



JUNE 2026

A VOICE OF RIVERVIEW PARK

JULY 2026

Kindergarten this fall? Go local!

Riverview Elementary School registration remains open until September 1, 2026

by Kris Nanda

Interested in sending your child to a local elementary school? There is still plenty of time to do so. Riverview Park parents now have another option to enroll their kids in a standard 50-50 Junior Kindergarten right here in the neighbourhood.

As of September 2026, Riverview Alternative School (RAS) on Knox Crescent will host a



PHOTO CREDIT: GREG MONEY

standard French-English JK-SK program as the Ottawa Carleton District School Board (OCDSB) phases out the Alternative program across the board. A full-day,

fully bilingual program, JK and SK at the OCDSB are play-based, with classes led by a teacher and an Early Childhood Educator. School day times run from 9:15am

to 3:45pm.

This positive development follows the March 2026 decision by the OCDSB to allow its four Alternative Schools, including Riverview, to continue accepting kindergarten registration for new students. Although the message that kindergarten enrollment in these schools has not been as widely publicized as some would have hoped, this development is

CONTINUED ON PAGE 2

Remembering Geoff Radnor

For over a decade, readers of the *Riverview Park Review* (RPR) were able to appreciate the amazing photographs of Geoffrey John Radnor. He was the Staff Photographer of this community's newspaper and a dedicated volunteer contributor.

From photos of some of the iconic landmark sculptures of Art Price, to the art work in the new LRT Stations, Geoff was there with his camera to share his photos of these, plus many other pictures to go with his articles. He could also be found right in the middle of downtown marches, camera in hand, to capture the moment to share with our readers.

Discovering that both his photographs and stories were placed on the cover page of the paper always brought much pleasure to this RPR photographer. No idea or assignment was too complicated for this roving sure-footed octogenarian gentleman.

Sadly, after a recent stroke,

Geoff Radnor passed away on April 21, 2026 at the Villa Marconi, leaving behind his son, James, daughter, Catherine (Jeff), and granddaughter, Aster. He was 91, and will be greatly missed. His



Visitors to the Radnor's pool... and his shoulder!

wife, Elga Radnor passed away in the spring of 2025.

The Radnors had many relatives and friends both around the world and here in Ottawa. Geoff was born in the UK and Elga in Denmark. They lived in a number

of locations across Canada. Ironically, Geoff met Elga in the UK while taking her photo when he didn't even know her.

On Caverley Street in Riverview Park, where the Radnor



well-known for their wonderful pool parties, with groups both large and small, enjoying Geoff's talent for having the yard look party-perfect. Meanwhile, Elga would come out of the back door with one delicious dish after another to the delight of all their guests, who might have been invited or could have just 'dropped by'.

Frequently, Geoff's photos were taken closer to home on their Caverley Street property, where he had a knack for getting some great pictures of visiting wildlife. Any photo op was one for Geoff to take advantage of, although Elga Radnor too had an eye for a great shot with her phone camera.

When Hydro One was in the Hydro Corridor just behind his back gate, Geoff was able to capture pictures of the helicopter positioning the wires along the new major poles: no doubt,

CONTINUED ON PAGE 3

family lived for many years, Geoff was also the official photographer for the Canada Day street parties. No July 1st event was complete without Geoff lining up the huge group for a street party picture.

Both Geoff and Elga were also

NOURA'S
House of Expert Craftsmanship

613-680-8883
www.nouras.ca

Gold is at its Highest
We Pay Top Prices

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

Kindergarten

CONTINUED FROM PAGE 1

welcome news to members of the Riverview Park community and parents of prospective students as they now have another OCDSB option besides Vincent Massey (which is already over capacity).

The higher JK attendance at Riverview in 2026, the more likely the school will continue to offer local education during and after the Alternative program phase-out, which is scheduled to end in about 2032.

“By enrolling in Riverview School, kids and parents can walk to school rather than driving or taking a bus,” says Ron Ridley, President of the Riverview Park Community Association (RPCA). “It’s less stressful, more active, and builds a vibrant community hub in Riverview Park.”

Romy Swann, who represents parents of RAS students stated that, “It is encouraging to see the support from the local RPCA and individual Riverview Park residents for keeping kindergarten at RAS. This school has been a blessing for my children and I



hope that it continues to remain so for other children and their families for many years to come.”

HOW TO REGISTER

While Kindergarten Information Nights have already taken place, parents can find out more and register in two steps by going to the OCDSB kindergarten registration website at: <https://www.ocdsb.ca/our-schools/registration/kindergarten> and

1. Completing out the Intent to Register form as part of the

2. Filling out the registration form.

Kindergarten registrations are being accepted until September 1. If you have any trouble registering or need the link to the Intent to Register form, please contact Riverview School at riverviewas@ocdsb.ca and RAS Principal Julie Coburn.

ENHANCING SCHOOL USE FOR THE COMMUNITY

The RPCA will also be work-

ing with the community and OCDSB to further enhance the value of the school building and its grounds as a community asset. Parents and the RPCA have asked for a follow-up meeting this spring with OCDSB Superintendent Bob Plamondon to discuss these matters. If you would like to learn more about renting school spaces to teach classes, hold an open gym night, host a knitting group, or another event, Google OCDSB Community Use of Schools for more information and prices. Contact the Riverview Park Community Association at riverviewparkca@gmail.com for help with publicity.

A local working group is being established to help enhance the school’s value and role as a community hub and consider potential after-hours activities and uses in the building itself and on the school grounds. Interested Riverview Park residents can email the RPCA at riverviewparkca@gmail.com or contact kknanda@hotmail.com

Make a meaningful impact in your community

Blair Court Community House is seeking caring, community-minded individuals to join our Board of Directors.

Located in the Riverview Park neighbourhood of Alta Vista, Blair Court Community House works to support individuals and families through a variety of community programs and essential services. From social connection to basic necessities, we are committed to helping residents living on fixed and limited incomes. Our community food bank continues to be one of our most vital services, with demand growing month after month.

Joining the Board is an opportunity to help guide the or-

ganization’s future, contribute your ideas and experience, and support the continued growth of programs that make a real difference in the community. Board members play an important role in strengthening our mission and helping us respond to evolving community needs.

We welcome individuals with a variety of skills and experiences. In particular, we would value expertise in law, finance, fundraising, governance, communications, or community development. Those with lived experience are equally encouraged to reach out.

To express interest or learn more, please contact us at general@blaircourt.ca.

www.blaircourt.ca



HOURS: Tuesday, Wednesday and Friday 11 – 5
 Thursday 11 – 8
 Saturday 10 – 4
 Sunday, Monday closed

**HOCKEY • FIGURE • INLINE • TUNE-UPS • RINGETTE
 PROFESSIONAL SKATE SHARPENING**



...Geoff Radnor

CONTINUED FROM PAGE 1

a once-in-a-life-time shot for a camera buff like Geoff. Further afield, no one should have been at all surprised when the RPR photographer came around to take a picture of a store, public library, Steinway Piano, the CHEO Helipad or more. He even researched instructions on how to take photos of an eclipse with his camera and was very pleased when his submission made page one of the October 2017 edition of the RPR.

A Celebration of Life was

held for Geoff Radnor, where family and friends recounted great stories, just as he would have wanted. His favourite foods were served at the gathering, dished up with some wonderful reminiscences of a very talented person. Geoff Radnor was truly someone whose contributions were many. His stories of his life's adventures, willingness to help a friend in need, and family hospitality will be greatly missed by all who knew him. Fortunately, some of his legacy can be found in the photographs he left behind for us to appreciate.

Helicopter drops hydro wires

by Geoff Radnor, See page 11 for story and photos



PHOTOS: GEOFF RADNOR

Left: The sphere's official name is, "The Universe is You". Geoff Radnor took this photo for his story, 'Art Price and Public Art', Riverview Park Review, September-October, 2018, p. 39.

Above: The fascinating article, 'Helicopter drops hydro wires', written by Geoff Radnor, with great accompanying photos, described the process of constructing the new power line on the right-of-way bordering Chomley Crescent, Caverley Street, Bathurst Avenue, Sonata Place and Coronation Avenue. The story made the cover page, and continued on page 11.



Above Right: *CommuniGraph 70* is a 1970 cast aluminum public sculpture by Canadian artist Art Price. Radnor snapped this photo in front of the Alta Vista Postal Terminal, Riverview Park Review, September-October, 2018, p. 39.



35 YEARS
We've Moved
HOME
APPLIANCE CARE
— EST. / ÉTABLI 1987 —

- In-home Repair Service
- Parts Counter
- Drop-off Repair Centre

FACTORY AUTHORIZED PARTS & SERVICE

VISIT OUR NEW PARTS COUNTER & REPAIR CENTRE

1528 Unit 7A Star Top Rd. Ottawa
Located at Rear of Building

613-822-7630

service@homeappliancecare.com • homeappliancecare.com



Miele



Electrolux



Fisher & Paykel

Thermador

Blomberg



BOSCH

The Yoga Many Seniors Don't Know Exists

by Sonia Vani, Community Volunteer

Summer is nearly upon us. We have moved from tulips to lilacs, soon to be followed by roses and zinnias. Before long, parks will bustle with music festivals and pow wows, and communities will rediscover walking paths, patios and porches.

June 21 — the summer solstice and International Day of Yoga — falls during Seniors' Month, making this a fitting season to reflect on wellness, movement and how we care for ourselves as we age.

After a long winter and chilly spring, many of us realize how much tension our bodies have been carrying. Shoulders hunch and tighten against the cold. Hips stiffen. The breath becomes shallow. Finally, summer offers up an opportunity to reset the body.

In youth, many people move through life without thinking much about posture, balance or flexibility — until pain or injury appears. But with age comes greater awareness of the body — often whether we like it or not: sore backs, interrupted sleep, fatigue, anxiety, recovery after surgery, balance concerns or the accumulated stress of daily life.

For many older adults, the idea of yoga triggers questions. Would it help me move with a little more ease? Could it help me breathe more deeply? Is it too late to improve my balance? Contrary to common assumptions, yoga is not about twisting into difficult poses or standing on your head by a mountain lake. At its core, yoga is simply the connection between breath, body and mind — something that makes it different from simple stretching.

There are so many misconceptions surrounding yoga. Some assume they must already be flexible or fit. Others think yoga is only for younger people or for the very spiritual. Some may have tried a fast-paced class years ago and decided yoga “wasn't for them.” But yoga comes in many forms, and many seniors may not realize there are styles specifically suited to aging bodies, including chair yoga and restorative yoga.

Navjit Kaur Sidhu, owner of the Yoga and Tea Studio, has spent decades teaching yoga and wellness practices both in person and online. She also trains yoga instructors in restorative yoga. “If someone says they want to try dance, wouldn't you naturally ask what kind of dance?” says Sidhu. “Flamenco? Ballroom? Hip hop?



Navjit Kaur Sidhu teaches yoga and wellness in person and online. PHOTO CREDIT: SHARED BY NAVJIT KAUR SIDHU



Alison Tait, yoga practitioner, chair yoga instructor and balance expert.

PHOTO CREDIT: SHARED BY ALISON TAIT

Yoga is similar. Not every style is suited to every person, every interest or stage of life.”

She encourages people to think about what they need physically and emotionally, whether that means joining a community class, practicing quietly at home, or choosing a style that prioritizes rest and support.

What Is Restorative Yoga?

Restorative yoga is a gentle practice focused entirely on rest and nervous system relaxation. Poses are held for several minutes while the body is fully supported with bolsters, blankets and cushions. “There is little to no muscular effort involved” explains Navjit, “the goal is not stretching deeply or building strength, it is allowing the body to fully relax.”

Many people report better sleep, less stress, reduced tension and a greater sense of calm after practicing restorative yoga. Improved circulation and mobility often follow naturally.

It is important to note the difference between restorative yoga and yin yoga as the two are often confused: “Yin yoga remains a more active practice, focused on gradually stretching muscles, connective tissues and fascia,” explains Navjit, “while restorative yoga focuses instead on calming the nervous system and supporting deep rest and recovery”.

What Is Chair Yoga?

This style makes yoga poses and sequences more accessible by using a chair for support. It can be practiced entirely seated, from a wheelchair, or through a combination of seated and standing movements using the chair for stability and balance.

Chair yoga can help improve mobility, circulation, posture, flexibility, strength and balance. It can be gentle or more active depending on the objective — from building core strength for getting in and out of chairs independently, to improving balance and confidence around falls.

Alison Tait has taught chair yoga and balance classes for years in Almonte and at Beyond Yoga in Ottawa's West end.

“I have been practicing and teaching yoga for decades,” says Tait, “and I have yet to hear someone say they felt worse leaving class than they did when they arrived. Most people report more ease, peace and overall

wellbeing.”

She believes many people underestimate the importance of breath, balance and posture in everyday life. “If you are breathing in a shallow way all day, your body is not receiving the oxygen it needs to function well,” she explains. “When people begin breathing more intentionally and become more aware of posture and movement, they often feel better both physically and mentally.”

Tait emphasizes that yoga does not have to be complicated or time consuming to make a difference. “Simple things done consistently can have a big impact over time,” she says. “Like standing on one leg and shifting your weight from one side to the other when you are in line at the grocery store. As we age, we need different tools in our wellness toolkit — some practices help us build strength and balance, while others help us rest and recover.”

Give them a try...

Both Tait and Sidhu agree that yoga will not erase the realities of aging. But whether practiced in a chair, on a mat, in a studio or quietly at home, between the coffee table and the lazy boy, yoga can offer something many people are searching for: a gentler relationship with their bodies and a greater sense of wellbeing.

As the ancient Greek physician Hippocrates once said: “Healing is a matter of time, but it is sometimes also a matter of opportunity.” Make this summer the perfect opportunity to discover chair or restorative yoga for yourself.

TECH TIPS

Lithium-Ion Batteries

How can something so handy be so dangerous?

By Malcolm and John Harding,
of Compu-Home

Q: Considering the huge number of all of the shapes, sizes and types of batteries in our homes, isn't it a bit surprising to be talking about them potentially being dangerous?

A: Batteries store chemical energy that is used to power a device, but that power can be released suddenly as heat, fire or even an explosion if something goes wrong. Lithium-ion batteries in particular are very much in the news lately as suspected or proven culprits in recent serious and even lethal accidents.

Q: What about lithium-ion batteries makes them particularly dangerous?

A: The advantages of lithium-ion batteries are that they are rechargeable, and that they have a "high energy density," meaning that they can store an unusual amount of energy for their size, compared with other battery types. These two factors can lead to dangerous conditions if the batteries or their chargers



malfunction, or are misused.

Q: Where are we likely to find lithium-ion batteries in our homes?

A: Everywhere from automobiles (huge) to hearing aids (tiny). Just a partial list of examples would include laptops, cell phones, watches, e-bikes, wheelchairs, lights, cordless drills, vacuums, lawn mowers, drones, health-related devices, solar power storage... and by this time next year, the list will no doubt be even longer.

Q: What are the safe and unsafe practices that we should focus on in our use of lithium-ion batteries?

A: Probably the commonest mistake is overcharging. There is usually a dial or light

to signal when a battery is fully charged, and it is a mistake to leave it sitting in the charger, because results can range from simply reduced battery life to an explosion. Using the wrong charger is dangerous too.

- Lithium-ion batteries are not a place to economize, by buying and using off-brands. Studies have shown that cheap or counterfeit replacements are far more likely to fail than Original Equipment Manufacturer (OEM) brands. Look for approval from a qualified testing laboratory like CSA or UL.
- Don't recharge batteries where papers or other inflammable materials are stored.
- An early stage of a malfunction is sometimes (but not always) for the battery to become swollen or misshapen, which indicates a gas buildup and the potential for a fire or explosion.
- Watch carefully a battery (or a device containing a battery) that has been dropped or jostled. The result could have been damage to the battery

casing or a short-circuit in the charging wiring.

- Devices with batteries should never be left where the ambient temperature could result in overheating.
- Store multiple batteries so that their terminals cannot touch one another, or any metal surroundings.
- Never try to keep in service a leaking battery.
- Make sure that you are using a battery only in the device for which it was intended, or within a family of devices that you are certain to have been manufactured to use that specific battery.

The Government of Canada has a comprehensive website on this subject, at

Battery Safety: Lithium-ion Batteries

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.



Premier Physiotherapy

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

Customized Physiotherapy Treatment Plans for:

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

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

613-736-7800

www.premierphysiotherapyclinic.ca

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

We have free accessible parking

RIVERVIEW PARK REVIEW • Vol. 18, No. 3
Board of Directors: Peter Bishop, Dianne Hoddinott, Marie Holly and Greg Money
Editor: Carole Moulton – editor.riverviewrpr@gmail.com
Advertising Manager: Carole Moulton – advertise.riverviewrpr@gmail.com
Layout and Design: Patti Moran Graphic Design

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

About the *RPR* review community newspaper

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

Submission formats

Contributions can be emailed to editor.riverviewrpr@gmail.com in **Microsoft Word** or **RTF**. Please *do not* format your documents.

Photographs must be sent as attachments (not embedded in the email body) in **jpeg format** to editor.riverviewrpr@gmail.com . Photographs are to be accompanied with the **name of the photographer and a caption** describing the subject.

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

**Deadline for submissions:
 Before September 10, 2026.
 Content submitted after the specified
 deadline cannot be accepted**

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



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

RPR review is currently seeking distributors.
*** Contributions by politicians or political candidates are paid advertisements.**

WHAT'S THAT NUMBER?

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

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

The Original SignMaker®
Since 1958

WHAT WE DO?

1 Wild Format Printing	6 Illuminated Channel Letters
2 Vehicle Wraps, Graphics & Lettering	7 Banners & Posters
3 Window, Wall & Floor Custom Graphics Designing and printing	8 Multi - Surface Direct Printing
4 Traffic Sign & Posts	9 Weather - Resistant Outdoor Printing
5 A-Frames & Realtor H-Frames	10 Advanced Japanese Printing Technology
11 Many more...	

WHO WE SERVE?

✔ Small & Local Businesses	✔ Corporate Offices
✔ Retail Stores & Restaurants	✔ Salons, Gyms & Clinics
✔ Real Estate & Construction	✔ Event Planners & Franchises

Let's Us Know How We Can Help!

📍 1528 Unit 5, Star Top Road Gloucester, ON K1B 3W6
 ✉ signmaker@rogers.com 🌐 signmaker.net

📞 **613-220-3583**

FOLLOW US

INSTAGRAM



FACEBOOK



the Riverview Park Community Association gratefully acknowledges the financial support of the City of Ottawa

RAIN DATE: SAME TIME NEXT DAY

★ SUMMER ★ CARNIVAL

★ SAT 29 AUG • 6:30 PM ★

MOVIE NIGHT
+ POPCORN

BRING A FOOD ITEM FOR BLAIR COURT COMMUNITY FOOD BANK



FREE FUN

- GAMES
- CAMPFIRE

BALENA PARK
1640 DEVON ST

Maison Communautaire BLAIR COURT Community House

Connecting our Community
Rassemblement nos gens communautaires

J.R. LAWN & SNOW
Since 2017

Member of Parliament | Deputy
Ottawa South - Ottawa-Sud

southeast city church

RIVERVIEW PARK COMMUNITY ASSOCIATION

OTTAWA 200

Eagle Automotive

30+ years of experience with Foreign and Domestic cars

Vilbert Enviye
Owner/Operator



Thanks to our loyal and *dedicated* customers



FULL SERVICE

- Safety Inspections • Tune-ups
- Suspension • Tires
- Brakes • Exhaust
- Wheel Alignments
- General Maintenance

613-737-9717

Mon – Fri 7:30 am – 6:00 pm

730 Industrial Ave (at Russell)



PHARMASAVE®

CYRIL PHARMACY

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

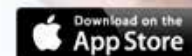
Come See The Difference At Your Neighbourhood Pharmasave

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

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

* Some restrictions apply, see store for details

Download our app today



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



\$5 OFF*

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

*Redeemable at Cyril Pharmacy Pharmasave only.



Summer movies and community connection at Trinity Church

by Mathieu Charlebois

Anyone who grew up going to Trinity Church of the Nazarene, or attending Friendship Club and/or Youth Alive! in the 2000s and 2010s, will likely remember the church's yearly kick-off to the start of the school year and return to regular church programming. For more than a decade, the church hosted a "Welcome Back Wiener Roast" in the field next to the parking lot. In 2016, the tradition evolved as the church held its first ever "Movie Night Under the Stars" on the church lawn.

In recent years, Trinity Church has worked to become a vibrant community hub for the Riverview and Alta Vista neighbourhoods, offering a growing range of free events and initiatives, while opening its doors to several non-profit organizations. As part of these efforts to build connections and create welcoming spaces for neighbours, Trinity expanded its annual September movie night into a full summer movie series with three showings of different family-friendly films. The movie series is set to enter its fourth year in 2026!

A small group of church members help select the films each year. In an effort to cre-



From movie night June 28, 2025, where we showed *Alvin and the Chipmunks: Road Trip*.

PHOTO CREDIT: SHARED BY MATHIEU CHARLEBOIS

ate a balanced lineup, they aim to include a variety of options: something nostalgic for parents, something newer that will appeal to children, and something familiar across generations. This year's movie series will feature *Stuart Little* on June 27, *The Peanuts Movie* on July 25, and *Night at the Museum* on September 12.

All movies will begin at 7:30 p.m. and will move indoors to the chapel in the event of inclement weather.

Many members of the neighbourhood have come through Trinity's doors to attend one of the community dinners that began in recent years. In keeping with the tradition of the former,

"Welcome Back Wiener Roast", this year's movie night on September 12 will once again be preceded by a free BBQ beginning at 6:00 p.m. Trinity Church is proud to support the neighbourhood in this way and hopes to continue creating welcoming opportunities for the community to gather and connect.



Member of Parliament | Député

The Honourable | L'honorable

David McGuinty

Ottawa South | d'Ottawa-Sud



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

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

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

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

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

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

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

David McGuinty, MP | Député

Constituency Office | Bureau de Circonscription

1883 Bank Street
Ottawa (Ontario) K1V 7Z9

Tel | Tél: (613) 990-8640
Fax | Téléc: (613) 990-2592

Email | Courriel: david.mcguinty@parl.gc.ca
Web Site | Site Web: www.davidmcguinty.ca



Simply Chiropractic

Headaches



Imagine waking up with a pounding headache that makes even the simplest tasks feel impossible. If this sounds familiar, you're not alone – **75% of adults** experience headaches yearly, with many seeking solutions beyond medication. **Chiropractic care** offers a natural, non-invasive approach to managing headaches, from tension to migraines, by targeting their root causes rather than just symptoms.

Causes of Headaches and Why They Persist

Headaches can range from mildly annoying to debilitating, impacting work, sleep, and overall well-being.

Common types include **tension headaches**, which create a tight, band-like pain around the head; **migraines**, known for intense throbbing and sensitivity to light or sound; and **cervicogenic headaches**, which originate from neck issues.

Common Headache Triggers

Several factors contribute to headaches, often rooted in lifestyle or physical imbalances:

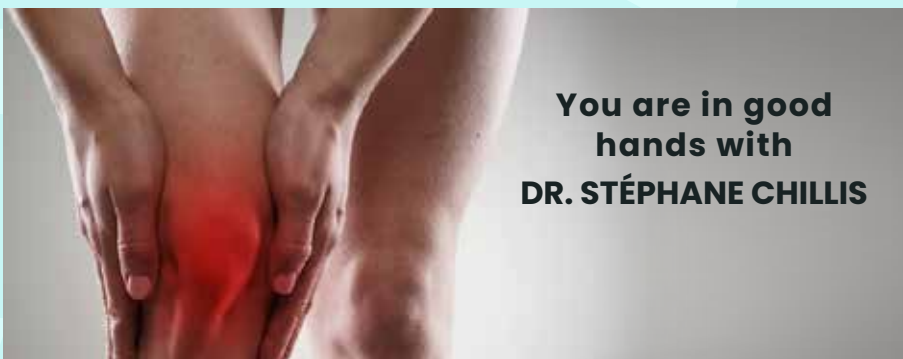
- **Stress:** Chronic stress tightens muscles in the neck and shoulders, leading to tension headaches.
- **Poor Posture:** Slouching at a desk or hunching over a phone strains the cervical spine, causing pain that radiates to the head.
- **Spinal Misalignments:** Subluxations in the spine can irritate nerves, triggering cervicogenic headaches.
- **Dietary Factors:** Foods high in preservatives, caffeine, or alcohol, along with dehydration, can spark migraines.
- **Sleep Disruptions:** Irregular sleep schedules or poor sleep quality increase headache frequency.
- **Environmental Factors:** Bright lights, loud noises, or weather changes can also play a role.

Spinal Adjustments for Effective Relief

Chiropractors use precise, gentle adjustments to realign the spine, particularly in the cervical region (neck). These adjustments relieve pressure on nerves and blood vessels, which can significantly reduce tension headaches and cervicogenic headaches.

Soft Tissue Therapies

Chiropractors often incorporate soft tissue techniques like massage, myofascial release, or trigger point therapy to address muscle tension in the neck, shoulders, and upper back. These therapies improve circulation, reduce inflammation, and release tight muscles that contribute to chronic headaches. For example, targeting muscle knots in the upper trapezius can provide immediate relief for tension headache sufferers.



You are in good hands with
DR. STÉPHANE CHILLIS

Dr. Stéphane has come to realize in the course of the past 30 years how important it is to help improve the health of his community and to make a significant impact in their lives through chiropractic treatments.

His priority will always be to serve his patients while applying his passion for healthcare.

1569 Alta Vista Drive, Ottawa Ontario K1G0E9
613-520-0123

From High Notes to High Peaks

Hillcrest Students Explore Eastern Canada and Algonquin Park

by Beatrice F. and Charlotte N.
Grade 11 Hillcrest High School
Students

From outdoor adventures in Algonquin Provincial Park to performing and sightseeing across Eastern Canada, Hillcrest High School students have had the opportunity to create unforgettable memories throughout this semester.

Over the span of five days, Hillcrest's Grade 9-12 music students embarked on an enriching trip through Ontario, Quebec, New Brunswick, and Nova Scotia, immersing themselves in a blend of performance and heritage. The itinerary was packed with musical experiences, including a workshop with string professor Leonardo Perez at Dalhousie University, a performance at Rockingstone Heights School, and an inspiring evening with Indigenous Juno winner Jeremy Dutcher and the National Arts Centre Orchestra.

Beyond the stage, students explored regional history through guided tours of the Monument Lefebvre and the Canadian Museum of Immigration at Pier 21, along with visits to landmarks



April 15-19, Hillcrest music students both performed and toured on their memorable Maritime trip.

PHOTO: HUGO WHITFIELD

like the Hartland Covered Bridge and the Halifax Harbour. The trip concluded with highlights ranging from a performance of *Come From Away* at the Neptune Theatre to a traditional sugar shack dinner in Quebec City.

Before heading home, the group visited Atelier Paré to discover the art of wooden sculpture and mastered the traditional wooden spoons: a skill that filled the bus with music and provided a rhythmic souvenir of their Maritime adventure!

For many students this opportunity was their first time seeing the sites of Canada and creating many great memories with their friends. Grade 11 student Amelia



May 3-5, Hillcrest outdoor education students embarked on their final camping trip of the year, canoeing the lakes of Algonquin Provincial Park. PHOTO: JENNY KIRTON

expressed, "It was my first time exploring eastern Canada and the music opportunities were well curated. It was nice being part of a great group of classmates, and I had a lot of fun."

Paddling through the lakes of Algonquin Provincial Park, sharing stories around the campfire and eating some unusual delicacies, Hillcrest's outdoor educa-

tion students spent an unforgettable time exploring the outdoors during their final overnight canoe camping trip of the year. Students from grades 10-12 faced the cold outdoors with two nights of camping, many experiencing their very first canoe trip while learning valuable outdoor and teamwork skills.

The trip was filled with moments like hiking the scenic Barron Canyon Trail, fishing, late-night stargazing, and plenty of frisbee games at camp. In addition, students were challenged with a rope maze that taught them that it's okay to ask for help, instead of going in circles. Between packing gear into bear barrels, making s'mores by the fire, and enjoying the peaceful wilderness, students created lasting memories and friendships throughout the adventure.

From playing music in Halifax to canoeing down Stratton Lake, these students have so many new stories to share with friends and family. Grade 11 student Callum expressed it best, "I am very grateful that I got to participate in both of these trips, as they will give me memories that will last a lifetime."




OWNED & OPERATED BY
LAURA'S
YOUR NEIGHBOURS

independent
YOUR INDEPENDENT GROCER

NOW OPEN

a Garden Centre at your finger tips

Canadian grown
Plants and flowers





Also at your finger tips, all the fresh ingredients to make your summer time dishes come to life.

OPEN
8 a.m. - 9 p.m.
Garden Centre
9 a.m. - 6 p.m.
Making your day easier

Elmvale Acres Mall

1910 St. Laurent Blvd.

613-521-0880



Exciting News

Stop in at our New Location !

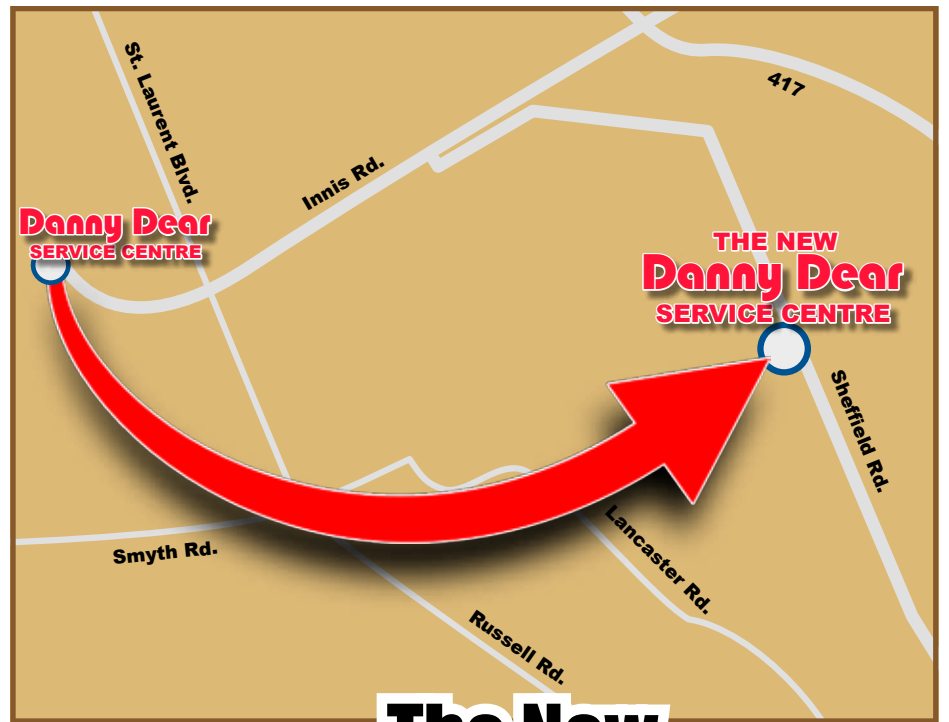
That's right, after 25 years at 850 Industrial, we have moved to serve you better.

As of April 13 we opened our new service centre at 2600 Sheffield Rd.

If you have any questions or need assistance please do not hesitate to reach out!

For more information, follow us on our Facebook and Google pages so we can keep you on the road!

 Danny Dear Service Centre



**The New
Danny Dear and
Dear's Small Engine Repair
Service Centre
2600 Sheffield Rd.**

[613]-521-4216



**We Repair all Small Engines
2 cycle / 4 cycle**



**Ottawa Regional Dealer
of lawn and garden equipment**

Specializing in snow blowers, mowers, lawn and garden tractors, chip shredders, leaf blowers, lawn vacuums, and more ...











TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

From Lewis to Poirot...

Summer is a great time of year! You can do all sorts of things outside - everything from gardening, to walking, to sight-seeing. But when the evening comes and you start to want to wind down a bit, well...that's where a series can come in quite handy! Here are some suggestions so you don't have to endlessly search through piles of...stuff to find something. All available now!

Patience (2 Seasons)

Working in the basement of the City of York's police records department, Patience Evans has a knack for solving the most intricate puzzles and finding patterns where others have been stumped. She's also autistic, so she's not your typical personality. Noticing this, DI Metcalf takes her out of the department and straight into solving crimes. Together they find patterns and clues that other detectives have missed and form a formidable (but sometimes complex) duo. A fantastic series!

Agatha Christie's Poirot (13 Seasons)

One of the truly great detective series of all time! Hercule Poirot's name is known in criminal circles - you definitely don't want him on your case if you're guilty. The famous detective travels the world solving complex crimes, usually relying on his innate skills to bring culprits to justice. All of these seasons are amazing, dig in!!

Inspector Lewis (9 Seasons)

You've heard of Morse, you've heard of Endeavour, but Lewis is



Inspector Lewis

a lesser known character. After partnering with Morse for years, Lewis is now a DI in his own right. His sergeant, Hathaway, is just as brilliant as Lewis was early in his career - and together they traverse the landscape of Oxford, solving complex crimes using Lewis' always razor sharp intuition and Hathaway's analytical, calculating mind. Once again, treat yourself to this one!!

Silent Witness (28 Seasons)

You don't get to make 28+ seasons of a show for the BBC without being very, very good! Amanda Burton started as the chief forensic pathologist and Emilia Fox is the current one. Fox's Dr. Alexander leads a dedicated team of forensic pathologists and scientists as they go back to unsolved cases, looking once again at the bodies involved and finding the smallest



Touch of Frost

links that lead them to fresh evidence. Gritty and thrilling, this is an excellent show!

A Remarkable Place to Die (1 Season)

A newer show that fits the bill as a real up and comer. When Detective Mallory returns home to Queensland she is immediately faced with ghosts from her past, but once she has her bearings, she's also faced with a list of startling homicides.



Touching Evil

A Touch of Frost (15 Seasons)

David Jason plays DI Frost with a gruffness that even DI Morse would be proud of, but he also inhabits the detective with an unrelenting resolve to find the truth and a surprising degree of compassion to go with it. Through the series, Frost breaks rules and "forgets" to do paperwork at an alarming rate, which ruffles the feathers of his by-the-book superior, Superintendent Mullett.

All Her Fault: Mini-Series

An excellent thriller! When Marissa Irvine, played by the great Sarah Snook, goes to pick up her son from his first playdate at a new school, she gets news that every parent dreads. They've never heard of her son and they've never heard of the woman who was supposedly running the playdate. A frantic, tense story unravels as she and detectives leave no stone unturned in trying to find the boy.

Touching Evil (3 Seasons)

Two of the greatest British actors of all time come together for this underrated series. DI Creegan (Robson Green) and his partner DI Taylor (Nicola Walker) tackle some of the toughest, darkest and grittiest cases imaginable. After Creegan barely survives a gunshot to the head, he has become somewhat erratic, but no less brilliant. DI Taylor must keep him in check, while also contributing her unique set of skills to catch some of the predators that must be put away. Excellent and tense - a must see!

Shakespeare and Hathaway (5 Seasons)

A really fun, light-hearted detective series. Hard boiled detective Frank Hathaway and his rookie sidekick, Lu Shakespeare, investigate a whole range of interesting cases from high stakes cheating, to magicians with a penchant for murder and everything in between. Arguments are a part of the pair's routine, but their results are always top notch!

MOVIES 'N STUFF

1787 KILBORN AT VIRGINIA
738-1607

Inspired Viewing
SERVING THE COMMUNITY FOR OVER 30 YEARS

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

OPEN

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

MOVIESNSTUFF.COM



OTTAWA DERM & SURGERY CENTRE
 OTTAWA EAST | OTTAWA WEST | MANOTICK | BROCKVILLE | KINGSTON

Trusted *Care*. Real *Results*.

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



Dr. Jennifer MacIsaac
Dermatologist



Nancy Laflamme
Medical Aesthetician



Anne McVitty
Medical Aesthetician



Catherine Read
Registered Nurse

Schedule your consultation online
with one of our expert providers.



<p>OTTAWA EAST 1675 Alta Vista Dr, Ottawa</p>	<p>BROCKVILLE 135 Ormond St, Brockville</p>	<p>www.ottawadermcentre.com</p>
<p>OTTAWA WEST 460 W Hunt Club Rd, Ottawa</p>	<p>KINGSTON 768 Blackburn Mews, Kingston</p>	<p>appointments@ottawadermcentre.com</p>
<p>MANOTICK 5494 Manotick Main St, Manotick</p>		<p>   /ottawadermcentre</p>

TRINITY COMMUNITY GARDEN

Hopes and dreams every new season

by Rhonda Turner

Another Spring Work Day took place on Saturday, May 9. A perfect warm sunny day, helped to have many gardeners show up to help with the designated tasks.

A work team tackled the major clean up of our compost which involved bagging up all very large leftover plant stalks from last season. These oversized stalks would take many, many seasons to decompose. From now on, we are asking our gardeners to utilize their own plots as mini compost bins. When stripping carrot tops, tomato leaves or any other smallish plants, we ask that they be left in their own garden plot. It will turn into their own compost enriching the plot. Any larger stalks can be chopped up and dropped into our large compost bin. This new idea will be a learning curve for most, but we hope that this trend will help our over-burdened compost situation.

The other large task was repairing the wooden borders of some of the plots. This task involved lots of digging the soil away from the border, straightening the boards and re-staking them into place, enabling a clear passageway between plots.

Mushroom compost was delivered, placed and spread in the four plots used for vegetable donations to Blair Court Food Bank. Each gardener wishing to place compost in their



Compost Work Team.

PHOTO CREDIT: RHONDA TURNER

plot can have two wheelbarrows full.

Planting the donation plots has already begun with radishes and carrots being seeded. A few parsley plants survived the winter. Parsley is a big favourite so many more plants will be purchased and planted. I started okra and various tomato seedlings at home to be transplanted only when the weather permits. Every year we strive to grow produce that will be well received. Items have come and gone, but

there are always the steadfast usuals planted.

May weekend is considered to be the big planting weekend. Some years we've been able to plant much earlier, however, some of those years we have planted and regretted starting so soon. On those occasions we were having to cover up and protect our seedlings from cold overnight temperatures. Let's hope for a good start to the garden season with "just the right" amount of rain. Along with nice rains, the garden needs sun, and warmth. We are supposedly due for another hot and dry summer.

We will be getting a new Trinity Community Garden sign to identify our garden. Our hope is that those reading the sign or entering the garden know that the word "Community" does not mean come in and help yourself. We are a "Community" of gardeners where individuals gather together to work their own plot for which they have paid an annual fee. These same gardeners commit to different tasks in the garden, plus contribute some of their excess produce along with the usual weekly donation plot contributions. Trinity's annual produce contributions have weighed between 500 to 900 lbs. per year.

If you are interested in joining our garden please contact "trinitygarden480@gmail.com".

In the past several years we have had a large turnover enabling several people on our waiting list to be allotted a plot.



Celebrating Seniors. Enriching Lives.

This Seniors Month, we honour the Veterans and Seniors who helped build our community.

We bring compassion and innovation together to support dignity, purpose and connection with support from the Perley Health Foundation.

PerleyHealthFoundation.ca



1440 Bank Street Plaza



SHERWIN-WILLIAMS

June 5-11, 40% OFF Paints & Select Stains
Plus 30% off Supplies. Sale prices starting at \$38.69.
See store for details.
Telephone: 613-521-5656



TEN SUSHI

JAPANESE BUFFET
All you can eat Buffet



From our family to yours.
Check out our daily specials.

PAY2DAY
LOANS & FINANCIAL SERVICES



From Everyday Elegance
to Wedding Day Beauty



Welcoming new patients.
CDCP Insurance accepted.
New patient offer: *Electric toothbrush*
Contact office for details: 613-680-3310



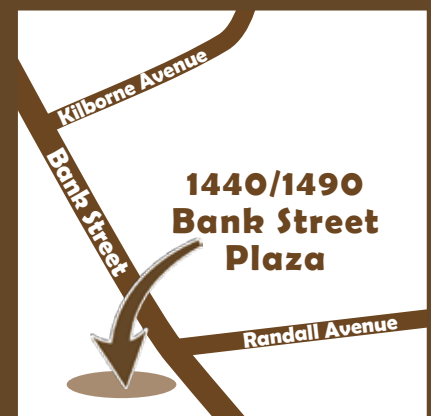
Regular price haircut: \$30. + Tax
*Seniors (over 64), Military, Health Care Workers + Kids
Regular \$25. + tax
Special \$20. Mon. - Tue. - Wed. until September 1, 2026
*Call for more information: 613-799-7101



PROUDLY CANADIAN
Hours: Monday to Friday • 8 am - 10 pm.
Saturday to Sunday • 8:30 am - 10 pm.
Telephone: 613-810-7287

In spite of the Bank Street Renewal Project
Our businesses are open and happy to see you
Present this ad and receive \$5.00 off from
participating retailers, compliments
of Plaza management.

*Limit one \$5.00 discount per transaction. Offer valid until September 1, 2026.



Orrin Clayton: a life well lived

Long-time Riverview Park resident, Orrin Mountford Clayton, who passed away suddenly on May 7, 2026, will be remembered in our community with high regard and much respect. He took on the positive role of advocacy for our neighbourhood over many years, and as a result of his caring, thoughtful and dedicated voice, he helped make Riverview Park the desirable place to live in that it is today.

Orrin leaves behind his wife, Pam, his daughter Carie (Mike), son Glen (Monique), grandchildren Chelsea and Miranda (Austin), and a very much loved great grandson. Also surviving Orrin is his sister, Adrienne, and her family in Saskatchewan, where Orrin was born, raised and attended school and university. He graduated in Agriculture from the University of Saskatchewan in Saskatoon.

In recognition of the Claytons' volunteerism and dedication to the Riverview Park community, Mayor Jim Watson presented the Mayors Award for Community Service to Orrin and Pam Clayton at City Hall in March 2000. Years later, Orrin received the Volunteer Extraordinaire Award from the Riverview Park Community Association (RPCA). Orrin and Pam Clayton are two of only three life members of the RPCA to have received this honour. Orrin was acknowledged with an award for outstanding service and contribution as a volunteer by The Honourable David McGuinty, MP.

The only book written about our community, *The History of Riverview Park* (2007), was authored by Orrin Clayton. Residents of Riverview Park still enjoy picking up their copy of *The History of Riverview Park* to look at their community's beginnings. A copy can be found in the Ottawa Room of the Main Branch of the Ottawa Public Library.

Orrin retired from the Canadian Seed Growers Association in July 1983 after spending his working life with the Association here in Ottawa.

In recognition of his invaluable work with the Canadian Seed Growers Association, Orrin received the 'Award for outstanding contribution to the association and for the preparation of the 100 year history'. The journal article by Orrin Clayton was titled, *The history of the Canadian Seed Growers' Association*, and was published in 'Seeds and Plants', January 1, 1990.

Friends and neighbours of Orrin Clayton would agree that he had



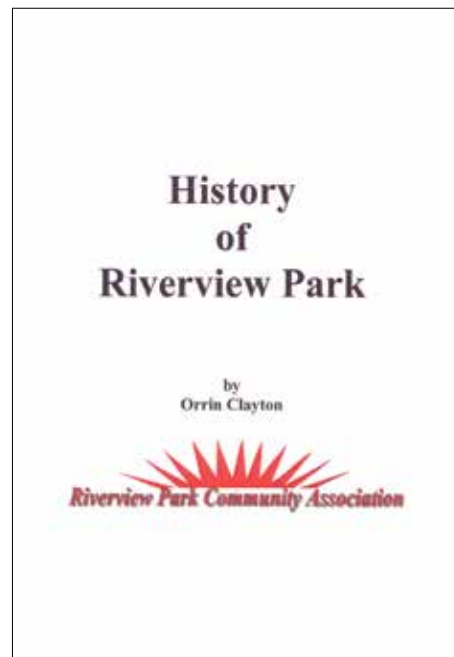
Orrin Clayton truly enjoyed his role of great-grandfather.

PHOTO CREDIT: SHARED BY THE CLAYTON FAMILY

many interests over the years, and accomplished much. He was part of a team of local residents who started the original community newspaper *Riverviews*. In the late 1990s, Orrin and Pam established, then managed the Pet Memorial Garden and Bench at Balena Park, in partnership with the Canadian Guide Dogs for the Blind. Orrin and Pam were likewise part of a small team who worked tirelessly to save Balena Park from development.

Other interests of Orrin included singing tenor with the Aged in Harmony Barbershop Chorus, travelling, calligraphy, painting and photography.

Orrin Clayton truly fitted the definition of a Renaissance man. He was a person with profound knowledge, deep expertise, and a range of talents spanning many fields. Riverview Park was indeed fortunate to have Orrin live in our part of the city and contribute as much as he did over the years.



In October 2007, Orrin Clayton published the "History of Riverview Park". Much of our community's early history and that of the Riverview Park Community Association's history was included in this collection and compilation of material. A copy may be found in The Ottawa Room, Main Branch, Ottawa Public Library.

On March 9, 2000, Pamela Clayton and Orrin Clayton (Center) received their Mayor's Community Service Award for volunteerism. Mayor Jim Watson (Left) and Alta Vista-Canterbury Ward Councillor Alan Higdon (Right) are shown here congratulating the exceptional couple at Ottawa City Hall.

The citation states: Orrin and Pamela Clayton are the founding members of the revitalized Riverview Park Community Association. They are active members of the *Riverviews* editorial board. Mr. and Mrs. Clayton spearheaded the initiative to steward their community's six parks as part of the City's "Adopt-a-Park" Program. In particular, they have taken a keen interest in the proper maintenance and health of Coronation Park. They were founding members of the Balena Park Committee, dedicated to save threatened green-space in their community.

Pam Clayton has also been an invaluable contributor to her Neighbourhood Watch Program as a Block Captain, Area Co-ordinator, Board Member and President.

ESSENTIAL HEALTH

Ankle sprains



VERONICA ROGOVSKY
PT

Ankle sprains are commonly talked about, but what exactly are ankle sprains and what do they mean for the body?

Sprains are injuries to the ligament that cause them to stretch or tear. Ligaments attach bone to bone. There are three different types of ligament sprains:

- Grade I (mild): stretching of the ligament, some tenderness and swelling. Can take 1-3 weeks to recover.
- Grade II (moderate): slight tearing of the ligament, often causes swelling and bruising and some instability. Can take 4-12 weeks to recover.
- Grade III (severe): a complete rupture of the ligament, causing swelling, bruising, and instability. Surgery may be required.

There are also three different

locations where ankle sprains can occur:

- Lateral ankle sprain (Inversion): the ankle rolls inwards affecting the ligaments of the outside of the ankle.
- Medial ankle sprain (Eversion): the ankle rolls outwards, affecting the ligaments on the inside.
- High ankle sprain (Syndesmotic): Occurs with twisting, affecting the ligaments at the top of the ankle.

Physiotherapy for ankle sprains is broken up into different phases depending on the severity of your injury.

- Acute phase (0-1 weeks) – the goal is to increase mobility and to reduce swelling and pain. Exercises in this phase are used to help with range of motion and to im-

prove circulation.

- Progressive range of motion (1-3 weeks) – the goal is to improve mobility, flexibility, walking, and proprioception (knowing where your body is in space). You will be given stretches, foam rolling, and exercises to achieve the above goals.
- Progressive strengthening (2-6 weeks) - the goal is to improve strength and balance. More weight bearing and challenging exercises begin to be introduced.
- Functional phase (+6 weeks) – the goal is to continue to improve strength, endurance, power, speed and agility and to improve confidence in the ankle to return to your goals and activities. This phase is more dependent on everyone's goals; whether it is returning to a specific sport or activity or getting back to work.

Why is physiotherapy so important after an ankle sprain?

An ankle sprain can do damage to the proprioceptors located in the ligaments and muscles. Without these receptors functioning properly, the ankle may have more difficulty with balance and coordi-

nation, increasing the risk of future ankle sprains. Additionally, compensation patterns may arise in the rest of the body, leaving other areas of the body like the knees, hips and back more vulnerable to injury.

In physiotherapy your therapist's goal is not only to reduce pain and swelling of the ankle, but to also address ongoing stiffness, instability, fear of movement, and compensation patterns to reduce the risk of future injuries both to the ankle and the rest of the body. Your therapist understands how to gradually load the ligament, when to progress exercises and when to safely return to sport. Although it may be tempting to simply wait for the injury to heal on its own, visiting a physiotherapist can help ensure proper healing of the ankle and reduce the likelihood of future injuries. Even an old ankle injury can continue to affect other areas higher up in the body. If you have any concerns, check in with your physiotherapist to determine whether a past ankle injury could still be affecting you years later!

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



Essential Health Massage Therapy

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

www.essential-health.ca



Unit 220-700 Industrial Avenue, Ottawa, ON
(Free Parking, Clinic entrance faces Coronation Blvd.)

info@essential-health.ca

613-695-4000

SUMMER EVENTS IN



ALTA VISTA



Compiled by Councillor Marty Carr

Alta Vista Market

Saturdays - June 13th to early October
9a.m. to 1p.m.
St. Thomas the Apostle Church
2345 Alta Vista Drive

Awesome Alta Vista Garage Sale

June 13th - 8a.m. to 1p.m.
Map available on the AVCA website



Shakespeare in the Park

June 30th - 7p.m. to 8:30p.m.
Alta Vista Park
1309 Randall Avenue



AVCA Canada Day Fireworks

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



Shakespeare in the Park

July 15th - 7p.m. to 8:30p.m.
Weston Park
955 Pleasant Park Road



Music in the Park

July 24th - 6p.m. to 8p.m.
Weston Park
955 Pleasant Park Road



Made in Alta Vista Market

July 30th - 4p.m. to 8p.m.
Jim Tubman Chevrolet Rink
2185 Arch Street



Heron Gate Summer Fun Day

August - Date TBD - 12p.m. to 4p.m.
Sandalwood Park
2850 Sandalwood Drive



Riverview Park Summer Festival / Movie Night

August 29th - 6:30p.m. to 10p.m.
Balena Park
1640 Devon Street



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



martycarrottawa.ca

Meet your Ward 18 Office Team

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

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

1245 Kilborn Place Information Sessions - June 11 and 24

An in-person community information session will be held on Thursday, June 11 at Jim Durrell Recreation Centre in Ellwood Hall (1265 Walkley Road) from 6:30p.m. to 8p.m. to meet the partners and to provide updates on next steps for 1245 Kilborn Place.

This meeting will begin with a brief presentation at 6:30p.m. and will be followed by an opportunity to ask questions to the project team. No advanced registration is required for this event.

If you are unable to make the in-person meeting on June 11, a virtual meeting will take place on Microsoft Teams on June 24 from 6:30p.m. to 7:30p.m. Please email my office for a link to this meeting.

Afternoon Conversation with Councillor Carr - June 25

Warmer weather is here and I look forward to catching up with residents on the patio of the Black Pug (1785 Kilborn Avenue) on Thursday, June 25 from 2p.m. to 3:30p.m.!

This event will run the same way as our usual Coffee and Conversations. Feel free to stop by with questions and/or concerns or just to say hi! I look forward to seeing you there.

Made in Alta Vista Market - Call for Vendors!

Following the success of last summer's Made in Alta Vista Market, I am happy to announce that the event will return this year! We look forward to welcoming you back to the Jim Tubman Chevrolet Rink (just outside the Canterbury Community Centre at 2185 Arch Street) on Thursday, July 30, from 4p.m. to 8p.m.

Leading up to this event, we are looking for new vendors to showcase their products! If you are interested in participating, please visit my website and fill out the Google Form with details about your business. We will be accepting vendor applications until June 30.

Balena Park Corn Roast - September 13

Our annual Balena Park Corn Roast will be taking place on Sunday, September 13 from 3p.m. to 6p.m. at 1640 Devon Street!

You can look forward to lots of fun family activities including face painting, a bouncy slide, a magic show by Magical Marvin, and a petting zoo. Don't forget to stop by the food station for corn, hamburgers, hot dogs, chips, and drinks!

Hawthorne Park Fun Day - September 16

Our third annual Hawthorne Park Fun day is coming up on Wednesday, September 16 from 4p.m. to 6p.m. in Hawthorne Park (2139 Tawney Road).

Our friends from The Zoo Crew will be returning to bring hands-on animal fun, as well as Ottawa Fire Services, who will be bringing a fire truck! MPP John Fraser's office will also be serving up ice cream! I look forward to seeing you there.

2026 Infrastructure Updates

Did you know there are currently 44 active infrastructure construction projects underway in Ward 18? On my website, I have provided a fulsome document explaining each of these projects in detail. For a full list of current and planned works in the ward and across the city, you can visit the Construction and Infrastructure Projects City webpage.


Ward 18 Weekly Newsletter

Did you know that I release a bilingual weekly newsletter every Friday? If you are interested in subscribing, you can do so on my website. You can also contact my office and we would be happy to subscribe you.

Stay Connected

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

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

 Instagram (martycarrottawa)

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

FRIENDS OF RIVERVIEW PARK GREEN SPACES (FoRPGS)

FoRPGS Note for June 2026 issue

by Ron Ridley on behalf of the FoRPGS

I hope you are getting out to enjoy the wonderful weather we are having! Everything has gotten so rich and green seemingly so fast this spring – it seemed to stay in the “sticks” phase for so long after the snow left.

The Friends of Riverview Park Green Spaces (FoRPGS) started the season with our biannual clean-up as part of the city-wide Cleaning the Capital program. On Saturday, April 25th and May 2nd, 40 volunteers contributed 59 hours to collect 39 bags of garbage!

A huge thank you to everyone who helped clean up:

- Balena Park, Dale Park, and Riverview Park
- The Hospital Link Road (between Alta Vista and Balena)
- The corridor to the Perley and the old apple orchard
- Coronation Avenue (from Weyburn to Neighbourhood Way)
- The Riverview Park North-South Hydro Corridor
- The Community Paths (between Dorion & Drake, Chomley & the Hydro corridor, Bathurst & Devon, and behind Maplewood)

We noticed a significant in-



Bee Hotel.

PHOTO CREDIT: RON RIDLEY

crease in litter along the Hospital Link Road, largely due to the two active contractors in the area. We have approached Councillor Carr to address this issue.

Now, that spring is upon us, a small group is forming to help recover Coronation Woods from invasives, that left unchecked will take over this beautiful old forest we have right in our community. In January, we applied for an Invasive Species Center grant to help fund training, communications, consumables, tools, and supplies. We expect to hear any week on our grant application. If you would like to help on this project, please reach out to: forpgsottawa@gmail.com.

Shortly, we will be looking for

volunteers to help open our pollinator gardens. If you are interested in helping and meeting like-minded individuals, please reach out to: forpgsottawa@gmail.com. Our pollinator garden has a small new addition – a cute little bee hotel. A bee hotel (or solitary bee house) is an artificial structure designed to provide safe nesting sites for native, solitary bees. These non-aggressive bees do not produce honey or defend a hive. They are highly efficient pollinators that tuck eggs into hollow tubes with nectar and pollen.

Fletcher Wildlife Garden is holding its Pollinator Appreciation Day on Saturday, June 20th, 10 am to 2 pm (rain or shine) at its Prince of Wales Dr. location in the Arboretum. The key participants have confirmed their attendance, and it looks like it will be very informative: Master Gardeners of Ottawa, Ottawa Wildseed Library, Ontario Invasive Plant Council, Wild Pollinator Partners, City of Ottawa, Canadian Wildlife Federation and Community Action for Environmental Sustainability (CAFES).

Please note the new date for our inaugural 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 date for the garden tour is Saturday, July 18th. If you're interested in featuring your garden, 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.



John Fraser
Ottawa South | Ottawa-Sud

YOU'RE INVITED TO A

STRAWBERRY SOCIAL

BILLINGS ESTATE, 2100 CABOT ST.
JUNE 24 - 5:30 - 7:30 PM

ICE CREAM, CAKE, FRUIT & REFRESHMENTS
WILL BE SERVED. BRING YOUR OWN
CHAIR OR BLANKET

PLEASE RSVP: 613-736-9573 OR
[JFRASER.MPP.CO@LIBERAL.OLA.ORG](mailto:jfraser.mpp.co@liberal.ola.org)

FREE LOT & STREET PARKING
BUT ENCOURAGE OTHER MODES
OF TRANSPORTATION



CONGRATS 2026 GRADUATES!

I WISH ALL STUDENTS AND THEIR FAMILIES A SAFE AND FUN SUMMER!

 1883 Unit D Bank Street
Ottawa, ON K1V 7Z9

 613-736-9573

 jfraser.mpp.co@liberal.ola.org

 www.johnfrasermpp.ca

SUMMER 2026



AT THE CCA

Canterbury Community Centre,
2185 Arch Street



Summer
Night
Markets

Thursdays: June 25,
July 23, August 20
4 pm - 8 pm

(On the Jim Tubman Chevrolet Rink)

Outdoor
Movie
Nights

Saturdays: July 25,
August 8, August 22
6 pm - 10 pm

(On the Jim Tubman Chevrolet Rink)

Summer
Session

Session 1: June 29-July 24
Session 2: July 27-Aug. 24

Fitness~Yoga~Karate and more!

Register online:
cca-acc.ca/programs

For more information, call 613-738-8998

Matthew House Ottawa Furniture Bank now accepting donations

Matthew House Ottawa's Furniture Bank is now open in its expanded location at 700 Industrial Avenue, and we are currently accepting donations of gently used furniture and household items to help families across Ottawa turn empty spaces into homes.

Last year alone, the Furniture Bank furnished 1,599 homes for individuals and families transitioning out of homelessness, newcomers rebuilding their lives, women leaving violence, youth exiting care, and many others moving into stable housing.

We are especially in need of couches, along with:

- Beds and mattresses
- Dining tables and chairs
- Dressers and storage furniture
- Kitchenware and household items

Donations can be dropped off Monday to Friday from 10:00 am – 2:00 pm at: 700 Industrial Avenue, Unit 1B

The Furniture Bank also offers a paid furniture pick-up service, and donors receive a charitable tax receipt for accepted items. Please call us at 613-591-6681 or email at furni-



turedonations@matthewhouseottawa.org

Furniture donations help families redirect limited resources toward essentials like rent, groceries, child-care, and prescriptions — while also keeping usable furniture out of the landfill.

Matthew House Ottawa has been actively fundraising toward the renovation and expansion of its new Furniture Bank space. This included a major community fundraising event on April 16, which raised



more than \$85,000 to help close the final fundraising gap, alongside many smaller community-led initiatives — including Grade 7 students

at Vincent Massey Public School, who raised more than \$1,800 as their own contribution to the project.

Learn more or schedule a pickup at: www.matthewhouseottawa.org
 Kailee Brennan, Executive Director,
 Matthew House Ottawa,
 (902) 331-0451
kbrennan@matthewhouseottawa.org
 Book a time to meet here: www.matthewhouseottawa.org

The Innes Road Food Trucks Satisfy your cravings at our savoury corner

1877 Innes Rd.



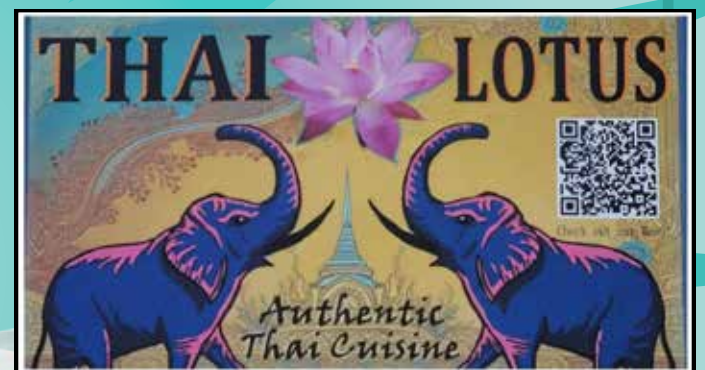
613-879-3541
12am - 7pm



613-558-7755
11am - 7pm
Opening Soon



613-851-5233
Serving Box of Rice & Charcoal BBQ Chicken
see website: 233Flavors.com



613-879-3541
Tue - Sun 11am - 7pm



INNES CHIP WAGON
613-614-3957

FRESH CUT FRIES - HOME MADE SPRING ROLLS

613-614-3957
11am - 7pm

“I wish I’d known about the services sooner!”

An introduction to the South-East Ottawa Community Health Centre

by Carole Moulton

There is a famous quote attributed to anthropologist Margaret Mead, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

Such would appear to be how you would describe the beginnings of the South-East Ottawa Community Health Centre (SEOCHC), established in 1985 in Ottawa South. And, yes, it was created by volunteers who saw the need for important services they felt were missing in our area of the city. Today, SEOCHC is certainly one of this community’s most important service providers, thus the frequent comment from people wishing they had known about SEOCHC long before they did.

The original volunteers would no doubt find it rewarding to see the success of their vision of over 40 years ago, plus the fact that their vision went as far as it has. Today, with a staff of 154 and a huge number of incredible volunteers, many services are provided by SEOCHC to those of all ages across the Ottawa South community. And, for those using SEOCHC, word-of-mouth has been their main source of hearing about this invaluable resource.

The Headquarters for SEOCHC opened at 1355 Bank Street in the year 2000, at the south-east corner of Riverside Drive, taking up the whole sixth floor and part of the seventh. Most people will recognize it as the building they drive by frequently or even where they have visited for medical appointments. Two satellites are part of SEOCHC: one at the Hunt Club Riverside Community Center, 3320 Paul Anka Drive and



1355 Bank Street at Riverside (travelling east) is a building we all recognize. The sixth floor and part of the fifth floor are occupied by the South-East Ottawa Community Health Centre. Photo shared by South-East Ottawa Community Health Centre

a second one, the Early On program at 22 – 1485 Heatherington Road.

What are these wide-ranging services that are available one might ask? Well, the extensive list goes far beyond the primary areas included below:

- Seniors and Adults with Disabilities (Community Support Services, Primary Care Outreach to Seniors and Health Promotion to Seniors),
- Multicultural Services (Healthy Living Initiatives, Multicultural Health Promotion and Community Connections),
- Social Services (Practical Support, Anonymous HIV Testing, Social Service Drop-in, Food Cupboard, Counseling and Addiction counselling through Service Access to Recover- SAR),
- Early Years Services (Breast-feeding Support, Prenatal Breastfeeding Information Sessions, Baby and the Group Prenatal Program and Milk and Eggs) and
- Earlyon Child and Family

- Centre (In-Person Playgroups, Arabic Family Support Group, Parent Connection Group- Parent and babies 0- 12 months, Clothing Cupboard, and Baby Cupboard.)
- And many more!

The numbers of people already using SEOCHC is huge. In 2025, alone, just the Community Support Services program served 1410 clients, with a total of 12,579 services, and many thousands of

clients provided for among all the programs.

Fortunately, for one senior who recently connected with the South-East Ottawa Community Health Centre (SEOCHC), asking about help with house cleaning and yard work was not an unusual query. Likewise, a request for a driver to help meet the need for a ride to an appointment can certainly be fulfilled.

The reality that volunteers over forty years ago had a vision for our community that would make life easier for those they didn’t even know- is incredible. Yes, Margaret Mead could certainly have been referring to those volunteers, such as the forward-thinking contributors to the amazing idea for Ottawa South.

How can you make contact to connect if you live in the SEOCHC catchment area? Telephone; 613- 737-5115, email at:office@seoche.on.ca or look for further information on the web at:www.seoche.on.ca

Stay tuned... South-East Ottawa Community Health Centre will have a regular column about their services in this paper going forward.



This sign at the top of 1355 Bank Street welcomes visitors to the South-East Ottawa Community Health Centre (SEOCHC).

PHOTO CREDIT: GREG MONEY



Riverview Alternative



Join Us For Kindergarten

Now Open

 For Registration!

THE LAST OPPORTUNITY TO REGISTER AT AN ALTERNATIVE SITE IS SEPTEMBER 1, 2026

LEARN MORE



riverviewas@ocdsb.ca

riverviewalternative.ocdsb.ca

RIVERVIEW BENEFITS

- Fully Bilingual Instruction
- A 4.5-Acre Natural Campus
- River Families Mentorship
- Small Community School
- Focus on Experiential Learning
- Fostering "Math Joy" and Confidence
- Regular Updates from Teachers
- Monthly School Events
- Before School Care Available
- Community Gardens
- And So Much More . . .

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

RIVERSTONE RETIREMENT

DAY IN THE LIFE

JOIN US! for a fun-filled day of activities, entertainment, delicious food and great company! It's a beautiful day to start living your best life.

You just might want to stay and call it home.

Independent Living | Assisted Living | Memory Care

JUNE 11-12 | 10-4 PM



RSVP TODAY

COMMUNITIES IN YOUR NEIGHBOURHOOD

- OAKPARK | 613-260-7144 Alta Vista
- MAPLEWOOD | 613-656-0556 Riverview Park
- RIVERPATH | 613-327-9655 Beechwood

12 Communities across Ottawa
Find us in your neighbourhood
riverstoneretirement.ca | 613-627-2090

Ottawa Owned & Operated 

RIVERSTONE
RETIREMENT COMMUNITIES



Riverview Park Review

SECTION TWO

JUNE 2026

A Voice of Riverview Park

JULY 2026

SLEDATHON NEWS

Written by Vincent Massey
Public School students Macy Brown,
Ila Marquardt and
Lilab Aguilera-Howell

SOLE, or Students on the Leading Edge, are a group of dedicated grade 7 students at Vincent Massey who want to contribute to our school and community in a positive way. We have been working hard with Matthew House as well as taking on projects around the school. Our goal is to establish local connections and improve lives around us.

On February the 12th, 50 grade 7 students from Vincent Massey Public School participated in a challenging sled pulling activity for the duration of 2 hours to demonstrate their commitment and determination to helping others. For weeks, they fundraised to donate the proceeds to Matthew House Ottawa.

We've been working with Matthew House Ottawa to help raise funds for the new furniture bank in our neighborhood. In total, we were able to raise \$1,861 to



SOLE students at Matthew House gifting their generous donation. PHOTO CREDIT: GREG MCKEAN

help support their cause. Weeks later we had the chance to visit and drop off the official donation cheque. Matthew House is a non-profit organization dedicated to helping marginalized families in need of home furnishings.

Located at 700 Industrial Ave-

nue, the Matthew House of Ottawa has helped hundreds of families and refugees feel at home and included. Many people state that Matthew House helped them feel welcome in their new home or country. Matthew House accepts drop-offs and pick-ups of furni-

ture from 10 a.m. to 2 p.m. Monday to Friday.

A big thank you to all the people and families in our community who helped us achieve this amazing milestone. We could not have raised near this much money without your support and donations.



TRAIN YARDS DENTAL CENTRE

**Dr. Steven Da Costa
and Associates**

New patients & Emergencies welcome!
Service in: English, French, Portuguese & Spanish

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

613.789.2500
www.trainyardsdental.com
525 Industrial Ave., Unit 1, Ottawa, ON K1G 0Z1





Montenegro by T&C Away

In southwestern Montenegro, the Bay of Kotor winds in from the Adriatic Sea stretching for 28 kilometers before reaching the City of Kotor. Surrounded by the Dinaric Alps, the Orjen mountains to the west and Lovćen mountains to the east, the bay exhibits dramatic cliffs and scenic vistas that provide a superb backdrop for landscape photography. The specific photography workshop that we attended was based in the picturesque town of Perast and pursued a theme of hidden, lost and derelict buildings. PHOTOS ARE COPYRIGHT ©.



Early morning mist flows over the bay, offering another sunny day.



The Church of Our Lady of the Rocks originated in the 15th century when fishermen of the area began piling rocks to form a man-made island in the Bay of Kotor. Over the centuries the island became home to the catholic church.



The Bay of Kotor and the rugged scenery. The bay is deep enough that all but the largest cruise liners may enter for daytime visits.

The village of Old Stolive, a one-hour hike into the hills. Many villages abandoned after earthquakes are only accessible by foot. Some are being redeveloped to promote tourism in the area.



Relics inside the derelict building can still provide colourful insights into past activities.



As with the sunset hours, photographers love the dawn light although getting up early is sometimes more difficult.



The evening light from the setting sun reflects across the bay.



The city of Kotor nestles in the furthest extent of the bay, in the shelter of the surrounding mountains.

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 to seven photos if you are including text. The next deadline is Saturday, September 11, 2026. No exceptions, please.

Upcoming Community Events at Oakpark:

by Bonnie Miller, Marketing Manager, Oakpark Retirement Residence

June 11 – Day in the Life: Strawberry Social - 2pm
Celebrate the sweetness of summer with us at our Strawberry Social on the patio. Guests will enjoy delicious strawberry-inspired treats, refreshments, and live entertainment in a relaxed and welcoming atmosphere.

June 12 – Cowboy Hoedown - 2pm: Put on your cowboy boots and join us for an afternoon of toe-tapping fun at our Cowboy Hoedown featuring live country music, refreshments, and plenty of community spirit. This is sure to be a rootin'-tootin' good time!

June 23 – Enchanted Evening: Romance Under the

Stars - 7pm: Join us for an elegant evening filled with live romantic music, wine and cheese, and beautiful ambience as we celebrate the magic of summer nights under the stars.

July 1 – Canada Day Celebration! Celebrate Canada Day at Oakpark with a festive BBQ lunch, with seating available at

11:30 a.m. and 12:45 p.m. The celebration continues with live entertainment at 2:00 p.m. as we gather together in true Canadian spirit.

Community members are warmly invited to attend our upcoming events. We look forward to welcoming you to Oakpark Retirement Community! Please RSVP at: 613-260-7144

Recent Highlights at Oakpark

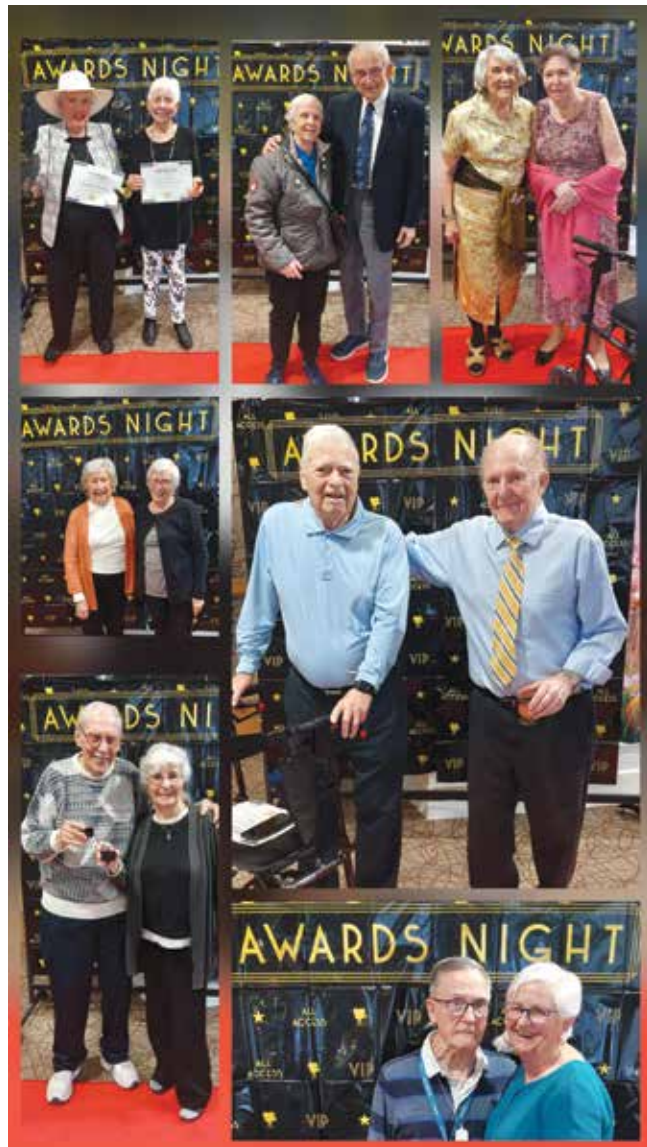
Oakpark celebrated Mother's Day with a special buffet-style brunch enjoyed by residents and their families. With many loved ones joining us for the occasion, the dining room was filled with joy, gratitude, and meaningful time spent together celebrating the important mothers and mother figures in our community.



Dinner with Friends: Afghanistan: Our popular "Dinner with Friends" series took residents on a culinary journey to Afghanistan. A heartfelt thank you to our Food Service Manager and Receptionist, Mastora, who shared her cultural background and helped create an exceptionally memorable dining experience filled with authentic flavours, stories, and community connection.



Despite the cool weather, our Spring Open House was full of warmth and fun. Residents, families, and guests enjoyed the Giddy Up and Go Petting Zoo in the morning, followed by an indoor Garden Party celebration in the afternoon. The day was filled with laughter, visits with adorable animals, refreshments, and wonderful fellowship



Residents rolled out the red carpet for our very own "Oakpark Oscars." Community members nominated fellow residents for special titles and awards, recognizing those who make a positive impact and help make Oakpark such a welcoming and caring place to call home.



YOUR LOCAL BREWERY AND TAPROOM

11-830 INDUSTRIAL AVE.
VIMYBREWING.CA

TECHNOLOGY HELP IN YOUR HOME OR OFFICE

We come to you to fix technology problems.

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

HOW CAN WE HELP YOU?

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

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

www.compu-home.com The Harding Family

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 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.

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 OCDSB has started a "West Central Accommodation Review" for the schools around Churchill Alternative. A similar review process for Riverview and other Alta Vista elementary schools will likely begin by 2027. (At the West Central Review consultation, concerns were raised about the transparency of the process and lack of adequate notice for the meeting.)

Meanwhile, the RPCA and parent groups have asked for a follow-up meeting with the OCDSB to discuss next steps and ways of addressing the imbalance in school enrollment. They have noted that several elementary schools in the Ward (including Vincent Massey) are severely over capacity

and that some students could be diverted to Riverview to relieve overcrowding – particularly those living close to the school. 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

Two (2) proponents have now been identified as co-tenants to construct residential housing at 1460 Riverside Drive that is owned by the National Capital Commission (NCC) (the 0.89-hectare empty lot directly across from the Cancer Survivors Park): 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 and administered by the Canadian Mortgage and Housing Commission (CMHC) to support 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 NCC is currently working toward facilitating development of the site through a long term ground lease as described in Order In Council 2026-0218.

The RPCA has asked to be notified of any further consultations, given the parcel's location next to a transit arterial and a well-used pathway for those heading to and from the Hurdman LRT and downtown Ottawa. The next opportunity for public comments will be after 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 proposal has been received to construct a nine-storey residential building with 329 units on the vacant lot at 1867 Alta Vista Drive (between the Canadian Dental Association and Nova Network building and across the street from the Canadian Blood Services headquarters and MD Financial offices.). A zoning amendment is 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 could 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.

ALTO – High Speed Rail Consultations

On April 24, ALTO, the federal crown corporation in charge of building the Toronto-Québec City High-Speed Rail Network, finished the first stage of consultations with the public in various communities along the planned corridor, including Ottawa. A public consultation report will be published by summer 2026 with further consultation activities planned in the coming months as the project progresses. 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. The consultation provides 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.

Traffic Safety Issues/ Pedestrian Safety

The RPCA has asked the City to consider putting in painted crosswalks across Knox Crescent (near Riverview Alternative School) where it intersects with the sidewalks on Dorion and Drake, to help calm traffic and make it safer for seniors and parents with young children. Councillor Carr's office has forwarded this request to City staff.

The new **Active Transportation Roundtable for the Ward**

being hosted by Councillor Carr's Office, has met twice this year and a third meeting may be held before summer. Riverview Park residents are taking part in the Roundtable, to help identify locations where improvements are needed for cycling and pedestrian safety.

Among the items raised for improving cycling and pedestrian safety are:

- **Crossing at Industrial and Riverside** This intersection is currently under design.
- **Cycling safety on Northbound Alta Vista Drive and the Alta Vista Drive / Industrial intersection** A request has been made to redesign and reconstruct the intersection of Alta Vista and Industrial, including to add some northbound cycling safety measures approaching the intersection.
- **Improving pedestrian cycling safety along Industrial Avenue east of Neighborhood Way** While the City has no current plans to improve or install additional sidewalks or Multi-Use Paths (MUPS) along Industrial between Neighborhood Way and Russell Road, developers along that portion of Industrial have the opportunity to build a section of the MUP along their property.

OTHER DEVELOPMENTS: Canada Post Mailbox Conversion Program

Canada Post service has said it was "initiating discussions "with 13 Canadian communities — including Ottawa — to prepare and convert its first cohort of about 136,000 addresses countrywide to the boxes in late 2026 and early 2027. In some cases, weekly home delivery may be provided on a seasonal, temporary or permanent basis.

In Ottawa, the conversion process involves about 30,000 residents, including those living in Riverview Park whose postal codes begin with K1G. Canada Post has promised to consult with communities, but details are not yet available. More information on the process can be found at: <https://www.canadapost-postes-canada.ca/cpc/en/our-company/accessibility/delivery-accommodation-program>. page or: <https://share.google/EoGeeZfS5XFS2NHBP>

Information on some project

CONTINUED ON PAGE 29

RIVERVIEW PARK PRESIDENT'S REPORT



RON RIDLEY
RPCA President

Seems like summer is finally upon us! I hope you get out and enjoy all that our community provides: from the numerous greenspaces, pickleball/basketball/tennis/etc. courts, pools, multi-use paths and parks.

First off, the RPCA is very sorry our Easter Egg Hunt at Balena couldn't be held this spring. The park was very wet from the late snow and then melting, and the organizers felt it wouldn't be appropriate for children searching for Easter Eggs, but we plan to be back next year.

The RPCA has many events to put in your calendar for this summer!

Porchfest will be the next event, and we expect to build on our previous two very successful earlier editions this time around. A lot of our local performers are back, and we are looking forward to a full schedule on the afternoon of Saturday June 20th and Sunday June 21st. More details can be found on the RPCA website and Facebook page.

In July, we have our inaugural **Riverview Park Garden Tour on Saturday, July 18th**. 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! If you're interested in featuring your garden, please send your contact information to: secretaryriverviewparkca@gmail.com

On August 29th, we will have our annual **Summer Festival and Movie Night**. This event is always one of our biggest events



We have received additional event funding and we have some exciting, lasting additions to the Summer Festival.

and is a great way to celebrate the summer while meeting your neighbours. For 2026, in conjunction with the City of Ottawa's celebration of Bytown 200 we have received additional event funding and we have some exciting, lasting additions to the regular event. Ottawa is celebrating its bicentennial in 2026, marking exactly 200 years since the settlement of Bytown was founded by Lieutenant Colonel John By on September 26, 1826. The city-wide Bytown 200 programming honours the region's transformation, from a frontier logging camp into Canada's capital. In addition to the city supporting local community groups like ours, the city is supporting Business Improvement Associations and Cultural groups to deliver programming throughout the summer celebrating Bytown 200, leading to the marquee celebration on September 26th.

At the Summer Carnival and Movie Night, we will be showing a short National Film Board movie on how Bytown was turned into the capital of Canada before

the main event movie.

As part of our funding, the RPCA and residents will also create a temporary celebratory collage mural on one wall of the Balena Fieldhouse in honour of the 200th anniversary of Bytown, using a banner and then pinning up drawings by residents young and old alike. Selfies will be encouraged!

Two lasting additions to Riverview Park from the event funding will be a permanent community communication board and a set of community historical poster boards.

The community communication board will encourage the sharing of information about important community events in locations that are central, open to the public and attract a wide spectrum of residents. This bulletin board would allow the RPCA and other community groups opportunities to share information about upcoming events and key issues.

The RPCA, in close partnership with the Riverview Park Review, our local community newspaper, plans to research and create a number (6-10) of historical posterboards about the community and its evolution, and to display these during the Summer

Carnival and Movie Night. Some historical topics to explore include:

- the establishment of Riverview Park as a community in the 1950s;
- the Grey Nuns Convent,
- the confidential Spy Agency here,
- Balena Park containing a major skating oval,
- the evolution of the market area on Alta Vista near Dorion,
- and the protection of the Coronation woods.

These poster boards could then be used for historical walks in the neighborhood in future years.

Staying connected is easy—subscribe to our monthly e-mail newsletter or become an RPCA member for just \$20 a year. Ready to make a difference? Visit www.riverviewparkca.com or email us at president@riverviewparkca.com with your ideas or questions. We'd 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.

Planning and Development update

CONTINUED FROM PAGE 28

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 con-

cern, 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.riverviewparkca.com or email the RPCA at riverviewparkca@gmail.com

SOUTH OTTAWA'S INDEPENDENT PAINT DEALER!

we've got you
COVERED


PPG
PAINTS


Benjamin Moore
Paint like no other.


SICO


OLYMPIC


SICO
ProLuxe


LIGNA
Huile naturelle pour le bois
Natura oil for wood


Old Masters


Livos



- QUALITY TOOLS
- ECO PRODUCTS
- CUSTOM PAINT SPECIALIST
- EXPERT SERVICES FOR OVER 60 YEARS



Corner of Bank & AltaVista

2649 Alta Vista Drive
Serving Ottawa Since 1952

613-521-3636



TAKE A LOOK... EXPLORE LIFE AT MAPLEWOOD

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

JUNE
A Day In The Life Theme
'Summer Barbeque Fun'
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.

JULY
Canada Day Afternoon Ice Cream and Live Music
Wednesday July 1st from 3:00 p.m. to 4:00 p.m.

Summer Barbeque and Live Entertainment
Wednesday July 29th from 11:30 a.m. to 1:00 p.m.

AUGUST
Latin Chair Dancing
Tuesday August 11th from 1:45 p.m. to 2:15 p.m.

Outdoor Concert
Thursday August 20th from 7:00 p.m. to 8:30 p.m.

SEPTEMBER
Maplewood 13 Year Anniversary Celebration
Thursday September 17th from 3:00 p.m. to 4:00 p.m.

An Octoberfest Afternoon With Live Music
Tuesday September 29th from 3:00 p.m. to 4:00 p.m.

OCTOBER
Open House
Saturday October 3rd from 10:00 a.m. to 3:00 p.m.

Classical Piano Concert
Friday October 16th from 3:00 p.m. to 4:00 p.m.

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

Snapshots of spring activities at Maplewood

PHOTOS BY VANESSA FOWLEY



1st Barbecue Lunch for: International Firefighters Day



Jigsaw Puzzle Fun



Enjoying Breakfast prepared by our chef Mely



Painting class



A Maplewood 'Day in the Life' Wicked Movie theme

Advertisement for Super Duper Pizza. Includes logo with a chef and pizza, 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. Includes a barber pole logo, the shop name 'Rock's Barber Shop', the text 'We are OPEN', address '1579 Alta Vista Drive, Alta Vista Centre (corner of Alta Vista and Dorion)', owner 'Rock Lalonde', and phone number '(819) 635-3711'.

What 100 Years of living can teach us about aging well

By Sherrilynne Starkie, Special to Perley Health

June is Seniors Month in Ontario, a time to celebrate the older adults who continue to shape families, neighbourhoods and communities. At Perley Health, it is also a time to reflect on a powerful question: What can 100 years of living teach us about aging well?

Each year, Perley Health celebrates its Century Club, recognizing residents who are 100 years of age or older. This year, 26 members of the Perley Health community are celebrating this remarkable milestone.

Behind every 100th birthday is a century of experience, resilience and contribution. These remarkable Veterans and Seniors are living history. Their lives have spanned war and peace, hardship and prosperity, dramatic social change, technology transformation and the evolution of modern Canada.

They have raised families, built careers, served their country, volunteered in their communities and helped create the world Canadians live in today. Seniors Month offers an opportunity not only to honour their longevity, but also to recognize their resilience, wisdom and lasting contribution.

At Perley Health, aging well is about much more than living longer. It is about living with dignity, connection, purpose and joy. It means having opportunities to keep learning, stay active, build friendships, share experiences and feel a true sense of belonging.

That belief is supported every day by the Perley Health Foundation. Thanks to the generosity of the community, the Foundation transferred \$2.3 million to Perley Health in 2025. This donor support helps fund the programs, spaces, equipment, research and innovations that enrich life for Veterans and Seniors.

Meaningful opportunities to participate

The Foundation recognizes that improving quality of life requires more than exceptional care. It also requires meaningful opportunities to participate in programs and activities that inspire purpose, joy and belonging.

One example is the Foundation's ongoing Bridging Generations campaign, which helps fund the Andrew Fleck Children's Services Intergenerational Early Learning Centre at Perley Health. Opened this spring, the Early Learning Centre brings children and older adults together in ways that benefit both generations. These everyday moments of connection show that aging well is not only about care received, but also about relationships shared.

Community also plays an essential role. More than 400 people volunteer regularly at Perley Health, contributing their time, talents and compassion. Their presence helps create a vibrant community where Veterans and Seniors feel seen, supported and valued.

Aging well also means continuing to grow. The Active Seniors and Veterans Living Centre offers a wide range of affordable, accessible activities, from fitness and recreation to mental wellness and peer connection, all tailored to support engaged, purposeful aging.

"I love it because I've gotten to try all kinds



Lucille Lane, 102, a Second World War Veteran, celebrates during the 2025 Century Club at Perley Health. Akos Hoffer, Perley CEO, presented the certificate to the centenarians. Lucille looks forward to attending this year's celebration during Seniors Month, when 26 centenarians will be honoured including 17 Veterans. PHOTO CREDIT: TOM LILLY

of new things and meet new people," says Luz Da Silva, a 76-year-old who lives a short walk from Perley Health. "I go two or three times a week, always for the yoga, but I've also tried the boxing, square dancing and card making. It's lots of fun."

Perley Health's commitment to quality of life also extends to learning, research and innovation. The Centre of Excellence in Frailty-Informed Care™ works to improve care for Veterans and Seniors by advancing research, education and knowledge transfer. Its work helps turn evidence and experience into better practices that can benefit not only Perley Health residents, but also older adults across the broader care system.

For several years, the Centre of Excellence has collaborated closely with the Canadian Institute for Military and Veteran Health Research. The Centre regularly conducts Veteran-related research. Together, the two organizations have now established a \$100,000 fund dedicated to research into the needs of Canada's older Veterans.

All of this work reflects Perley Health's core values: respect, integrity, compassion and excellence. These values remain front and centre as Perley Health works to fulfil its recently reframed vision and continue setting a high standard for care, quality of life and innovation.

The members of this year's Century Club

remind the community that aging well is not a single program, service or milestone. It's the result of a community that values older people, listens to their stories, supports their needs and honours their contributions.

This Seniors Month, Perley Health celebrates 100 years of living, learning and leading, and continues its commitment to helping every Veteran and Senior live with dignity, connection, purpose and joy. To learn more, visit www.PerleyHealth.ca



McCay Duff LLP
CHARTERED PROFESSIONAL ACCOUNTANTS

JASON HOWARTH
CPA, CA
PARTNER

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



www.shoppersdrugmart.ca

<p>Najlaa Ibrahim B.Sc., B.Sc. PHM. Associate / Owner</p>	<p>N. IBRAHIM PHARMACY INC. 1559 Altavista Drive Ottawa, Ontario K1G 0E9</p> <p>Tel: 613 738-1445 Fax: 613 738-6490 asdm639@shoppersdrugmart.ca</p>
--	---

AROUND RIVERVIEW PARK

Riverview Park comes together for Spring Clean-Up

by Jonathan Lemieux

Spring has officially arrived in Riverview Park, and with it, a tidied neighbourhood. Over two weekends between April 25 and May 2, residents braved the weather, grabbed their rain or clean up gear and took part in the City of Ottawa's annual Cleaning the Capital campaign.

In total, 40 volunteers contributed 59 hours and collected 39 bags of garbage. Neighbours focused their energy on several local spots, including Balena, Coronation, and Dale Parks, along with the pathways, hydro corridors, and wooded areas throughout the neighbourhood.

The cleanup made a visible difference, but it also brought neighbours together. Over the two weekends, residents of all ages came out to help and spend time outdoors after a long winter. At Balena Park, one father and his son said they joined in because it was their space and they wanted to help keep it enjoyable for everyone.

The cleanup also highlights just how much these green spaces get used. Pathways and parks



Elliot, Noel, Issac and Amy knew just what to do to help Dale Park.

PHOTO CREDIT: CAROLE MOULT



Lucas and Jen covered a lot of Dale Park



The team of Tim and Jamil collected a good collection of litter.



Well done, Joe and Marise!

throughout Riverview Park are incredibly busy year-round. Whether it is parents pushing strollers, children playing, or people cutting through to catch the bus, these spaces are a big part of how people move through and connect across our community. Because they see so much foot



This clean up crew on Coronation Avenue did a great job: (L-R) Karl, Gail, Bayo and Anna.

traffic, litter naturally builds up over time, which is why getting out for a spring cleanup is so important.

By the end of the two weekends, the impact of the cleanup was easy to see. Riverview Park was a little cleaner, a little tidier, and ready for the busy spring and summer months ahead.

My neighbourhood's little Tulip Festival

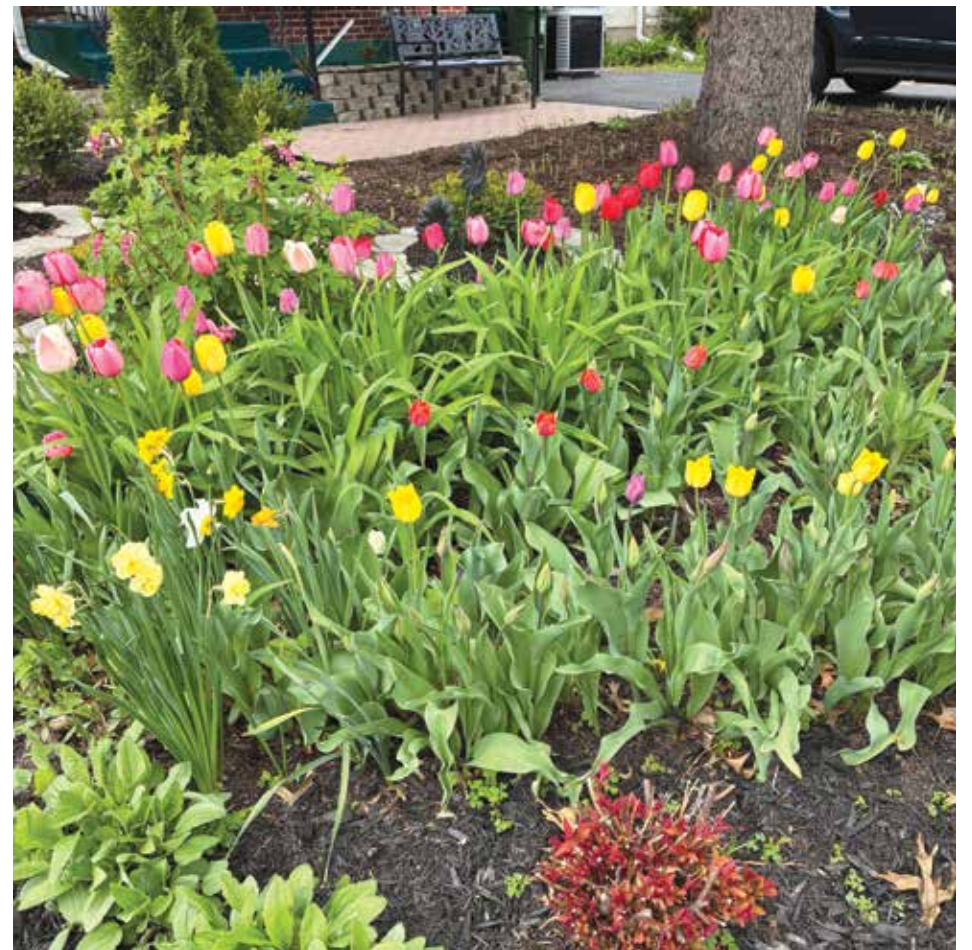


PHOTO CREDIT: RHONDA TURNER

www.ottawatrinity.ca | ottawatrinity@rogers.com

SUMMER MOVIE SERIES

Hosted by Trinity Church of the Nazarene
On Our Lawn at 480 Avalon Place

Saturday, June 27 – 7:30pm
Stuart Little

Saturday, July 25 – 7:30pm
The Peanuts Movie

Saturday, September 12 – 7:30pm
Night at the Museum

Our final showing will have a free community BBQ beforehand at 6pm

Free Outdoor Movie Series for the Whole Family!
Films shown in chapel if raining.

Mrs. Dib lives the dream

by Carole Moulton

The evening was filled with reminiscences, laughter, delicious food and beautiful flower bouquets when family, friends and former customers met to wish Lamia Dib the best in her retirement. After all, 54 years is a long time to own and run a business and Mrs. Dib, as she was known to everyone, was there from the beginning of their family-owned dry-cleaning shop.

The year was 1972 when the unit opened doors in a small strip mall at 2233 St. Laurent Blvd. Owners Maurice and Lamia Dib, named their business Metro Dry Cleaners.

Maurice Dib wanted everyone in the community to know they were welcome to do business with him. Metro Dry Cleaners unified urban and rural populations. Metro key areas like the Glebe to Kanata, plus residents of Manotick, Greely and Orleans were all welcome.

It didn't take long for the shop to become popular, not only with customers from Alta Vista, but across the city. Doctors, lawyers, nurses, paramedics, military personnel, transport staff, presidents of large retail stores, politicians, real estate agents, shriners and more became loyal customers. The Dib family's conscientiousness and welcoming resulted in a small family business that lasted for more than half a century.

Maurice and Lamia worked hard to achieve their dream of owning their own dry-cleaning business. Lamia had served in two family restaurants in the Glebe when she met Maurice. He had worked for another dry cleaner after first coming to Canada from Lebanon, using skills he had acquired in Beirut. Lamia knew of his dream of opening a dry-cleaners in this city. She saved up enough money to help him. A lease was signed on May 18, 1972, for the St. Laurent Boulevard location and the official opening was June 2, 1972.

Long-time Metro Dry Cleaner customer, florist Gerry Arial of The Silver Rose, on O'Connor Street, was one of the first to arrive at the recent retirement party.

"I'd been going to Mrs. Dib for over 40 years," he exclaimed. "She laundered my clothes, looked after my tails, my white dinner jackets, tuxedos, formal clothes and French cuff shirts." She did it all. Things are just not the same, noted Mr. Arial, after he tried another dry cleaner.



Inside Metro Dry Cleaners, Mrs. Dib worked tirelessly to ensure customers received the best dry cleaning possible.



Mrs. Dib's brother, Walid Saikali, and his wife, Sabah Saikali, were welcomed by her daughter, Sandra.



John Fraser, MPP for Ottawa South, was among those wishing Mrs. Dib all the best.



Mrs. Dib is joined by daughters, Sandra, (Left) and Marilyn (Right) as they share a special speech created for their mother's retirement party. PHOTOS: CAROLE MOULTON

No one was surprised to hear the comment nor similar responses. There was also praise for Mrs. Dib's brother, Walid Saikali, known as Willy, who stood by her for decades after Maurice Dib died, ensuring customers' clothes were properly cleaned, pressed and packaged.

Eileen Teevens, a Metro Dry Cleaner's customer for 30 years, enjoyed dropping off or picking up her dry cleaning and looked

forward to her short visits to the shop. "We always exchanged news about family," she said.

Then added, "Usually, I'd go during the week when I'd see Mr. and Mrs. Dib. When I went on Saturdays, I would see their daughters Marilyn and Sandra. It was like going to visit relatives."

When asked about their memories of Metro Dry Cleaners as youngsters, Marilyn recalled her first memory from age three when



The Metro Dry Cleaners for 54 years.



Of course, Gerry Arial, of 'The Silver Rose', made Mrs. Dib's magnificent corsage.

she would sleep on a cot at the base of a drapery pleating apparatus. By age eight, she was greeting customers and placing garments on their appropriate hooks with numbered pins on garments. Later, she was the certified environmental specialist, ensuring that the dry cleaning plant was well equipped with an environmentally friendly dry-cleaning unit.

Sandra was tasked to greet customers, complete intake of clothing, pricing and provide customers with their clothing nicely finished and pressed; all this by the age of eight. She was expert at folding shirts. She did bookkeeping for her mom after her father died. Maurice had insisted to the family about the importance of trying to remember each client's name and to take an interest in them. His advice worked.

Six to six morning to evening over the years for Mrs. Dib turned up an abundance of friendships. Numerous congratulatory messages were given before, during and after the well-deserved retirement party. In tribute, MP David McGuinty sent staff with a certificate commending Mrs. Dib for her service to the community, and John Fraser, MPP and his wife Linda attended with a congratulatory certificate.

In their speech, Mrs. Dib's daughters thanked everyone for sharing a part in her life by being at the party. "Not only is this day a memorable one for us but a joyous one seeing our mom retire after 69 years of hard work in our city. We are hopeful she continues to take time for more self-care and enjoy tending her glorious garden."

ART IN THE NEIGHBOURHOOD

Families, music and art fill Spring Festival with Community Spirit

by Barbara Szatański

Art in the Neighbourhood welcomed visitors from across Ottawa on May 9 as the volunteer-run arts collective celebrated its 5th annual Spring Art Festival at the Jim Tubman Chevrolet Sens Rink.

Under sunny skies, families, friends, children, and even four-legged companions filled the spacious venue for a day centred around art, music, food, and community connection. For many visitors, the festival has become an anticipated annual tradition and a welcome start to Ottawa's spring festival season.

Now celebrating 10 years as a collective, Art in the Neighbourhood has grown from a small grassroots initiative into a vibrant community of 55 artists from Ottawa, Gatineau, and beyond. This year's Spring Festival featured 33 participating artists sharing work in painting, jewellery, pottery, photography, fibre art, sculpture, woodwork, mixed media, and more.

Visitors repeatedly comment-



Simon and his son display one of the tumbled stones gifted to children by sculptor James Gregory

PHOTO CREDIT: JAMES GREGOR

ed on the welcoming atmosphere, the spacious gallery-style layout, and the quality and variety of artwork throughout the venue. One attendee described it as "the best event of its kind" she had ever attended.

Live music by Bluesy Swing Duo and Christian Carbonaro added to the relaxed and inviting atmosphere throughout the day, while local food partners Al-



Visitors explored artwork and enjoyed the welcoming atmosphere during Art in the Neighbourhood's 5th annual Spring Art Festival on May 9.

PHOTO CREDIT: BARBARA SZATAŃSKI

mighty Cheese, Big Lemon, and Mr. Sundae helped make the festival a full community outing for many families.

The event also offered small moments of connection that reflected the spirit of the collective. Children were delighted to receive tumbled stones gifted by sculptor James Gregory, while artist and author Pattie Hendry Klus shared her children's book, *The Adventures of Auntie Pasta*, with young visitors and families.

What continues to make Art in the Neighbourhood unique is its focus on creating an accessible and welcoming experience for

both artists and visitors. Rather than a traditional booth-style market, the collective presents its events in a gallery-style format designed to encourage visitors to explore the entire exhibition and discover a variety of artists and mediums along the way.

As Art in the Neighbourhood enters its second decade, it is this spirit of community, creativity, and connection that continues to bring families together year after year.

Art in the Neighbourhood extends sincere thanks to the volunteers, artists, musicians, local food partners, and community members whose continued support helps the collective thrive year after year.

If you would like music at your event, contact Bruce at bbaker-sax@gmail.com or Christian at christianjoyce@hotmail.com.

For food at your event, contact Kim at cheesealmightycheese@gmail.com and Brad at admin@icecreamtruckottawa.com

More information can be found at www.artintheneighbourhood.gallery.

CELEBRATING 65 YEARS OF HILLCREST!

Friday, June 5th
1900 Dauphin Rd
5-7pm

All Are Welcome

Join us for the unveiling of the time capsule from 1961!

- ✓ Time capsule items on display
- ✓ Historical Society of Ottawa & alumni speaking
- ✓ Hillcrest memorabilia on display from every decade

The Merry Dairy will be serving \$5 ice cream cones
(all proceeds help support School Council)

REFRESHMENTS ARE BEING SERVED

If you would like to loan memorabilia for the event or
send in your memories, please contact Carolyn at
sc-hillcresths@ocdsb.ca

Immaculate Heart of Mary Parish

Roman Catholic Archdiocese of Ottawa-Cornwall

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

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

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

WEEKDAY MASS

Monday, Thursday - 7:30am Tuesday, Friday, Saturday - 9:00am
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

Native Plant Profile: Hoary Vervain

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

Summer is almost here, so it's time to introduce you to a beautiful summer-blooming native perennial plant that you can add almost anywhere in your garden that gets a few hours of sun: hoary vervain with the scientific name of *Verbena stricta*. It is also called wooly vervain, and in French, la vervaine veloutée.

Hoary vervain is a plant that is native to Ottawa, found in Ontario and Quebec. It has greyish oval-shaped leaves that are a bit slow to appear in the spring. The leaves and stems are hairy, so they are not appealing to rabbits and deer. Its bright purple flowers bloom for many weeks in July and August, starting at the bottom of the vertical stem, and over the course of weeks, blooming right up to the top.

Hoary vervain's short tubular flowers are very attractive to pollinating insects, particularly to bees, flower flies and butterflies. I spotted what I think was the uncommon columbine duskywing butterfly visiting the hoary vervain in our backyard. If you leave the stems standing, the seed



Hoary vervain at the front of the Riverview Park Pollinator Garden in mid-July, with white spires of Culver's root behind and wild bergamot on either side.

heads will provide winter interest in the garden that birds will eat through the winter. I love watching dark-eyed juncos jump up on the seed-heads to knock out some of the seeds to eat on the snow. And this plant has hollow stems that provide habitat for over-wintering insects.

This is a plant that my reference books say prefers sunny conditions, but I have it growing in light shade conditions and it is thriving there too. It does best in average to dry conditions, and may be short-lived if planted in rich soil. Like most native seeds, they need to spend about 60 days outside to break dormancy or in cold-moist conditions in the fridge. They are easy to grow from seed, germinating reliably. Hoary vervain usually does not bloom until its second



A house finch on hoary vervain stems in December, about to sample the seeds.

PHOTOS:
LYNNE PATENAUDE,



A tiny Eastern calligrapher fly on a hoary vervain flower. You can tell it's a fly rather than a bee, because it has very large eyes and only one set of wings.



A wild indigo or columbine duskywing butterfly feeding on hoary vervain (the chunk missing from its lower wings looks like a bird tried to eat it!)

year grown from seed.

I have groupings of this plant in many spots in my garden, including right by the road where it is covered in a salty snow bank all winter, and in the dry conditions under the 70-year-old European linden in our front yard. In all those challenging conditions, these plants have been the most reliable flowers in our gardens.

Hoary vervain is one of the host plants for caterpillars of the Common Buckeye butterfly farther south in its range, and for several moths such as the aptly named *Verbena Moth* and *Verbena Bud Moth*.

There are a few other vervains native to Ontario, blue vervain, narrow-leaved and white vervain. The Friends of Riverview Park Green Spaces (FoRPGS) have planted hoary vervain at the Riverview Park Pollinator Garden off Hospital Link Road, in the community sun garden along the Drake-Dorion path, and in a pollinator garden in the hydro corridor behind Chomley Crescent. If you like gardening, we would love to have you help us maintain our community gardens. You can reach me at riverviewparkca@gmail.com & osean.info@gmail.com.

Mark
Sutcliffe
MAYOR • MAIRE

Working for **you** to make life
safer, more **reliable**, and
more **affordable**.

 mark.sutcliffe@ottawa.ca  613-580-2496

Subscribe to my
newsletter :



Riverpath is a wonderful place to experience culinary masterpieces

Shared by Jenny Monahan, Activities Manager, Riverpath Retirement Community

Food is something that not only nourishes and sustains you, but it brings people and communities together. At the Riverpath, we are fortunate to have a culinary team that puts their heart and soul into the delicious creations for the residents. Whether it be a special event like our recent Mother's Day Brunch, a theme dinner focusing on a country's traditional cuisine or our weekly social event of Wine & Cheese, the food served not only fills the bellies but also bonds the people. It can also encourage the residents to reminisce about their own favourite dishes and special events from their lives that bring them joy.

We try to incorporate different experiences into our daily schedule to allow for opportunities to try and sample a variety of tastes and flavours. We travel to different restaurants to sample their menus and experience



their culture. We have our head chef lead cooking demonstrations, the most recent of which was showing the residents how he makes an apple pie from scratch. Not only did that bring the comforting aromas of baked goods throughout the home, but also conjured up some delicious memories.

In June, we are inviting people

to our Day In The Life event here at the Riverpath. Our theme this year is the popular Strawberry Social, featuring live music and delectable strawberry treats to enjoy. This event takes place on June 11th and 12th. All are welcome to attend. If interested please contact our Marketing Manager Lucie Erskine at lkerskine@riverstoneretirement.ca



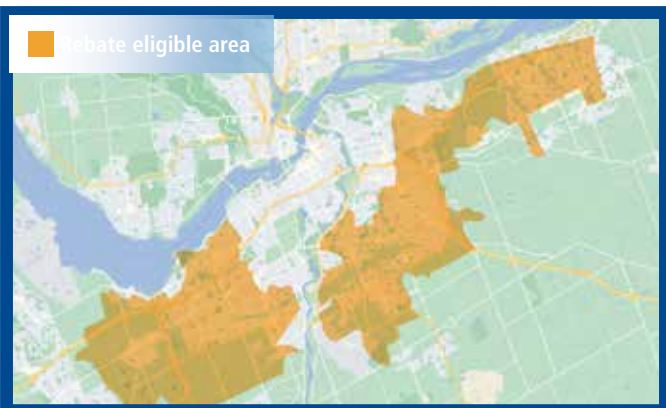
  Rain Ready
Parés pour la pluie
Ottawa

Managing rainwater helps reduce flooding and preserve our streams and rivers.

You may qualify for up to **\$5,000** in rebates for installing:

- Downspouts
- Rain barrels
- A rain garden
- A soakaway pit
- Permeable pavement driveway





Learn more at ottawa.ca/rain



DEAR FRAN

Soil vs. Dirt or My garden is only as good as my soil



FRAN DENNETT

Dirt refers to a substance that cannot support plant growth. I guess you could call what is left after all organic matter is depleted from your soil, "dirt". There is no definition of "dirt" in Botany other than the first sentence.

On the other hand, soil is the thin layer of the upper layer of earth in which plants grow. It is composed of black or dark brown material consisting of a mixture of organic material, clay, and rock particles. The Britannica Dictionary defines 'pedology' (pedon is Greek for ground or earth) as the scientific discipline concerned with all aspects of soils, including their physical and chemical properties, the role of organisms in soil production, and the origin and formation of soils.

Soil is so important that a whole discipline of studying is devoted to it, so we, as stewards of our little patch of the earth's top layer, should take our responsibility seriously, and keep it as healthy as possible, thus allowing us to grow beautiful plants and food.

I look at soil as a soup. Eons of weather on earth has created four main components of soil/soup; mineral fragments, organic material, soil air and water. The majority of soil solids are primary mineral fragments like quartz and feldspars along with secondary minerals like clays and iron oxides.

These components combine in different combinations that create the six different types of soil:

- **sandy** soil is light, warm, dries out quickly, and tends to be acidic and low in nutrients.
- **clay** soil is heavy, high in nutrients, wet and old in spring and bakes hard in hot weather.
- **silt** soil is fertile, light but moisture retentive and easily compacted.
- **peat** soil is acidic, very high in organic matter and moisture retention but low in nutrients.
- **chalky** soil is very alkaline and may be light or heavy.
- **loam** soils are mixtures of clay, sand and silt that avoid the extremes of each type.

Knowing what type of soil type

is in your garden helps you choose the right plants for your garden and maintain them in good health. In the Ottawa area, clay is the predominate type of soil. There are also vanes of sand in various areas of Ottawa.

Simply put, clay is composed of fine layers of silicate with spaces between the layers that hold water, minerals nutrients, and soil air. If there is too much water the "soup" becomes unstable and can slide away, e.g. a clay bank with too much water will slide downhill much like an avalanche. Too little water and these spaces are forced together and the clay be-

Knowing what type of soil type is in your garden helps you choose the right plants and maintain them in good health.

comes rock hard and will crack open which is what happened last summer with the hot dry weather. Sandy soil drains very quickly and you can garden on it as soon as the rains tops –so says a friend who gardens on sand. These two soils need to be yearly amended with organic matter. Organic matter is anything living, dead or decomposing

How much organic matter should be applied? Depends upon how much organic material is present in your soil and can be confirmed by a soil test. In gener-

al, top dress your soil with a 5cm layer of organic material (e.g. compost, manure or mulch) annually. It is commonly accepted that an ideal soil is 50% pore space (water + air), 5 % organic matter, and 45% minerals (e.g. sand, silt, and clay component). Is too much organic material possible? Yes, too many nutrients cause plant roots to burn and die. The recommended 5% is the ideal amount of organic material for a good soil.

A healthy soil has so many benefits, from healthy plants being able to fend off pests, to attracting beneficial insects that feed on the nectar of healthy plants and eat any pests, to bountiful food crops and, of course, beautiful plants.

This is a complicated topic and I have tried to simplify it and still convey the importance of adding organic matter to your soil yearly. As I said in the title, your garden is only as good as your soil.

I hope you found this simple explanation helpful.



Fran's soil with *Arisaema triphyllum*, *Trillium luteum*, *Sanguinaria canadensis* and *Hosta*.

PHOTO CREDIT: PETER DENNETT

- 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 – JUNE 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 Wednesday, July 1st for Canada Day.

Monday, August 3rd for Civic Holiday

Monday, September 7th for Labour Day.

Please note the following when visiting:

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

Please visit

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

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

FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

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

- Children's Books - \$1.00.
- Adult and Teen Mass Market Paperbacks - \$1.00
- Adult and Teen Soft Cover Books - \$2.00



- Adult and Teen Hard Cover Books - \$3.00
- CDs and DVDs - \$2.00 per disc.

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

BOARD GAME AND PUZZLE SWAP

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

TD SUMMER READING CLUB 2026

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

The theme for the 2026 TD Summer Reading Club is Dive In/ Plonge. Please check the website in June for program listings at your branch.

CHILDRENS PROGRAMMING

Family Storytime

Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program.

(ELMVALE ACRES BRANCH)
Saturday, June 6th, July 4th and
July 18th, 2026 at 10:30am. 60
minutes.

Please check our website or in-person at the branches, in June, for the most up-to-date information about children's programming.

ADULT PROGRAMMING

Artificial Intelligence (AI): Fun and Useful Tips

(ALTA VISTA BRANCH)
Artificial Intelligence (AI) tools have exploded over the last few years. They can: supercharge your web searches & help you find the most relevant information; generate images & videos from text prompts; summarize web pages, YouTube videos, & PDF files; help you accomplish tasks in your programs; assist with creative writing; and more. Chris Taylor from the Ottawa PC Users' Group will show you how easily it can be done and how to avoid dreaded "AI hallucinations". And you can do it all for free.

Thursday, June 11th at 6 PM.
120 minutes.

Adult Chess Club

(ALTA VISTA BRANCH)
Join us for adult chess, all levels welcome; an instructor will be available! Come meet new people and have fun. No registration required. Ages 18+.
Saturdays, June 6th and 20th, July 4th and 18th, August 1st, 15th and 29th at 3 PM. 60 minutes.

Memory Café

(ALTA VISTA BRANCH)
An open house for persons with dementia, their care partners, and families.
Fun and stimulating mental activities are planned to enhance

the social interactions and the connections that are built within the group. Light snacks and warm drinks are served alongside items that aim to spark conversations and reminiscing. Drop-in.

Wednesdays, June 24th, July 22nd and August 26th 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, June 11th and 18th, July 9th and 23rd, August 13th and September 3rd at 6:30pm.

Community Writing Workshop

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+. 90 minutes.

(ALTA VISTA BRANCH) Mondays, 6:30 PM to 8 PM.
(ELMVALE ACRES BRANCH) Mondays, 6:30 PM to 8 PM.

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.
(ALTA VISTA BRANCH) Tuesdays at 7 PM. 60 minutes.

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.

Riverview Park
ReviewBUSINESS
DIRECTORY

Support our businesses. They support us!

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


The Odd Job Man
THERE IS NO JOB TOO SMALL FOR US!
Drywall & repairs • Tile & floor • Deck & fence
Carpentry work • Kitchen & bath • Painting
Plumbing & electrical • Garden & design
613-220-5488
www.theoddjobman.ca
info@theoddjobman.ca

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



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

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

CONTINUED FROM PAGE 38

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 until June 17th. Les mercredis à 18h30 jusqu'au 17 juin. 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, June 18th, 2026

Greg Iles - any title.

Thursday, July 16th, 2026

Annual summer social.

Location TBD.

Thursday, August 20th, 2026

Mexican Gothic

by Silvia Morena-Garcia

Thursday, September 17th, 2026

Open Discussion

Elmvale Acres Book Club

(ELMVALE ACRES BRANCH)

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

Monday, June 15th, 2026

The Company We Keep
by Frances Itani

Monday, July 20th, 2026

TBD

Monday, August 17th

TBD

Book Banter

(ALTA VISTA BRANCH)

Share the enjoyment of good books in a relaxed atmosphere.

Join us for discussions on the first Thursday of every month 2 PM - 3 PM. All are welcome.

Thursday, June 4th, 2026

The Briar Club by Kate Quinn

No group in July or August. Book Banter returns in September.

Dates TBD.

Infusions Littéraires

(ALTA VISTA BRANCH)

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00. mercredi le 17 juin 2026

L'alphabet du silence

de Delphine Minoui

Aucun rencontre aux mois

de juillet et août. Les Infusions Littéraires reprendront au mois de septembre.

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

ONLINE COLLECTIONS AND SERVICES

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

These resources include:

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

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

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

June 2026 EnviroTips[©]

Take part in 'Let's Bike Month'. Every June in Ottawa is 'Let's Bike Month', an annual campaign that encourages people to try cycling as a fun and healthy transportation option. It is a good way to record your bike trips and how much money you might save (as well as reduce Greenhouse Gas Emissions). Participate in 'Let's Bike Month' as an individual or be part of a team and maybe win a prize. It is possible to register throughout the month of June at <https://letsbike.ca/>

Choose native plants for your garden that are local. Using native plants saves water because they are more accustomed to their habitat. Native plants also provide food and shelter for many local pollinators and other species. Make sure that the plants are native to Eastern Ontario, not

just North America or Canada. Visit the City of Ottawa website for more information on selecting native plants.

Replace your plastic utensils. Plastic utensils and kitchenware introduce microplastics into your food every time you use them. Identify your most-used plastic kitchen items and commit to replacing them with wood, metal, glass, or ceramic alternatives.

Check and replace (if necessary) your car's air filters. Dirty engine air filters can restrict airflow and reduce engine efficiency and gas mileage. Many air filters are easy to replace at home yourself or if you have a handy family member or neighbour.

Take home paper cups from fast food meals instead of throwing them away. Paper cups can be put in the regular re-

cycling bin or can be used to hold small amounts of kitchen waste and then go into the green bin.

Store your fruit properly to minimize spoilage. Most fruits, including tomatoes, are best stored in the fridge to stay fresher for longer - except for bananas and pineapples. If you need to leave your fruit out to ripen, do so in smaller amounts and let the rest stay safely in your fridge.

Use banana peels to help grow other foods in your garden to fertilize your plants. Place the nutrient-rich leftover peels in a glass jar and fill with water. Let the peels sit for two days or more in the fridge. Use the nutrient-rich water on your plants as fertilizer to help them grow.

Become a farmers' market regular. Buy seasonal produce and flowers that you are

not growing on your own. Farmers' markets support the local economy and reduce associated transportation costs (including greenhouse gases) since the items they sell have not had to travel far.

Donate or sell unwanted items rather than throwing them away. Take part in the Awesome Alta Vista Garage Sale on June 13 or donate furniture and kitchen items (dishes, cups, small appliances) to charities like Matthew House Ottawa or Habitat for Humanity.

There are several local "Buy Nothing" Facebook pages or Trash Nothing websites. Visit <https://trashnothing.com/beta/full-circles-ottawa/browse> to share items you no longer need.

EnviroTips is registered as a trademark by Kris Nanda with the Canadian Intellectual Property Office.



Compli K

FEMME
FATALE

While shopping, browse
our clearance rack for deals
up to 70% off

HOURS: TUES - SAT. 10AM - 5 PM



Womens Clothing
& Accessories



1877 INNES ROAD 613-748-6605