



OCTOBER 2026

A VOICE OF RIVERVIEW PARK

NOVEMBER 2026



W.H. Hurdman Farm, Junction Gore, 1880

Hurdman Bridge, c.1940



Alta Vista Towers, 1969



Alta Vista Towers, 2006



Ottawa General Hospital, 1980

For more of Riverview Park's *Coming of Age* see pages 34 - 35

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A photograph of two hands holding a large pile of gold jewelry, including necklaces, bracelets, and rings, with Canadian dollar bills in the background.

Municipal election – Who is running?

On Monday, October 26, 2026, Ottawa municipal elections will be held for mayor, city councillors in 22 of the 24 wards (as two councillors have no challengers) and school board trustees for the area’s four school boards. Below is the list of candidates for mayor and the candidates for our ward 18, Alta Vista, and the school zones for our area:

Candidates for mayor
Jeff Leiper – see website at: <https://www.leiper2026.ca>
Alex Lawson - <https://votealex.ca>
Neil Saravanamuttoo - <https://neilformayor.ca>
Mark Sutcliffe -

<https://marksutcliffe.ca>
Zed Chebib
Peter Westaway - <https://ctog.ca>
Suraj Harish - <https://www.surajharishformayor.ca>
Queen Divine Priya Amber Bakshi
Bernard Couchman
Ali Shayvard - <https://www.aliforottawa.ca>
Jacob Solomon
Amjad Ali Syed - <https://www.amjadsyedformayor.com>
Josh Rachlis - <https://www.facebook.com/joshrachlis>
Geoff Nicholas

Candidates for Ward 18 Alta Vista
Marty Carr – see website at: <https://martycarr.ca/en>
Tressy El-Hawi – see Facebook at: <https://www.facebook.com/tressy.hawi/>
Derek McSweeney – <https://votemcsweeney.ca>
Muhyadin Omar Barkhat
Elsa Niyongabo – <https://www.elsaniyongabo.ca>
Ottawa Carleton District School Board, Zone 9 (Wards 17, 18)
Hilary Clauson – see <https://hilaryclauson4school-boardtrustee.ca>

Scott Dutrisac – see <https://www.scottd.ca>
Sergio DeFranco
Ottawa Catholic School Board, Zone 8 (Wards 10, 18)
Mark D. Mullan (acclaimed)
Conseil des ecoles publiques de l’Est de l’Ontario, Zone 9 (Wards 14, 15, 17, 18)
Joël Beddows
Zakaria Iltireh
Conseil des ecoles catholiques du Centre-Est, Zone 10 (Wards 10, 16, 18, 20)
Valérie Chinan Assoi
Isabelle Gervais

A Halloween Partnership raising money, blood pressure, and the dead

by Christian McPherson

In most classic horror movies, the killer or the monster comes back at the end for a final scare. Sometimes more than once. Just when you thought it was over, they’re back! Then comes the sequels. Repeat!

Well, guess who is back? Like Billy Loomis and Stu Macher (from the original Scream), Chris Nantes and Christian McPherson are back again with their elaborate and terrifying Halloween lawns. They will be, once again, raising money, blood pressure, and the dead.

The Ottawa Food Bank is their charity of choice and has been for the last four years. They will both



Christian McPherson left, Chris Nantes right, and clown (center) welcome you!
PHOTO CREDIT STEVE LANGEVIN

have a QR code and a food donation bin set up so you can make

either a financial donation or bring by a non-perishable food item. Diapers, baby formula, and baby food are a few items often overlooked. McPherson says, “Anything helps and it’s all appreciated. Times are really tough. Gas prices going up makes everything go up and people are struggling more than ever.”

McPherson had been putting pirates, tombstones, spiders, and ghouls up for the past 21 years. His Lawn of the Dead is turning 22 this year and has become something of a local landmark. He says he tries to make something new every year. McPherson’s Lawn of the Dead features a graveyard, pirates, a house-sized spiderweb, inflatables, and a collection of homemade monsters. There is an Eye-Spy game posted to

see what you can find. It’s illuminated and best viewed at twilight.

McPherson’s lawn is elaborate but it’s static. Nantes’s lawn comes to life, like a creature in the lab. Watch out, because Nantes has many creatures that speak and spring to life. Something is bound to pop out at you and scare the bejesus out of you. Rumour has it there might be some new terrifying additions. It’s a lot of frightening fun. McPherson’s Lawn of the Dead can be found at 1484 Orchard Ave and a few blocks away at 2340 Orland Ave you can find Nantes’ Yard of Yelping Foul Phantoms.

These lawns run the whole month of October. Pay a visit to the grave, but don’t bring flowers, bring a non-perishable food item.



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Balena Park Corn Roast 2026

Dozens and dozens of ears of delicious corn, expertly shucked by the St. Aidan's 101st. Scout Troup, were eagerly anticipated by hundreds of guests. Yes, Sunday, September 13 was the day of the annual Corn Roast at Balena Park and included delicious burgers, chips and soft drinks. Thank you Councillor Marty Carr and your team for ensuring the success of this event.



Twenty-one-month-old Mila posed with the chickens.



John Fraser's team served delicious ice-cream cones, a crowd favourite!



Councillor Marty Carr welcomed Mayor Sutcliffe and many other happy guests to the Balena Park Annual Corn Roast.



Mark and Tristano distributed hundreds of tasty burgers provided by Hometown Sports Grill. PHOTO CREDIT: CAROLE MOULT



Audrey patiently awaited the outcome of her face painting experience by Maryse of Makimai.



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A donor's journey

by Michael Creighton

Every week, life-saving miracles are happening in Alta Vista. And you can be a part of it.

This summer, I contributed by donating my kidney anonymously to someone in the community at The Ottawa Hospital. Does that sound crazy?

Not when I learned that there is a waiting list of 3,000 people across Canada in need of kidneys, including over a thousand in Ontario alone. Chronic kidney disease prevents the body from filtering waste and fluids. End-stage kidney disease forces most onto dialysis, a costly, exhausting treatment to stay alive. Many are eligible for donation but wait years for a donor, some becoming fully hospitalized while waiting for this chance.

That sounds crazy to me.

On the other hand, almost everyone has two kidneys, including thousands of residents of Alta Vista Ward. Many are generously registered as organ donors, but in this case, a kidney can only be donated upon death under specific conditions. Most patients rely on a deceased donation, but supply is unpredictable and quality can vary. A living kidney donation provides a high-quality organ immediately, ending dialysis and adding years to a patient's life right now.

I learned about this and found The Ottawa Hospital's Living Kidney Donor Program, which connects people with kidney disease to people who can donate. This can be from a loved one, a friend or even a stranger like me.

The program's nurse coordinator not only organized my appointments and worked with other hospital departments to get me through the series of tests to confirm if I was an ideal donor; they also made sure that I had answers to all of my questions and ensured that I was fully confident before deciding to give.

What are the risks? Kidney donation is now a routine procedure and a person only needs one healthy kidney to live a full and healthy life. Donation does not reduce life expectancy for the donor. In fact, from the myriad of tests that I received, I have a much better understanding of my own health and I have been motivated to live a healthier lifestyle to give the healthiest kidney possible and to speed up my recovery. Otherwise, it does not require major lifestyle or dietary changes.

How much does it cost? Very little – it mostly takes time. As a public employee, I used leave for appointments and sick days for my recovery. Through a dedicated program, the Government of Ontario also covers the cost of meals, transportation, parking and lodging for a donor and a caregiver. My partner took a few days off work to help me with my initial recovery as well.

In hindsight, I am so thankful that I got to help someone in serious need and be part of a team that changes lives. I got to see the best of our public system. I also had great encouragement from my friends, colleagues and my employer, plus many who came out of the woodwork to share their stories. And I realized that we need more donors to step up.



Michael Creighton in the recovery room. PHOTO CREDIT: MICHAEL CREIGHTON

Take a look at The Ottawa Hospital's website (<https://tohlivingkidneydonation.com>) and consider attending an online info session. I am also documenting my journey on Instagram (@kidneyanon), including a series of step-by-step videos about the process. Send me a message!

You can give someone a new lease on life: a partner, a child, a parent or a grandparent. As one person, you may not be able to change the world, but you can change the world of one person.



The kidney Michael's daughter crocheted for him so he wouldn't be lonely with just one.

PHOTO CREDIT: MICHAEL CREIGHTON



Michael with his dog Goose, kayaking one month after his kidney donor surgery. PHOTO CREDIT: MALEAHA CREIGHTON



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Sunday, November 29 at 7 p.m.
Features three handbell choirs from Rideau Park playing popular and seasonal music of Christmas.
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TECH TIPS

A New Computer?

by Malcolm and John Harding,
of Compu-Home

Our crystal ball is in the shop for repairs right now, but we feel pretty safe in predicting continued significant price increases in tech devices generally in the coming months. Tariff instability leaps to mind of course, but a current unusual demand (and shrinking supply) for the newest and most sophisticated internal components has become another significant factor. You would be right in thinking that this doesn't seem like an ideal time to have to buy a computer, but if you have been backed into that corner, we have some suggestions that could ease the pain.

DO YOU REALLY NEED A REPLACEMENT? There is a point where repairs or upgrades stop being feasible, but unless this is an emergency, it is worth the time to do some research and get some advice about where that line is in your case. The age of the computer will have a bearing on the decision; you don't want to pour money into a machine that might

break down with another problem soon, but sometimes some pretty drastic-seeming malfunctions can be addressed surprisingly quickly and inexpensively.

POTENTIAL HIDDEN COSTS IN A REPLACEMENT may include a service charge to prepare the new one, transfer of data from the old one to the new, setting up in your home or office, and HST on everything, and so a \$600 advertised price might easily become \$900. Any part of the setup that you can do yourself will save money.

THERE ARE SOME GREAT SALE PRICES AVAILABLE. Some models are advertised for as much as \$200 off the "regular" price, but for a short time. Don't let that rush you; another batch will be on sale next week.

HOW POWERFUL DOES THE REPLACEMENT REALLY HAVE TO BE? Don't forget that the lowliest model on the store shelf today was still science fiction when you bought

your last one and so if your uses are not going to upgrade significantly, you can skip the high-end specs. To get all geeky for a moment, in a desktop or laptop most people will be perfectly satisfied with: a modest processor such as the Intel i3 or equivalent, 16 Gigabytes of RAM, and a 500 Gigabyte Solid State Drive (SSD) for data storage. If you are looking for a laptop, the commonest screen size is 15.6 inches (40 cm) measured diagonally; you will probably pay more for a screen that is bigger or smaller.

LAPTOPS ARE MORE POPULAR THAN DESKTOPS NOW. This means that there is a better selection of models and prices and so you may have to look a bit longer to find the right desktop for you; otherwise, there is no reason for you to feel that you have to convert. You should make sure that you like the look and feel of a laptop, because it can't be changed once you own it.

COMPUTERS NO LONGER HAVE BUILT-IN CD/DVD DRIVES. The solution here

is an inexpensive (~\$40) USB plugin drive that does exactly the same jobs.

REFURBISHED MODELS MIGHT BE SUITABLE. You must keep in mind that you may be buying from a third party and not necessarily from the actual store where you see it. The price will be attractive, but the model may be a few years old.

YOU PROBABLY DO NOT NEED an extended warranty, Microsoft Office, or an anti-virus utility.

WE WOULD LIKE TO HEAR ABOUT YOUR EXPERIENCES. A lot of people are asking us for advice now, and it is as important for us as it is for you to keep up-to-date.

*We love feedback!
Contact Compu-Home at
613-731-5954 to discuss this column,
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Contributions can be emailed to editor.riverviewrpr@gmail.com in **Microsoft Word** or **RTF**. Please *do not* format your documents.

TO OUR READERS: Deadline for submissions:
Before November 10, 2026.
Content submitted after the specified deadline cannot be accepted

Please note that the opinions published in *Riverview Park Review* are those of the authors and do not necessarily reflect the views of Riverview Park Review.
RPReview is currently seeking distributors. * Contributions by politicians or political candidates are paid advertisements.

TO OUR READERS: Every effort was made to contact the Ward 18 Councillor Candidates, as well as the School Board Trustee Candidates. Municipal Elections take place October 26, 2026.

Area Captains: Peter Bishop, Colleen Calvert, Denise Kennedy, Anelia Mill, Greg Money, Janina Nickus, and Sherry Woodburn
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Photographs must be sent as attachments (not embedded in the email body) in **jpeg format** to editor.riverviewrpr@gmail.com. Photographs are to be accompanied with the **name of the photographer and a caption** describing the subject.
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.

RPR back issues are online at
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Alta Vista Library – 613-580-2940
Elmvale Public Library – 613-580-2940
Marty Carr, City Councillor Ward 18 – 613-580-2488
Shawn Menard, City Councillor Ward 17 – 613-580-2487
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Community News Story

Living Longer, Aging Better: Why Research Matters to Canada's Future

by Dr. Annie Robitaille
Commissionaires Ottawa Research
Chair at the Perley Health Centre of
Excellence in Frailty-Informed Care™

People in our community are living longer, an achievement worth celebrating, but one that also brings new challenges. As the number of older Canadians grows, more people will experience declining health and increasingly complex conditions such as dementia and frailty. As a community, we must be ready, not simply to accommodate greater demand for healthcare support and services, but to help people live with purpose, joy and belonging.

Perley Health has committed to increasing access by doubling the number of Veterans and Seniors it serves by 2035. That said, reaching that goal while maintaining excellent care will require more than expanding programs and services. It will take insight and innovation, and the Perley Health Centre of Excellence in Frailty-Informed Care™ plays an important role.

Being embedded within Perley Health creates opportunities to connect important research with



Dr. Annie Robitaille, Commissionaires Ottawa Research Chair at the Perley Health Centre of Excellence in Frailty-Informed Care™, regularly engages with residents, families, and staff as partners to tackle some of the most pressing challenges faced by Veterans and Seniors. PHOTO CREDIT: TOM LILLY

the realities of aging in daily life. It's home to approximately 450 long-term care residents, many of them Veterans, as well as another 200 Seniors living in independent apartments. This setting allows research, lived experience and practice to inform one another.

It means turning research into an interconnected process. Applied studies generate evidence. Real-world testing shows whether an idea works in practice. Education helps staff apply what has

been learned. Knowledge translation turns findings into guides, training and other resources that can strengthen long-term care in our community and across Canada. Research and community partnerships bring additional expertise and help successful approaches reach far beyond Perley Health.

Research in Action

The Centre of Excellence has evaluated SeeMe®, an approach that helps residents, families and care teams make informed decisions about goals of care. It has developed a field guide based on Perley Health's orientation peer-support program to help newly hired nurses thrive in long-term care environments.

Research into intergenerational programming is also examining how meaningful relationships between children and older adults can be supported through the newly opened Andrew Fleck Children's Services Intergenerational Early Learning Centre. It brings babies and toddlers into a setting where they can build friendships with older adults, creating opportunities for connection, learning and mutual benefit.

Another project, funded by Veterans Affairs Canada, is engaging aging Veterans, families and caregivers across the country to improve access to information about services, supports and care transitions in their communities.

These projects address different needs, but they share a common purpose: producing practical knowledge that can improve care and enrich people's lives in the Perley Health community and beyond.

We're proud of our 'living lab approach' that invites residents, tenants, families, caregivers and staff to become partners in identifying questions, shaping solutions and testing what works. Their participation helps ensure that studies address relevant needs and produce findings that can work in real homes, neighbourhoods, communities and care environments.

Our aging population presents an urgent challenge, but also an opportunity to rethink how care is designed and delivered. By connecting research, practice, education and lived experience, the Centre of Excellence is helping build the knowledge needed for a future in which more Canadians can age well.



Member of Parliament | Député
The Honourable | L'honorable

David McGuinty

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

David McGuinty, MP | Député

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NUTRITION
Dr. Stéphane Chillis, chiropractor, also incorporates instrumentation and/or manipulation and/or exercises as well as nutritional advice for a healthy lifestyle.

Two historic quilts on new stamp issue celebrate quilt-making in Canada

New stamps show quilts are stories well told, one stitch at a time

FLORENCEVILLE, N.B., September 10, 2026 – Canada Post unveiled today a new stamp issue celebrating Canada’s rich quilting heritage.

The stamp issue celebrates quilt-making in Canada and the craft’s role in preserving personal and collective histories. A quilt is far more than a pattern or an image created using interconnected fabrics; with each stitch, a quilt speaks through its materials and methods. Whether crafted for warmth or as an expression of artistic and communal vision, each quilt tells a story.

The two quilts depicted on these new stamps, along with the quilts depicted on the stamp booklet cover and Official First Day Cover, exemplify this tradition and are part of the permanent collections at the Royal Ontario Museum:

- **Northern Night** (1956, above left): Designed by Ada Bruce Torrance, an artist based in Orillia, Ontario, this quilt was inspired by the aurora borealis and features the Big Dipper and the North Star overlooking an image of a loon. It was sewn by members of the Simcoe County Arts and Crafts Association for a quilt contest in Star Weekly, where it was awarded the grand prize and later gifted to the Royal



- Ontario Museum.
- **Log cabin** (circa 1890s, above right): Created by Frederica Matilda Tompkins of East Florenceville (now part of the District of Carleton North), in New Brunswick, this quilt made of cotton and wool features a barn-raising pattern. It was gifted to the Royal Ontario Museum by Mrs. Audrey L. Livingstone.
- **Wreath of Flowers** (1865) stamp booklet cover image: Created by Catharine Gage Pettit in Fruitland, Ontario, this special appliqué quilt was made for her wedding to William Ira Case Jones as part of her trousseau. Pettit’s family and friends came together to complete the quilting. It was gifted to the Royal Ontario Museum by Hattie I. and Charlotte Jones.
- **Patchwork quilt** (circa 1840-50) Offi-

cial First Day Cover image: Crafted by a quilt maker connected to the Lingham family from Belleville, Ontario, this quilt represents the finest type of bedcover a woman brought into a marriage. These “best quilts” showed off sewing and design skills and often featured fashion textiles purchased specifically for the quilt. This quilt was gifted to the Royal Ontario Museum by Mrs. C. D. McPherson.

These quilts were part of the Royal Ontario Museum’s Quilts: Made in Canada exhibition, which ran from June 29 to November 17, 2024.

About the stamps
The stamp issue was designed by Shelby Guergis, with photographs provided by the Royal Ontario Museum. It was printed by Lowe-Martin and includes a booklet of six Permanent™ domestic rate stamps and an Official First Day Cover. The cancel location is Florenceville, N.B., where the log cabin quilt was made.

The stamps and collectibles will be available at canadapost.ca and select postal outlets across Canada beginning September 10.





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Helping With Furniture

shared by Carole Leduc

We all hear a lot these days about the high cost of living. But imagine finally finding a home for your family, only to realize that you cannot afford to furnish it.

For many people in our community, this is a reality. That's where Helping With Furniture (HWF) steps in. HWF is a non-profit, entirely volunteer-run organization that provides gently used furniture and household items free of charge to individuals and families in need. HWF is a community- and volunteer-led charity, and all of the furniture and household items provided to clients are generously donated by people in our community.

A bed to sleep in, a table to share a meal around, or a chair to sit on may seem like simple things. But for someone starting over after a difficult period in their life, these basic household items can make a home feel like home again.

HWF helps people from many different walks of life, including seniors, newcomers, refugees, survivors of abuse, students and

individuals experiencing mental health challenges. By providing essential household items, HWF helps restore a sense of comfort, dignity, stability and hope to people who are rebuilding their lives.

There is also an important environmental benefit. By collecting and giving a second life to gently used furniture and household goods, HWF helps keep usable items out of our landfills. Helping people and protecting the environment- two important community needs- go hand in hand.

You can make a difference. If you have gently used household goods that are no longer needed, consider donating them to HWF rather than sending them to the landfill. Financial donations are also greatly appreciated and help HWF continue its work.

And if you have some time to give, HWF is always happy to welcome new volunteers. Every volunteer plays a part in helping families and individuals create a comfortable place to call home.

Your donation could be more than just a piece of furniture. It could be the beginning of a fresh start for someone in our community.



Generous donors and volunteers make Helping With Furniture the success that it is. PHOTO CREDIT: CAROLE MOULT

To learn more about donating, volunteering or supporting HWF, visit www.hwfottawa.org Donation drop-off: 1455 Michael Street Wednesdays: 6:00–9:00 p.m. Saturdays: 10:00 a.m.–1:00 p.m.

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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Hot new releases to keep you warm

With the cooler weather starting, what better way to spend an evening than hunkering down with a good film? But where to start in the slew of things available? It all comes down to your mood - and at least one of these eight titles can fit that mood to a T.

1. No Other Choice

Director Park Chan-wook has made a career of non-conventional narratives that grab viewers' attention and doesn't let go until the final frame. From Oldboy to The Handmaiden, his filmography is filled with masterpieces - and his newest entry doesn't disappoint. Handsome, successful family man, Yoo Man-soo, has everything he could hope for: a beautiful house, a loving family and a job as a veteran paper safety/supervisor that he excels at. When he's fired out of the blue after 25 years, he's suddenly jolted into looking for a new job in a field that has many worthy candidates. With their finances beginning to be dire, he must make a choice: would he kill to get a job?

2. Fuze

Woefully underrated, this British crime thriller is an excellent piece of work, with many memorable performances and many twists and turns. When excavating a construction site, a crew finds a World War II bomb buried and quickly calls the bomb squad, who in turn tells the city to close down the entire neighborhood for fear of it blowing.



Fuze

But while this is happening, a bold robbery is being committed underneath one of the banks in the area. Tick tock...how is this going to play out? Probably not exactly how you think.

3. Tuner

Another underrated thriller aimed at adults, this finds a child piano prodigy who can no longer play because of hyperacusis, turning his talents to piano tuning. Because of his amazing ear, he realizes he's actually very good at cracking safes, which will turn his life upside down. Features the return of Dustin Hoffman, as well as a fantastic lead performance by Leo Woodall!

4. The Invite

Joe and Angela's marriage is on the rocks. After a particularly intense argument, they remember they have a dinner date with their downstairs neighbors. Putting on a brave face, they greet their friends - intent on having a nice evening, but no one can imagine what is about to transpire. A wild, funny, serious



No Other Choice

movie that has a little bit of everything in it and has, rightfully, become an Oscar hopeful for all involved. Olivia Wilde stars and directs, along with Seth Rogen, Penelope Cruz and Edward Norton. See this one!

5. Twinless

A beautiful, soulful film about two men who have lost their respective twin brothers and develop a relationship while navigating their grief. There are several shifts in tone in this film - some light, some serious, but below the witty, dry one-liners are two people who are desperate to find someone to share the menial tasks of life with; desperate, in fact, to fill an unfillable void - and painfully aware of it. While things seem to go well, there's a secret that threatens to destroy their relationship.

6. Pressure

Recounts the terrific pressure General Eisenhower had to launch the biggest seaborne invasion in history or risk losing World War II. But when the chief meteorologist presents



The Invite

him with a forecast that conflicts with what he's been told and gives him a stark warning, "You will lead those troops to death" - the next 72 hours before the invasion become increasingly nerve-wracking. Eisenhower is the center of a maelstrom - both literally and figuratively - as the fate of the world comes to rest on his shoulders. The entire cast is excellent, particularly Andrew Scott, Brendan Fraser and Damian Lewis.

7. Mary Oliver: Saved by the Beauty of the World

Delve deeper into the world of Pulitzer Prize winning poet and activist Mary Oliver. From a complicated youth, where Mary would rather be in nature than around other people, to her formative years as she attended Vassar College, then to her walking the ponds, hillsides and forests of Cape Cod for fifty plus years, writing poetry that celebrated how amazing nature was. As a poetry icon, Oliver was openly gay, but intensely private, meaning, she made sure others knew it was just fine to be gay, but didn't want her life scrutinized. A wonderful documentary!

8. Obsession

We're getting to spooky season, so there has to be a bit of a scary movie on this list, so why not go with one of the biggest success stories in Hollywood history? Made on a minuscule (by Hollywood) budget of just under a million dollars, this film made back 400 TIMES that in international revenue. Why? Because it's neat. A man with a hopeless crush makes a wish using a Wishing Willow toy for this girl to fall in love with him. And it works immediately. But where does it end? And are these feelings real? And just how in love with him is she? This is one heck of a ride with a star making performance from Inde Navarrette that will have you audibly yelping a few times!

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TRINITY COMMUNITY GARDEN

More than a season

by Dominique Parent

On a beautiful, sunny spring day, I returned to Trinity Community Garden for my second season—feeling enthusiastic and carrying a touch more confidence than last year, when I arrived as a complete newbie. It was May 9, our annual community day, when we all work together to awaken the garden from its long sleep. I was happy to see my fellow gardeners again and to meet new members.

I grabbed a shovel and turned the soil in the donation plots that the team and I tend throughout the summer, making sure everything was set for a successful, bountiful harvest destined for the Blair Court Food Bank.

But was that day truly the real kick-start of my gardening season?

The truth is that ever since I pulled the last cold, mud-streaked carrot from my plot in late November, the few remaining after the fall cleanup, I haven't stopped thinking about the garden or planning for the season ahead.

And from what I've heard at the garden, I know I'm not the only one who thinks this way. I have a gardener's journal, and I often pick it up, even in the dead of the winter, and start making plans for my plot for the coming season.

Should I go crazy with onions this year, or try golden beets instead of red? Or what if I just stick with what I already know



A successful harvest of big, healthy bulbs this year. PHOTO CREDIT: DOMINIQUE PARENT

works in my plot? It's hard not to think about the garden year-round. As a canner, I'm reminded of the garden's abundance, and how lucky I am to be part of the Trinity Community Garden, every time I open a jar of delicious homemade salsa that I made the summer before using my fresh harvest. And finally, many of us start seedlings in



My first butternut squash harvest and a reminder that squash needs plenty of space!

doors long before the temperatures outside show any sign of spring.

Gardening can be a never-ending wheel, and I love it. I can say now that after this second season, I'm truly a gardener, with all the happiness, contentment, and worries that come with it. For me, it's been life-changing, and I hope others find that same joy too.

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Save the trees: a community effort

by *Kenzie LaBrecque*
Introduction by *Kris Nanda*.

Notice anything different about trees on the right hand side of Knox Crescent as you head up the street from Riverview School? Frustrated by the undergrowth of weeds and invasive species choking out trees, a small group of Riverview Park residents took it into their own hands (literally) to do something about the problem.

With the help of Export Development Corporation (EDCO) employees and Volunteer Ottawa, initial clearing of undergrowth, mostly buckthorn and Dog-Strangling Vine (DSV) began in 2024. Last year, a group daylighted an oak tree near the top of Knox Crescent and this year an EDC team returned for an afternoon in June. Since then a small group of local residents continued throughout the summer with clearing. To date, eleven trees have now been daylighted and more will be targeted next year.

Two helpful volunteers were Kenzie (11) and Brooke LaBrecque (9), who live across the street from the trees.

Kenzie really enjoyed taking

part in the project and learning more about the plants around her neighbourhood.

“I really loved what we did. It was very fun. I learned so much about things I didn’t know before, like dog strangler vine, which can damage trees. I also noticed how many there were around. I also learned about buckthorn, an invasive tree. I really enjoyed helping the community. I think everyone should get involved all together. Getting fresh air and going outside is so good for your health! Plus, you meet people you don’t know.

It was sad to see how many other plants were taking over the beautiful trees, which can be harmful to them. I really enjoyed helping, and if possible, I’ll do it again next year. My third-grade teacher often said that it feels good to hug trees; you could try it too.”

Kenzie’s reflection captures what makes community projects like this meaningful; not only helping the environment, but also getting outside, learning something new and meeting people in the neighbourhood. With more trees to be daylighted next year, there will be plenty of opportunities for neighbours to get involved and continue caring for the trees on Knox Crescent.



Young volunteers, Brooke (L) and Kenzie LaBrecque took quite an interest in helping daylight the Knox Crescent trees.
PHOTO: SHARED BY THE LABRECQUE FAMILY



An example of daylighted trees. PHOTO CREDIT: GREG MONEY

Research in Action.

Two-year-old Hannan Moberg and 103-year-old Warrant Officer (ret'd) Roland Lalonde connect at Perley Health's new Andrew Fleck Children's Services Intergenerational Early Learning Centre. The Intergenerational Early Learning Centre is a growing hub for research projects, including post-occupancy evaluations and a study on the benefits across the generations.



Read the 2026 Perley Health Centre of Excellence in Frailty-Informed Care™ News at

PerleyHealth.ca/centreofexcellence

Replacing property taxes vs. land value taxes?

By David Knockaert

For years, each level of government has been obsessed with how to reduce housing costs and increase housing inventory. Billions of dollars of taxpayer funds have been transferred between governments and into the hands of private industry. New regulations have been implemented, other regulations identified as impediments to housing have been eliminated and here in Ottawa developers have been given freedom to build what and where they want.

But as we approach Ontario municipal elections it is curious that no level of government speaks of, let alone addresses one option – replacing property tax with a land value tax.

What distinguishes the two is that the latter solely taxes the value of the land. This is hardly a new notion. In the early 20th century, around two-thirds of municipalities in BC, as well as all of Alberta and 25% of those in Saskatchewan levied taxes solely on land, exempting buildings and improvements.

Indeed, Toronto maintained some elements of land value

taxation into the 1950s. But those efforts were eventually undermined by provincial governments who sought to exercise control and to impose a higher degree of uniformity through property taxation. Yet, still in 2023 the Union of BC Municipalities urged the Provincial government to restore to local authorities the right to reintroduce land value taxation, a practice which continues in Estonia, Denmark as well as parts of Australia and Pennsylvania.

So, what’s the benefit? First, unlike property tax, land value tax does not penalize the owner for improving their housing, and by extension, their neighbourhood. Under a property tax regime, the owner who has invested in extensive renovations pays a higher tax than the owner of a ramshackle house on the same street/same lot size.

Second, land value taxation disincentivizes land underutilization, and thereby reduces land speculation, particularly as it applies to vacant lots (not subject to the vacant unit tax). It achieves this because vacant lots are taxed as highly as an improved lot, thereby removing the financial incentive to

leave a lot undeveloped- awaiting land appreciation.

Third, it creates a financial incentive for investors to build multiunit housing. Since the taxable amount paid is based only upon lot size, the additional market value/revenue stream from a multiunit development is not offset by a higher tax bill.

Fourth, it encourages density, especially where it is most required - where land values are highest (i.e. downtown and near rapid transit).

Fifth, taxing land at a higher rate reduces the benefit of land ownership and thereby reduces the value (cost) of land. Subsequently, the cost of housing, will decline.

A study in the US showed that increasing the effective property tax rate by 1%, resulted in a decline of \$107,467 in housing price. Lastly, by encouraging higher land utilization, there is less need for urban sprawl and the loss of farmland.

So, what is the anticipated cost impact upon owners? This depends upon the existing land price per neighbourhood, variations in lot size and the distribution of single-family vs townhomes and multiunit housing.

However, generally it can be assumed that owners of high valued “McMansions” which occupy most of a standard 50 x 100 lot will see a decline in taxation as will owners of small lot sizes (i.e. townhomes). On the flip side, properties with lower current market values which feature traditional front and back yards (e.g. single family and bungalows) will see higher costs.

This helps explain why politicians of all stripes choose to ignore land value taxation - it is politically sensitive. Arguments would abound that land value systems favour the wealthy and disadvantage the empty nester or pensioner. Moreover, owners of a single-family home will hardly be pleased if the system works as intended and results in a decline in the market value of those homes.

Instead, what we can expect is that governments will continue spending, legislating/regulating (vacant unit tax, foreign buyer tax, land transfer tax, short term rental taxation, exempting, rebating, incentivizing developers) or following the lead of Ottawa City Council and abdicating much of its statutory responsibility to developers.



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How often do you intentionally work on your balance? Most of us don't think about it until it becomes difficult, yet balance plays an essential role in almost everything we do. Whether you're walking on uneven ground, climbing stairs, getting dressed or playing a sport, good balance helps you move safely and confidently.

Balance relies on several systems working together. The vestibular system (inner ear) detects movement and changes in the position of your head. Your eyes provide information about your surroundings, while sensors in your muscles and joints tell your brain where your body is in space. Your brain combines this information and makes constant adjustments to help keep you steady.

Balance is also more than just standing still. We use dynamic

balance whenever we walk, turn, reach, step over an obstacle or recover from a stumble. This ability to adjust quickly is especially important for preventing falls and staying active.

Working on balance can help:

- Reduce the risk of falls and injuries;
- Improve coordination, agility and athletic performance;
- Make everyday activities feel easier;
- Improve body awareness and confidence with movement;
- Help you react more effectively to a trip, slip or unexpected change in direction

Although balance can gradually decline with age, balance training is not only for older adults or people who already feel unsteady. Athletes also rely on balance to change di-

rection, land, absorb contact and react quickly during play. Previous injuries, especially to the ankle, knee, hip or lower back, can leave lingering changes in strength, joint awareness and movement patterns, even after pain has resolved. Over time, these deficits may affect performance or increase the risk of another injury. Prolonged inactivity, surgery, certain medications, vision changes and inner ear conditions can also affect balance and stability.

Just like strength and flexibility, balance can often be improved with some practice. Common balance exercises include standing with the feet close together, balancing on one leg or walking heel-to-toe. You can then challenge yourself by adding head movements, reaching in different directions or standing on a less stable surface (such as a

BOSU ball or wobble board). Other activities that involve weight shifting such as regular walking, tai chi, yoga, and dancing can also help maintain balance and confidence.

Safety should always come first. Beginners should practice near a sturdy counter or wall and avoid unstable equipment without appropriate supervision. If you feel unusually unsteady, experience dizziness or have recently fallen, speak with a healthcare professional before starting.

If you don't know where to begin, a physiotherapist can assess the factors contributing to balance difficulties and create an individualized program. This can be helpful whether you are concerned about falls, returning to activity after an injury or looking to improve athletic performance and reduce your risk of reinjury.

Depending on your needs, this may include strength, mobility, coordination, walking and reaction time training. Even a few minutes of regular practice can help you move with greater confidence, remain active and continue doing the things you enjoy.

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



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Cucumber surprise at Trinity Community Garden

by Rhonda Turner

A nice surprise was discovered in mid July by a new gardener at Trinity Community Garden. When performing the usual tasks and checking his cucumber plants Michael came across a tiny perfectly formed nest amongst the foliage. A few days later 3 tiny eggs were seen. Care was taken to not disturb the nest. Five to nine days later 3 tiny naked little babies appeared. By early August they were sparsely feathered baby birds.

While a few of us were chatting near Michael's plot the mother was nearby letting us know we were not wanted. We moved further away and with a bird song app the species was identified as a Song Sparrow. Weeks later the babies were much larger and very healthy looking. Some time after that it was noticed that the birds had left the nest. In years past we have had baby bunnies born in a burrow in one of the plots. Again, care was taken to not disturb them.



Top: Photo credit: Rhonda Turner and Lynda Hall



Photo caption: Local residents on site of future community gardens in Dale Park. PHOTO: CREDIT: LISA COUTURE

New Community FOOD Garden

New raised bed food gardens are in development for Riverview Park. With the support of The City and Just Food, a group of local residents are hoping to have community gardens built next spring in Dale Park beside the ice rink. Donations of gently used garden tools and volunteer hours are most welcome. Fundraising activities will begin later this autumn. Please contact: Daleparkcommunitygardens@gmail.com

Riverview Park Community Association Annual General Meeting

Wednesday October 21, 2026
7:00 pm - 9:00 pm
Doors open at 6:30



Location: Trinity Church of the Nazarene
480 Avalon Place

- Get answers to your questions and concerns
- Learn about developments in your community
- Offer ideas to improve life in Riverview Park
- Participate in election of the Board of Directors

The agenda, link to join remotely, and other materials are available at :
www.riverviewparkca.com
Please note, no paper copies will be distributed

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Supported a **40% increase in infrastructure investment** - leading to greater investment in Alta Vista **roads, sidewalks, and park renewals**

Championed redesign of **community gardens, invasive species management programs** and **increased tree planting**

● COMMITTED TO:

Ongoing **engagement and communications** with residents and **other levels of government** on key files - including ALTO and Build Canada Homes

Increasing investment for **programming** for **youth** and **seniors** in the community

Ensuring **community facilities and services** are included in new developments e.g. **1245 Kilborn Place**

Continued expansion of **community greening projects** including **tree plantings** and **community gardens**

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FoRPGS Note for October 2026 issue

One subject, many voices: Exploring the language of Artistic Media

by Barbara Szatański

Have you ever visited an art show and wondered how to recognize the different media—or why an artist chose watercolour instead of oil, acrylic or ink?

An artistic medium is more than the material used to create an artwork. Each has its own qualities and limitations, and these help shape what the artist can express. Imagine several artists interpreting the same landscape. Although the subject may be identical, the results can look and feel entirely different.

Oil paint has held a prominent place in Western art for centuries. It dries slowly, giving artists time to blend colours, create subtle transitions and build rich layers. Its depth and luminosity can make a painting

feel almost alive.

Watercolour has ancient roots but became widely recognized as an independent fine-art medium during the 18th and 19th centuries. Because its transparent washes allow the paper to reflect light, watercolour often has a fresh, luminous quality. The paint can move unpredictably across wet paper, making spontaneity part of the creative process.

Acrylic paint is much newer. Artists’ acrylics became commercially available in the 1950s and were widely adopted during the 1960s. Acrylic dries quickly and can be applied in thin washes, bold flat areas or heavy, textured layers. Its versatility makes it especially well suited to experimentation.

Pen and ink offer a different visual language. Lines, dots, cross-hatch-

ing and areas of deep black can describe form, movement, shadow and fine detail. Without colour to lead the eye, the character of every mark becomes especially important.

Mixed-media artists combine materials and techniques—perhaps paint, paper, fabric, photographs or found objects—in a single work. These combinations can add physical texture, unexpected contrasts and layers of meaning.

Photography also depends on much more than the subject before the camera. Through light, timing, viewpoint, framing, focus and the choice between colour and black and white, photographers interpret rather than simply record what they see.

When viewing art, try looking beyond the initial question, “Do I

like it?” Look closely at the surface and the marks. Consider how the medium affects the colour, light, texture and mood. Then ask, “Why might the artist have chosen this particular way to communicate?”

Art in the Neighbourhood brings many of these artistic voices together—from oil, acrylic and watercolour to pen and ink, mixed media and photography. For a preview of many of the fine artworks, visit www.artintheneighbourhood.gallery. Better still, experience them in person at our next live show on November 21, 2026. Come curious, look closely and discover which artistic language speaks most strongly to you.



Sara Chivot, *Echoes of Her*, mixed media;



Elizabeth Metcalfe, *Sculpted*, acrylic



Right: BaSzia, *Shasta Daisies*, pen& ink;

SKIN FLICK

By Norm Foster

November 20th to 28th, 2026
at the Gladstone Theatre

a naughty comedy

thegladstonetheatre.ca 613-233-4523

RPCA Summer Carnival & Movie Night

by Carol McQueen and Finn Cooney

The third annual Summer Carnival & Movie Night, organized by the Riverview Park Community Association (RPCA), took place on a breezy but sunny early evening in Balena Park on Saturday August 29. Close to 400 guests enjoyed playing games like badminton, volleyball and tug of war, eating s'mores by the campfire, catching up with friends and neighbours just before the start of the school year, and watching Disney's Zoo-

topia 2. Eugénie and Sébastien, playing Jenga in front of the Hot 89.9 booth, shared enthusiastically: "So happy to see such an amazing local event." Thanks to a grant from the City of Ottawa to celebrate the 200th anniversary of Bytown (Ottawa's former name), the RPCA was able to make the event extra special this year. Extras included the creation of a new historical display about the neighborhood featuring three posters showcasing information about the community from the 1950s to the present.

"Knowing how Riverview Park emerged as a community during the post WWII housing boom helps situate where we live in the broader context of a capital city taking on increased importance as Canada modernized into the country we know and love today," said Carol McQueen, VP of the RPCA and lead developer of the historical display. Ottawa's history was also showcased in a National Film Board Short, A Capital Plan, shown just prior to the main feature. The grant also allowed local

artist Jupiter Kananura to create a mural. Local residents—children and adults alike—were able to add signatures and mini drawings to the mural that will be installed on an outer wall of the Balena Fieldhouse. The RPCA was also able to commission a new community bulletin board that will be installed in Balena Park later this fall, enabling the RPCA, other community associations and residents to share information about upcoming events or other important news.

CONTINUED ON PAGE 23



Great team spirit with volleyball. PHOTO CREDIT: FRANCE DULUDE



Raphaël playing tug-a-war. PHOTO CREDIT: FRANCE DULUDE

Free Community Dinner & Movie Night

Saturday, November 28

Feature Film:
Polar Express



Dinner at 6pm

Tacos with tortilla chips, salad, dessert, and refreshments

Movie at 7:30pm

POLAR EXPRESS

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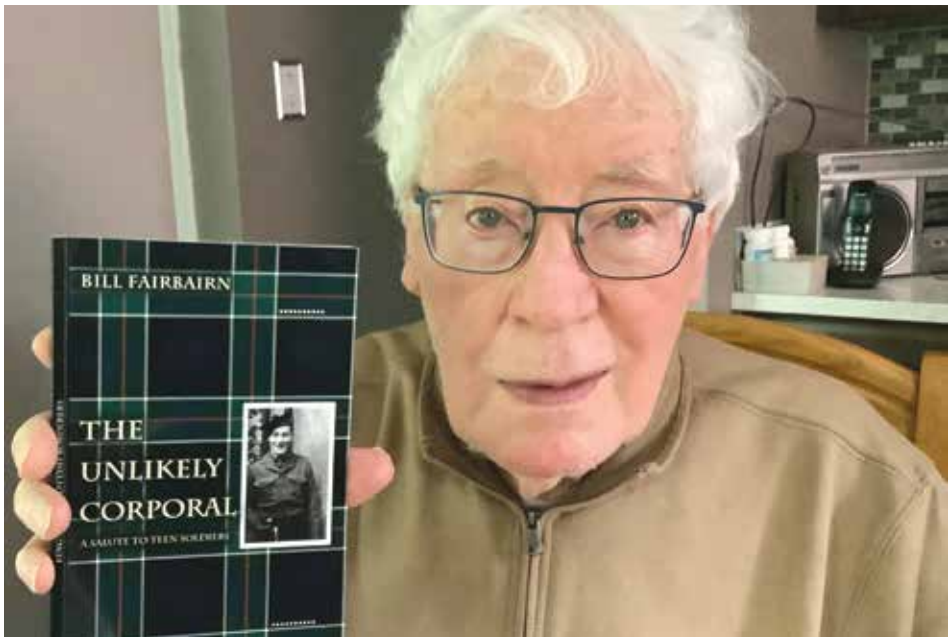
480 Avalon Place

Decades and continents

Review by Oais Ghanem

Bill Fairbairn's *The Unlikely Corporal* recounts the author's two years of National Service in the King's Own Scottish Borderers. This compelling memoir offers readers a vivid portrait of post-war military life, enriched by the sharp observational detail that reflects Fairbairn's distinguished career as a reporter spanning decades and continents. Particularly engaging is the

book's deep sense of preservation and its commitment to keeping memories alive. The routines and occasional mishaps of training, the friendships forged and the small human moments that shape a young man's identity are recalled with sincerity, warmth and insight. Though a relatively short read, *The Unlikely Corporal* is both meaningful and rewarding, leaving a lasting impression on its readers.



Bill Fairbairn shares his latest book, *The Unlikely Corporal*. PHOTO CREDIT: JANINA NICKUS

celebrates the 200th Anniversary of Ottawa



Above, left-right: Sébastien and Eugénie played Jenga.

PHOTO CREDIT; FINN COONEY
Hannah and Emma had fun playing Corn Hole. PHOTO: FRANCE DULUDE
Historical panels provided Riverview Park history.



PHOTO CREDIT: FRANCE DULUDE
Helena and Jupiter finish up the mural. PHOTO: FRANCE DULUDE
Left: Brynn, Esmé, Maëlle, Rachel, Charles, Evie, and Olivia are framed for fun!



PHOTO CREDIT: FRANCE DULUDE
Right: Aya and Maddy show their face painting and balloon designs. PHOTO CREDIT; FINN COONEY

CONTINUED FROM PAGE 22

It took a village of volunteers and supporters to turn the event into a special evening of fun for community residents and their families. In particular, the Southeast City Church provided the face painting and balloon artist- kids loved; and J.R. Lawn &

Snow paid for the movie rights, as well as provided snack packs for the movie. Provincial MPP John Fraser’s Office served ice cream, while federal MP David McGinty’s riding office provided a financial contribution. The Hot 89.9 music booth created a positive atmosphere; and Cappy, the

Ottawa Titan’s mascot, kept the kids happy and entertained. The Blair Court Community Food Bank was on hand to accept donations, filling up about 7 crates of food as a result of the generosity of Riverview Park residents. Student and young adult volunteers were key to making the

event possible. Given the growing success of the Summer Carnival & Movie Night, the RPCA plans to keep it as a yearly event, with Bree, Kate, Autumn and Selena, happy with their ice cream cones, summing up what everyone felt: “Great event to start the school year.”



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Riverview Park Review

SECTION TWO

OCTOBER 2026 A Voice of Riverview Park NOVEMBER 2026

Big rigs for a big cause.

by Carole Moul

Another impressive CHEO Construction Community Cares Parade was held on Saturday, September 19, 2026, to the delight of many. Funds raised at this annual event are in support of CHEO, Roger Neilson Children's Hospice, Rotel and Ronald McDonald House. The route was planned for the big rigs parade to drive through the grounds so that families could watch from the sidewalks along Ring Road and from the windows of the hospital, Rotel, Ronald McDonald House and Roger Neilson Children's Hospice.

The National Capital Heavy Construction Association and the Ottawa Construction Association partnered for this event.



What a great morning! Even Zed the Clown joined the happy parade watchers. PHOTO CREDIT: CAROLE MOULT



There were lots of fun animals with this float.



CHEO Bear is an important part of this parade. Can you find him in this picture?



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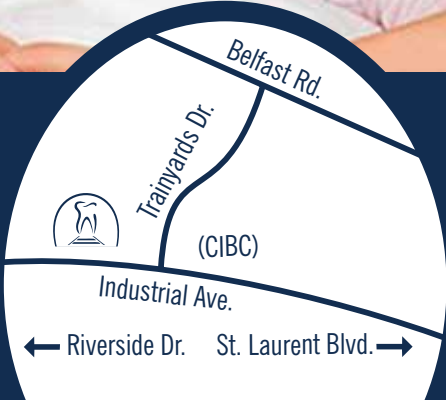
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Newfoundland by T&C Away

Newfoundland is big! While smaller in area than Ontario, travelling from place to place is very time consuming. Visitors to Newfoundland should not expect to see the entire island in one trip and, having driven many hours in previous visits, we limited ourselves between St John’s and Fogo. This way allowed us to view the beauty of the place.

Photos are copyright ©.



Cape Spear – the furthest east point of North America with its iconic lighthouse and trails is easily accessible from St John’s.



Quidi Vidi – the most charming fishing village. We took this image 2 weeks before some of these properties unfortunately burnt down in an accident in July 2025.



The Battery, St John’s – the signature multi-coloured houses beneath Signal Hill at the inlet to the harbour.



A Dory – traditional fishing vessel of the area.



Twillingate – iceberg spotting from the top of Crow Head.



Twillingate – Iceberg spotting from close up. We took a boat out to see these monsters of the sea, with their colours and textures. In harbour, you can try iceberg beer, apparently made from real icebergs.



Middle Cove – wild water and crashing waves.



Fogo Island – boat shed. Everyone is a fisher and everyone has a shed

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Authorized by the Scott Dutrisac Trustee Campaign

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 – seven photos if you are including text. The next deadline is Monday, November 9, 2026. No exceptions, please.

August and September were busy months for us at Oakpark.

shared by Bonnie Miller, Marketing Manager, Oakpark Retirement Residence

Events included a Mad Hatter Tea Party, our Country Corn Roast, our 18th Anniversary Sunset Concert Celebration and the Walk for Parkinsons.

Coming up in October:
Oct 2-9-16-23-30 - 1:30 - **Health Workshops** by U of O Medical Scholars:
Oct 2 - **Skin Health**
Oct 9 - **Bowel/Bladder/Pelvic Health**
Oct 16 - **Mobility & Fall Prevention**

Oct 23 - **Eye Care & Screening**
Oct 30 - Heart & Stroke Prevention
Oct 7 - 7:15pm - **Drive-in Movie Night** - Join us with a friend and enjoy the movie, popcorn and drinks
Oct 13 - 2pm - **Film History** with Audrey - If you're a movie

buff, you'll enjoy this presentation.
Oct 23 - 3pm - **Pumpkin Social** - Entertainment with Pumpkin Treats
Oct 30 - 5pm & 6:15pm - **Hallowe'en Murder Mystery Dinner Theatre** - An evening to enjoy good food and have a lot of laughs



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

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Fri. during the Holy Hour;
Sat. 3:45 - 4:15pm; or by appointment

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with Benediction - Fri. 9:30 - 10:30am

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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 - 3rd Sunday

LCBO cans/bottles - 3rd Saturday

Secular Franciscan Order - Meets first Saturday 10:00am-noon

Coffee Time - First Sunday - after both morning Masses

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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 follows issues such as Riverview Alternative School, a proposed affordable housing project at 1460 Riverside Drive and concerns about excessive light and noise from the new Advanced Medical Research building near the Ottawa Hospital.

Information on planned infrastructure and construction projects can be found on the City’s website (Ottawa.ca) under Planned construction projects - Construction and infrastructure projects | City of Ottawa

Riverview Alternative School (RAS)

Riverview Alternative School (RAS) opened the 2026-27 school year with one kindergarten class, following the Ottawa Carleton District School Board (OCDSB) announcement that it had reversed its decision to end Kindergarten intake at all four Ottawa Alternative Schools. The relatively late OCDSB announcement to allow Kindergarten to continue at RAS is believed to have contributed to lower enrolment at the school.

The OCDSB has been carrying out a “West Central Accommodation Review” for the schools around Churchill Alternative. A similar review process for RAS and other Alta Vista elementary schools will likely begin by 2027.

Meanwhile, the RPCA and parent groups still await a response to a request for a follow-up meeting with the OCDSB to discuss ways of addressing the imbalance in school enrolment

and to ask that the Board continue to allow Kindergarten enrolment at RAS. The RPCA has offered to work with the OCDSB to enhance and optimize the value and use of RAS.

Over the summer a fence was constructed around the school yard designed to prevent students from running off school grounds. Local residents had expressed concern over the lack of advance notice to fence in a well-used community area which had been open since the 1950s. The OCDSB did agree to provide gates to allow the public to use the space after hours.

1460 Riverside Drive - Affordable Housing Development

Nesting Ground (a Canadian non-profit housing corporation) and the Ottawa Community Housing Corporation are the proponents to construct the planned residential housing at 1460 Riverside Drive - the 0.89-hectare empty lot directly across from the Cancer Survivors Park that is owned by the National Capital Commission (NCC).

The proposed project involves the development of a minimum of 220 residential housing units under a long-term (up to 99-year) lease. It will be delivered through the Federal Lands Initiative, and administered by Canadian Mortgage and Housing Commission (CMHC) to support increasing housing supply- including affordable housing, and promoting sustainable, transit-oriented urban development. 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 arte-

rial and a well-used pathway for those heading to and from the Hurdman LRT and downtown Ottawa. The first 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 site plan control application was received in July 2026 for a nine-storey building with 379 units (ranging from studio to three bedrooms) and a privately owned public space on the vacant lot at 1867 Alta Vista Drive (across the street from the Canadian Blood Services headquarters and MD Financial offices). These units 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.

The comment period has ended for this project, currently scheduled for completion by 2028. The proposal features 201 residential parking spaces, 30 visitor parking spaces, and 196 bicycle parking spaces, located primarily underground. The main entrance to the building will be located along Alta Vista, along with access to the underground parking garage. Although there would be an on-site traffic loop, concerns have been shared about ensuring proper traffic flow into and out of the complex.

Advance Medical Research Building

Work continues on the 6-storey Advanced Medical Research Facility at the University of Ottawa at the north-west corner of the 451 Smyth Road site, adjacent to Roger Guindon Hall and the Ring Road. The facility is substantially complete with move-in scheduled to begin in early 2027.

After several Riverview Park residents living in the shadow of the new building raised concerns about high noise levels from the exhaust facilities in the building, Councillor Carr arranged for a September walk through with officials from the University of Ottawa and the construction company. The officials agreed to investigate potential ways of mitigating the noise levels, especially as there had been no advance consultation with local residents prior to construction.

ALTO – High Speed Rail Consultations

ALTO the federal crown corporation in charge of building the Toronto-Québec City High-Speed Rail Network, released its initial public consultation report in June

2026, A second public consultation process will be launched by the end of 2026, focused on a more refined corridor for the segment between Ottawa and Montréal. 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, and improved active transportation connectivity across the VIA Tracks via an underpass or overpass as per the Trainyards Development approval from 2001.

Traffic Safety Issues/ Pedestrian Safety

The much-anticipated reconstruction of the sidewalk on Dorion Avenue was completed in September. The next sidewalk work in Riverview Park will occur as part of the Keats/Orchid/Chaucer project, starting within the next two years.

Councillor Carr’s office forwarded to City staff the request from local residents for painted crosswalks across Knox Crescent (near Riverview Alternative School) where it intersects with the sidewalks on Dorion and Drake. This measure would help calm traffic and make the pedestrian crossing safer for seniors and parents with young children.

The new Active Transportation Roundtable for the Ward, hosted by Councillor Carr’s Office, has now met four times this year and includes Riverview Park residents.

The Roundtable helps identify locations where improvements are needed for cycling and pedestrian safety including:

A crossing at Industrial and Riverside: This intersection is currently under design with regard to cycling safety on Northbound Alta Vista Drive and the Alta Vista Drive / Industrial intersection. A functional design study has begun for the intersection of Industrial at Alta Vista/Sandford Fleming looking at safety measures for both north-south directions and east-west. Public consultation is expected to take place in late 2026 or early 2027.

New businesses arriving in Riverview Park

Happy Goat Express opened in early September on Industrial Avenue, near the Bicycle Craft Brewery. In November, Mark’s Work Warehouse is expected to move into the building formerly occupied by BuyBuyBaby in the Trainyards.

OTHER DEVELOPMENTS

The Village of Riverbank Terrace | Schlegel Villages, a 256-bed long-term

Tushar Patel

B.Sc. Phm
Pharmacist/Owner

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RIVERVIEW PARK PRESIDENT’S REPORT



RON RIDLEY
RPCA President

After such a nice summer including a 200-year July 1st severe weather event flooding most of Ottawa, maybe we will get a normal Fall.... cool mornings, warm days and lots of colours. There are a lot of things going in Riverview Park this fall with the Riverview Park upgrades, the Tim Horton’s renovations, the commissioning of the UofO Advanced Medical Research Building (we are following this one closely because of light & noise concerns), and the new sidewalk on Dorion. Nice to see improvements around us and there are more coming next year with city road and sewer work planned.

Hopefully you got out to catch some of the Porchfest acts in June! This was our 3rd Porchfest with nine groups playing over the two days. Unfortunately, we ended up losing a few groups in the late stages due to scheduling conflicts, but they are committed to coming



back next year. There was a lot of good feedback from the musicians who all really enjoyed playing in their own neighbourhood. All in all, there was a very good vibe around the event, and it will be back again in 2027.

There is an article in this paper on our Summer Festival and Movie Night, but I have to say a few words because it was our best ever! Huge shoutout to Carol and the organizing team for pulling off our largest, most complicated and best Summer Festival & Movie Night ever. Everything went off without a hitch, and even the weather complied although it looked sketchy right up until the movie started.

If you would like to play a direct role in shaping local initiatives, organizing neighborhood events, and advocating for the projects

Huge shoutout to Carol and the organizing team for pulling off our largest, most complicated and best Summer Festival & Movie Night ever.

chairs, and a survey was done at the Summer Festival to choose a location for them in Riverview Park. The winning location was on top of the Toboggan Hill beside the Pollinator Garden. The chairs will be installed this fall or in early spring, volunteer effort permitting!

Lastly, our long-time Balena Park winter rink operator Trevor is stepping down, and we are looking for a new rink operator. Thank you, Trevor, for all your years of service providing this great asset to the community. If this position might be of interest to you, please reach out to the RPCA and we can discuss the work involved and compensation.

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, questions or upcoming events. 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

care complex on the Riverside Campus of the Ottawa Hospital, just east of Riverside on Smyth Road, is now scheduled to open in 2027.

The Tim Horton’s at the corner of Dorion and Alta Vista is being renovated and is expected to re-open by late October. Local residents have had a temporary reprieve from vehicles blocking Dorion and the sidewalk while waiting to use the drive-through. No changes are expected to traffic patterns once Tim Horton’s reopens.

The Environmental Assessment on a replacement for the Old Railway Rideau River Pedestrian Bridge (just south of Highway 417) is in its final stages. The final Project File Report will be available for review by the public and review agencies later this year.

Canada Post Mailbox Conversion Program of individual mailboxes to community mailboxes is expected to begin by early 2027. Ottawa residents on whose property the new mailboxes would be constructed should have received a notice from Canada Post. No public consultation is being held.

The former bus-only right-hand turn lane at Industrial/Riverside (restricted to buses during LRT con-

struction) has now been converted to a regular traffic lane to ease congestion and help guide drivers to make right turns onto Tremblay and Highway 417 Eastbound without having to merge into other lanes on Northbound Riverside.

Information on some project proposals can be found at the City of Ottawa website at: <https://devapps.ottawa.ca/en/> For planned infrastructure and construction projects, visit Planned construction projects - Construction and infrastructure projects | City of Ottawa

The RPCA welcomes your input on these proposals and any other potential developments in the area.

If you are interested in joining the RPCA P&D group or would like further information, or have a planning and development concern, you may contact, 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

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OCTOBER

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

A Cultural Taste of Ethiopia
Tuesday, October 6th from 12:00 p.m. to 1:30 p.m.

Cinnamon Roll Day and Coffee tasting
Tuesday, October 20th from 10:00 a.m. to 11:30 a.m.

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

NOVEMBER

Health and Wellness Presentation
Every Friday at 2:00 p.m. by the University of Ottawa students

Remembrance Day Ceremony
Wednesday, November 11th from 10:30 a.m. to 11:30 a.m.

Art Class / Afternoon Painting with a glass of Wine
Friday, November 27th from 3:00 p.m. to 4:00 p.m.

Casino Royale
Friday, November 20th 2:30 p.m. to 4:00 p.m.

DECEMBER

Big Screen Movie and Dinner
Monday, December 7th Dinner at 4:30 p.m. movie begins at 5:00 p.m.

Resident Holiday Cocktail Party
Thursday, December 17th from 3:00 p.m. to 4:00 p.m.

Christmas lights tour / Magic of Lights Wesley Clover Parks
Friday, December 18th departure time 5:30 p.m.

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

Snapshots of summer activities at Maplewood

SHARED BY RAQUEL LEGUIZAMON, ACTIVITY MANAGER, MAPLEWOOD RETIREMENT COMMUNITY



Maplewood out in the community, enjoying lunch with the residents at Riviera Condo



Our wonderful Maplewood team in action during our BBQ



Apple picking outing at Mountain Orchard



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Celebrating Hillcrest's 65th: Time capsule event brings community together

by Brianna B., Grade 12 student
at Hillcrest High School

Founded in 1961, Hillcrest High School celebrated its 65th anniversary in June, with thrilling finds, heartwarming stories and the chance to reconnect with peers.

In December 2025, an elusive metal box sealed in the school's foundation stone had been discovered by construction workers on duty at the time, which we now know to be a time capsule that was hidden the same year the school opened.

Hillcrest High School's 65th anniversary event invited past alumni and interested minds alike, to the unveiling of the time capsule, bringing to light all of the memorabilia that had been sealed away in the box for so long. Some of the objects found inside the time capsule included worn newspapers, collectors' coins, and countless photographs.

The displays were segmented into multiple different eras of Hillcrest. Countless tables were stacked to the brim with information, walking the community through the history of Hillcrest from 1961 to now. Many commemorative items from each decade of the school were showcased, including class yearbooks, pamphlets and other student-owned material from their respective time periods.

There was also an array of different posters containing major events in history that happened while Hillcrest was evolving. These served as question starters and thinking aids, leaving attend-

ees wondering as to how high-schoolers of the time progressed through day-to-day life while the world spun around them.

Past Hillcrest alumni like Canadian rugby star, Al Charron; current Canadian Ambassador to Mexico, Cameron McKay; the granddaughter of first principal B.L. Bradley, Karen Blackie; Dave Watts and Jan Cook, co-organizers of Hillcrest's 50th reunion and former math teacher, hired by B.L. Bradley, Pieter Helmke were invited to the microphone to present stories about their times as former Hillcrest High School students and teachers.

Hillcrest's 65th Anniversary was eagerly celebrated by all of its attendees and an important moment to celebrate the school as it is today. This milestone was a time of discovery and reflection, a place to share different experiences throughout the years, and most importantly, it brought together people who have always been proud of their community school, Hillcrest!

Editor's Note: Alan Neal, who hosts CBC's *All in a Day*, is a Hillcrest Graduate (Class of 1991). As a special request from Carolyn Kropp (Class of 1991), Chair of the Hillcrest High School Parent Council, he did a video tour of Hillcrest to talk about the time capsule. He also did a radio segment for the time capsule discovery on June 4: <https://www.cbc.ca/listen/live-radio/1-92-all-in-a-day/clip/16218828-what-hillcrest-high-school-principal-bury-underground-1961>

What a great addition to the Hillcrest High School memories.



Cameron McKay (class of 1986) and current Canadian Ambassador to Mexico



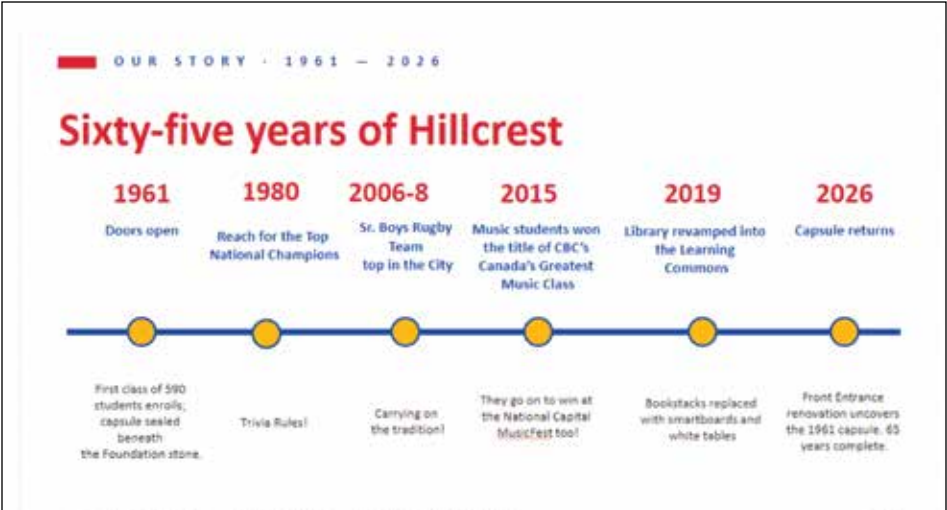
Former math teacher, Pieter Helmke. SHARED BY CAROLYN KROPP, HILLCREST HIGH SCHOOL PARENT COUNCIL CHAIR, AND STUDENT PHOTOGRAPHER GAVIN SCOTT.



Al Charron (Class of 1986) - Rugby Canada, Captain of Team Canada and international rugby star



Contents of the time capsule.



A timeline of the important events in Hillcrest High School's history. DINU CHANDE, PRINCIPAL AT THE TIME THE TIME CAPSULE WAS DISCOVERED.



Hilary Clauson

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A Special Riverview Park “Welcome” for an Ottawa Titan Baseball Player

by Kris Nanda

Another summer has now come and gone, and for many Ottawa area residents (including this writer), a local highlight of the season was watching Ottawa Titans baseball games at the stadium on Coventry Road. (Many Riverview Park residents were able to take advantage of the special Riverview Park Community Association discount on Titans tickets.)

For one Riverview Park family, the baseball season was extra special as they billeted a Titans baseball player in their home! Brian and Stephanie Geertsema and their 8-year-old son Charles hosted Ottawa Titans infielder, Thomas Ferroggiaro, at their house on Drake Avenue – and it turned out to be beneficial for all involved.

Brian, an architect who works from home, and Stephanie, a pharmacist at The Ottawa Hospital, had occasionally attended Ottawa baseball games after moving to Riverview Park in 2019. This past May, they learned about the opportunity to host a Titan’s player when they saw a promotion for it during the sold-out Ottawa Titans home opener. Brian and Stephanie were drawn to the idea of billeting for several reasons: Charles is playing youth baseball, they had a “completely underutilized basement suite,” and they figured their home was so close to the ballpark that it would be convenient for a player.

After a series of phone calls

with the Titans to confirm a player who would be a good fit, the Geertsemas welcomed Thomas Ferroggiaro into their home in June, shortly after the season began and right after Thomas graduated from the University of Santa Clara in California. The benefits have been mutual – Charles (who had always wanted a sibling) now had a “big brother for the summer” with whom he could play catch, and Thomas not only had a place to call home, but he also ended up with an instant fan club to cheer him on, and help him celebrate his 22nd birthday.

While host families do not get financially reimbursed, there are discounts and invitations to events. The fact that a perk of billeting is getting Titans seasons tickets is “cool in itself” Brian says. (The Geertsemas have only missed a couple of games this season.)

The Geertsemas now feel that they are “part of the Titans family,” and have gotten to know some of the other players and host families. Stephanie, who was a more casual baseball fan than Brian, says that “the hosting experience has really gotten me into baseball”. All three followed the team closely and felt “invested” in the Titans and Thomas in particular (“we are superfans” and “make signs for Thomas every game”).

Brian and Stephanie say that it has been good getting to know Thomas better and learning more personally and professionally.



Cappy, the Titan’s mascot, joined Charles at one of their games. Photos shared by the Geertsema family



Left: Charles Geertsema had a “big brother for the summer” when Ottawa Titans infielder, Thomas Ferroggiaro, moved into the Geertsema home.

They chatted with him and had the occasional meals together when he was around. The family was also able to take Thomas sightseeing around Ottawa during the All-Star break in July and help him get to know the area better.

Under the billeting arrangement, the host families need to provide a clean bedroom with access to a bathroom and laundry. Kitchen privileges are also generally provided but players are self-sufficient in terms of looking after food and transportation- “they are grown men after all” stated Brian.

Stephanie notes that “it was surprising how little we’ve seen Thomas since his schedule has been different than ours”. Thomas has had little free time, but when he has it, he is part of the family. And since Thomas is an animal lover, he was comfortable staying in a house with a big dog and two cats.

The baseball season lasts about

Above: Charles (L) with his parents Stephanie and Brian Geertsema, helped cheer on the Titans.

4-5 months and while there is no firm guarantee Thomas will return to the Titans in 2027, the Geertsemas would welcome him back as a billet. For those considering hosting a player for the Titans 2027 season, Brian and Stephanie say they “recommend it if you like baseball and being part of someone else’s journey and helping out.” They add – “be prepared to get invested in baseball!”

As the club’s website points out, “a welcoming home and caring family go a long way in ensuring a rich, positive experience for our Titans”. Riverview Park’s proximity to the Titans ballpark makes it an ideal location for host families. More information on billeting a Titans player for 2027 can be found at <https://www.ottawatitans.com/host-families>

Save the date!!....Sat. Nov. 21, 2026

Riverview Park Community Association

FALL SOCIAL

Buffet Dinner and Trivia Night

Where: Aahar The Taste of India Restaurant, 1573 Alta Vista Drive

Time: 5:30pm-9:30pm

Tickets: \$40.00 /person

For more details go to: <https://riverviewparkca.com/>

Or scan QR Code with your phone



Enjoying life at Riverpath

Shared by Sonia Vezina,
Activity Manager,
Riverpath Retirement Community

At Riverpath Retirement Community, we believe life is meant to be enjoyed, explored, and shared with good friends! Our residents recently enjoyed a wonderful day filled with sunshine, beautiful surroundings, laughter, and plenty of smiles.

From exploring local spots to-

gether to treating ourselves to a delicious ice cream and washing cars for raising funds for a good cause, these moments remind us that every day is an opportunity to make memories and enjoy the simple pleasures of life.

On October 7th, our residents will celebrate Oktoberfest with good food, great music, plenty of laughter and wonderful company!

At Riverpath, we're not just enjoying retirement—we're enjoying life!



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This year marks Riverview Park’s 76th anniversary and its’

The Early Days

Coming of Age

Gloucester Township was surveyed in 1792 and named for the second Duke of Gloucester, a nephew of King George III. The Township was laid out in four parts, one of which was named Junction Gore in the northwest part of the Township. Lot sizes of 200 acres in Junction Gore were laid out in narrow strips fronting on the Rideau River.

Junction Gore’s boundaries were: Ottawa River on the north; Rideau River on the northwest; St. Laurent Boulevard on the east and Walkley Road on the south. Riverview Park, this area’s modern name, was in part of Junction Gore. A *gore* was a small, triangular tract of land. The *junction* referred to was the intersection of the Rideau and Ottawa Rivers.

Riverview Park’s boundaries are: the Rideau River on the west; the CN tracks on the north; St. Laurent Boulevard on the east and Smyth Road on the south. Riverview Park is in the Rideau Front of Junction Gore, while those who lived on the other side of the River were in the Ottawa Front of Junction Gore.

September 26, 1826, Lieutenant-Colonel John By designated the Ottawa area as Bytown during the construction of the Rideau Canal. On September 26, 2026, Canada's capital officially celebrated Ottawa 200 Day, marking the 200th anniversary of the city's founding and our community of Riverview Park is now 76 years old. The following offers a glimpse into what Riverview Park has become over the years.

The Grey Nuns Convent (originally known as the Novitiate of the Grey Nuns of the Cross) opened in April 1915 on Alta Vista Drive in Ottawa and became an important landmark. In 1950 the City of Ottawa obtained an option on the Grey Nuns property, some 333 acres, of which 240 acres were designated for 1,200-1,400 “badly-needed” new houses and 93 acres for industrial use. The purchase price was \$600 per acre. In the 1950s the area around the Convent was still largely farmland. This part of Gloucester was annexed by the City of Ottawa that year.

Lots began to be offered for sale in the first section of the new sub-division in 1950, and were first sold in September 1951. In 1953, after first ground had been broken, demand for lots accelerated. The final portion of lots went on sale in 1956 and Riverview Park began to expand.



Map of Junction Gore.
[H. Belden, Illustrated Historical Atlas of the County of Carleton (Including City of Ottawa) Ont. Toronto, 1879.]



Archives des Soeures de la Charité d' Ottawa

The Grey Nuns of the Cross (Sisters of Charity) built a four-storey stone convent to house their novitiate, and rest home near Hurdman’s Bridge.

It was completed in April 1914, in a rural, quiet part of Ottawa (now Alta Vista Drive) and named, Novitiate Hurdman’s Bridge.



Shared by Jean Lamoureux

Demolition of the Novitiate Hurdman’s Bridge at the time of the construction of Alta Vista Towers in the late 1960’s.



From the Oak Park information panel
(Greg Money)

In 1945, the federal government built and opened a temporary residence for the rehabilitation of service personnel returning from World War II.

This Rideau Veterans Home (RVH) consisted of 13 buildings off Smyth Road. All that remains are some stone cairns and a massive oak from the original site.



From the Rideau Perley collection

In the Modern Era



Greg Money

Perley Health has been caring for seniors since 1897, and those who served Canada, since 1945.

The Perley and Rideau Veterans’ Health Centre began providing long-term, assisted, and community care for Veterans and seniors at its’ Russell Rd. facility in 1995.

Now known as Perley Health, and with expanded programming and services, the goal is to double the number of individuals served by 2035.

The first patients arrived at the National Defence Medical Centre (NDMC) in November 1961.

In the early 1990s, NDMC closed due to budget cutbacks in National Defence and Veterans' Affairs Canada.



Photo by Mansolo



Alta Vista Drive was a four-lane road in the 1970’s.

The towers in the background are the finished buildings replacing the Novitiate Hurdman’s Bridge.



Photos by Helen McGurrin



Photo by Greg Money

Towering over Riverside Drive, not far from Industrial Avenue, a complex was built by Aselford-Martin. Named the Riviera, it took five years to build: (1986-1991).

An air ambulance helipad was established to service both CHEO and The Ottawa Hospital-General Campus in 1993.



Photo by Geoff Radnor

At the intersection of Riverside Drive, Alta Vista Drive, and Industrial Avenue, is the Richard and Annette Bloch Cancer Survivors Park.

The park was officially opened on September 24, 2008.



Photo by Greg Money

OUT AND ABOUT IN RIVERVIEW PARK SUMMER 2026



From L to R: Charles, Evelyn & Brandon were strategically located at the corner of Knox Cres. and Acton Street one September Saturday morning selling Girl Guide Cookies. PHOTO CREDIT: ANNA NITOSLAWSKA



Riverview Park has many enthusiastic gardeners including along Caverley Street at the MacKenzie-Parks residence. It is here that neighbours are able to enjoy the beautiful results of a lot of hard work throughout the seasons. PHOTO CREDIT: WILSON PARKS



Spruce Cove in Balena Park was a six year project that reached completion this year. It has become an oasis for all to enjoy.



A car crash on Alta Vista Drive caused a traffic disruption on a busy Saturday morning. Louis Comerton just happened to arrive not long after the police and provided the photo. Fortunately, no one was in the bus shelter.

Celtic Tiger Team ride again for MS to/ from Cornwall August 15th/16th 2026

Shared by Aileen Comerton

We were lucky with the weather this year and had a dry weekend for the fundraising ride. We raised over \$17,000 this year and the team has raised over \$ 300,000 for MS since its inception. We are fortunate to be able to do the ride as many with MS could not. Many of our riders live in Riverview Park: Aileen Comerton, Team Captain, Mary Comerton, Eric Chrystal, Kirsten Byers, Daniel Lalonde and Ciaran Lane. Other members of the team are Andrew Sharpe, Andrew Davidson, Andrew Wiens, Bernita Butler, Jackie Mc Conville, Laura Lewin & Michele Raymond. We thank all our sponsors and donors for their generosity. Missing from the photo, Andrew Sharpe, Bernita Butler and Ciaran Lane.



Andrew Fleck Children's Services Intergenerational Early Learning Centre at Perley Health officially launched its co-located child care program in mid-2026. Located on the first floor of the Perley Centre (1750 Russell Rd), the facility accommodates 49 children spanning infant, toddler, and preschool age groups. PHOTO CREDIT: FRANCE DULUDE





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DEAR FRAN

Eremurus — the Foxtail Lily



FRAN DENNETT

To create the WOW factor in your garden consider Eremurus, the foxtail lily. A plant I have coveted for many years, often planted, but for some reason *Eremurus* has not taken to my garden. I suspect it was a lack of sun.

The genus name, *Eremurus* (pronounced er-eh-MEUR-us), is derived from the Greek words eremia meaning a solitude + oura meaning an animal's tail, hence foxtail lily, and it belongs to the family Asphodelaceae. They are native to the high plains and steppes of Afghanistan and northern Iran.

A.R.Buckley (Canadian Garden Perennials, 1977, ISBN-0-919654-75-9) describes five different species and two hybrids that were grown in The Dominion Arboretum. Buckley states this plant is for the discriminating gardener who will give it the special TLC it deserves. It must be handled carefully because the fibrous tuber and rhizomatous roots radiating from the crown are easily damaged, leading to infection and rot. The foxtail lily is a relative of asparagus which is evident when you compare the tubers.

The foxtail lily blooms in May, June or July depending on the cultivar. The white, light pink or orange racemes of flowers rise from a clump of sword-like leaves. It is hardy in Canadian zone 5b-4 with added protection. They can be temperamental, only sending up foliage until the tuber is mature enough to form blooms. Be patient and wait for your reward.

The secrets to success are full sun, fertile well-drained soil and a mound of 10-15cm of coarse sand or grit over the crown. A quality foxtail bulb resembles a giant spider about dinner plate size requiring a hole 20 x 60 cm and 20 cm deep in free-draining soil (if clay, amend with compost and sand). Soak the bulb 2-3 hours in warm water before planting. Place the bulb on a mound of soil with the crown near the top spreading the roots out, and the "eyes" pointing up. Then gently back fill with

soil and water. After flowering, the plant goes dormant until next spring. Emerurus is fairly drought tolerant and requires little water once established. They do not like soggy soil or a crowded space. *Eremurus* starts growing early and our spring cold snaps can kill the new flower bud.

Therefore, after the ground freezes in December, cover the area with a layer of mulch and do not remove this layer until the weather warms up in spring. The mulch slows down early thawing of the soil during these warm spells and also deters mice from eating the tender crown. Should you find *Emerurus* as a potted plant in the spring, gently remove it from the pot, remove the peat-based nursery soil, taking the plant down to bare root/tuber, and carefully plant as above.

A friend who moved her whole garden and has given away many *Emerurus* tubers told me that they are best moved when dormant. When she moved, she dug up her *Eremurus* bulbs after they went dormant, stored them for the summer in a cool, dark place, and then planted them in her new garden that fall. They all survived!

Germination procedure for *Eremurus* seed is as follows: sow on moist soil at 25-30°C and leave for 4-5 wks. Then move to 2°C (refrigerator) in darkness for 11-12 weeks, gradually raising the temperature and light levels. Repeat process if there is no germination. When grown from seed, they will take 4-7 years to reach bloom size. Each year when the foliage returns, feed the tuber, and allow to go dormant. The plant is noticeably larger from one season to the next.

Descriptions of Foxtail lily species suitable to zone 5b as listed in Canadian Garden Perennials:

- *Eremurus elwesii* blooms in May-June with fragrant

flesh-coloured flowers and leaves that reach 0.9 cm long and grows an impressive 1.8-2.7 m high. There is also a white cultivar.

- *Eremurus himalaicus* (Himalayan desert candle) blooms in May-June and is 0.9-1.8 m high. The flowers are white with orange anthers.

- *Eremurus robustus* blooms in May-June with peach-coloured flowers and is 1.8-2.7 m high with narrow leaves. This one definitely will grow in Ottawa.

I hope you are enticed to try the foxtail lily in your garden. Look for bulbs in the garden centres in September.



Eremurus – a foxtail lily PHOTO CREDIT: CANDACE DRESSLER

ALTA VISTA AND ELMVALE ACRES PUBLIC LIBRARIES

OCTOBER-NOVEMBER
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: Monday, October 12th for Thanksgiving.
Wednesday, November 11th for Remembrance 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.

■ **CHILDRENS PROGRAMMING**

STEM Storytime
(NEW – ALTA VISTA)

Stories, rhymes and songs for children of all ages and their parents or caregivers. Each program incorporates STEM principles. Children must be accompanied by an adult. 30 minutes. Saturdays at 10:30 AM except October 31st.

Family Storytime (ALTA VISTA AND ELMVALE ACRES)
Stories, rhymes, and songs for children of all ages and their parents or caregivers. Drop-in program.
Wednesdays at 10:30 AM. 30 minutes. No sessions on October 28th and November 11th.

Contes en famille (ALTA VISTA)
Contes, comptines et chansons pour les enfants de tout âge accompagnés de leurs parents ou gardien(ne)s. Les mardis à 10h30. 30 minutes. Aucune session le 27 octobre.

Babytime
Stories, rhymes, and songs for babies and their parents or caregivers. Bilingual. Drop-in program. 30 minutes. Ages 0 to 18 months. (ALTA VISTA) Tuesdays at 2 PM. No session on October 27th. (ELMVALE ACRES) Tuesdays at 10:30 AM. No session on October 27th.

Bébés à la biblio (ALTA VISTA)
Contes, Comptines et chansons pour les bébés accompagnés de leurs parents ou gardiens. Pour les 0 à 18 ans. Les jeudis à 10h 30. 30 minutes. Aucune session le 29 octobre.

Cercle de lecture en français (ALTA VISTA)
Rejoignez-nous pour le cercle de lecture à Alta Vista, en français uniquement. Nous lirons à tour de

rôle à haute voix, ce qui nous aidera à prendre confiance en nous et à apprendre des nouveaux mots. Les lundis à 16h, sauf les 12 et 26 octobre. 60 minutes.

Reading Circle (English) (ALTA VISTA)
Join us Tuesdays from 4-5 pm for the Alta Vista Reading Circle. We will take turns reading out loud, building our confidence and defining new words. Children of all abilities are welcome!
Tuesdays at 4 PM except October 27th. 60 minutes.

PD Day Craft (ELMVALE ACRES)
Come craft at the library. We have all the supplies you need to satisfy your creativity! Drop-in. Family program. Fridays, October 2nd, November 20th and 27th at 1 PM. 60 minutes.

Homework Help (ELMVALE ACRES)
Come and get help with reading, math, science, French, English, etc. Led by United for Literacy volunteers. 90 minutes. Tuesdays at 5 PM. For Grades one through ten.
Please visit our website for the most up-to-date information about children’s programs.

■ **ADULT PROGRAMMING**

Author Reading with Ann Cavlovic (ALTA VISTA)
Author Ann Cavlovic will read from her recent book Count on Me, and will also talk about her writing process and publishing experience, including how the unsolicited manuscript submission to publishing houses process works and how to make time for creative writing Saturday, October 17th at 2 PM. 90 minutes.

Origami (ALTA VISTA)
Meet new people and learn origami! Beginners welcome. Adults only
Thursday, October 22nd at 2:30 PM. 90 minutes. Registration required.

Quilling (ALTA VISTA)
Meet new people and learn origami! Beginners welcome. Adults only
Thursday, November 19th at 2:30 PM. 90 minutes. Registration begins October 29th.

Adult and 10+ Chess Club (ALTA VISTA)
Join us for adult chess, all levels welcome; an instructor will be

available! Come meet new people and have fun. No registration required. Ages 10+.
Saturdays, October 10th and 24th, November 7th and 21st at 3 PM. 60 minutes.

Memory Café (ALTA VISTA)
An open house for persons with dementia, their care partners, and families.
Fun and stimulating mental activities are planned to enhance the social interactions and the connections that are built within the group. Light snacks and warm drinks are served alongside items that aim to spark conversations and reminiscing. Drop-in. 120 minutes.
Wednesday, October 28th and November 25th at 1:30 PM.

Community Writing Workshop (ALTA VISTA)
Experience the transformative power of writing in an inclusive space! Write together, share first drafts, listen deeply and receive supportive feedback. Tap into your story and explore your voice in an environment of dignity, courage, and respect.
No experience required. Beginners welcome. Materials provided. 18+.
Mondays, 6:30 PM to 8 PM, except October 12th.

English Conversation Group
Practice your English conversation skills in a relaxed and friendly environment. All levels are welcome in this free program. Drop-in. 60 minutes.
(ALTA VISTA) Mondays, 1 PM and Tuesdays, 7 PM. No group on October 12th.
(ELMVALE ACRES) Mondays, 5:30 PM. No group on October 12th.

Groupe de conversation en français / French Conversation Group (ELMVALE ACRES)
Pratiquez votre français dans un milieu décontracté et amical. Portes ouvertes.
Practice your French conversation skills in a relaxed and friendly environment. Drop-in.
Saturdays at 1 PM. Les samedis à 13h. 60 minutes.

Groupe de conversation en français (intermédiaire) / French Conversation Group (intermediate) (ALTA VISTA)
Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription

The OCDSB Boundary Review is coming: Why Alta Vista parents need to act now

by Romy Swann, Riverview Alternative Parent and Advocate

As families wrap up the first few weeks of the new school year, I cannot help but reflect on the whirlwind of decisions that have impacted Ottawa-Carleton District School Board (OCDSB) schools in Alta Vista over the past two years.

In September 2024, Phase 1 of the OCDSB Elementary Program Review (EPR) flew largely under the radar. That changed abruptly in January 2025 when Phase 2 unveiled a major program overhaul. Local parents quickly mobilized, advocating for critical revisions before trustees passed a modified plan in May 2025.

The landscape shifted again in June 2025 with the appointment of provincial supervisor, Bob Plamondon. One of his initial moves was reversing the EPR—with one major exception: phasing out the



PHOTO CREDIT: GREG MONEY

alternative program across all five alternative schools, including Riverview Alternative. Then, in December 2025, just days before winter break, the board announced that kindergarten enrollment at alternative sites would be halted.

Once again, community members stepped up to demand meetings with the OCDSB and supervisor. Thanks to their relentless advocacy, kindergarten enrollment was reinstated in March 2026, paired with a commitment to conduct boundary reviews for each alternative site and its surrounding schools within two years—before the September 2026 junior kinder-

garten cohort enters Grade 1.

Boundary reviews naturally create anxiety because the burden falls on residents to challenge board-issued proposals. However, the West Central review process (including Churchill Alternative) initiated in April 2026 proved that communities can actively shape the outcome.

Having learned from past EPR struggles, West Central school councils and residents proactively identified program gaps and presented their own proposal—complete with a phased-in approach that prevented forced student transfers. When the OCDSB presented its plan on May 6, it was largely built on the community's framework. Consultation feedback secured additional protections like sibling guarantees and busing eligibility.

Our Alta Vista school communities can achieve that same success.

With an upcoming boundary

review on the horizon, our window to act is right now. Rather than reacting to an OCDSB proposal on short notice with minimal feedback time, we must proactively decide what we want for our neighborhood schools. Could Early French Immersion be expanded to additional sites closer to local families? How should boundaries be redrawn to reflect local needs?

The OCDSB may be under supervision and our trustees' powers limited, but our community's voice is far from silenced. When Alta Vista school councils and the RPCA met with the supervisor and OCDSB team in March, a follow-up meeting was promised. We intend to hold them to that. I urge parents to connect with their school councils—and for councils across Alta Vista to collaborate—building a unified vision now so we can lead the conversation for our children's future.

CONTINUED FROM PAGE 38

requisite.

Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required. Wednesdays at 6:30 PM. Les mercredis à 18h30. 75 minutes.

Write With Us
(ELMVALE ACRES):
The Writers Collective of Canada (WCC) and the Elmvale Acres Branch invite you to join us for our writing workshops: Write With Us!

We are all connected through story. Stories have the power to remove barriers of difference and to broaden perspectives. By writing together and listening to others with only positive feedback, we connect with the common humanity that bonds us all.

WCC believes that every voice deserves to be heard. No experience is necessary.

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

Group Tech Help
(ELMVALE ACRES):
Have questions about the basics of using your device, i.e.: tablet, phone, or laptop? Need help with e-books or other online library resources? An Elmvale Acres branch staff member will be here to assist (no technology repairs or online banking/shopping). Please bring your own device and library card.

If you are not available for this session, One-on-one tutorials are

also available by appointment. Wednesdays at 2 PM, except November 11th. 120 minutes.

Big Open Music Circle
(ELMVALE ACRES):
Bring your instrument and join us for an informal evening of music-making. All skill levels and instruments are welcome to our drop-in program. Last Tuesday of every month. Tuesdays, October 27th and November 24th at 6 PM. 90 minutes.

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

Elmvale Acres Book Club
(ELMVALE ACRES)
Meet up with fellow book enthusiasts for discussions about the month's chosen book. Join us on the third Monday of the month at 2:00 pm.
Monday, October 19th
The Personal Librarian
by Marie Benedict
Monday, November 16th
TBD
Monday, December 21st
TBD

Sleuth Hounds Mystery Book Club (ALTA VISTA)
Share the enjoyment of good

mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30 - 8:00 p.m. All are welcome..
Thursday, October 15th
Marc Cameron - Any in the Arliss Cutter series.
Thursday, November 19th
Kate Atkinson - Jackson Brodie series.
Thursday, December 17th
Holiday social and Planning Party

Book Banter (ALTA VISTA)
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, November 5th
Pick A Colour by Souvankham Thammavongsa
Thursday, December 3rd
Time of the Child
by Niall Williams

Infusions Littéraires
(ALTA VISTA)
Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.
mercredi le 21 octobre
Cent ans d'amour de Janette Bertrand
mercredi le 18 novembre
Juste après Dieu, il y a papa d'Éric-Emmanuel Schmitt
mercredi le 16 décembre
Ça finit quand toujours? d'Agnès Gruda

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

ONLINE COLLECTIONS AND SERVICES

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

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

To access these resources and much more, please visit <https://biblioottawalibrary.ca/en/databases/search-all>. A valid Library card is required. For assistance, please call Info Service at 613-580-2940 or email infoservice@biblioottawalibrary.ca.

South-East Ottawa Community Health Centre: Support for Seniors

by Lisa Bornn

For many seniors in our community, something as simple as getting groceries, getting a drive to a medical appointment, or having someone to check in, can mean the difference between independence and isolation.

At the South-East Ottawa Community Health Centre (SEOCHC), seniors are not just patients, they are neighbours, storytellers, and vital members of our community.

Leanne, a retired public servant and active member of Ottawa's arts community, was used to doing things on her own. After a fall left her unable to drive or shop for groceries, she has relied on South-East Ottawa Community Health Centre (SEOCHC) for nearly two decades. Living alone with most of her friends gone and her daughter living far away, she felt isolated and unsure how to manage on her own. SEOCHC became her lifeline- providing support through the grocery bus program, rides to medical appointments, daily check ins and most importantly, connection.

SEOCHC brought consistency, warmth, and community into Leanne's life. Leanne shared she felt seen, cared for, and connected at SEOCHC. With SEOCHC's help, Leanne has lived life with dignity and joy, even as her health and mobility changed.



A van driver with a client. PHOTO CREDIT: SHARED BY SEOCHC

Leanne shared that “SEO has been a blessing! They’ve lifted so many burdens and given me peace.”

Do you know someone like Leanne that needs help at home? Have you been thinking about getting help at home yourself and not sure where to turn?

The Community Support Services Program at SEOCHC is here to help!

Services available include:

- Caregiver support- assistance with system navigation
- Handy helpers- volunteer support with small, one-time odd jobs
- Friendly Visiting- matches vol-

unteers with clients for social contact

- Home Help Directory- Links clients with screened independent service providers. Includes housekeeping, home maintenance and respite care
- Grocery supports and Grocery Bus- transportation to grocery store for shopping
- LunchAbility- a monthly recreational group for adults with a physical disability
- Telephone Assurance- a regular phone call to check on client well-being
- Transportation to Medical Appointments- rides to and from medical appointments within Ottawa with advance notice

- Snow Go Assist- a city of Ottawa program which provides eligible clients with financial assistance towards the cost of snow removal
- Nursing Footcare Clinics- the clinic provides assessment and treatment of various foot problems and routine care.

If you, or someone you know wants to find out more about accessing services, feel free to call 1-844-726-5115 or go to www.seochc.on.ca

Have you been considering volunteering? Maybe you have an hour or two a week and want to find a fulfilling role? The gift of your time is truly priceless! Here are some options within the Community Support Services program:

- Volunteer Driver: paid mileage, flexible schedule. Drive a client to and from their essential medical appointments.
- Friendly visitor: Flexible schedule, weekly visits or phone calls to an isolated client.
- LunchAbility volunteer: support a monthly social group outing for adults with a physical disability.

Find out more about volunteer opportunities by visiting www.seochc.on.ca or by calling 613-737-5115 ext 2294.

CHEO Foundation and RBC celebrate more than \$1,016,000 raised at 10th annual Race for the Kids

OTTAWA — October 4, 2026 – Today the Ottawa community laced up for the 10th anniversary of CHEO's RBC Race for the Kids raising more than \$1,016,000 for CHEO's Kids These Days campaign. This brings the 10-year total to over \$6 million!



Hundreds of runners, walkers, families and four-legged friends took on the 10K, 5K and 2K Family Fun Run at Wesley Clover Parks, with nearly 200 volunteers keeping the day on track.

Every dollar raised will support CHEO's largest redevelopment campaign which includes the new Integrated Treatment Centre slated to open Spring 2028. Kids these days are facing more health challenges than ever before. More mental health issues, like depression and anxiety. More time waiting in the emergency department. More complex care needs, with

too many kids waiting too long for appointments. CHEO is growing to meet those needs, and events like this one help make it happen.

“Ten years of showing up for kids. That's what today is about,” said Steve Read, President and CEO, CHEO Foundation. “Every step and every dollar raised will transform care for children, youth and families in our region. We are grateful to RBC, our sponsors, volunteers and every participant who made this 10th anniversary one for the books.”

“For ten years, RBC has been proud to stand alongside the CHEO Foundation and the Ottawa community in support of kids and families when they need it most. Seeing thousands lace up year after year—and especially today, for this milestone 10th anniversary—is a powerful reminder of what's possible when a communi-

ty comes together to ensure that children and youth across our region access world-class care,” said Devinder Gill, Regional President, Ontario North and East, RBC.

Participants also heard from CHEO Patient Ambassador Mason. For Mason, CHEO is part of everyday life. The young patient ambassador had hip surgery at CHEO, attends CHEO School and visits for physiotherapy, occupational therapy, speech therapy and a long list of clinics to manage his complex needs. Sunday, he crossed the finish line of the 2K Family Fun Run alongside his mom and dad, Lindsay and Mike, and his sister, Mya. It's families like Mason's who will benefit most from the new centre, which will bring more of the care they need together in one place.

CHEO's RBC Race for the Kids is made possible by Title Sponsor RBC and Major Sponsors Wesley Clover Parks and Bergeron Clifford LLP.

For more information, please contact:

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About CHEO Foundation

CHEO Foundation is the philanthropic arm of CHEO, CHEO Research Institute and Roger Neilson Children's Hospice. For 50 years, the CHEO Foundation has been the link between these respected institutions and the generous community that financially sustains them. CHEO Foundation staff are inspired by donors, and the community, who support pediatric healthcare, cutting-edge research and essential services to ensure children and youth can live their best lives. We are proud to put the interests of kids at the forefront of our decisions and we are intentional in everything we do. We take care of ourselves and each other, embrace equity, diversity, inclusivity and indigeneity, and celebrate success as a team.

Native Plant Profile: Goldenrods and asters

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

Autumn is here, bringing with it our native asters and goldenrods, which add the beauty of their purple and yellow blooms for us and for the late-season pollinators! Asters are a confusing group that has had changes to its scientific name. Most asters are now in the *Symphyotrichum* family, although a few are *Doellingeria* or *Eurybia*. Goldenrods are almost all called *Solidago*. In French, asters go by the same name while goldenrods are, not surprisingly, called «les verges d'or».

Let's clear up a misconception. While goldenrods bloom in late summer and early fall, when many people have seasonal allergies, the pollen from goldenrod flowers is too heavy to be airborne, requiring insects for pollination. Thus, it is quite rare for anyone to actually be allergic to goldenrod. The culprit of most last summer/fall allergies is another native plant that has unremarkable flowers that bloom at the same time as goldenrods, common ragweed, which has very light pollen, is wind-pollinated and able to easily get into people's respiratory systems.

There are many aster and goldenrod species native to the Ottawa area, and lots of others native in neighbouring regions. People often associate the name «goldenrod» only with the easily spreading Canada, tall, and giant goldenrod species. These species are commonly found in sunny meadows and roadsides across the region, including along the Hospital Link Rd. While these



Zigzag goldenrod is the yellow flower at left, large-leaved aster at lower left and calico aster in centre & at right. PHOTO CREDIT: LYNNE PATENAUDE

goldenrod species are beautiful, and are also keystone species that support many pollinators, they spread too aggressively (by underground rhizomes and by seed) for most urban gardens.

There are so many beautiful, clump-forming, well-behaved goldenrods, and you can find one that will grow in almost any soil type and light conditions. Some of my favourites for sunny gardens are rough-stemmed, early and grey goldenrod, all clump-forming and staying low enough to be planted in the boulevard area of your front yard. They have the fireworks shape. Others like stiff and stout goldenrod have a more upright form and will grow taller than the one metre limit for boulevard gardens, but they are lovely in other areas. Zigzag goldenrod is my favorite shade plant as it is so easy to grow from seed, grows well in dry shade, often blooms in its first year and is still blooming

well into October. It gets the zigzag name from its crooked stem, and has quite wide distinctive leaves. Blue-stemmed goldenrod is another great goldenrod for shade that can be found growing wild all over our region.

Goldenrods are also the flowers that support the most species of pollinating insects, including the caterpillars of over a hundred species of moths and butterflies, and many bees that have specialist relationships with goldenrod. As late bloomers, they are also well used by late bumblebees and by monarch butterflies before they head south for the winter.

The perfect colour contrast for our beautiful yellow goldenrods are the purples and blues of asters. There are also asters for almost all sun and soil conditions, although most are taller plants. In sun and part-shade, New England aster is probably the most common and well-known aster in



Smooth aster or smooth blue aster

our region, with dark purple or pink flowers. Smooth blue aster is pale purple aster for sun from southern Ontario that grows easily from seed in our region. Asters for shade are typically shorter plants and include large-leaved, heart-leaved and calico aster. Large-leaved aster is a great native replacement for hostas in the garden, with leaves that will slowly form a ground cover. Calico aster self-seeds with abandon so is best used in large areas where you are happy for it to spread. It is covered in flowers though and is very popular with bees.

Birds will eat the seeds of asters and goldenrods through the fall and winter if you leave them standing in your garden. Cut back the previous year's stems in early spring to 6 to 24 inches to provide hollow stems for solitary bees to use as nests for their young in spring and summer.

The Friends of Riverview Park Green Spaces (FoRPGS) have planted rough-stemmed goldenrod and smooth aster at the Riverview Park Pollinator Garden off Hospital Link Road, and in the community sun garden along the Drake-Dorion path. If you like gardening, we would love to have you help us maintain our community gardens. You can reach me at osean.info@gmail.com.



Keith McKevey, assisted by neighbour Glen McPherson, donated the proceeds from his mobile Porchefest BBQ to the Blair Court Food Bank. Well done!! Thank you. PHOTO CREDIT: FRANCE DULUDE

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From a Riverview Park Kitchen

Old Fashioned Oatmeal Cookies

A recipe of Maya Saunderson

Cream together: 1/2 cup butter, 1/2 cup packed dark brown sugar and 1/2 cup of white sugar

Beat together: 1 large egg, 1 tsp vanilla or almond essence and 1 tbsp milk

Sift together: 1 cup sifted flour, 1/2 tsp baking powder, 1/2 tsp baking soda and 1/2 tsp salt

Combine the butter mix with both the egg mixture and flour

mixture and beat until smooth

Add 1.5 cups (or less) of un-cooked old-fashioned rolled oats plus 3/4 cups of chocolate chip (optional). Mix together well.

Spoon small amounts 2" apart to make 24-36 cookies on cookie sheets covered with parchment paper. Flatten with a fork

Bake: at 350 degrees, 10 to 12 minutes or until done to your liking. Less time will give a chewy cookie.



Leave more leaves and do less fall clean-up

As the air is getting crisper and the days shorter, many homeowners and gardeners are starting to prepare the yard and garden for winter. Most of us have grown up with the common practice of raking up and removing all leaves and dead plants from our properties. Many of us dutifully partake in these tasks not realizing the detriment to our gardens and to the environment.

Here are four ways that we can help our yards and the environment as we prepare for winter:

Leave more leaves – This is one of the most valuable things we can do for pollinators who spend their winters here. Most butterflies and moths spend the winter in Canada. Some, such as the mourning cloak butterfly, spend the winter as an adult, others survive the winter as eggs, cat-

erpillars or chrysalis. They all depend on leaves to provide shelter and nutrition while they survive our harsh winters. Fallen leaves become the first food source for caterpillars in the spring. Many cocoons actually look like leaves, and we may unknowingly rake up and dispose of butterflies when we dispose of our leaves. Bees, spiders, snails, worms and beetles also depend on the leaves.

Leaves are a free source of mulch! As they decompose, they provide organic material to feed our lawns and gardens which saves you money on chemical feeders. A layer of leaves has been shown to have the same weed suppressing and moisture retention abilities as a layer of wood mulch. Leaves are free and abundant, raking them off your lawn and into piles around shrubs, trees and flowering plants can save you both time and money. Ideally, the leaves



Woolly bear (caterpillar of the Isabella tiger moth) spends the winter in leaf litter.

PHOTO CREDIT: LYNNE PATENAUDE

Our native bees do not live in hives and some require the hollow stems of plants for shelter throughout the winter. Small carpenter bees carve out their nest in dead raspberry canes or other flower stems. They often do this a few centimeters away from where they have been collecting pollen all summer.

As these plants decompose they will break down into organic material which improves the texture of the garden soil. Nutrients from the dead roots will remain in the soil and be used to feed other plants. The dying roots also create space for air and water to permeate. These plants are a free source of compost to feed the garden and can save you money from buying more compost or fertilizer.

should not be shredded as you may be harming beneficial insects that are hiding in the leaves. You can put twigs and fallen branches on the leaves to keep them from flying away in the wind before the snow arrives.

Packing leaves into bags increases work for both the homeowner and the city and causes pollution as we need trucks to transport these bags of leaves, and landscapers use gas-powered equipment to gather leaves. It is literally a waste because our gardens no longer benefit from this free resource and many of us then go out and spend money on compost or fertilizer to aid our gardens.

Chop and drop – As you are removing weeds you can chop up the stems and leaves and use them to feed and mulch your garden. They will provide essential nutrients such as potassium, phosphorous and nitrogen to your garden plants. It is a free and environmentally friendly way to improve soil quality.

Spread the word – Consider posting a sign in your yard such as the one offered by Ottawa South Eco-action Network. This can help explain your garden to curious community members and can help to inform others of the benefits to leaving leaves. Most of us are just doing what we saw our parents do and may not realize there are better options.

Changing our gardening practices benefits nature but it also saves us precious time and money. It's a win-win situation!

Leave dead flower stems standing and don't deadhead – One of the best ways we can support migrating and overwintering birds is to leave seed heads on flowers. This is an important source of food for birds like gold finches and dark-eyed juncos. Instead of dead heading your flowers, you can save precious time and do nothing at all. This will invite more birds to your garden over the winter who need this precious source of food to help with our harsh climates.

Leave More Leaves!

Minimize blowing, raking, or shredding leaves this fall
Gather leaves in gardens and around plants and trees

Leave nature's mulch to:

- Provide food and shelter for wildlife
- Protect overwintering pollinators
 - Insulate plant roots
- Fertilize soil and suppress weeds

Wild Seed Project

Learn more at
www.osean.org

This Leave More Leaves yard sign can be ordered at: www.osean.org/pollinator-patches

Adapted by Lynne Patenaude from
text by Nadia Ouelette, Ottawa
Wildflower Seed Library

Riverview Park Review

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Pumpkins for our Planet is back again this Halloween season

Join the Ottawa South Eco-Action Network (OSEAN) and the Riverside Park Community Association at Ernie Calcutt Park on November 8th for our Pumpkin Alley and Fair.

Across Ottawa South, including right here in Riverview Park, OSEAN and community groups are collecting Halloween pumpkins to distribute them to local farms, food centers, and kitchens! In past years we’ve collected over 2 tons of pumpkins for food, animal feed, and farm fields. With Statistics Canada estimating over 82,000 tonnes of pumpkins are grown in Canada for Halloween, most of these rot and generate methane, a potent greenhouse gas. Even more concerning is that this could be used for good, in feeding people and nourishing farms right here in Ottawa.

Help us combat food securi-



Photos from one of the Riverview Park collections of Pumpkins for our Planet 2025. PHOTO CREDIT: JON LEMIEUX

ty while diverting waste from city compost and landfill by bringing carved and intact pumpkins. Starting November 1st, collection sites will once again be set up in locations



across Ottawa South. Distribution to farms begins midweek, and uncarved pumpkins are diverted to our Pumpkin Alley. On Sunday, November 8th (noon to 4pm), the Pump-

kin Fair will be a celebration of fall and sustainability in our community. Enjoy the Pumpkin Alley fun and activities while putting pumpkins to good use. Donate to community food kitchens, and find out more about sustainability in action in our community!

We are looking for your help! Contact us if you can help with transporting pumpkins, spreading the word about greener ways to celebrate Halloween, and contributing to the festival.

For more information watch our Website, Facebook or social Media for updates this October!

Pumpkins for the planet — OSEAN
<https://www.osean.org/pumpkins-for-the-planet>
Contact: osean.info@gmail.com

October 2026 EnviroTips[®]

Reduce microplastic pollution when purchasing clothes. If choosing to buy new clothes, select items made of natural fibers such as cotton, linen, wool, silk or a semi-synthetic like rayon instead of clothes made only from synthetic materials. Doing so will reduce the amount of unhealthy microplastics that go into the water table and ultimately into your body.

Be environmentally friendly when making or choosing a Halloween costume. Instead of buying a brand-new costume, make one out of clothing and other items you already own or go “thrifting” at a used clothing store.

Donate used pumpkins to an initiative like “Pumpkins for the Planet”. This initiative encourages Ottawa residents to drop off carved or intact pump-

kins at local collection points. Volunteer drivers deliver the pumpkins to local farms and food-sharing centres. <https://www.osean.org/pumpkins-for-the-planet>

Try to buy toilet paper in plastic-free packaging and tissues in boxes without plastic flaps or wrapping. Paper and cardboard packaging can be recycled rather than going into the waste stream. For example, Bonneterra is a brand of toilet paper wrapped in paper that is available in several Canadian grocery stores and places like Canadian Tire.

Do laundry less often. Consider wearing clothes another (second) time (if they are not too dirty) before putting them in the laundry hamper to be washed. (Use cold water wash whenever possible.)

Consider vinegar as an

environmentally friendly alternative around the home for cleaning and cooking. Vinegar can be used for cleaning as it cuts grease, naturally deodorizes, disinfects, removes mineral deposits, and is streak-free. When it comes to cooking, vinegar brightens flavors, tenderizes meats, prevents bacterial growth, and enhances freshness. For specific uses visit: <https://andreadekker.com/101-more-uses-for-vinegar/>

Take home unused condiments from restaurants when you eat out (or return them to the counter). Single serve salt, pepper and ketchup that are left behind are usually thrown away by restaurants, but take these unused condiments with you when you leave for use at home. (Avoid asking for too many individual packets when you pick up your food.)

You can still eat many foods after the expiration date. The dates on many food containers or packages can be confusing, and most of us end up throwing away food that is actually still safe to eat. For example, the dates on packages of dry pasta and rice are quality dates, not safety dates. Most dry pasta and rice are safe to eat up to two years past the printed date.

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

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