality of life.

Maintenance Care for Osteoarthritis

Chiropractic care is not just for acute pain or injuries. Maintenance care can help patients with osteoarthritis manage their symptoms and maintain spinal health over the long term. Regular chiropractic adjustments, combined with exercise and a healthy lifestyle, can help patients with osteoarthritis improve their quality of life and prevent further degeneration of the joints.



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Kids ready to start JK this fall?

Riverview School now open for enrollment

by Sherry McPhail

Riverview Park parents who want to send their kids to 50-50 Junior Kindergarten in September 2026 can now enrol them at Riverview School.

While this Knox Crescent school has been an Alternative School since the 90s, the Ottawa Carleton District School Board's phase-out of that program and the board's (now postponed) "community schools" strategy has triggered a review of boundaries and programs across the region. In the meantime, the board recently opened enrollment at Riverview School for September 2026 for its standard JK program.

"In keeping with the OCDSB's ultimate goal of neighbourhood schools, Riverview parents have the opportunity to walk to school with their children rather than putting them on a bus," says Ron Ridley, President of the Riverview Park Community Association.

Like all JK and SK programs across the board, JK at Riverview will be a full-day bilingual program with instruction divided equally between English and French in both JK and SK. Play-



based classes led by a teacher and an Early Childhood Educator will run from 9:15am to 3:45pm. And like other OCDSB schools, it offers before- and after-school care for a fee.

OCDSB Supervisor Robert Plamondon announced the enrollment opening in a March 9 letter that warded off a planned protest by parents and community members who live near the former Alternative school sites. Until the "accommodation review" is done, the OCDSB cannot guarantee that regular English or Early French Immersion programs will be offered at Riverview.

But the local working group

that pushed to open 2026 JK enrollment will continue to lobby to get these programs in place for Grade 1 and maintain Riverview as a long-term community school. To find out more or help out, please email the RPCA at riverviewparkca@gmail.com.

The more JK attendance at Riverview in 2026, the more likely the school will continue to offer local education while the Alternative program is being phased out.

Says Riverview parent Romy Swann: "Besides being less stressful and more active, attending the local public school helps build a strong community hub and a more vibrant Riverview Park."

JK at Riverview will be a full-day bilingual program

Swann was instrumental in pulling the working group together to open 2026 JK enrollment.

Former RAS parent and current RPCA Planning and Development Chair Kris Nanda noted that "the RPCA will be working with the community and OCDSB to further enhance the value of the school building and its grounds as a community asset."

While Kindergarten Information Nights have already taken place, parents can find out more and register in two steps:

1. Register online at <https://www.ocdsb.ca/our-schools/registration/kindergarten>
2. Fill out the Intent to Register form as part of the registration process

If you have any trouble registering or need the link to the Intent to Register form, please contact Riverview School at riverviewas@ocdsb.ca.

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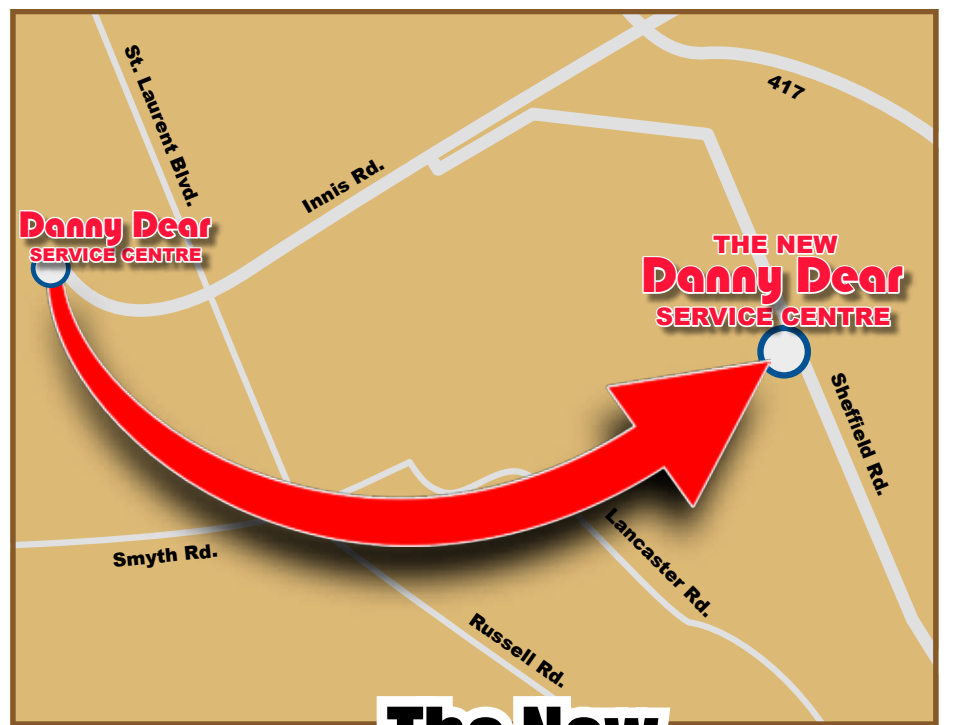
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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Spring into these great movies!

As spring finally begins to show its face after a long, cold winter, there are, as always, a plethora of interesting titles that descend upon the physical media world. Some are a little bit obscure, some are major hits and all are worth the time to seek out!

The Voice of Hind Rajab

At the Red Crescent emergency center in the Gaza strip, workers are called upon to work tirelessly to save people who have been hit by the warring factions and need immediate assistance. They work in conjuncture with everyone: the Israeli army, the Red Cross and their own brave workers. When a call comes through and a small voice is heard on the other end, everything that they thought they knew and trained for is pushed aside. A six year old is calling them, trapped in a car and in mortal danger. Using actual audio from the phone calls, this is the story of Hind Rajab - and believe me, it's one of the most powerful things you will ever see.

Long Day's Journey into Night

Despite its title, this is not based on the O'Neill play. Instead, it follows a man who makes his way back to his home town of Kaili in China to search for a woman he can't make himself forget - even after 20 years. As the film unfolds, it becomes a dreamy, almost surreal detective-style story filmed with vivacious colours and gorgeous shots as our main character realizes how deep his obsession



A Taxi Driver

is. The final hour is done in one shot, which is incredible.

A Taxi Driver

Kim Man Seob is having a slow day as a taxi driver, that is, until a German journalist, Pater, enlists his services to drive him to Gwangju, South Korea, to report on a student uprising. Unaware that the situation has escalated, with military being called in, Kim soon regrets his decision. However, as he realizes how important this 1980 event is, he becomes increasingly determined to help Pater as much as he can, so the uprising can be properly documented. A powerful story with a great performance from Song Kang-ho of Parasite fame.

Beyond the Infinite Two Minuitas

A wildly inventive film done in



The Voice of Hind Rajab

one shot! A cafe owner discovers that his TV is actually two minutes in the future. His friends are stunned, but soon start realizing they can loop the TV to give them more time. Chaos ensues when they steal something and have violent criminals after them. Done on a micro-budget, this film has been talked about for years and finally has a physical release!

Fackham Hall

What if there was a slapstick film that parodies shows like Downton Abbey? Well, there is. The Davenports' finances are in dire



Little Amélie Or The Character Of Rain

straits. Their youngest daughter was meant to be married into money, which would save Fackham Hall, but the marriage has fallen apart - and what's worse is that she's fallen in love with a lower-class servant! Chaos ensues and so do the laughs in this fun British comedy!

Little Amélie Or The Character Of Rain

Having moved from Belgium to Japan at the age of three, Amélie is immediately drawn to the beauty of the world she now lives in. Soon she develops a strong relationship with the family's housekeeper and discovers the wonders of nature while slowly learning about her new life in post-war Japan. Produced by the legendary Ghibli studios and beautifully illustrated, this is a wonderful, powerful film that was nominated for Best Animated Film at the 2026 Oscars!

A Little Prayer

Once in a while there's a film that exudes kindness and reaffirms your faith in small budget films. When a loving father finds out his son is cheating on his wife, he grapples with how to protect his daughter-in-law and navigates new emotions for both of them. This film shows how you can find kindred spirits in the most unexpected places, while telling a story that is both heart-tugging and real. David Strathairn has never been better!

Marty Supreme

Here's a big release that probably doesn't need any more hype after its 9 Oscar nominations, but it's still well worth mentioning. Timothée Chalamet plays an ultra-focused character who is intent on becoming the world's best ping pong player - no matter who he has to step on to get there. Gwyneth Paltrow plays a fading movie star who gravitates towards his youthful exuberance and watches his ascent to the heights he imagines. However, for every story of fierce determination, there will be many hurdles. A vibrant and exciting film worthy of its Oscar nominations!

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TRINITY COMMUNITY GARDEN

Growing the Next Generation “Community” in Community Gardening

Authored by mother/daughter duo:
Leah Gilbert Morris and
Chelsea Morris

First, a quick word from mom: My family is lucky to have a plot up at the Trinity Community Garden and we've been successfully growing friendships, potatoes, garlic, onions (and the occasional rogue tomato) there for three years. I say “we” because my children are actively involved - in fact, it's their plot and we parents are just there to guide (and reap the tasty rewards). But we don't see enough children there... we'd certainly like to see more. Various credible sources have compelling data that demonstrates how the purposeful inclusion of children in community gardening supports their improved nutrition, lower obesity rates, higher educational performance, increased transferable skills, and stronger mental health. Now the question is how to get more kids involved - and I leave it to the true pro, Chelsea, to share her ideas with you...

How can you get kids excited about gardening? Well, in the rest of this article, I am going to tell you some strategies to get your



Chelsea (R) and her older sister Ainsley working at their Trinity garden plot. PHOTO: LEAH GILBERT MORRIS

little helper out in your garden! From growing cool “wow plants” to making gardening fun and

tasty, there are many ways to get kids excited about gardening - here are my own favourites:

1. Give them a little place in your garden to do their own gardening. Giving them their own tiny garden can teach kids about responsibility, perseverance, independence, and patience. All you have to do is help them find a little space (let them make it ‘theirs’ by building a colourful border with painted sticks and rocks). You then can give them seeds and show them how to plant - or don't show them... after all, experimenting is part of the fun!

2. Plant “wow plants”. What are wow plants? Wow plants are plants that grab kids' attention. Some examples of wow

plants are sunflowers (tall and bold - let them cut one for a vase or grow them to donate to a seniors home!), radishes (spicy to taste, quick to grow - let them chop them up for dinner's salad!), and pumpkins (cool vines - let them carve one for Halloween!). By planting wow plants kids can enjoy looking, eating and also learning about the plants.

3. Plant things that kids can snack on right there in the garden. Some examples include strawberries, cherry tomatoes, snap peas, cucumbers, and carrots. Planting snack items can encourage kids to want to be in the garden to see what's ripe and ready to taste!. When a kid picks something they grew themselves, it encourages them to be excited about gardening. And plus, who doesn't love a good fresh snack!

4. Use wildlife to catch their interest. Some of the wildlife I have personally encountered at the Trinity Community Garden include toads, birds, snakes and neighborhood cats. You can set up a wildlife Bingo card and let them roam to find them in the garden. Your kids may like to look for them, listen for their sounds, or look for signs of them among the garden. This strategy can help your kids have an adventure and keep them busy for some time while they learn about who else is in the garden. Bonus tip for extra encouragement: get them an ice cream when they fill their wildlife Bingo card!

By making gardening fun you can encourage kids to learn a new hobby, appreciate wildlife and spend more time outside. With just a little bit of creativity, encouragement, and patience you can ensure that they have so much fun. Just remember, every gardener starts with one seed!

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



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Hillcrest Hawks continue strong athletic season

by Naya A-K.
Grade 11 Hillcrest High School Student

From thrilling volleyball victories to an almost undefeated basketball playoff run, Hillcrest athletes made the first semester one to remember.

The senior girls volleyball team finished their season on a high note, winning gold in the NCSSAA Brass Division after defeating Lester B. Pearson. Throughout the season, the team faced tough competition with matches frequently extending to a decisive fifth set. Hillcrest co-president and graduating senior athlete, Eugene Chung, helped lead the senior girls volleyball team to victory as team captain. "Out of all of my years in Hillcrest Volleyball, this season was definitely the most memorable; the team really pulled through for the playoffs! I'm glad to have ended my high school volleyball career playing alongside such amazing athletes and friends."

The senior girls were not the only Hawks team to bring home gold this season. The junior boys basketball team also had an outstanding season, winning gold in the NCSSAA Gold Division. The team was very lucky to have had coach, Mr. Marko Milosevic, an

occasional teacher at Hillcrest, step in to offer his leadership to a great group of promising young athletes. As an experienced former varsity basketball athlete from the University of Manitoba, Milosevic shared his invaluable knowledge with the boys. "They're a true team. All season long, whether it's practice or a game, they play together, with each other, and for each other. It's fun to be around."

Hillcrest's ultimate frisbee program, led by Mr. Whitfield and Ms. Wendler continues to grow. Unlike many traditional varsity sports, ultimate frisbee allows students of all skill levels and levels of competitiveness to participate and contribute to the team. Hillcrest athletes represented the Hawks proudly during their tournament at the University of Ottawa Dome, with Team A bringing home first place and Team B finishing in third place.

With such strong performances across multiple sports, Hillcrest athletics continues to foster a culture of dedication, teamwork, and school pride. As the school year progresses, the Hawks' community looks forward to seeing even more achievements from its student-athletes.

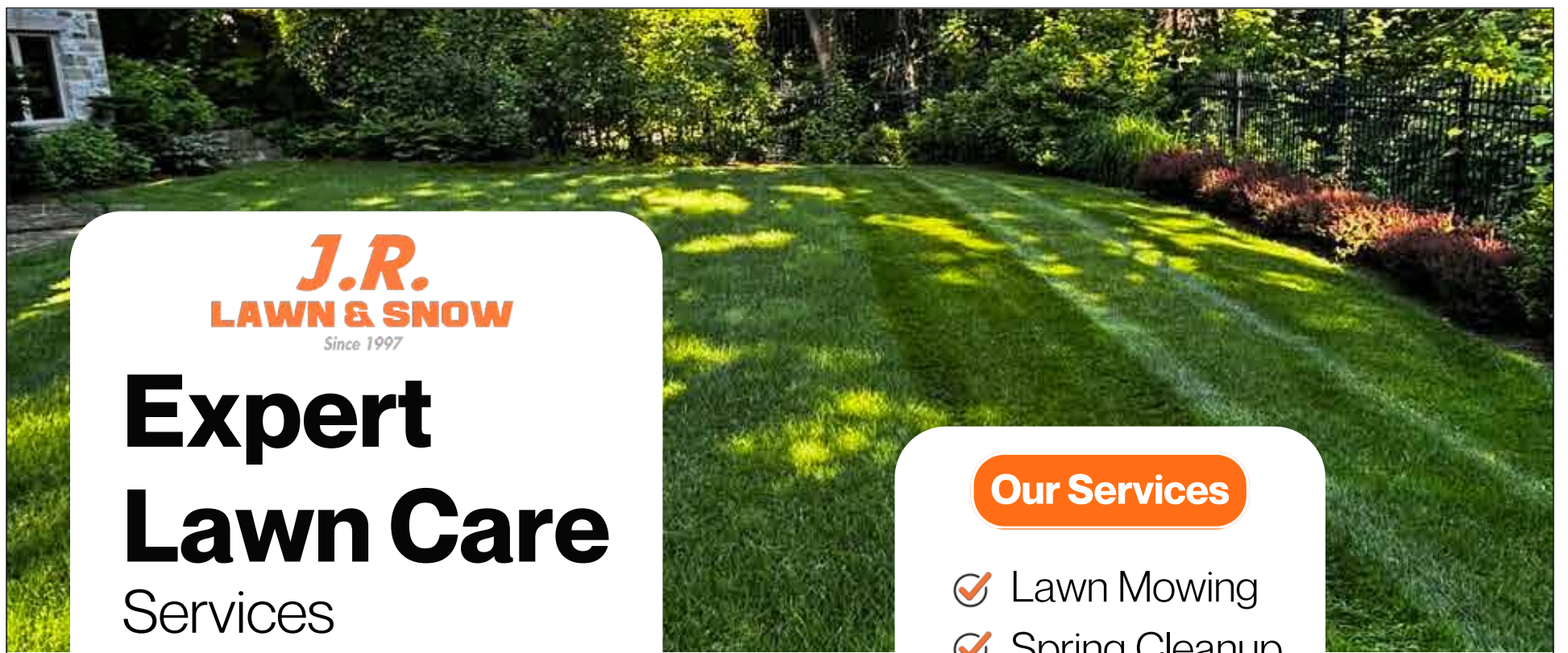


Hillcrest Hawks Senior Girls Volleyball Team



Hillcrest Hawks Junior Boys Basketball Team

PHOTO CREDIT: HILLCREST ATHLETICS



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We do enjoy our visitors at Riverpath

Shared by Jenny Monahan, Activities Manager, Riverpath Retirement Community

Animal visits are always popular no matter what age you are. At The Riverpath, we are fortunate to have connections with some truly caring individuals that share their love of animals with our residents.

Max the Dog is a favourite amongst all of the residents. Max

comes to visit us on Thursday afternoons and brings joy and delight to everyone as he runs around, greeting his friends. Max is impeccably trained and can recognize names, identify numbers and even has a couple of tricks he can do to further impress the residents.

We have developed a good relationship with Giddy Up N Go Ponies who also bring their animals in for visits. Giddy Up N Go Ponies is based out of Prescott,

Ontario and Stephanie has a whole menagerie of animals that she brings to homes around the area to bring joy to the residents.

We have had visits from Willow the Goat and also hosted a petting zoo that included ducklings, sheep, Guinea Pigs and an extremely fluffy bunny. The residents were able to hold and pet the animals while Stephanie shared some tales about living on the farm. It was so much fun, everyone is still talking about

it. So Stephanie and I have made plans to bring the petting zoo back to the Riverpath. What better way to usher in spring than with a visit from baby animals?

We are hosting our Spring Open House on April 25th. What a great way to invite people into our home to see how we do things here at Riverpath. If you are interested in a visit, contact Lucie Erskine at lerskine@riverstoneretirement.ca to arrange a tour.

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Runner's Knee



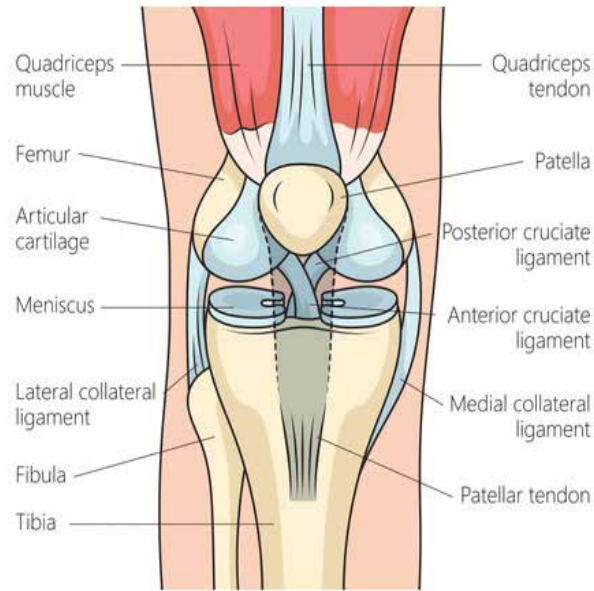
CINDIE HELMER
RMT

Knee pain can be a common issue for many people. One of the most common knee issues diagnosed is patellofemoral pain syndrome, also known as runner's knee. Despite its common name, anyone can suffer from this type of knee pain, not just runners or other athletes. This condition causes pain and discomfort around the kneecap in the front of the knee and can impact mobility, range of motion and daily activities. Pain can be mild to severe and include aching around and behind the kneecap (patella), with occasional grinding or clicking sensations. Pain increases with activity, and movements like going down stairs or decline hills. Some of the causes of runner's knee include muscle imbalance and weakness, overuse/overload, and biomechanics.

Muscle imbalance and weakness: This is a very common cause of many issues in the body. If the quadriceps muscles at the front of the thigh and the hamstrings at the back of the thigh work with uneven force, it can put excessive strain on the kneecap. The muscles in the hips and glutes help stabilize the knee. Weaknesses here can shift the load on the knee causing stress and irritation.

Overuse/Overload: Repetitive stress from high impact activities, or improper movement patterns can damage the structures around the knee. This can include high impact sports, poor posture and form when moving or exercising. Once the knee is irritated, even sitting for extended periods can be uncomfortable.

Knee Anatomy



Biomechanics: Poor foot alignment, like pronation (inward rotation of the foot) or flat feet, can alter the alignment of the entire lower leg, adding stress to the knee. Wearing improper footwear or shoes without proper support can also add to this stress. Knowing the causes of runner's knee can help you identify potential issues before they grow into a larger problem. Having a well-balanced exercise routine can help strengthen weak muscles. Regular stretching can help loosen tight muscles. Proper form and posture help will alignment and avoiding stress on the knee joint. Wear-

ing proper footwear or changing work out shoes can help with biomechanics.

What do we do if runner's knee flares up?

The first step to healing runner's knee is to take a break from activities and rest the knee. Apply ice to the knee for a few minutes several times a day.

Massage and physiotherapy can significantly improve

symptoms of runner's knee by loosening tight muscles, breaking up adhesions in the soft tissues around the knee and throughout the leg, reducing inflammation and improving range of motion. Therapists will focus on all the muscles from hips to feet, including glutes, hip flexors, quadriceps, hamstrings, calves and feet. Therapists can also provide exercises to strengthen weaker muscles in the body.

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



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Building homes, building belonging

Matthew House Ottawa's Furniture Bank is now open

by Kailee Brennan,
Executive Director,
Matthew House Ottawa

Matthew House Ottawa's new Furniture Bank is now open at 700 Industrial Avenue, serving individuals and families across the city.

For those moving out of homelessness, arriving as newcomers, or starting over after a crisis, essential household items are often out of reach. Our Furniture Bank helps turn empty spaces into homes, by providing gently used furniture at no cost through referrals from social service agencies.

This work is rooted in community. Every item has been donated by someone choosing to support a neighbour, while reducing waste. We are always in need of gently used furniture, and welcome volunteers who want to be part of this effort.

Following a recent renovation and fit-up, our new

space in Riverview Park allows us to serve more families in a welcoming, functional environment.

To celebrate this milestone and help carry the project across the finish line, we are hosting a fundraising launch event on April 16 from 6:30 - 8:30 pm in the warehouse. We are currently 80% of the way toward our \$450K goal, and this event will help close the final gap.

We warmly invite community members to attend and show their support: <https://tinyurl.com/FurnishingFutures>

There are many ways to get involved - donate furniture, volunteer, attend the event, or give financially. Every contribution helps create a home for someone in need.

At its heart, the Furniture Bank is about restoring dignity and building belonging - one home at a time. Learn more at www.matthewhouseottawa.org.



Thank You Perley Health Volunteers

"We are incredibly grateful for more than 400 volunteers whose contributions improve quality of life for Seniors and Veterans at Perley Health. This generous team, ranging in age from 13 to 92 years, provides companionship and activity support, serves in the Residents' Pub and Ice Cream Parlour, and runs Deborah's Gift Boutique. Through their caring and compassionate presence, they spark joy and create a sense of belonging, every day of the year!"

- Rachel Stoparczyk, Manager, Volunteer Services



Proudly celebrating International Volunteer Year (2026)
and National Volunteer Week (April 19-25)!

For information about volunteering at Perley Health visit: PerleyHealth.ca/volunteers,
or contact volunteer@perleyhealth.ca | 613.526.7170 ext. 2305



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Please also reach out to my office any time if you would like to schedule a meeting with me.

Coffee and Conversation - April 9th

Are you looking to meet with me? I will be hosting a Coffee and Conversation at the Green Bean Cafe (1791 Kilborn Avenue) on Thursday, April 9th from 2p.m. to 3:30p.m.

Feel free to stop by to discuss any questions or concerns you may have or just to say hello!

Bank Street Renewal Public Information Session - April 15th

City staff will be hosting a Bank Street Renewal Public Information Session and Open House to provide an update on Phase 1 of the Bank Street Renewal Project. This session will also provide details of the upcoming construction impacts for 2026.

This session will be held at the RA Centre (2451 Riverside Drive) in Courtside B from 6:30p.m. to 8:30p.m. This session will not include a formal presentation. Attendees are invited to arrive any time between this two-hour time frame.

OPS Online Reporting Now Easier and More Accessible

The Ottawa Police Service (OPS) is upgrading its online incident reporting system to make it easier and faster for residents to report non-emergency incidents in multiple languages from their computer or mobile device.

This modernized tool allows community members to report incidents like property theft, vandalism, driving-related complaints and the newly added report option for cryptocurrency fraud. Residents can report non-emergency incidents in three quick steps: select the incident type, fill out the online form, submit and receive confirmation

Live information sessions will be held online to introduce the new system to community members and to answer frequently asked questions about online reporting. Online registration can be found at ottawapolice.ca/report.

Riverside Drive Closure – Spring and Summer 2026

Riverside Drive will be undergoing construction this spring and summer to accommodate sanitary and storm sewer replacement.

Riverside Drive Eastbound will be closed from Data Centre Road to Neil Way starting mid-May 2026. Traffic will be detoured to Riverside Drive Westbound, with one lane in each direction. Once the Eastbound construction is complete and re-opened, Riverside Drive Westbound will close until late summer 2026, with bi-directional traffic detoured to Riverside Drive Eastbound. Construction is expected to be completed by the time school starts again in September.


Recreation and Community Centre Repairs in Alta Vista!


Several facility upgrades are being made in our ward!

- The Canterbury Recreation Complex is currently undergoing a full retiling of the pool and changing rooms and is closed until July 5th.
- The Ray Heron MSC Theatre at Heron Road Community Centre will be closed due to the decommissioning of old fan coils and installation of a new rooftop air handling unit. Work is anticipated to begin in April 2026, with substantial completion expected in June 2026.
- The parking lot is set to be rehabilitated at the Jim Durrell Recreation Complex, with construction taking place this summer 2026. I will share more information and specific timelines on this project as they become available.
- The replacement of the curtainwall at the Alta Vista Library has been authorized to commence work and will be completed by June 19th, 2026.

Stay Connected

Website: www.martycarrottawa.ca

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

 Instagram (martycarrottawa)

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Marty.Carr@ottawa.ca | martycarrottawa.ca

FRIENDS OF RIVERVIEW PARK GREEN SPACES (FoRPGS)

FoRPGS Note for April 2026

With spring just around the corner, it's the perfect time to start celebrating Riverview Park's incredible green spaces! From our many parks and urban woods to gardens, trails, and outdoor sports facilities, we are truly lucky to be surrounded by so much natural beauty right in our neighbourhood.

The Riverview Park Ornament Path was once again a popular destination this winter. Ornaments brightened the trail from December 1 through late February, marking both the Christmas and Valentine's Day seasons. Unfortunately, challenging path conditions around our planned Hike & Howl (January 10) and again in mid March, meant we had to cancel the St. Patrick's Day decorations and cookies this year. On the bright side, we were thrilled to welcome two new guest bakers, Rhonda and Brianna, who generously offered to make dog treats, helping lighten the load for Carleen—thank you! We also added cookies for humans on Christmas Day and Valentine's Day, which were well enjoyed by visitors.

Our recent application under the City's new Community Led Greening Initiatives program was reviewed and recommended for redirection to the Forestry group. This outcome was not unexpected, as our current focus is on reclaiming existing green spaces through invasive species removal and restoration with native plants, rather than creating new structures or gardens. FoRPGS has already been working closely with Forestry to update and renew our work permit contract, and we expect to have our permit in place in



time for spring work. Looking ahead, we may apply to the Community Led Greening Initiatives program in a future intake for other areas of Riverview Park. If you or a group of neighbours have a space you'd like to improve, FoRPGS is happy to help develop a plan, secure permissions, and provide planting recommendations.

We're also excited to share progress on Coronation Woods. The RPCA and FoRPGS have applied for a grant from the Invasive Species Centre to support our plans to begin restoration work in 2026. If successful, the grant would fund training, communications, consumables, tools, and supplies. Combined with equipment we already have, this support would give us a strong start. We expect to hear back about the grant application in April.

As part of the RPCA's 2026 social events, FoRPGS and the RPCA are delighted to an-

nounce plans for a Riverview Park Garden Tour! This event will give community gardeners the chance to showcase their beautiful gardens and share their passion with others. Riverview Park is home to so many talented gardeners and stunning landscapes—please help spread the word! The tentative date for the garden tour is Saturday, June 20. If you're interested in featuring your garden next spring, please send your contact information to secretaryriverviewparkca@gmail.com. More details will be shared soon.

Get Involved — Volunteers Needed!

Students and youth looking to earn volunteer hours, as well as anyone eager to make a positive difference, are warmly invited to join us. Whether you're curious about invasive species or simply want to give back, your help truly matters. Volunteer 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 and follow us on Facebook at [@FriendsofRiverviewParkGreenSpaces](https://www.facebook.com/FriendsofRiverviewParkGreenSpaces). Together, we can keep Riverview Park's green spaces vibrant, healthy, and welcoming for everyone.

Thank you,

Ron Ridley on behalf of the Friends of Riverview Park Green Spaces (FoRPGS)

John Fraser



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Native Plant Profile: Hairy Beardtongue

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

This month, let me introduce you to another versatile native perennial plant to add to your garden: hairy beardtongue with the scientific name, *Penstemon hirsutus*. It is also called eastern penstemon and pride-of-the-mountain, and in French, penstémon hirsute.

Hairy beardtongue is a plant that is native to Ottawa, and is found in southern Ontario and Quebec, and in the north-east United States. It has low basal leaves that stay green through the seasons, and that often have a burgundy tinge in the fall. They are some of the first green leaves to be seen as the snow melts in the spring. New fresh leaves will also grow each year. Its flowers grow on a 1-2 ft (30-60 cm) hairy stem for several weeks in June when few other perennial plants are blooming. The flowers are pink to violet tubes with white tips and a protruding lower lip.

Hairy beardtongue's tubular flowers provide both nectar and pollen for bees, butterflies and hummingbirds. If you leave the stems standing, the flowers become hard, brown tear-drop-shaped seed heads that provide



Close-up of Hairy beardtongue flowers in mid-June 2025 (try to spot the tiny bee in one of the blooms).

PHOTO CREDIT: LYNNE PATENAUDE

winter interest in the garden, with tiny seeds that are easily harvested to start more plants. Like most native seeds, they need to spend at least 60 days outside to break dormancy or in cold-moist conditions in the fridge.

It is another versatile garden plant, growing well from full sun to full shade under mature trees. However, like red columbine, hairy beardtongue is happiest in part shade. It grows in well-behaved clumps in soil conditions from dry to moist, but does best in well-drained soils. Plants will be short-lived if the soil is too rich. Hairy beardtongue will spend its first year putting down roots,



Baltimore Checkerspot butterfly whose caterpillar eats hairy beardtongue as a host plant

PHOTO: DENIS DOUCET, ON INATURALIST

waiting to flower until its second year from seed, and really filling in by Year 3. I planted some tiny seedlings in late 2022 in just a couple of inches of soil in the dry shade close to the trunk, and between the huge roots of the city tree in our front yard, a massive European linden. Even in those challenging conditions, the plants flowered in their second year and by 2025 had reached full size and were vigorously blooming.

Hairy beardtongues are one of the host plants for caterpillars of the lovely Baltimore checkerspot butterfly, found in our region, as well as for several moths. This is an insect that I have yet to see myself, but I'll keep looking! I participate in David Suzuki Foundation's 'Butterflies in my Backyard' or BIMBY program. BIMBY is a community science program that

anyone can join, where people make observations of butterflies (eggs, caterpillars, chrysalises and adults), the plants that they use and the weather conditions when they are observed using iNaturalist.

The related foxglove beardtongue (*Penstemon digitalis*) is native in neighbouring U.S. states. Its flowers though are pure white, and while it has a similar growth habit, it grows about a foot taller in my gardens. Hairy beardtongue is available at native plant nurseries (see the list of Trusted Sources on the Ottawa Wildflower Seed Library website) and at Loblaws Garden Centres that carry the World Wildlife Fund In the Zone series of native plants. Foxglove beardtongue can be found at most nurseries.

The Friends of Riverview Park Green Spaces (FoRPGS) have planted hairy beardtongue at the Riverview Park Pollinator Garden off Hospital Link Road and in the community shade garden along the Drake-Dorion path. We invite readers to get an early start to your gardening season by joining other volunteers this winter, growing 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.info@gmail.com.

Fraud Prevention Month: BBB's tips for protecting yourself

Ottawa, Ont., March 11, 2026 – Since this past month was Fraud Prevention Month, the Better Business Bureau (BBB) is sharing tips to spot and avoid the scams most frequently reported in 2025.

"Many of the tactics used in the top three scams are also common in other types of fraud," said Vikta Paulo, BBB Ottawa Region Director. "Scammers impersonate companies to gain trust, create fake websites, or trick you into sharing personal information. Knowing how to spot these tactics gives you tools to stay safe."

#1: Online purchase scams

Scammers impersonate real sellers with fake websites or social media accounts, or "sell" products that don't exist.

- 90.26% of reports involved loss of money; median loss \$93
- Protect yourself: Research businesses at BBB.org to see ratings and complaints. Double-check web addresses for "https://" and a lock icon before buying. Pay with a credit card to make disputes easier and keep records of your purchase.

#2: Employment scams

Scammers use fake listings, sometimes imper-

sonating real companies, to steal personal information or request money for applications.

- 23.54% of reports involved loss of money; median loss \$1,500
- Protect yourself: Verify job postings on the company's official website. Don't share your SIN, banking details, or IDs until you've verified the employer. If a job promises high pay for little work or pushes you to act quickly, walk away.

#3: Phishing

Scammers impersonate trusted sources via email, text, or voice messages to trick you into clicking malicious links or sharing personal information.

- 19.78% of reports involved loss of money; median loss \$600
- **Protect yourself:** Never click links in unsolicited messages. Don't trust caller ID—it can be spoofed. Treat personal information like gold; if someone contacts you out of the blue claiming to be your bank or the government, end the conversation and contact the organization directly.
- **Report fraud to help protect others:** You can report scams to BBB Scam Tracker: <https://www.bbb.org/scamtracker>
The Canadian Anti-Fraud Centre :

<https://antifraudcentre-centreantifraude.ca/report-signalez-eng.htm>

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Native and invasive trees – what’s the difference?

by Lynne Patenaude, Friends of Riverview Park Green Spaces (FoRPGS)

As spring is almost here, I’m looking forward to searching out the beautiful flowers that will be blooming soon in Riverview Park green spaces: bloodroot, Virginia waterleaf, yellow trout lily, violets and even trilliums. These native plants will all provide critical pollen or nectar for our local insects. However, most of the flowers of spring are hard to see as they bloom high overhead on shrubs and trees. Red maple, black cherry, chokecherry and red elderberry are some of the earliest blooms of the year. As they have so many flowers, they provide most of the food needed by early emerging insects.

Native trees and shrubs play other roles too. They’ve evolved important relationships over millennia with local wildlife, especially leaf-eating insects like the caterpillars of butterflies and moths, beetles and leaf miners. Over 90% of plant-eating insects are specialists that can only eat certain plants. These insects have evolved to be able to defeat the chemical defences that plants have developed to avoid being eaten. These plants and insects are part of interdependent ecosystems. When they are in balance, the insects eat



Common buckthorn is an invasive tree. Females bear dark purple berries in fall. Its leaves have distinctive curvy veins that arch toward the leaf tip. PHOTO CREDIT: LYNNE PATENAUDE

parts of the plants but they don’t eat enough to damage them. These insects convert the energy of the sun by eating plants and are then eaten by other insects, birds, mammals amphibians and reptiles. For instance, over 95% of songbirds feed insects to the babies in their nests, even if adults eat other things like seeds and berries the rest of the year. And they need lots of insects to raise a nestful of babies. Scientists have painstakingly counted and found that a pair of Carolina chickadees brings over 6,000 caterpillars to its nest just over the few weeks before

the nestlings learn to fly!

However, when plants or animals are introduced into new ecosystems where they’ve not co-evolved, they are not part of existing relationships and interdependencies. Of course, not all introduced species cause problems. Humans brought many food crops with them when they migrated to new places and most edible plants like apples and wheat do not cause problems. This is also true of most ornamental plants brought to Canada. Introduced plants and animals that do cause harm to the environment, human health or the economy, are called invasive species. They typically spread fast and have few to no enemies in our ecosystems.

Buckthorns are some of the worst invasive plants in Ottawa’s green spaces. There are two buckthorn species of concern: common or European buckthorn and glossy buckthorn. Common buckthorn is the one you see everywhere. They are small trees or tall shrubs that have distinctive leaves with 3-5 strongly curvy veins that arch towards the tip

of the leaf. Our native insects have not evolved to eat the leaves.

The female tree forms dark purple berries by fall, with many that stay on the trees much of the winter. Birds like to eat the berries, but they are a laxative so are quickly pooped out, accumulating under branches, fences and utility wires where birds congregate. Most trees in our green spaces that are not in mown areas are surrounded by a dense stand of buckthorn. Common buckthorn is among the first trees to leaf out in spring and the last to lose their leaves, which is another advantage over native species that allows them to spread so well. They can also be unpleasant to work around as they have thorns. Forests with lots of buckthorn have fewer native plants, insects and nesting birds than normal. Buckthorns are also a host plant for an agricultural plant disease, so are considered noxious weeds.

Community volunteers and Friends of Riverview Park Green Spaces have been working to remove buckthorn in many areas. We use several techniques: pulling seedlings, pulling out the whole root-ball of smaller trees with weed wrenches, cutting larger trees off at chest height and then regularly removing the inevitable sprouts. If trees are cut at ground level, the stump must be covered by a dark material that blocks all light, or else the tree comes back from the suckers that grow.

This spring we plan to continue ongoing work under our city agreement and start invasives removal at Coronation Park, where buckthorn is growing along most of the paths. Please reach out at communications@riverviewparkca.com to be added to our distribution list and join us to help save our trees!



Chokecherry is a small native tree that flowers in mid-May, supporting early pollinating insects, and providing berries in summer. Cherries are host plants for many caterpillars, including tiger swallowtail butterflies. PHOTO: LYNNE PATENAUDE

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The online Facebook auction will run between April 27-30 and all proceeds from this fundraiser will go towards Summer Programming for youth.

To arrange pick up or drop off of your donation Before April 20th, please contact the us at 613-736-5058 or general@blaircourt.ca

All donations will be recognized/acknowledged on the auction page, and we will be sure to include your name, contact information and any relevant social media links.

There's a lot going on at Oakpark

Shared by Angela Bellantoni, General Manager, Oakpark Retirement Residence

of life through a variety of engaging activities. From sing-alongs and puzzles to aromatherapy and sensory stimulation, we've built a comprehensive "toolbox" of resources for our activity staff to ensure our residents remain engaged and content. We also embrace a person-centered care approach, leveraging technology to make each day meaningful for them.

At Oakpark, part of the Riverstone Communities, we take immense pride in our Memory Care floor and the residents who live there. Over the past year, we've dedicated ourselves to enhancing their quality



Not just any Bingo Game, but MUSICAL Bingo! Good vibes, loud sign a-longs and a little dancing made this game all the more enjoyable!!



More engagement with multi-sensory programming tools, these are a way to focus on the here and now and help improve our fine motor functions.



PSW, Grace with residents enjoying a lovely chat together while working with our Happiness Program Projector system from Social-Ability.



It was a Beautiful and Mild Winter day to get a group of residents outside for a walk with Our beloved home in perfect sunlight.



Residents are busy working with our multi-sensory programming tools.

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Riverview Park Review

SECTION TWO

APRIL 2026

A Voice of Riverview Park

MAY 2026

Art in the Neighbourhood: Celebrating 10 Years of local creativity

Shared by Barbara Szatański, Art in the Neighbourhood

For the past decade, Art in the Neighbourhood (AITN) has been bringing original art into the heart of the community—and in June 2026, it celebrates its 10th anniversary.

What began as a small, grass-roots initiative has grown into a network of nearly 50 artists from across the Ottawa–Gatineau region and beyond. The collective includes painters, potters, fibre artists, photographers, jewellers, and mixed-media creators, all committed to sharing original work in an accessible and welcoming way.

Over the years, many of AITN's loyal patrons have come from the Riverview Park community, helping to shape the warm, supportive atmosphere the shows are known for today. That sense of continuity is especially fitting, as the Fall Art Show returned to Emmanuel United Church in 2024—the original location where AITN



Visitors connect with artists and explore original work at the Art in the Neighbourhood Fall Art Show at Emmanuel United Church.

PHOTO CREDIT: BARBARA SZATAŃSKI

first began a decade ago.

AITN is best known for its bi-annual juried shows, which bring together artists and visitors in a setting that encourages con-

versation, discovery, and direct connection. These events have become a valued destination for those seeking high-quality, original work created by independent

artists. Over the years, AITN has also supported local charities, including Emmanuel United Church (community hampers), QuickStart for Autism, the Ottawa Food Bank, and Serenity Renewal for Families.

Beyond these larger events, the collective maintains a year-round presence through its website and rotating exhibitions in local libraries, cafés, and small businesses, helping to make art part of everyday life.

A defining strength of Art in the Neighbourhood is its balance of experience and opportunity, where emerging artists exhibit alongside established ones in a supportive, collaborative environment.

Ten years on, Art in the Neighbourhood continues to demonstrate that art can be local in spirit while reaching outward—connecting artists and audiences across a wider region.

Learn more about the upcoming Spring Art Festival at www.artintheneighbourhood.gallery



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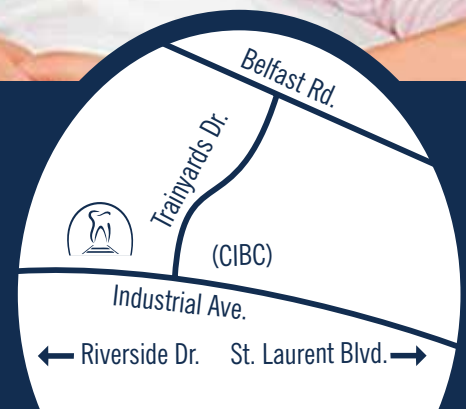
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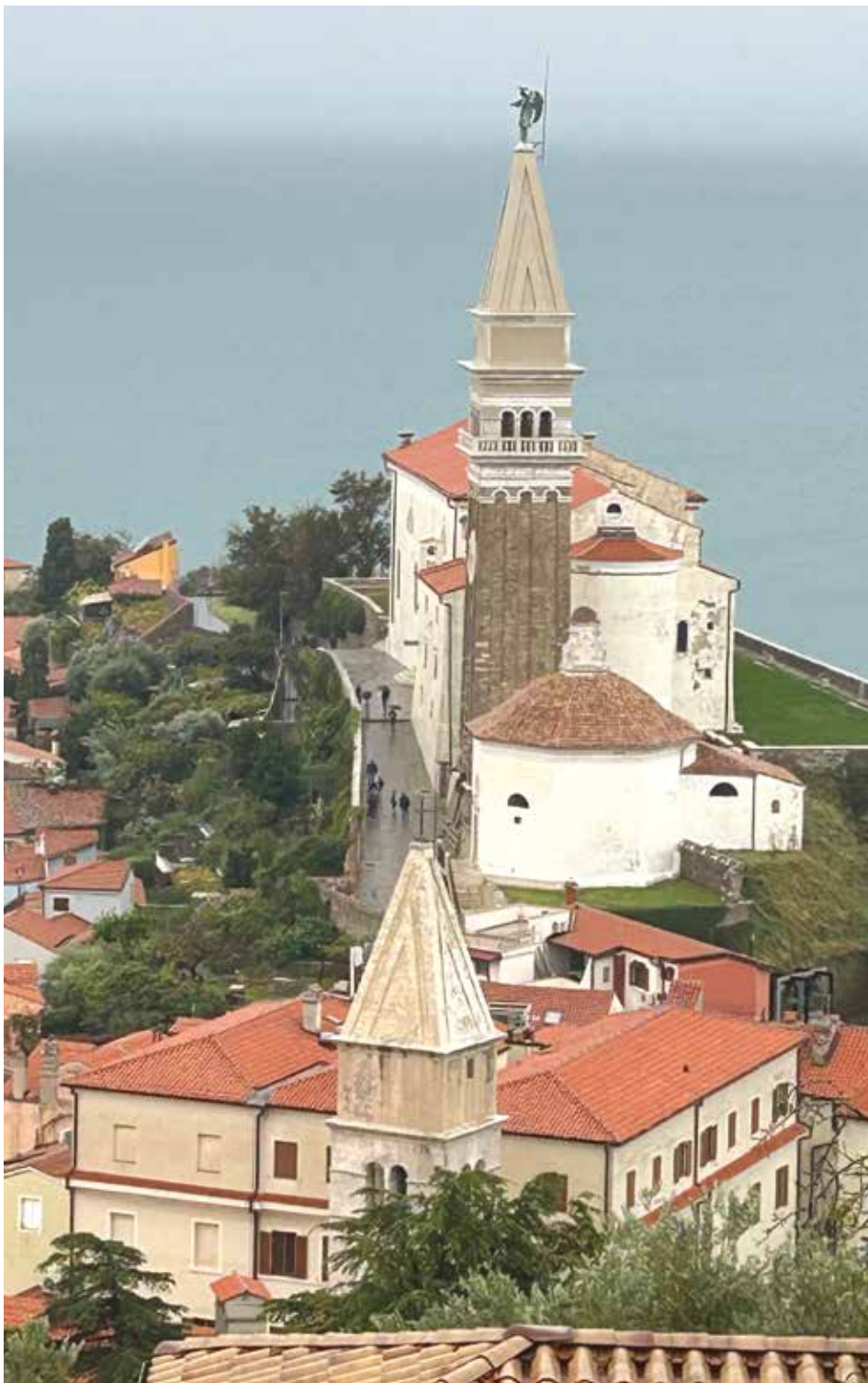
The Republic of Slovenia is nestled between the Alps and the Adriatic, bordered by Italy, Austria, Croatia and Hungary. Formed by a referendum to leave the former Yugoslavia in 1990, Slovenia became independent on June 25, 1991 and a member of NATO and the EU in 2004. It is roughly 1/3 the size of New Brunswick. Ljubljana is the capital city. Photos are copyright®.



Dragons are the local theme of this city and are seen everywhere.



The well-lit stunning beauty of the extensive Postojna Cave system. The cutest underground railway saves you walking about 4 k to get to the amazing cathedral areas.



The Venetian seaside city of Piran, seen from the medieval walls, with the St. George's Parish Church overlooking the town



Russian Chapel built as a memorial to the thousands of Russian POWs who died in an avalanche while building roads in the Vrsic Pass in 1916.

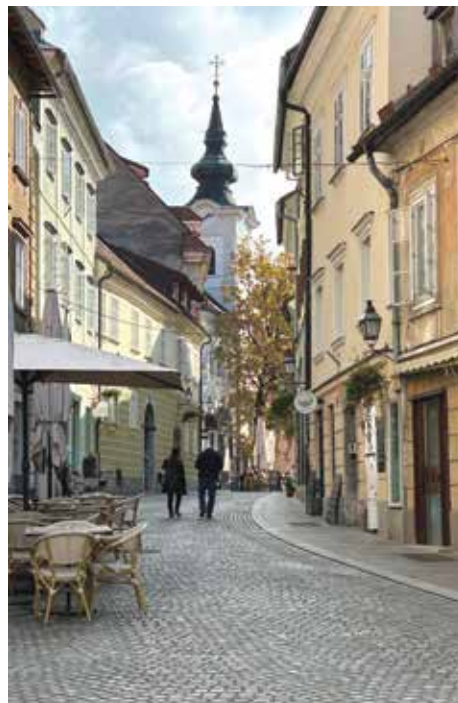
For the travel column, we are encouraging our RPR readers to submit their travel photos, stories, share adventures and provide useful travel tips. Submissions should not exceed 600 words, with a limit of five photos if you are including text. The next deadline is Friday, May 15, 2026. No exceptions, please.



Lake Bohinj is the largest natural glacial lake in Slovenia... not far from Lake Bled but a calmer beauty without many of the tourists in Lake Bled.



Photo taken from the town of Bled, showing the lake and 11th century Bled Castle built into a cliff 130 m above the town.



City centre street scene



The 17th century iconic Church of the Assumption of the Blessed Virgin Mary, located on Bled Island in the middle of Bled Lake.



Ljubljana Castle (including the St. George's Chapel with a legendary dragon kept in the dungeon below) overlooking the city centre.

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THE PLANNING AND DEVELOPMENT UPDATE



KRIS NANDA
Chair, RPCA Planning & Development Committee

The Riverview Park Community Association (RPCA) tracks and advocates for the community on planning and development matters in and around the local community, and elsewhere around Ottawa. The RPCA supports initiatives that enhance active transportation in Riverview Park and elsewhere, including filling in gaps in pedestrian and cyclist infrastructure and improved maintenance of sidewalks and pathways. Recent issues have included proposed changes to enrollment at Riverview Alternative School and a proposed affordable housing project at 1460 Riverside Drive.

Riverview Alternative School Kindergarten Intake

On March 9, 2026, the Ottawa Carleton District School Board (OCDSB) announced that it would open junior kindergarten registration at all four Ottawa Alternative Schools, including Riverview Alternative School (RAS). This announcement represented a change from the Board's mid-December 2025 letter to parents of Alternative School students informing them that there would be no September 2026 Kindergarten intake at RAS.

This December letter resulted in active campaigns by parents and other community stakeholders, including the RPCA, calling on the OCDSB to reinstate kindergarten at the four Alternative Schools. In response to a request to discuss the issue, OCDSB Supervisor, Bob Plamondon, and OCDSB Director of Education, Stacey Kay, agreed to meet with representatives from elementary school parent councils in Alta Vista and from the RPCA.

During the March 2 meeting, participants urged the OCDSB to reconsider this decision and retain a Kindergarten program at Riverview. They noted that several elementary schools in the Ward (including Vincent Massey) are severely over capacity. Participants suggested that some students could be diverted to Riverview to relieve overcrowding – particularly those living close to Riverview – thereby also reducing busing costs. Encouraging pupils

in the neighbourhood to walk to Riverview is also consistent with the Ottawa Student Transportation (OSTA) goal to support active transportation (walk zones), where possible. The OCDSB was also asked to consider having an Early French Immersion program at Riverview in 2026 or 2027.

In its March 9 announcement, the Board indicated that over the next 24 months it would “confirm the specific program model, grade structure and final boundaries for the four Alternative Schools, following a comprehensive accommodation review around these sites.”

The RPCA and parent groups have asked for a follow-up meeting with the OCDSB this spring. The RPCA has offered to work with the OCDSB to enhance and optimize the value and use of Riverview in the years to come to make it into an even stronger community hub, which in turn would make it more attractive to parents of prospective students.

1460 Riverside Drive - Affordable Housing Development

In 2025, the National Capital Commission (NCC) in collaboration with the Canadian Mortgage and Housing Corporation (CMHC) publicly announced it was seeking a proponent to construct residential housing at 1460 Riverside Drive (the NCC-owned 0.89-hectare empty lot directly across from the Cancer Survivors Park). Two (2) proponents have now been identified who will be co-tenants – Nesting Ground (a Canadian non-profit housing corporation) and the Ottawa Community Housing Corporation. The proposed project involves the development of a **minimum of 220 residential housing units** under a long-term (up to 99-year) lease.

The project will be delivered through the Federal Lands Initiative, administered by CMHC and is intended to support federal housing objectives by increasing housing supply, including affordable housing, and promoting sustainable, transit-oriented urban development. Because the CMHC is providing funding, the

NCC and CMHC are making a joint environmental impact determination under the Impact Assessment Act.

The RPCA did not receive notification of the 30-day public comment period which ended on February 22. It has asked to be notified for any further consultations, given the parcel's location next to a transit arterial and a well-used pathway that cyclists and pedestrians from Riverview Park and elsewhere use heading to and from the Hurdman LRT and downtown Ottawa. The next opportunity for public comments will be after the the Federal government disposes of the land and has negotiated with the proponent and a planning application is filed with the City.

Potential Residential Housing Project at 1867 Alta Vista Drive

A new development has recently been proposed at 1867 Alta Vista Drive (currently an empty land parcel between the Canadian Dental Association and Nova Network building and across the street from the Canadian Blood Services headquarters and MD Financial offices). The proposal consists of 445 units in two 9-storey buildings. A zoning amendment will be required to change the zoning from institutional to residential. If constructed, these units will potentially provide needed housing for medical interns and workers at the General Hospital complex who would be able to walk to work rather than take public transit or drive. More details are available on the City's Dev Apps website. An information session will be organized by Councillor Carr's office once the project moves into the site planning stage.

Coronation Avenue Developments

The Ottawa Community Land Trust (OCLT) acquired a 30+ unit rental apartment building (700 Coronation Avenue) in early 2026 to protect affordable rents for current and future tenants. In addition, the City has approved severance of the parcel at 700 Coronation to allow construction of a ten-unit, low-rise, apartment building and seven parking spaces adjacent to the existing building.

Potential Conversion of Coronation Woods Greenspace

The RPCA is closely monitoring threats to greenspace in the community, particularly the Coronation Woods east of Star-

tion Boulevard (and adjacent to the existing play structures and basketball courts). Local residents and groups (including the RPCA) were concerned that the City was using the Official Plan and Zoning By-law processes to simply remove the designation of areas that have been Urban Natural Features for almost 20 years, through an administrative process and without public consultation. After the RPCA Board contacted Councillor Carr on this issue, the Councillor put forward a motion to retain Environmental Protection Zoning. The motion passed at Planning Committee on December 17, 2025, and by full Council on January 28, 2026.

ALTO – High Speed Rail Consultations

ALTO, the federal crown corporation in charge of building the Toronto – Québec City High-Speed Rail Network, is currently consulting with the public in various communities along the planned corridor, including Ottawa. Public consultations were held in Ottawa this past January 2026 with the deadline for comments extended to April 24, 2026 via virtual info sessions and a virtual platform. Additional information can be found at: <https://www.altotrain.ca/en/stay-updated>

Of particular interest to Riverview Park residents and other stakeholders are the proposed route and track alignment which have yet to be confirmed. Possibilities include using the federally-owned parcel north of Tremblay and west of St. Laurent, which had previously been set aside for a now-cancelled commercial and residential project. The consultation will also provide an opportunity for input regarding improving active transportation connectivity across (above or below) the VIA Tracks which is on hold pending the high-speed rail project development process.

Explore the *interactive map*, learn more about the project, and submit your comments at your own pace. Every contribution helps shape the future of high speed rail in Canada.

Traffic Safety Issues/ Pedestrian Safety

The RPCA has asked the school and the City to consider putting in painted crosswalks across Knox Crescent where it intersects with the sidewalks on Dorion and Drake near the school. This measure, plus better signage, might encourage parents

CONTINUED ON PAGE 29

RIVERVIEW PARK PRESIDENT'S REPORT



RON RIDLEY
RPCA President

Spring is just around the corner, and it's arriving with great momentum! After a fantastic winter—highlighted by more than 60 days of skating on the canal and remarkably few mid-winter thaws—it feels like the whole community is ready to welcome the warmer days ahead.

One of the highlights of the season was our Winter Carnival, which was once again a tremendous success. Despite the frigid -13°C temperatures, more than 150 residents bundled up and came out to enjoy the day together. The cold weather delivered excellent ice conditions, and the ever-popular Shoot To Win was a big hit once again—thank you, Sonja, for making it such a crowd favourite! Events like this truly showcase the strength of our community and provide a wonderful opportunity to reconnect with neighbours after a long winter.

Elsewhere in this issue, you'll find more information about the Ottawa Carleton District School Board (OCDSB) plans for Riverview Alternative School (RAS). While the RPCA learned of the proposed changes late in the process, the outcome so far demonstrates the power of community collaboration. With the support of an engaged and organized parent network from Riverview and



surrounding schools, the RPCA was able to arrange a meeting with the appointed OCDSB Superintendent. Shortly afterward, the OCDSB reversed its decision to halt Junior Kindergarten enrollment this September—an important and encouraging step. While the future of RAS is still being determined, there is strong momentum and continued work ahead to ensure decision makers have the full and accurate information they need. If you have the time or skills to contribute, we would love to hear from you. Please reach out to the RPCA and we'll connect you with the working group.

Looking ahead, we're excited to invite families to our Children's Easter Egg Hunt, taking place Sunday, April 5th at 10:00 a.m. in Balena Park. After a nine year hiatus, the RPCA proudly brought this event back last year to an overwhelming response. More than 100 parents and children filled the park, eagerly searching for hundreds of hidden eggs. If last year was any indication, this is one event you won't want to arrive late for! Please check the RPCA website closer to the date for final details.

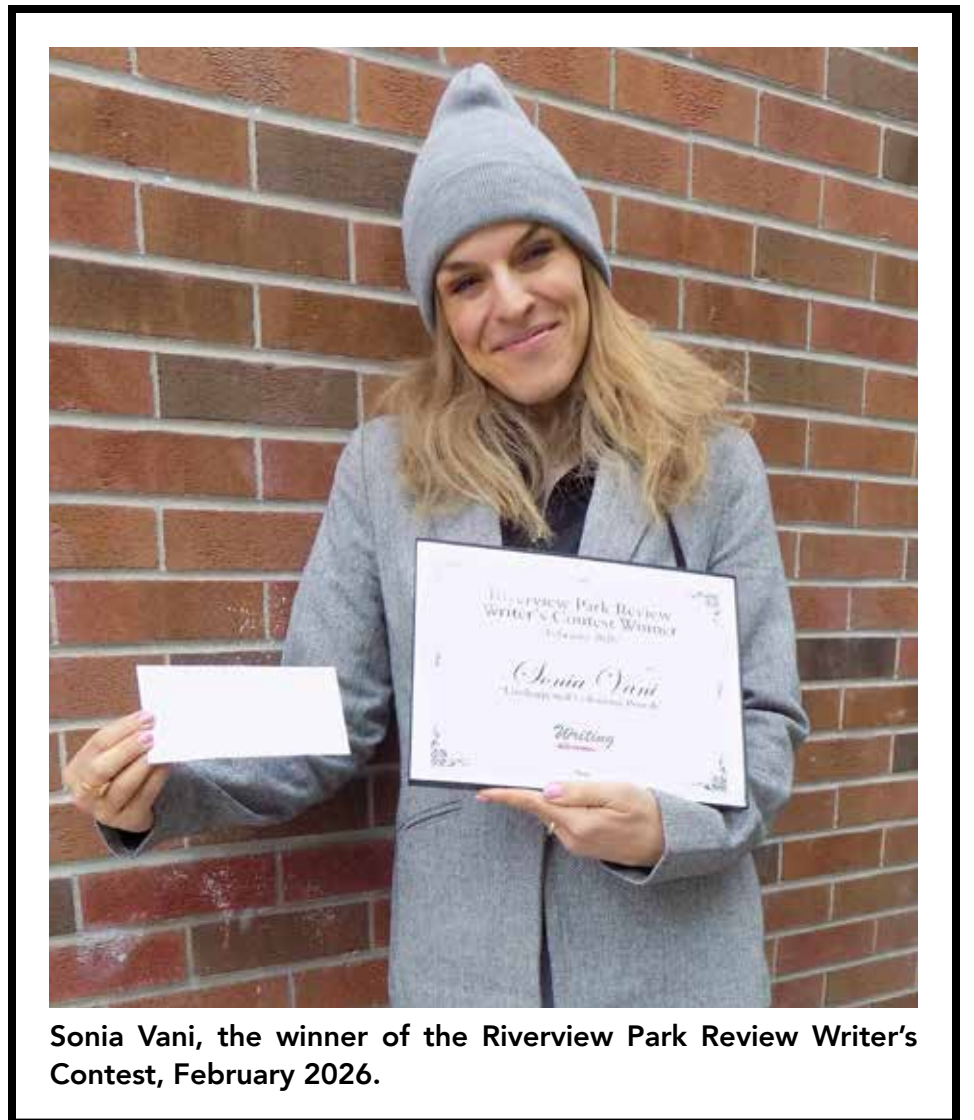
We're also putting out a call for volunteers. The RPCA is seek-

ing someone in the community to work alongside Kris Nanda on Planning and Development matters, with the opportunity to eventually step into the lead role. This position involves tracking of planning and development activities within the community and across the city, and reporting back to residents. Mentorship and resources are available, and recent experiences such as the RAS situation and the new NCC development planned across from the Cancer Survivors' Park, highlight just how important this work is.

In addition, the RPCA Board currently has openings for Directors At Large. If you're passionate

about your neighbourhood and want to help shape its future, we would love to have you involved. Staying connected is easy—subscribe to our monthly newsletter or become an RPCA member for just \$20 a year. Ready to make a difference? Visit www.riverview-parkca.com or email us at president@riverviewparkca.com with your ideas or questions. We'd also love to see you at our next board meeting—details are always available on our website.

Together, we're building a stronger, more vibrant Riverview Park. I look forward to seeing you at an upcoming event or around the neighbourhood.



Sonia Vani, the winner of the Riverview Park Review Writer's Contest, February 2026.

Planning and Development update

CONTINUED FROM PAGE 28

to feel safer walking their children to school. These measures would also help to calm traffic and make it safer for seniors and parents with young children to cross Knox.

The **new Active Transportation Roundtable for the Ward**, being hosted by Councilor Carr's Office, was scheduled to hold its second meeting in March. Riverview Park residents are 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. In 2025, the organization signed a lease at 700 Industrial Avenue, which has now been renovated and which opened in February 2026, and is now accepting donations.

Other Developments

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

Perley Health Expansion. Perley Health's Board of Directors has approved planning and design of a new on-site building to provide long-term care for an additional 120 residents. Over the next few months, Perley Health will work through the required processes in preparation for provincial and municipal approvals. As part of this process, Perley Health held an online survey that closed in early March.

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

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

TAKE A LOOK... EXPLORE LIFE AT MAPLEWOOD

Upcoming Maplewood Highlights for: April/May/June

APRIL Live Duo Thursday April 9th from 7:00 p.m. to 8:00 p.m.

Casino Afternoon Thursday April 16th from 2:30 p.m. to 4:00 p.m.

Open House Saturday April 25th from 10:00 a.m. to 3:00 p.m.

Volunteer Appreciation Cocktail Party Tuesday April 28th from 3:00 p.m. to 4:00 p.m.

MAY Wine and Cheese with Live Music Friday May 1st from 3:00 p.m. to 4:00 p.m.

National Apple Pie Day Wednesday May 13th from 2:00 p.m. to 4:00 p.m.

Maplewood Staff Cultural Taste / Haitian Lunch Friday May 15th from 12:00 p.m. to 1:30 p.m.

Art Class/Afternoon Painting Friday May 29th from 3:00 p.m. to 4:00 p.m.

JUNE A Day In The Life Theme "Texas Barbeque and Annual Mini Gold Tournament" Thursday June 11th from 10:00

a.m. to 3:00 p.m. A Day In The Life Theme "Philippines Independence Day" Friday June 12th from 10:00 a.m. to 3:00 p.m.

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

These photos tell a little about winter events at Maplewood

Shared by Raquel Leguizamon, Activity Manager, Maplewood Retirement Community



Chinese New Year celebration



Valentine's Day Dance Ball and lesson.



Painting Afternoon



1948 Olympic Gold Medal/Memorabilia presentation.

Advertisement for Super Duper Pizza, including logo, hours (Monday to Saturday 11:00 am to 10:00 pm, Sunday Closed), phone number (613-523-0000), website (www.superduperpizza.com), and logos for DoorDash, Skip the Dishes, and Uber Eats.

Advertisement for Rock's Barber Shop, including a barber pole image, text 'Rock's Barber Shop', 'We are OPEN', address (1579 Alta Vista Drive, Alta Vista Centre), owner name (Rock Lalonde), and phone number ((819) 635-3711).

Abuela at 99

“She has been basically my diary!”

*(16-year-old granddaughter responding to: How would you describe your relationship with your Abuela?)
(Spanish for Grandmother)*

by Lynne Bezanson

It is hard to imagine a stronger statement of connection and trust that a teenage granddaughter could make when asked about her relationship with her “Abuela” who celebrated her 99th year on March 22, 2026 in the home of her daughter Alba. Grandchildren and a host of friends, neighbours, caregivers and even a lightning-fast German Shepherd, who almost made it to the birthday cake, but was caught in the nick of time, contributed to a wonderful celebration for an exceptional woman and her accomplished life!

Born in Karachi in 1927 (now part of Pakistan following the partition of 1947), the new Pakistan was not a welcoming home for a Christian minority. The family deliberations about next steps must have been heart-wrenching. What we do know is that Phyllis Pascual departed alone in her early 20’s for England, found a community and secured employment. The courage, determination, and sheer grit she demonstrated then, are still with her so many years later. So are her gentleness, kindness and a strong belief that while suffering is inevitable in a life well lived, through suffering, compassion and forgiveness grow.

In her late 30’s she met her husband Jose. Jose was pursuing Doctoral studies. They married in 1964 and moved to Spain where Jose began a teaching career in both Barcelona and Madrid. Ever the adventurer, he constantly searched out opportunity which he found some six years later in both Philadelphia and Sherbrooke. He chose Sherbrooke as a more interesting challenge. Shortly after he arrived to test the waters, Phyllis discovered that she was pregnant, a welcome surprise when they had concluded that children were not in their future. Enter once again, the courage and determination of Phyllis who managed her first pregnancy largely alone! A second child, a son Jose Luis, was born some years later in Sherbrooke. Still later, Phyllis received a job offer in Ottawa and the family of four moved to



Phyllis Pascual celebrated her 99th year on March 22, 2026.



Phyllis Pascual, ‘Abuela’, to eleven grandchildren, is shown here with one of her grandsons, Mateo, over twenty years ago.

Riverview Park.

For all Phyllis’ impressive resourcefulness and determination, she could not master the challenge of Ottawa’s Queensway. When she finally and gratefully found the exit, she declared that henceforth she was a walker. For many years, Phyllis

would walk independently, then with a walker and later a companion. According to her grandchildren however, she needed no assistance whatever in inventing storytelling games, baking the best almond cakes ever (recipe still unknown) and filling her kitchen with the de-



Born in Karachi in 1927, Phyllis Roach was a beautiful eighteen-year-old when this photo was taken.



PHOTOS SHARED BY AM PASCUAL

lectable aromas of garlic, onions, and mysteries which were always delicious.

Sadly, she was widowed in 2022 and found the emptiness and loneliness very painful and challenging. Just before COVID descended, she moved to the home of Alba, Patrick and their seven children, thus ending the feelings of isolation. Hard to be lonely surrounded by seven growing and talented grandchildren. She also has daily communication with her son and his family of four children, now residing in Philadelphia. Abuela continues to enrich all their lives. She was, after all, their diary! And according to them, any secrets the Abuela diaries hold are hers alone and always will be.

A warm toast to you Phyllis from the Riverview community. Happy 99th birthday!

My Heat Pump Journey – Part 2

by Nira Dookeran

I'm back! Sorry for not reporting in on my journey in the February edition of the RPR, but the Christmas season was more hectic than I had anticipated.

I have, however, continued my research and today I'll share what I've found through the Ontario Clean Air Alliance (OCAA), the Natural Resources Canada (NRCAN) website, as well as observations from a local homeowner who installed an air-source heat pump (ASHP) in his home three years ago.

First, the OCAA (cleanairalliance.org) is a goldmine of information on heat pumps. They have detailed reports on how much you can save by switching to an air or ground-source heat pump, and the different savings you can realize if your original heating and cooling system is electric vs gas.

Their *Heat Pump Primer* explains the basics of how the ASHP works and includes a useful recorded webinar on residential heat pumps. They emphasize that you must get the proper size heat pump and advise that you insulate and air seal your home before installing a heat pump. This will help ensure that the size of pump recommended is appropriate.

I tried their easy-to-use Heat Pump Calculator to compare the cost of replacing conventional gas-fired heating and cooling equipment with a heat pump. All you need is your current annual gas consumption (in cubic meters), which, for Enbridge customers, you can find in your online account under "annual statement for taxes". I entered that number and the calculator gave me a breakdown of capital



Nira Dookeran

and operating costs for a heating, cooling, and water heater setup, comparing conventional gas and heat pump scenarios.

In my case, the capital cost of furnace, AC unit, and gas water heater totalled \$13,500, while the heat pump option was \$19,000. By contrast, the operating cost of the gas setup was \$15,000 vs \$11,400 for the heat pump option. The bottom line: for a difference of \$1,900, I can run my entire system on the heat pump and do my part to lower my carbon footprint at the same time. These figures are based on projected costs over 15 years (the minimum lifespan for most heating and cooling equipment). OCAA cautions that these are estimates only. To properly understand your specific costs, of course, you will need equipment quotes from contractors. Nonetheless, the calculator is a handy way to see how a switch could affect the bottom line in your home.

The OCAA website also includes information on incentives and financing. There is a link to the Natural Resources Canada (NRCAN) website, which has information on the Canada Greener Homes Initiative, both loans and

grants (current application deadlines closed on October 1/25 and December 31/25 respectively) and other financial incentives, such as the Canada Greener Homes Affordability Program (CGHAP), which will provide low-to-median-income homeowners and tenants with no-cost home retrofits, such as insulation and heat pumps. here is also a link on the NRCAN website to an "Oil to Heat Pump" program for income-eligible Ontarians. According to this webpage, eligible Ontario homeowners with oil-fueled heating systems may now qualify to receive a high-efficiency cold climate heat pump system at no cost.

I have also just found a City of Ottawa loan program for home energy efficiency retrofits. The Better Homes Ottawa Loan Program (BHOLP) offers low-interest, 20-year loans of up to \$125,000 (or 10% of the current value assessment of your home, whichever is less) to cover the cost of home energy improvements. A specific feature is direct support by the City of Ottawa for the installation of high quality heat pumps as a key technology in the transition to a zero-emission future. Households meeting eligible income thresholds may qualify for a 0%, 20-year loan. Details can be found at betterhomesottawa.ca.

While the OCAA and NRCAN websites seem excellent, comprehensive one-stop shops for heat pump purchase and installation, OCAA is based in Toronto and NRCAN is a ministry of the federal government. Their perspective and recommendations for local Ottawa and eastern Ontario financial incentives, energy

auditors, contractors, and so on will not answer all the questions a local homeowner will have. Questions such as: Should I get a cold-climate heat pump because of Ottawa's winters? Which contractors and local 3rd-party providers should I deal with? Are some more knowledgeable and cost-effective than others?

So my next step will be to get the lowdown on how Ottawa homeowners are faring in their heat pump journeys, and learn from their experience.

At the excellent Seedy Saturday event held at Emmanuel United Church on Smyth Rd on March 7th,, I met a homeowner who installed a heat pump three years ago. He started with the energy audit. He hired Francis Fuels and the brand of heat pump installed was a Carrier. (I'm just relaying what he told me.) The cost of his purchase and installation was \$18,000. With \$7,000 in rebates, his cost was about \$11,000. Just for comparison, \$11,000 is the total capital cost for just the gas furnace and conventional AC unit in my OCAA Heat Pump Calculator estimate. So, he has done well financially. He and his wife are happy with their new system. No glitches or repairs so far. He did mention that, at one point, the system seemed not to be functioning optimally, but it turned out that the air ducts needed cleaning and, once done, the "problem" disappeared.

I have a few more local leads to pursue and will report back in the next issue. My stated deadline for my own heat pump purchase and installation is May 2026. The moment of truth fast approaches.

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The Dinner Club: A great way to meet new friends

Zev Kalin
Founder, The Dinner Club

Looking for great food, and even better company? Meet The Dinner Club.

The Dinner Club is a new service for anyone who doesn't want to eat alone.

Simply go to www.thedinnerclub.ca, register and we will match you up with a host (or guests should you decide to host a dinner party) and a time and date for the dinner party. The host will contact you about the location.

The first month is free and after that subscription is just \$20 a month.

When you visit www.thedinnerclub.ca go to "You're Invited to a Dinner Party".

Just fill out the application form and you're on your way to your first Dinner Club experience. If you choose to host a dinner party, and we'd LOVE it if you would, you will receive an extra month's free subscription for every party you host.

On April 18th, at 7:00 p.m., we're having our launch party. All are welcome. We will be having a raffle with some excellent prizes, including hundreds of dollars of gift certificates from Loblaws,

and a tasting of locally produced wines, spirits, and beers. Light refreshments will be served and admission is FREE!

I initially started The Dinner Club as a response to the epidemic of loneliness that is devastating society, but after hosting five dinner parties in my own home I realized that fun potluck dinners are for everybody. You don't have to be isolated to enjoy good fellowship and good food. So please, check us out, and meet new friends.



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Subscribe to my newsletter:

RPCA Winter Carnival Album



While other RPCA Board Members and volunteers worked out further afield, the photo of these six nearby helpers had to be captured quickly: (left -right) Dianne Delzotto, Carol McQueen, Ron Ridley, Jon Lemieux, Lynne Patenaude, and Kris Nanda. PHOTO CREDIT: CAROLE MOULT



Stefan and daughter, Stella (4) ready for some s'mores. PHOTO: CAROLE MOULT



Tug-a-war helped keep people warm. PHOTO CREDIT: FRANCE DULUDE



The hot apple cider Dianne was preparing was much appreciated. PHOTO CREDIT: FRANCE DULUDE



On Sunday, February 8, 2026, Councillor Marty Carr added Timbit Duty to her many responsibilities. Thank you to Team Carr for providing these. PHOTO CREDIT: HEATHER MOORE

RPCA Winter Carnival Album



Even pet Goose dressed warmly, shown here with family Kaitlyn, Laila, and Mike. PHOTO CREDIT: FRANCE DULUDE



Volunteers (left- right) Bisola, Sean and Lynne provided many of the important parts for the fun-to-make s'mores. PHOTO CREDIT: CAROLE MOULT



Volunteers and Staff from Blair Court Community House; (left- right) Tim, Kristy and Kim were collecting non perishable food donations for the Blair Court Community Food Bank while enjoying the festivities of the Winter Carnival. PHOTO CREDIT: CAROLE MOULT



MPP John Fraser and his office team Carolyn, Abi and Celeste served up the very welcome hot chocolate on a very cold, February 8.

PHOTO CREDIT: CAROLE MOULT



Yes, Brandon, Evelyn and Emily enjoyed the maple taffy.

PHOTO CREDIT: FRANCE DULUDE



The Maplewood Team served wonderful chili to the Winter Carnival guests on that minus 20 degree afternoon.

PHOTO CREDIT: SHARED BY MAPLEWOOD

CANTERBURY
COMMUNITY ASSOCIATION

Annual Gigantic Garage Sale

Sunday, April 12, 2026
10:00am - 2:00pm
Canterbury Community Centre
2185 Arch Street, Ottawa

For More Information:
613-738-8998

New stamps from Canada Post celebrate Quebec's sugar shacks

Rooted in Quebec's history and identity, the sugaring-off season comes to life in an illustrated stamp issue.

MONTRÉAL – Maple taffy in sticky little hands. The lively strains of a fiddle playing and spoons tapping. The comforting taste of hot pea soup. This spring, just as the scents, sounds and tastes of the season come to life at sugar shacks, Canada Post is issuing two stamps in the form of maple syrup cans. Unveiled today in Montréal at the Cabane Parnache Festival, the stamps celebrate sugaring-off season and pay tribute to Quebec's iconic sugar shacks.

Traditions that transcend generations

The traditions surrounding sugaring-off season are so important in Quebec that they are officially part of the province's intangible heritage. Indigenous Peoples of the Eastern Woodlands, including the W8banakiak (Abenakis), the Anishinaabeg (Anishinabe), the Haudenosaunee (Iroquois) and the Mi'gmaq (Mi'kmaq) were producing maple products long

before the arrival of European settlements. They shared their ancestral knowledge with early French colonists, who adapted their methods over time.

In the 1850s, the forerunners of modern sugar shacks began to appear – small shelters where maple sap was boiled, and that became social gathering places. A significant part of syrup production has been automated since then, and although sugar bushes have grown in size, artisanal techniques are still in practice.

Today, Quebec produces 90% of Canada's maple syrup and over 70% of global production.

About the stamps

The stamps, booklet and Official First Day Cover (OFDC) are the work of illustrator Gérard DuBois and graphic design firm Paprika. Inspired by popular, commercial and advertising art from the 1940s and 1950s, the illustrations evoke colourful scenes of people enjoying shared meals and time outside. They portray the sugar shack as a place of gathering, enjoyment and tradition.

This stamp issue includes



a booklet of six Permanent™ domestic rate stamps and an OFDC. Both are available at canadapost.ca and at retail outlets across the country. The OFDC bears a maple leaf cancellation in Saint-Georges, a Quebec city where the Festival beauceron de

l'érable is held every year. **More resources:**

- Folder with high-resolution images
- Canada Post social media accounts - Facebook, Instagram and LinkedIn

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Wednesday - 7:00pm Public holidays - 9:00am

RECONCILIATION Wed. 6:15 - 6:45pm;
Fri. during the Holy Hour; Sat. 3:45 - 4:15pm; or by appointment
HOLY HOUR with Benediction - Fri. 9:30 - 10:30am

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

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

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

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

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

DEAR FRAN

Is it a Geranium or Pelargonium?



FRAN DENNETT

It all depends on which plant you are talking about, since this is a case where the same common name is used for two different plants. This is why scientific names were invented to try and make things clearer when referring to all living things—plants, animals, bacteria, etc. The *Geraniaceae* (aceae ending of botanical names almost always means family) is a large family and the *Pelargonium* genus (storksbill) within it contains more than 300 species of annuals, perennials and shrubs.

The florist “geranium” comes from South Africa, was brought to Europe in the 1700s, and classified as *Pelargonium inquinans*, the ancestor of today’s bedding geraniums. Bedding or annual geranium cultivars are controlled by the floricultural industry and any new cultivars produced are named and patented, similar to a new song or widget. Since 1980, in the USA, when the regulations were starting to be ironed out, over 250 new pelargonium cultivars have been patented, and that does not include the new F1 hybrids or those produced in Europe. For every *Pelargonium* sold, a fee is charged and goes to the breeder. Read that plastic label and look for “pp = patent protected” designation. Having that off my chest, I love any pelargonium, be they bedding geranium (*P. x hortum*), scented or ivy geraniums, or the show, regal or Martha Washington geraniums (*P. x domesticum*). If you are interested in the history of pelargoniums check out the blog <gardenhistorygirl.co.uk/post/geraniums>. It is an interesting read.

Pelargonium is propagated from a 6cm cutting harvested in January from an older pelargonium plant, potted up and grown to flowering plants. This takes 4-5 months of care (watering, fertilizing and grooming, transporting).

This is labour intensive and expensive, hence the high cost of bedding pelargoniums. If you are inclined, take a cutting by cutting on an angle through a leaf node, remove all but three leaves and plant in damp soil. Give the cutting bottom heat if you have it. When you see new growth, new roots have developed. Fertilize with a transplanting fertilizer solution (1/4 of recommended solution). Grow in a sunny window or under lights for 14 hours/day. Harden off outside after danger of frost has passed. Pelargoniums love the sun and regular fertilizing, because new growth is always being produced which requires food.

The genus *Geranium*, with over 300 species for the temperate zones, is a perennial in the same family, and commonly referred to as cranesbill geranium because the long beak of the fruit resembles a crane’s bill. This popular hardy perennial is a great asset in the border and available in various heights (15cm-0.8m) and colours (white, blue, and pink) and a few with variegated leaves. They are not fussy as to soil, but do best in sun, and are almost pest and disease free. Remove old blossoms to discourage volunteers, as they pop up in odd places in your border. You can enjoy or share these volunteers. The bees love them.

Geraniums are easy germinators from seed. In fall, sow seeds in pots and put in the garden, keeping the soil moist until freeze up. Leave under the snow until the warm weather returns in spring. Germination is in about 20 days, then pot any seedlings that have true leaves. They will bloom in about two years.

Canadian Garden Perennials (A.R. Buckley, 1977, ISBN 0-919654-78-9) lists over twenty species and cultivars hardy to Canada. The following are some popular species:



Geranium Phaeum. PHOTO CREDIT: FRAN DENNETT

Geranium Sanguineum.
PHOTO CREDIT: FRAN DENNETTGeranium 'Johnson's Blue'.
PHOTO CREDIT: FRAN DENNETTPelargonium.
PHOTO CREDIT: CANDACE DRESSLERPelargonium. PHOTO CREDIT:
CANDACE DRESSLER

Geranium. sanguineum, 0.4m high, mounding form with magenta flowers and dark green seven-parted leaves. It has a long blooming period.

G. macrorrhizum is 46cm high with large pink flowers above the leaves and can be used as a ground cover and is drought tolerant.

G. x oxonianum 'Katherine Adele' is about 38cm high with pink veined flowers and variegated leaves. A lovely edging plant.

G. maculatum 30cm high is native to eastern Canada and in semi-shade and damp location with pink veined flowers.

Geraniums are winners in mixed perennial borders. Pelargoniums are the number one container plant. I hope you find this information useful.

- 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.

ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

ALTA VISTA AND ELMVALE ACRES LIBRARIES – APRIL/MAY 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 Friday, April 3rd

for Good Friday.

Sunday, April 5th for Easter Sunday.

Monday, April 6th for Easter Monday.

Monday, May 18th for Victoria Day.

Please note the following when visiting:

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

Please visit www.biblioottawalibrary.ca for the most up-to-date information.

Info Service is available for many inquiries and services by calling 613-580-2940 or emailing: infoservice@biblioottawalibrary.ca

■ FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

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

- Children's Books - \$1.00.
- Adult and Teen Mass Market Paperbacks - \$1.00

- Adult and Teen Soft Cover Books - \$2
 - Adult and Teen Hard Cover Books - \$3
 - CDs and DVDs - \$2 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

Toddertime / Tout-Petits à la Biblio

Stories, rhymes, and songs for toddlers and their parents or caregivers. 15-35 months. Bilingual. Drop-in program. 30 minutes. (ALTA VISTA BRANCH) Tuesdays until May 12th at 10:30 AM. (ELMVALE ACRES BRANCH) Mondays until May 11th, except April 6th. at 10:30 AM.

Family Storytime / Contes en Famille

Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program. 30 minutes. Wednesdays until May 13th at 10:30 AM. (ALTA VISTA BRANCH ONLY) Saturdays until May 16th at 10:30 AM

Babytime / Bébés à la Biblio

Stories, rhymes, and songs for children of all ages and their parents or caregivers. 0-18 months. Bilingual. Drop-in program. 30 minutes. (ALTA VISTA BRANCH) Tuesdays at 2 PM and Thursdays until May 14th at 10:30 AM. (ELMVALE ACRES BRANCH) Tuesdays until May 12th at 10:30 AM.

Read-A-Loud Circle

(SUCCURSALE ALTA VISTA BRANCH) A one-hour long read-a-loud circle where we will take turns reading, sharing thoughts and opinions, and defining new vocabulary. Bilingual. Drop-in program. Tuesdays at 5 PM. Ages 7 to 12. 60 minutes.

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. For Grades one through ten.

Cercle de Lecture en français (SUCCURSALE 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. Les lundis à 17h sauf le 6 avril / Mondays except April 6th at 5 PM. Pour les 7 à 12 ans. Ages 7 to 12. 60 minutes.

Lego® Block Party

Building Boom! Show off your architectural creativity with Lego®! Drop-in program. 60 minutes. (ELMVALE ACRES BRANCH) Friday, April 24th at 1 PM. (ALTA VISTA BRANCH) Saturday, May 16th at 2 PM.

Crafternoon / Bricofolie

Come craft at the library. We have all the supplies you need to satisfy your creativity! All ages. Drop-in program. 60 minutes. (ELMVALE ACRES BRANCH) Friday, April 24th at 1 PM. (ALTA VISTA BRANCH) Friday, April 24th at 4 PM and Monday, April 27th at 11 AM.

■ ADULT PROGRAMMING

Mindfulness Through Art (ELMVALE ACRES BRANCH)

Join us for a relaxing one-hour colouring session designed to promote mindfulness and stress relief. Each session features a new colouring theme, or feel free to bring your own art project to work on in a calm, welcoming environment. No experience required. Colouring materials are supplied. All adults are welcome. Thursday, April 9th and 23rd, May 7th and 21st at 2:30 PM. 60 minutes.

Ottawa Wildflower Seed Workshops - "Spring Gently into your Pollinator/Wildlife Garden"

(ELMVALE ACRES BRANCH) Come learn the truths and myths of getting your garden ready for spring. Learn about the lifecycle of pollinators, birds and other wildlife, and how to support them in your garden as they move out of winter – what to clip and clear (like invasive species), and what to leave alone. Learn how to identify real native plants in plant nurseries. Tips on transplanting your winter-grown seedlings and what to watch for over the summer. Will have hands-on demonstrations and sample seeds/seedlings.

Thursday, April 23, 6 PM. 90 min.

Adult Chess Club

(ALTA VISTA BRANCH) Join us for adult chess, all levels welcome; an instructor will be available! Come meet new people and have fun. No registration required. Ages 18+. Saturdays, April 11th and 25th, May 9 and 23, 3 PM. 60 minutes.

Memory Café

(ALTA VISTA BRANCH) An open house for persons with dementia, their care partners, and families. Fun and stimulating mental activities are planned to enhance the social interactions and the connections that are built within the group. Light snacks and warm drinks are served alongside items that aim to spark conversations and reminiscing. Drop-in. Wednesday, April 22nd and May 27th at 1:30 PM. 120 minutes.

Employment Support Workshops (ELMVALE ACRES BRANCH)

Are you looking for a job? Come learn all the necessary skills to do so at the Elmvale Acres Branch of the Ottawa Public Library, with a program offered in conjunction with CCI Ottawa. Thursdays, April 9th and 16th, May 7th and 28th at 6:30 PM. 90 minutes.

Community Writing Workshop (ELMVALE ACRES BRANCH) (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. Beginners welcome. Materials provided. 18+. Mondays, 6:30 PM to 8 PM, except April 6th and May 18th.

Fibre Club (ELMVALE ACRES BRANCH): Bring your knitting or crochet project (or needlepoint, cross-stitch, etc.) and share tips and tricks, ideas, and conversations with fellow enthusiasts. For adults of all abilities. Drop-in. Fridays at 2 PM. 90 minutes.

English Conversation Group Practice your English conversation skills in a relaxed and friendly environment. All levels are welcome in this free program. Drop-in. (ELMVALE ACRES BRANCH) Mondays at 5:30 PM, Wednesdays at 6 PM. 60 minutes.

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(ALTA VISTA BRANCH) Mondays at 1 PM. Tuesdays at 7 PM.
60 minutes.
No group on April 6 or May 18.

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

Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise.

Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required.

(ALTA VISTA BRANCH)
Wednesdays at 6:30 PM. Les mercredis à 18h30. 75 minutes.
(ELMVALE ACRES BRANCH)
Saturdays at 1 PM. Les samedis à 13h.

Sleuth Hounds Mystery Book Club (ALTA VISTA BRANCH)
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month

6:30 - 8:00 p.m. All are welcome.
Thursday, April 16th, 2026 – Elmore Leonard – any title.
Thursday, May 21st, 2026 – TBD.
Thursday, June 18th, 2026 – TBD

Elmvalle 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 2:00 pm.

Monday, April 20th, 2026 – *The Missing Millionaire* by Katie Daubs
Monday, May 25th, 2026 – *The Art Thief* by Michael Finkel
Monday, June 15th, 2026 – *The Company We Keep* by Frances Itani

Book Banter (ALTA VISTA BRANCH)
Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month 2 PM – 3 PM. All are welcome.
Thursday, April 2nd, 2026 – *Say Nothing – A True Story of Murder*

and Memory in Northern Ireland, by Patrick Radden Keefe
Thursday, May 7th, 2026 – *The Adversary*, by Michael Crummey
Thursday, June 4th, 2026 – **The Briar Club**, by Kate Quinn

Infusions Littéraires (SUCCURSALE ALTA VISTA)
Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.
mercredi le 15 avril 2026 – *Paris-Briçon* de Philippe Besson
mercredi le 20 mai 2026 – *La vie heureuse* de David Foenkinos
mai mercredi le 17 juin 2026 – *L'alphabet du silence* de Delphine Minoui

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

ONLINE COLLECTIONS AND SERVICES

Please check out some of the ac-

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

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

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

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

April 2026 EnviroTips[©]

Do some digital clean-up. The ICT sector (digital/tech) is estimated to contribute up to 4% of global CO₂/Greenhouse Gas emission. Cleaning up digital clutter on phones and computers frees up storage, helps devices run faster and may even help them run longer. For tips on what and how to clean up visit www.digitalcleanupday.org

Avoid using cryptocurrency. Data centres and networks together use large chunks of electricity to support cryptocurrency. For example, Bitcoin mining alone burns about 200 TWh a year, which is more than Argentina's total electricity consumption.

Plant clover in your lawn. Clover brings nutrients to your soil and does not need fertilizer. When mixed with other grasses, clover can reduce or eliminate the

need for regular fertilizing. Clover is drought tolerant unlike traditional lawn grasses. It also helps pollinators like bees!

Plant small native trees or bushes in your yard. Using native plants saves water because they are more accustomed to their habitat.

Use the library or used-bookstore to get a book (especially if you are not sure you like it or the author). You are reducing consumption and can always buy the book later if you think you really like it or might re-read it.

Turn down your stove element once a pot starts boiling. When water is lightly boiling, it is the same temperature as water at a roaring boil and only requires a small amount of energy to keep boiling.

Grow your own herbs. Fresh

herbs are great to use in cooking and often more flavourful than dried herbs. (You can even grow them on a balcony). Bonus – you will know that they are pesticide-free!

Become a Waste Reduction Champion for your apartment or condominium. The City provides training tools and support for volunteers to help neighbours learn simple ways to reduce waste. Actions include promoting recycling and composting in your building; Organizing events like litter clean ups or clothing swaps, and setting up collection bins for batteries or textiles <https://ottawa.ca/en/garbage-and-recycling/apartment-and-multi-unit-programs?page=3041009>

Go on a planetary health diet. Eat foods whose production has a lower impact on the environment. For example, fill your plate with more plants at every meal. Whenever you can,

go with whole grains instead of refined grains or white potatoes. <https://www.cspi.org/article/how-eat-flexitarian-planetary-health-diet>

Continue to get familiar with the new recycling arrangement that took effect in Ottawa on January 1, 2026. Under the new recycling system, many more items can now be recycled including plastic bags, toothpaste tubes and deodorant. Learn more by visiting <https://www.circularmaterials.ca/news/ontario-new-materials/>

There are several local “Buy Nothing” Facebook pages or Trash Nothing websites- <https://trashnothing.com/beta/full-circles-ottawa/browse> to share items you no longer need. One person's trash is another's treasure!

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

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