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Alta Vista - Canterbury Community Newspaper (FREE)

Vol. 33 No. 8 October 2014

## An Enormous Disaster

by Larry Wade - Alta Vista Resident



It's eight inches high and weighs only a few ounces but it's one of the most destructive products on the planet. It kills fish in our oceans and waterways and wildlife in our forests, devours vast quantities of finite resources, produces large amounts of greenhouse gases, bloats our landfills and when decomposing releases toxins into our soil and groundwater.

It isn't healthy for humans either. Montreal's C-crest Laboratories found it contains "alarming" levels of bacteria, and the U.S. Environmental Working Group found its many components were pollutants.

It's bottled water.

Because of its threat to environmental and human health, in 2008 the Association of Ontario Municipalities, and in 2009 the Canadian Federation of Municipalities, urged all members to phase it out of all their facilities and events. Manitoba and Nova Scotia, 92 cities including Toronto, 26 universities and 11 district school boards all have either done so or will do when their existing contracts with bottling companies expire.

But Ottawa City Council steadfastly refuses to join in.

The Ottawa Water Study Action Group (OWSAG), of which I'm a member, has tried for years to persuade Council to phase out bottled water in its facilities. While some Councillors support phase-out, the majority refuse even to consider it, and in 2011 Council signed a new contract with Coca-Cola Ltd. giving it the green light to sell bottled water in all its vending machines for another five years. For this, the company pays Ottawa \$135,000 annually. Is that enough to justify the damage it's encouraging?

Consider this: it takes three litres of water and a quarter litre of oil to make a one-litre bottle, and billions of bottles are manufactured each year. Additionally, they are trucked over long distances, adding to energy consumption and environmental pollution. Nestles, one of the largest producers, transports its bottles across Canada from two factories, one in Ontario, the other in B.C.

Up to 80 percent of empty bottles aren't recycled; they end up in landfills, lakes, rivers and ditches, visible to all. Huge areas of the ocean contain floating plastic bottles – an international disaster.

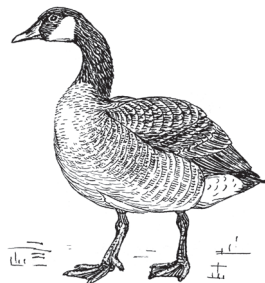
Tap water is meticulously inspected many times each day by our City. Bottled water? Not public information.

The city of Peterborough tracks the number of plastic bottles trucked to landfills. One-seventh the size of Ottawa, it estimates it disposes of more than 100 tons of them every year. Is Ottawa's seven times more? Who pays for this? We do, not the bottlers. Bottlers also pay nothing as in B.C., or next to nothing, for draining our waterways. Ontario charges them \$3.71 for every million litres of water they take. That's about the amount they often charge for just a litre of their bottled water. Seems the bottlers are making a killing in more ways than one.

Discussions with officers of many of Ottawa's community associations earlier this year revealed that the majority favour phasing out bottled water in city facilities. Will this message get to our Mayor and Councillors before the election?

OWSAG sure hopes so. So does the environment.

Hiding in the VISTAS is a little picture that you need to find. If you do find it, send an email to [info@vistas-news.ca](mailto:info@vistas-news.ca) with the page number where you found the picture and a short story or poem about it. We may print your story/poem in the next issue. Have fun!



Congratulations to Tudor Jones who was the first to report back that he had found the maple leaf hidden in the September issue.

## Get W.I.T.H. It Launch

by Helen McGurrian

Once again this year the Ottawa Hospital Academic Family Health Team will be leading the Heart Wise exercise walking program at Hillcrest High School, 1900 Dauphin Road, starting November 3<sup>rd</sup>. Come join us and walk the halls in a safe, warm and friendly environment (Get W.I.T.H. It). This free program which meets the criteria of a Heart Wise Exercise program is endorsed by the University of Ottawa Heart Institute and the Ottawa Hospital. You are free to drop in

for a light (no stairs – wheelchair and stroller friendly), moderate or vigorous walking route and have fun flexing your muscles at "Muscle Moment" stations every Monday from 6 - 8:00 p.m. from November 3<sup>rd</sup>, 2014 until March 30<sup>th</sup>, 2015. Remember to bring comfortable walking shoes and a water bottle. Enthusiastic volunteers will be there to help guide you and pedometers will be available to track your progress. If you'd like to know more, please contact Kim Lavender at 613-798-5555 ext 13512 or by email: [klavender@toh.on.ca](mailto:klavender@toh.on.ca).



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Eighth Page \$ 50.00 ( 2.5" x 3.25")

Accounts are due on publication.  
Classified ads are \$10 (maximum 25 words).

DEADLINE for submissions & ads: 15<sup>th</sup> of the month  
Please note: Opinions and information published in VISTAS through letters we receive, community and association news or individual columns, do not necessarily reflect the opinion of this newspaper.  
  
VISTAS thanks the Canterbury Community Association for funding support to deliver the paper in its area.

Editorial

Community Building

Every moment of every day we make judgments. This is good; that is bad. This is right; that is wrong. Everything we see is marked with our own perceptions acquired through our lifetime. We live in fear of our differences - sometimes in awe of them.  
  
Science speaks about the interconnectedness of all things. When a butterfly flaps its wings in Ottawa, a candle blows out in Calcutta. If, indeed, all is connected as science says, then when we judge our neighbour, we are judging ourselves. Each of us has strengths and weaknesses. I'm not an opera singer but I know someone who has that talent. I can't build a house, but I know people who have that skill. In this life, we will never have it all. We will never be it all. Nor is it necessary. There is room for all; there is enough for all.


We are a world of people who push love away because of our judgments. We need to examine why we need to think we are better or worse than our neighbour. We are essentially the same as them. Why do we defend and attack? Do we need to do either? What would life be like if we dropped the judgment and lived a message of forgiveness and love?

Many of us do what we can to better this world and that is praiseworthy, but a world without judgment would be peaceful. Think of some of the things that draw your ire. Alta Vista can be a peaceful community when we honour our neighbours. What can you do for your neighbour to make your relationship better?

Maybe you can suggest ways that you, as a resident of this area, can become more forgiving and life affirming. Let us know if you have made changes in your life that have resulted in your becoming a more neighbourly person. Email us at info@vistas-news.ca. If we look for war, we will find war. If we look for peace, we will find peace. May we walk towards being the kind of good neighbour we would want our neighbors to be.

VISTAS NEEDS VOLUNTEER CARRIERS

Alta Vista (Cunningham to Pleasant Park), 47 papers  
Amberdale & Garand, 53 papers  
Bathurst, 19 papers  
Billings (Fairbanks to Lynda Lane), 20 papers  
Billings Estate, 10 papers  
Bloor, Penhill, Crestwood, 56 papers  
Bowman, 27 papers  
Braeside (Randall to Kilborn), 20 papers  
Cabot and Park Hill, 34 papers  
Cheverton, 26 papers  
Chomley, 40 papers  
Crestview (west of Alta Vista) and West Lane, 30 papers  
Dahlia, 28 papers  
Delmar (Playfair to Pleasant Park), 40 papers  
Evans and Evans Place, 31 papers  
Florida, Atwater, 40 papers  
Hillary, 40 papers  
Kilborn (Alta Vista to Bank), 50 papers  
Kipling, 22 papers  
Livingston, 28 papers  
Manor Hill Private, 26 papers  
Mimosa, 30 papers  
Mountbatten (Alta Vista to Blossom), 42 papers  
Pixley, Renova, 125 papers  
Reeves, Orchard, 40 papers  
Smyth (Highland Terrace to Alta Vista), 17 papers  
Station Boulevard, 40 papers  
Willowdale and Renfield, 44 papers  
Yale and Virginia (Featherston to Yale), 30 papers



**Community Meeting**  
**Wednesday**  
**Oct 22, 2014**  
**7:30 pm to 9:00 pm**  
**At Rideau Park**  
**United Church**  
**Corner of Alta Vista Drive and Cunningham Ave.**  
**The Alta Vista Community Association**  
**Annual General Meeting**  
**A Discussion of Issues, Solutions and**  
**Neighbourhood Priorities**  
**ALL WELCOME**  
**For more information go to**  
**avca.ca**

VISTAS RAP

*(with some poetic leeway)*  
We're your neighbourhood paper and we're in a fix  
We need some helpers to add to the mix  
Our papers won't just deliver themselves  
It's time to take down your shoes from the shelves.  
And do the neighbourly thing...  
Yes, do the neighbourly thing.  
There's Amberdale, Bathhurst, Billings and Bloor  
Briar Hill, Bowman, Chomley and Smyth  
West Lane, Crestview, Dahlia and Evans  
Florida, Atwater, Kilborn and Kipling  
Mimosa, Mountbatten, Pixley and Rooney  
Featherston, Bowman, Cheeverton, Yale....  
But that's not all, folks; no, that's not the end  
We need your help, all you VISTAS supporters  
To drop off some papers on peoples' front door-steps  
And do the neighbourly thing...  
Yes, do the neighbourly thing.  
So pick up your cell, or your landline or 'puter  
Give Ernie a call - he'll be happy to hear 'ya  
He'll give you a row of houses close to 'ya  
and thank you for being a VISTAS deliverah  
And do that neighbourly thing, my friend....  
Yes, do that neighbourly thing.

Call Ernie 613-521-4658 if you can help or email: distribution@vistas-news.ca



# Improving the Patient Experience



by Helen McGurrin

At a joint meeting with The Ottawa Hospital's Board of Governors and the Community Advisory Committee, members reviewed a "hypothetical"

patient's journey from Emergency Department (ED) through admission, treatment, discharge and follow-up. This article highlights the recommendations arising from this review which could improve the patient experience and the delivery of health care services.

## Case Study Scenario

A 75-year old woman, (husband deceased three months earlier from cancer), lives independently in her bungalow. Her two adult children live out of town. Her family doctor is treating her for diabetes 2 and hypertension. In the past few days she has noticed swelling in her legs and shortness of breath. At 10 p.m. she feels worse, calls a taxi to go to the Emergency Department (ED). She is diagnosed with congestive heart failure and admitted. She has not brought her medications nor does she remember their names and dosages. Since her husband died, she has not designated a new substitute decision maker. Over three days, her condition improves. On the fourth night, she has a dizzy spell in the washroom, falls and

fractures her hip. She has hip surgery and recovers well. Her blood pressure and blood sugar are stable. Three days after surgery, she is discharged to Bruyère Continuing Care where she receives regular physiotherapy. She is anxious to go home.

## Emergency Department (ED) Stage of the Journey

**Observation:** The over-75 age group with multiple chronic illnesses accounts for a 6 per cent annual increase in ED usage over the past few years.

## Recommendations

**Individuals:** A list of medications and dosages should be kept with your OHIP card, as well as the name of a substitute decision-maker who should know your Advance Care Plan.

**Family Doctors:** Encourage patients to adopt an Advance Care Plan and to appoint a substitute decision-maker.

**Health System Changes:** Elderly patients with multiple chronic diseases do not belong in ED, yet they are too sick for the family doctor to treat. Ideally clinics with General Internal Medicine or Geriatrics specialists should be available to manage these crises. Unfortunately these clinics do not exist and there is a serious shortage of General Internal Medicine and Geriatrics physicians.

## Hospital Stage of the Journey

**Observation:** A Falls Risk Assessment should have been performed. Understanding the patient is key to fall prevention. The pa-

tient's fracture necessitates a transfer to the Orthopedic Unit for post-operative care.

**Health System Changes:** In the future, hospitals will be built with nursing stations centered in a circle of rooms with windows and technology for better supervision and monitoring of patients.

**Discharge Planning:** The urgent need to free up beds leads to confusion regarding primary responsibility for discharging a patient. The General Internal Medicine physician under which the patient is admitted remains the patient's Doctor and is responsible for the Discharge Summary. The Surgeon is a consultant, and the surgeon's recommendations are incorporated into the Discharge Summary.

## After Discharge from Hospital and Rehabilitation

Most discharge planning goes relatively smoothly when there is family support and involvement, and opportunity to consult with the Discharge Planning Manager who can arrange the appropriate supports from the Community Care Access Centre (CCAC) for follow-up home care. Sometimes a patient is discharged too quickly for the CCAC to respond to the patient's follow-up needs, particularly in patients with multiple chronic diseases. There is, as well, a serious gap in follow-up for patients suffering from mental illness. The transition from hospital to home continues to be the most serious gap in the health care system due to the need to free up beds.

# The End of an Era: Mary's Food Market Closed

By Julianne Martin

On September 12, 2014, Mary's Food Market at 221 Pleasant Park closed. This happened with very little fanfare and no extended farewells as we witnessed the sad departure of businessman and long-time proprietor Chris Chow and his family from the Alta Vista landscape.

In the last few weeks, the regulars were painfully reminded of the impending store closure since the shelves were bare and we realized that the incredible variety of groceries and other items put there for our convenience would no longer be so readily available. Who hasn't had a house full of guests and quickly run over to Mary's for hotdog or hamburger buns at the last minute for a party? Who hasn't stopped by first thing in the morning to buy cream to put in their

coffee or milk for the breakfast cereal? What about those complicated recipes you tried at the end of a busy day, and when almost everything was already in the mixing bowl you realized you were missing a key ingredient? With one quick phone call over to Mary's, you could not only confirm they had what you needed but when it was two minutes before closing you were assured they'd wait for you before locking up for the night. So many area residents will greatly miss the handiness of Mary's Food Market.

We'll also miss Chris and his wife Jenny. We'll especially miss the joy of hearing their daughter Karen's cheerful greeting as we came in through that glass door with the tinkling chimes. She knew everyone; she regularly asked about family members and pets, and without missing a beat, she could predict the purpose of your visit: you need bus tickets, you need stamps, you need milk, or, maybe the next lottery ticket will be lucky!

Nostalgic memories flooded in for our family and I'm sure many other Alta Vista families have special stories of their own. We'll always



remember the first time the children could ride their bikes to Mary's. It was a manageable distance and perfect destination for a delicious treat. Some of the favourites were the mini maple cones, a slush-puppy with sour shots, or an ice-cream sandwich. For years, the kids would stop by the store on Hallowe'en because they received specially-created goodie bags.

It is indeed the end of an era, and passing by this section of Pleasant Park will never be the same. Sincere thanks to the entire Chow family for their service to our community and best wishes in their future endeavors.

Alta Vista Resident Manages  
Oxfam Canada Stamp Program

by Brian Watson, Volunteer at Oxfam Canada

Bill Woodley, a long-time Alta Vista resident, has run Oxfam Canada’s stamp program for 34 years and raised more than \$300,000 for development projects in the Third World, mainly in Africa and the Americas. All Oxfam Canada projects are focused on assistance for women and girls.

The stamp program is run entirely by volunteers. Each year it receives donations of used stamps, stamp collections, and unused postage from individuals, collectors and estates. These are then sold to stamp collectors across Canada and overseas through mail order sales, by auction or at local philatelic events. All profits are then spent in partnership with Oxfam Canada and other international development agencies.

In honour of Oxfam Canada’s 50th anniversary last year, the charity formally recognized Bill Woodley as one of five volunteers across the country who had made a significant contribution to Oxfam’s program over a long period.

This year the stamp program contributed to several projects in Africa:

A program in the Horn of Africa designed to raise community awareness of female genital mutilation through a campaign that highlights its impact on women’s health and engages progressive imams to publicly denounce the practice.

A grant to raise awareness of the issue of ‘water widows’ (women who are sexually assaulted while collecting water and left by their partners as a result). This grant allows affected women to access loans to establish mi-

cro-enterprises, while also raising awareness among police and local authorities to demand greater protection for vulnerable women.

A grant for the protection of women street vendors. The funding helps to launch an association of the vendors and enables them to engage in dialogue with local police and politicians for increased protection.

In Ethiopia, Oxfam helped organize 65 self-help groups, comprising 1,430 members – all women. The groups mobilized almost \$15,000 in small, regular savings from their members and much of that is then recycled in micro-loans for the women members. Oxfam then provided matching grants to the groups to increase the available loan capital. This made it possible to provide another 200 loans (just over \$100 each) to selected women. Most of these loans went for the purchase of sheep, while 15% of the women invested in small trading enterprises.

The program provides basic management training to enable members to develop simple business plans for both the self-help groups and their own, individual enterprises. Given the low levels of literacy of many of the women, the program has also introduced basic adult literacy and numeracy classes.

Readers interested in donating stamps or collections or in making purchases can find more information on the program’s website: [www.oxfam.ca/stampoutpoverty](http://www.oxfam.ca/stampoutpoverty).

Oxfam is looking for old and new stamps from all countries, including modern, used Canadian stamps which are becoming increasingly hard to find. Tax receipts are given for any items that sell for \$100 or more. Contributions can be sent to Oxfam Canada, 39 McArthur Ave, Ottawa ON, K1L 8L7 or dropped off in person, Monday-Friday, 9-5 p.m.



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Ellwood House Celebrates 25<sup>th</sup> Anniversary

by Janice Horton

On Saturday, September 13, Ellwood House, located at 2270 Brae-side Avenue in Alta Vista, celebrated 25 years of providing non-profit housing to seniors in the community. Despite inclement weather, over 60 people, including clergy, politicians, Ellwood House tenants, members of the community and parishioners from St. Thomas the Apostle Anglican Church, enjoyed an afternoon of reminiscence, recognition and fellowship.

Several of the founders of Ellwood House were present. Canon Meakin spoke about the inspiration for Ellwood House and the work of the parish, with support from the Anglican Diocese of Ottawa and the city, in bringing this vision to a reality.

One of the founders, the Venerable Dr. Peter John Hobbs, representing the Bishop of Ottawa, cut the anniversary ribbon.

Marie Campbell, a resident of Ellwood House for 18 years, cut the cake. Note: the late Bert Hanmer and his wife Freda, long-time residents of Ellwood House, were regular contributors of articles for VISTAS.

The anniversary celebration provided an opportunity to thank our retiring Councillor for Ottawa South, Peter Hume, who planted a tree in front of Ellwood House.



Photos courtesy of Gerri Doherty



## Nicole on the Move

by Nicole Jeffrey

With summer over, everyone is gradually settling back into their normal routines. As you attempt to transition from vacation back into office mode, it means you have to try and remember what it is you do for a living. It's also the time to hear about everyone's vacations over the summer, which will either be brief and to the point, or might possibly feature a slideshow of all 1,200 pictures they took while on their trip, which you are reasonably certain contains a photo of every single sheep in Wales.

I myself am also guilty of being one of those people who has a travel blog and tries to get everyone to read it; although I assure you it's less "I will describe in exhaustive detail the history of the stone masonry of this building I went to" and more "curmudgeonly Trip Advisor review". I started writing a travel blog when I moved from the Alta Vista area to London, England in 2010 to work and travel for a year, and have continued to write whenever I go on vacation. I write when I travel to help capture the memories along the way, but also to record the various

calamities which inevitably happen when you travel, which will seem appropriately hilarious with hindsight. Things such as learning the hotel you are staying in has well deserved its 21% approval rating on Trip Advisor, or that spending seven hours hiking up a mountain in the middle of the night in Africa is clearly an activity done by crazy people.

This summer I climbed Kilimanjaro and went on safari in Kenya. Generally this is done by people who have some mountaineering experience, or at the least, have climbed a mountain, but my only qualification was that I had enthusiasm and hiking boots. Well, I had to buy the hiking boots, and my enthusiasm could probably be better described as "delusional optimism", but I am not going to argue semantics here. My safari in Kenya was spent journeying through the wild and learning how to camp, and was made much more interesting by travel advisories that were being issued prior to my departure. The Canadian Government's travel advice on Kenya suggests that while in Kenya you should not go anywhere or do anything. If you insist on leaving your hotel room, you should avoid any public or private gatherings and if anyone so much as looks at you, you should punch them in the face and con-



Photo courtesy of Nicole Jeffrey

tact your embassy. Or something like that - I may be paraphrasing slightly, but their general safety advice is fairly hysterical and does not seem to differentiate between Albuquerque and Afghanistan.

Should you enjoy being an armchair traveller, I invite you to join me in my adventures by reading my blog <http://nicolestraveladventures.weebly.com/blog>. If you're hoping to learn more about what it's like for a regular person to climb Kilimanjaro, this is the place for you, and I assure you the number of zebra photos is entirely reasonable.

## Meet the Maverick

by Stephanie Johnson

It takes thirty minutes to get to a grocery store from our offices, in a big right angle of two lane roads. If it was possible, a route 'as the crow flies' would only take about five minutes. With the Florida foliage growing rampantly in that direction, not to mention a privately owned farm or two, the idea of a direct road to the store is only a dream. Now multiply that by a hundred miles of tropical rainforest, endless desert sands, or dizzyingly high mountain ranges, and you have a transportation conundrum that cannot be solved with pavement.

In many parts of the world, people are forced to abandon cars and traditional wheeled transport in favour of canoes, animals, or feet. These less-speedy vehicles can prevent efficient medical care and emergency supplies from being accessible for most of the world's population. Other than a genetically modified horse, there is only one solution left. Leave the ground altogether, along with its roadblocks. Hence the creation of the Maverick Flying Car. A vehicle truly ahead of its time, in that it can go as far as the road allows and then take off over whatever is in its path. No tree or river stands in the way now!

This flying car is for more than sport. In a few words, the Maverick exists to be a "useful, practical, and innovative vehicle that is capable of true frontier transportation." For I-TEC (the Indigenous Peoples' Technology and Education Center), the Maverick Flying Car is a fulfillment of a dream. A dream to help provide tools and technologies to God-followers in frontiers areas, so that they can meet their own needs.

Developed as an easy-to-operate vehicle, the Maverick is primed for off-road transport, both on

rugged ground and above the tree line. It is intuitive to drive, safe to fly, and easy to maintain, making it possible for people in the frontier areas of the world to use this flying car for their own missional and humanitarian needs. This machine is not just for the majority (or Western) world. It is intended to be operated by the minority world, the world beyond easy transportation.

Steve Saint, president of I-TEC, states that "these unique machines allow isolated and disadvantaged people living beyond the reach of roads, beyond the reach of health care services, beyond the reach of economic opportunities and formal education... to have the opportunity to interact with fellow citizens of this small planet." And acquire necessities that were once impossibly beyond reach.



With this intention of being used beyond roads, the Maverick is designed for the rugged driving required in isolated, hard to reach areas. This flying car is equipped with suspension, air shocks, hydraulic disc brakes, and a 2.5 liter, 4 cylinder, 4 stroke Subaru engine producing 190 brake horse power. To make the Maverick sustainable, it runs on regular 87 octane gasoline and is built with parts readily available all over the world. The Maverick

was designed to be easily serviceable in rugged areas, otherwise, the purpose of equipping locals to take care of their own people would be lost.

For those of us who don't dabble in mechanics, here are some interesting details. The Maverick can transition from drive to fly in fifteen minutes by one person and is steered in the air and on the ground with the same steering wheel. All of the components for flying are stored on the vehicle and are easily accessible. The outer covering of the Maverick is a durable, water-resistant fabric with incorporated doors and windows that can be zipped closed for protection from the weather. The hood is made of carbon fibre composite and is just as customizable in colour and design as the rest of the flying car.

For the more technically minded, the Maverick utilizes a single engine that can shift between propeller drive and rear wheel drive. For flight, the Maverick utilizes a custom reduced-drive synchronous belt system to transmit power to the propeller. For the road the Maverick uses an automatic CVT (Continuously Variable Transmission) for shifting and an independent transaxle with a forward, reverse and neutral to transmit power to the rear wheels. This system is like driving any automatic transmission car.

People who live beyond roads should not be beyond reach of medicine and education. The Maverick and I-TEC, exist to make the sky the limit in reaching the world. Whether you need to get a bird's eye view of your farm or transport someone to emergency medical aid, this flying car has no geographical limits. And no limit to who can operate and maintain its life-enriching abilities.

Find out more about the Maverick Flying Car at [mavericklsa.com](http://mavericklsa.com) and check out I-TEC at [itecusa.org](http://itecusa.org).





## CANTERBURY COMMUNITY ASSOCIATION NEWS

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### ANNUAL GENERAL MEETING

Thursday, October 16, 2014 at 7:00 pm  
Hall "B" of the Canterbury Community Centre  
2185 rue Arch Street

City Councillor Peter Hume, Mayor Jim Watson, federal M.P. David McGuinty and provincial M.P.P. John Fraser have been invited to speak.

Elections for the executive positions will be held at this time.

For more information please email: [programs@cca-acc.ca](mailto:programs@cca-acc.ca)

or check our web page.

Everyone welcomed

### NOTICE BOARD

The After School Program is currently accepting applications for counsellors. If you are 16+ years of age and available to work between 2:30 p.m. and 5:30 p.m. on weekdays, please contact Emily, the Afterschool Co-ordinator, at [afterschool@cca-acc.ca](mailto:afterschool@cca-acc.ca)

#### Breakfast with Santa

Meet Santa this year at our Breakfast with Santa on Saturday December 13 from 8:00 a.m. to 10:00 a.m. at the Canterbury Community Centre. This event is sponsored by the CCA and the Ward Councillor.

#### Christmas Craft Sale

The popular annual event will be held on Sunday November 16 from 10:00 a.m. to 3:00 p.m. The sale of tables takes place at the Canterbury Community Centre on Saturday October 4 from 10:00 a.m. until 12:00 noon. Cost of a table is \$30 including GST. Any remaining tables will be available until November 15.



## Reality-Based Self-Defense at Canterbury Community Centre

by Morgan Duchesney

Everyone should be free to walk in peace but until violence disappears; sensible precautions and education will reduce the possibility of sexual assault and other violence. The foundation of personal safety is the fact that everyone has the right to defend themselves from any and all forms of violence.

With that in mind, Sensei Morgan Duchesney is conducting a new program at Canterbury Community Centre called *Reality-Based Self-Defense*. These Saturday morning classes are informal but respectful, without Karate uniforms, ceremony or Japanese etiquette. He will concentrate on purely practical self-defense and strategies for personal security in an urban environment. The classes will address situations like "swarmings", weapon attacks, confined spaces, darkness, seated and vehicular scenarios. The program is open to both males and females over 14 years of age.

Personal security is primarily an intuitive process which may be enhanced by consistent training until the habit of situational awareness becomes automatic. Intentionally avoiding dangerous places and people reduces the possibility of confrontation and physical violence. Physical force is actually the final stage of a self-defense continuum that involves risk acknowledgement,

education, tactical training and the habitual practice of situational awareness.

Many sexual assaults are committed by men known to their victims. This familiarity complicates self-defense options because a person's natural sense of intimacy and trust creates dangerous hesitations in situations requiring decisive action. Sexual predators who target strangers will employ surprise where possible; mainly targeting distracted or vulnerable-looking people. Walking with purposeful confidence is an excellent tactic for deterring human predators. If vigilance fails and you are attacked, immediate and vigorous resistance is imperative.

Many people carry cell phones, whistles or personal alarms because the first goal in a risky situation is to attract attention. The sexual predator is seeking a quiet, co-operative victim and the threat of exposure might be enough to deter them. Successful defenders have summoned help by shouting, whistle blasts, triggering car alarms or even breaking residential windows. Unlike law enforcement officers, private citizens must wait for an attacker to actually initiate an assault before physical force may be employed in self-defense. Under Canadian law, a defender's pre-emptive strike may be considered criminal assault. Only "reasonable" force may be used to protect you or another person so, ultimately; pre-empting violence through awareness is the safest strategy. To register or for further information please call 613-304-7169 and or visit: [www.okudenkj.ca](http://www.okudenkj.ca).



## Bird Travels

by George Toller

Have you ever imagined a world without the chirp of birds? In winter and summer we'd miss their beauty and their chatter. Perhaps you enjoy feeding birds in the winter outside your window. Several species return or remain in Ottawa during our bitter weather, but many, from robins to hummingbirds, disappear. In September and October, just as we get settled into home, school and fall schedules, we hear from above the honking of the migrating Canada geese.

We raise our heads and watch the geese flying in V formation in flocks of 30 to 100, like large extended families. Wikipedia reports that each bird flies higher than the one in front of it, to act as a windbreak. They fly at an altitude of 3,000 feet and at a speed of forty miles per hour. They take turns at being the leader. The migration from Ottawa to the southern United States or northern Mexico covers two to three thousand miles. The flocks find nesting spots near waterways to break the trip, and they follow various known flyways; one of which follows the Mississippi River.

Like us, Canada geese mate for life, and goslings born in the south return to familiar sites in the spring along with their parents. Don't forget to watch the sky for the travelling V's and wish them "bon voyage."



# Chris Ellis

for Public School *Trustee*

"Chris Ellis has shown a passionate, long-term commitment to improving the way our children are served by the education system. His dedication to advocating for students of all abilities and needs, as well as helping their parents navigate an often complex system, has been exemplary. As a community representative on our school council, Chris was an invaluable resource, showing a tremendous capacity for listening thoughtfully to parents' concerns and offering well-informed guidance."

**Laurel Sherrer, Former co-chair, Hawthorne School Council**

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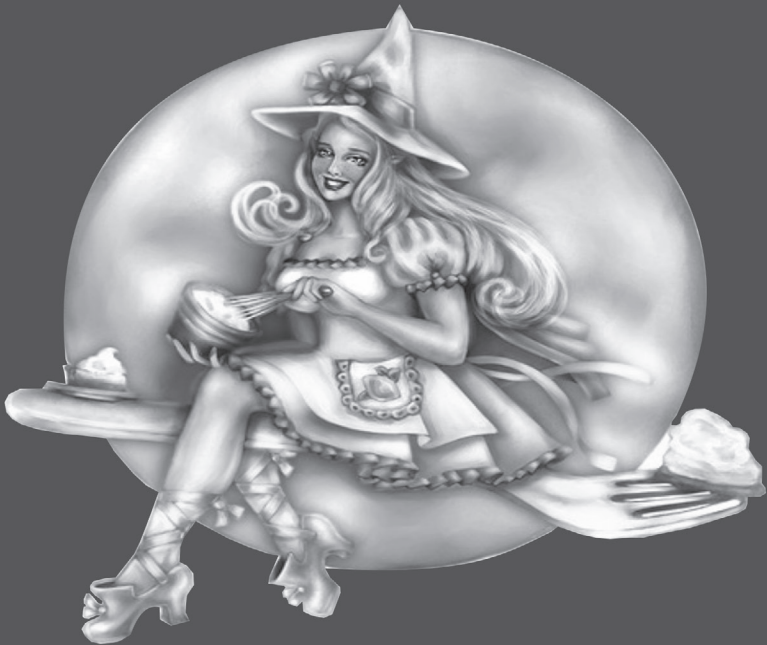
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## City of Ottawa Election

We asked all of the Alta Vista area candidates about their views for the area and received the following:

### Jean Cloutier (City Councillor Candidate)

(info@jeancloutier.ca Website: www.jeancloutier.ca) - There are many reasons to elect Jean Cloutier. He spent years doing great local work as the President of the Canterbury Community Association. He is an active Alta Vista booster. Under Jean's watch, his association delivered a wide variety of cultural and recreational programs to hundreds of Alta Vista families. In addition to his keen sense of community, Jean brings excellent business experience to this job. He owned and operated the popular Towne and ByTowne Cinemas and was employed with Christie & Walther Communications. Jean has an impressive financial background and spent 12 years as financial comptroller with Tubman Funeral Homes. It's also important to elect a person who has deep roots here – Jean has lived in Ottawa all his life moving to Alta Vista 27 years ago, and with his wife, Sandra, have raised three children in our community who attend school and work in Ottawa. He has the trifecta of a solid city councillor – community, business and life experience.

### Clinton Cowan (City Councillor Candidate)

(clinton@clintoncowan.ca Website: www.clintoncowan.ca) - Clinton Cowan, 38, is a married father of three, and is an active voice in our community, where he lives, loves, and has worked for many years. Cowan continues to be champion for building vibrant, safe, and healthy communities. He has been entrusted in managing millions of dollars of public funds as the Vice President of the South East Ottawa Community Health Centre, as well as the honour chairing its Community Relations Committee. Serving as a Director of the Alta Vista Community Association combined with his extensive skills in negotiation and mediation practices, Cowan has developed a nuanced understanding of the sensitive and important matters, pertaining to Alta Vista's complex issues and the solutions they require. Cowan is focused on bringing us improved transportation options for shorter and safer commutes, enhanced parks, and to quickly restore our trees. "It would be a pleasure and an honour to serve you. Let's keep Alta Vista's communities united - Strong, Together."

### Jeff Dubois (City Councillor Candidate)

(election@jeffdubois.ca Website: www.jeffdubois.ca) - Jeff believes that rationality, pragmatism and fiscal responsibility are three key principles elected representatives must embrace. In his view, these fundamental tenets seem to have been overlooked by past Councillors; a shortcoming which became the impetus for his campaign. Jeff holds an Honours degree in Law and is currently an Executive Board member on a local not-for-profit. He also continues to serve the community by providing time and energy through his volunteer work with two charitable organizations. Dubois asserts, "If you're satisfied with the job your former Councillor has done then please, by all means, vote for one of the other

candidates. But if you desire a change in thought and practice with an emphasis on rationality, pragmatism and fiscal responsibility in the decision-making process, then please consider Jeff Dubois as your choice in the upcoming election."

### Chris Ellis (Public School Trustee Candidate)

(chris\_ellis@chrisellis.ca Website: www.Schoolzone6.org) - As the father of two sons and a passionate supporter of public education, I have been an active volunteer in the Ottawa public school system for over 15 years, advocating strongly for students, schools, parents and communities. As trustee for Zone 6, Alta Vista/Rideau-Rockcliffe, I will reach out to students, schools, school councils, parents, teachers, community associations and others to address both shared and individual concerns. I will work diligently to ensure that every student enjoys a quality education and every school is able to meet the needs of its students and community. We need to build stronger, integrated connections between the school board and schools, and the communities, parents and students they serve; promoting and enabling community involvement in decision-making. To achieve these goals, I will listen carefully and then take a leadership role to help the School Board make effective decisions for our students, teachers and communities.

### Hussein Mahmoud (City Councillor Candidate)

(info@VoteHussein.ca Website: www.votehussein.ca) - I have deep ties in the area with many family and friends living and owning small businesses in the community. I attended both St Patrick's Catholic Intermediate and High School. I regularly jog, and play many sports at various parks and community centres in Alta Vista. I am committed to building a safer community by working alongside community leaders to focus on both preventative measures with youth and working with the police to increase their visibility in the community. I believe that safe streets should not only focus on enforcing the speed limit and that people have an underlying "right" to be able to live, work and raise your family in a safe and secure environment. Furthermore, my priorities are: making our ward accessible for all, accountability for your tax dollars, enabling our future generations with the proper tools to succeed, building a transit solution and ultimately representing all constituents. Together as a collective unit, we can make decisions that will ultimately shape our community for the years to come.

### John Redins (City Councillor Candidate)

(jjreddy@hotmail.com) - John Redins is running for Council in the Alta Vista ward in Ottawa, Ontario with a positive change platform. John Redins is from a small town called Schreiber which is located on the North shore of Lake Superior and has been employed in various aspects of the auto sector which subsequently collapsed. Around the same time, John's hips collapsed and he needed a total hip operation. In 2011, John decided to become more involved in provincial politics as he was displeased about the hospital wait times and he was not getting answers from local politicians. Now, he wants to represent Alta Vista in Canada's Capital. Over the years, John has been a dedicated volunteer within the community and he believes he can do even more.

## Common Running Injuries Involving the Foot

*by Susan Reive, Kilborn Physiotherapy Clinic*

Some of the most common running injuries I see in the foot are Achilles tendonitis, plantar fasciitis and metatarsalgia. Proper mechanics and good strength and endurance can reduce the strain on the foot during running, thereby preventing these injuries.

The Achilles tendon is the extension of the calf muscles and inserts onto the back of the heel. It functions to point the foot and propels the runner forward. The Achilles tendon can become inflamed (tendonitis) when it is overworked and strained. Indeed, runners will notice pain in the tendon and associated stiffness usually after a run but this can progress to pain during walking and at rest if not treated. Treatment includes rest, modalities to reduce the inflammation, stretching and strengthening exercises. A biomechanical assessment will ensure the shoes are providing enough support and the foot is moving properly through the gait cycle. Any stiffness in the foot and ankle, i.e. from a previous sprain, can cause increased stress on the Achilles tendon.

The plantar fascia is a ligament-like tissue which runs along the sole of the foot, from the toes to its insertion on the heel, and covers the muscles of the foot. It functions to support the arch of the foot and aids in propulsion during running. The fascia can become strained and inflamed when it is overstretched. People will often feel pain in the heel area while running and walking. Marked pain is often felt in the morning on weight bearing. A tight Achilles tendon and stiff big toe will place increased tension on the fascia, possibly leading to inflammation. Biomechanics play a big role and thus need to be addressed and corrected. Proper footwear is essential and sometimes an orthotic is required to help support the arch of the foot. Treatment includes taping, massage, modalities to aid healing, and often I will recommend the use of a Dorsiwedge boot or Strassburg sock to wear at night and help keep the fascia from tightening up.

Metatarsalgia involves pain around the head of the metatarsal bones, the long bones in the ball of the foot. The pain often occurs when the ligaments supporting the metatarsals stretch allowing the heads to fall. Unfortunately, this leads to pain with running during the toe-off phase of the gait cycle. Treatment includes the use of a metatarsal pad in the shoe or an orthotic to relieve the pressure on the metatarsal heads. Biomechanics are assessed as well as footwear. Treatment for these injuries or risk causing further injury. Runners should seek treatment for these injuries or risk causing further injury.

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# HUME NEWS

## Safe Streets measures help manage Alta Vista traffic issues

The past few months saw many new traffic calming measures implemented on various streets in Alta Vista. We saw the expansion of painted street limits onto Halifax Drive, Russell Road and Tremblay Road, while also introducing centreline flexible signs on Coronation Avenue, Playfair Drive, Blossom Drive and Haig Drive. These flex signs will remain in place until late fall, eventually being removed before it begins to snow.

Our three radar signs were posted at more than 40 different locations over the course of the summer, as we continued to gather data and evaluate potential future sites for traffic calming measures. This will continue into the fall, as school returns and our focus shifts to school zones across the ward.

We are still looking for resident suggestions on where to place our radar signs – if you have a street in mind, please email [avsafestreets@ottawa.ca](mailto:avsafestreets@ottawa.ca).

For more information on Safe Streets or to view 2014 radar sign results, please visit <http://www.peterhume.ca/safe-streets-program/>.

## Apply now for 2015 civic events program funding

The City of Ottawa is inviting local not-for-profit organizations such as volunteer-based community or recreation associations, to apply for funding to provide one to two-day civic events that include free admission, foster civic pride and bring a community together.

These events must be linked to, and celebrate a civic/statutory holiday in Ontario, be held in a specific geographic district in Ottawa, and encompass a broad range of activities and family entertainment.

The deadline to apply is November 3. The maximum allocation is \$3,000 per applicant.

Apply online at [ottawa.ca](http://ottawa.ca) or at a City of Ottawa Client Service Centre.

## Alta Vista residents attend our most popular Corn Roast yet!

This past September, Councillor Hume's 13th Annual Corn Roast attracted close to 1000 members of our community. Balena Park was packed as residents and their families came to eat a delicious BBQ provided by Enbridge and take in all of the day's entertainment. There were also great prizes that were given away, courtesy of our wonderful sponsors. This event could not have been possible without the help of our many volunteers - your efforts are greatly appreciated!



**A big thank you to the Ottawa Train Yards, whose contributions helped make this event possible.**

**To view additional photos, please visit [www.peterhume.ca/photos](http://www.peterhume.ca/photos).**







## FREQUENTLY ASKED QUESTIONS

*I thought the Ottawa Food Bank was run by the City. What is the Heron Emergency Food Centre for?*

The Ottawa Food Bank distributes food to many smaller food banks in different areas of Ottawa. HEFC is a separate agency with its own Board of Directors and budget. We receive food in bulk from the Ottawa Food Bank, but must also purchase supplemental supplies to ensure that our folks get nutritious food. We have been serving the South East Ottawa Area from our location in the Heron Road Community Centre, on Heron Road just east of Alta Vista Drive, since 1987.

*Do people really go hungry in this day and age?*

Many people are only one pay cheque away from financial disaster; an accident, illness, job loss or other unforeseen event can overwhelm low income families. A single person on Ontario Works, for example, receives, at maximum \$620 a month, according to the government website. A furnished room costs about \$450 a month. Add to this bus tickets and a cell phone for responding to applications for work, and there is very little left over for personal necessities - shampoo, toothpaste, nutritious food. Families struggling on a permanent disability or old age pension or managing unexpected expenses often find they do not have enough food to last a month. Since 2010 clients at HEFC have increased by about 11% a year.

*How often can you get food? How much food can you get?*

Folks in need qualify for 3 days' supply of food, once a month.

*I want my donation to go directly to those who need it. How much of the budget goes for administration?*

Our space is provided rent free by the city; we have 105 volunteers, including our volunteer board, who have contributed 7500 hours of their time all together. About 5% of our total funding of \$467,000, much of it being bulk food, was for administrative costs in 2013.

*How many families do you serve?*

In May 2014 we served 1,878 people. This figure includes seniors, adults, children and infants.

*How Can I Help?*

You can help through cash and/or food donations. Together we can make a difference in the lives of our neighbours in our community.

## St. Timothy's Church Welcomes Rev. Dr. McPhee

*By Ernie McArthur*



*Claire McPhee, Reverend Dr. Floyd McPhee, Pastor Dan MacKinnon*

After 21 years as the Minister at Parkwood Presbyterian Church in Ottawa, Reverend Dr. Floyd McPhee retired in 2001, but has been active in the Ministry since then. He is especially well known for his work with church youth. St.

Timothy's Presbyte-

rian Church is honoured to have such a distinguished and experienced gentleman as Reverend Dr. Floyd McPhee for its Interim Minister, and welcomes him and his wife Claire to our congregation. Already Reverend Dr. Floyd McPhee is working hard to get to know his congregation.

[www.edwardjones.com](http://www.edwardjones.com)

## Saving for the Future Was the First Step. Let Us Help You Make Those Savings Last.

How much can I withdraw to do everything I've planned? How much spending is too much spending? Will all the years of saving be enough?

If these are the questions you're asking yourself these days, let's schedule a time when we can sit down and answer them together.

We'll take a look at all your investments — regardless of where you hold them — to determine if your savings match your plans, or if we can adjust your plans to meet your savings.

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We are pleased to announce the opening of Habib & Associates Law Office. Conveniently located on Lancaster Road, across the street from the Canadian Museum of Science & Technology, our office enjoys easy access to the Queensway and ample free parking.

A long time resident of Alta Vista, Mark Habib has been practicing law in Ottawa for over 25 years. Fluently bilingual, Mark has extensive legal expertise in the areas of Residential & Commercial Real Estate, Business transactions and Wills & Estates.

Mark and his team are dedicated to providing you exceptional legal services at a reasonable cost. They look forward to serving the residents and businesses of South Ottawa for many years to come.

# Helping Children and Youth with Special Needs in Ottawa Achieve Their Goals

Recently, I had the pleasure of visiting the Ottawa Children's Treatment Centre (OCTC) to announce that the Ontario government is investing \$400,000 in annualized funding in the OCTC. This investment will help us achieve our goal to reduce wait times, improve access, and provide families with children and youth with special needs with services as close to home as possible.

The province is investing an additional \$5 million annually in children's treatment centres to expand access to physiotherapy, occupational therapy and speech-language therapy for up to an additional 2,000 children annually across Ontario.

Ontario is also investing an additional \$1.25 million in one-time funding to help children's treatment centres further reduce waitlists for assessments that will be divided equally amongst each of Ontario's 20 children's treatment centres.

Here in Ottawa, the OCTC will receive an additional \$62,500 in one-time funding.

Improving access to services for children and youth with special needs is part of the government's plan to invest in people, build modern infrastructure and support a dynamic business climate.

Our government has heard from families that waitlists for services cause a great deal of stress and frustration. This is why we are taking action to reduce wait times so that young people get the vital supports they need.

## WE ARE HERE TO HELP

Please feel free to contact me at my community office if there are any matter that is important to you. My staff and I will always do our best to help you.



**John Fraser, MPP**  
Ottawa South

1795 Kilborn Avenue, Ottawa, ON K1H 6N1  
T: 613-736-9573 | F: 613-736-7374  
[jfraser.mpp.co@liberal.ola.org](mailto:jfraser.mpp.co@liberal.ola.org)





## Charles H. Hulse Public School

sent in by Riaz Mohammed

Hello, my name is Hadi and I'm a student from Charles Hulse. I would like to report how much better it has gotten at our school. The way we walk in the hall has changed now – it is really quiet and our lines are in orderly fashion. The way we dismiss after school has gotten better. Thanks to our grade 6's we have solved the problem. School starts at 8:30 a.m. and that's when everybody should be here. We have had our first fire drill to practice in case a real fire happens. We have had our first assembly and talked about the safety of the students in Charles H. Hulse. Here are the messages for the grade 6's: they must be role models for the primary and the juniors and they must be responsible for their actions and what they do as a student, and they must have integrity.

Meet the Teacher night is on Thursday, September 18 from 4-5:30 p.m. so be ready to talk to your children's teachers. The primary information night is on September 25. The students of Charles H. Hulse

have been given a student agenda for parents to communicate with the teacher, to write down homework, to write down special messages, to check the due dates for their papers, etc. It is a chance for parents to know what's happening in the school. They can also visit the school's twitter account at @HulseH.

The school has gotten new education staff to help out with the classes and the school. The school has a breakfast club so if students don't get a chance to have breakfast they can come to the school early for breakfast and we have a really nice teacher for the breakfast club monitor. We have finally gotten new curtains for the primary gym, which are really nice. The Terry Fox Run is finally coming up so be ready to run for the hills! The school is starting to do reading groups which is really good for the students. So that's all I have to say right now about Charles H. Hulse Cheetahs.

p.s. Charles H. Hulse is the best school in the world. One of my classmates who is new to our school said that she's very glad she came here because she's made good friends already!



### More Cooking Classes at Rideau Park United Church Kitchen!

Learn with a classically trained French Chef who also cooks many Asian styles!

Hands on training for Beginners to Advanced cooks

**Tuesday Oct. 7<sup>th</sup> 12:00-3:00 Knife skills 123**

**Tuesday Oct. 14<sup>th</sup> 12:00-3:00 One Pan dinners 123 II**

**Tuesday Oct. 21<sup>st</sup> 12:-3:00 Italian Pasta 123 II**

**Tuesday Oct. 28<sup>th</sup> 12:00-3:00 French Baguettes 123**

Each class is \$49 per person

Please email [stephane@thecookingclass.ca](mailto:stephane@thecookingclass.ca) or call 613-864-5883 for reservations and detailed class descriptions.

If you would like to learn new cooking styles and eat good food then this is the class for you! – *Chef Stephane Faulkner*



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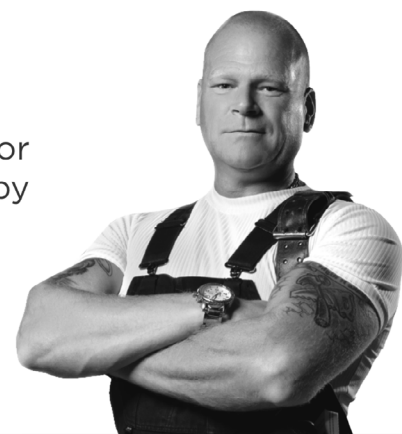
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- Support economic development and job creation
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## Alta Vista Public Library

The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call 613-580-2424, ext.30426.

### JUVENILE

(Closed Monday, October 13 and Tuesday, November 11)

#### Morning Babytime

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. No registration required.

#### Session 1

Mondays, September 15 - October 20, 10:30 - 11:00 a.m.

#### Afternoon Babytime

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. No registration required.

#### Session 1

Thursdays, September 18 - October 23, 1:00 - 1:30 p.m.

#### Family Storytime

Stories, rhymes, and songs for all ages and a parent or caregiver. No registration required.

### Session 1

Tuesdays, September 16 - October 21, 10:30 - 11:00 a.m.

### Toddler time

Stories, rhymes and songs for babies and a parent or caregiver. 18-36 months. No registration required.

### Session 1

Wednesdays, September 17 - October 22, 10:30 - 11:00 a.m.

### CHILDREN'S SPECIAL

#### Bats at the Library!

Join us for a silly and spooky story-time. Children are invited to wear costumes and share in the holiday mayhem featuring Hallowe'en stories, crafts, and more. No registration required.

Thursday, October 30, 6:30 - 7:00 p.m.

### TEENS

#### Monster Mash-up

Spooks and sparkles, ghouls and glue. Come create a monstrous creation of your own! Ages 13 - 18. No registration required.

Wednesday, October 22, 5:30 - 6:30 p.m.

## A Memory Shared

*This memory was received from Tudor Jones who found the maple leaf picture on page 17 in the September 2014 issue. The new Cedars and Co. store reminded him of this little story:*

Back in 1969 there was a small take-out Chinese restaurant near to where the new Cedars grocery is located. My daughter and I had just gone there one evening to get a small bedtime snack for the family. Coming up the driveway, my daughter suddenly said "Look Dad. There's the moon." We stopped the car and looked at it as if for the first time. Neil Armstrong and Buzz Aldrin had landed there a few days before and it was really in the news at that time.

## An Alta Vista Farewell to Marie Balfour-Stevens and John Stevens

*by Helen McGurrian*

Farewell to a loving couple. Marie Balfour-Stevens, Alta Vista resident and community volunteer, especially at Immaculate Heart of Mary church died on July 10, 2014. Her husband, John Stevens, whom she married in 2005, became a very active member of the parish and was celebrated for his work on August 16, 2014, with a special thank you and farewell reception as John was going back home to England. On September 6, 2014, John died suddenly at his home in the presence of his daughter Moira. Rest in peace Marie and John; we were fortunate to have known you.



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## Rideau Park United Church

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9:30 a.m. with Sunday School & Teen Bible Survey

11:15 a.m. Contemplative Worship Service

Refreshments and conversation between the services

7:00 p.m. Youth Bible Study

### Upcoming Special Events.

Oct03/04 - Nearly New Sale: Fri, 6 to 8:30 p.m. & Sat. 9 to 11:30 a.m.

Oct 05 - 9:30 & 11:15a.m. World Wide Communion Sunday

Food Bank Collection

2:00p.m. Blessing of the Animals

Oct 12 9:30 & 11:15a.m. Thanksgiving Sunday

Oct 15 Wed. 6:00p.m. Dessert & Shopping, 7:30p.m. Fashion Show

Oct 19 9:30 & 11:15a.m. Anniversary Sunday - Eric Herbert-Daly  
3:00p.m. Meditative Communion Service

Oct 22 Wed 11:00a.m. Harmony Club Monthly Seniors Gathering with lunch at noon followed by a speaker

Oct 26 Sun 3:00p.m. Student Recital

Oct 29 Wed 7:00p.m. Tales and Tunes- Twas a Dark and Stormy Night  
Ottawa Story Tellers and North Winds Brass Tickets \$10 - \$20

Nov 01 Sat 1:00 - 4:00p.m. Christmas Treasures Bazaar

Nov 02 9:30 & 11:15a.m. STANDARD TIME - Set clock back one hour  
3:00p.m. Our Hearts Remember - our loved ones who have died

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# Jean CLOUTIER

ON OCTOBER 27 - VOTE TO ELECT

## Alta Vista's new voice at Ottawa City Hall

“Jean Cloutier is a community mover and shaker. As an Alta Vista business owner, I want a city councillor who understands how business and urban development can work together. I have spoken with many of the other candidates and while they have good intentions, I believe Jean stands well ahead of the pack. His experience would make it a smooth transition. There is a Jean Cloutier sign on my lawn because he has a good head on his shoulders – he has my full support.”

**Michael Mynott, President, Mynott Construction**  
Alta Vista Drive resident

“Jean Cloutier never fails to get the job done on time and on budget. I have worked as a city councillor for many years and I know that Jean has the perseverance, temperament and good judgment that this job requires. Alta Vista will be left in very capable hands if voters agree with me and elect him as their new voice at city hall.”

**Councillor Peter Hume, Alta Vista, Ottawa City Council**  
Braeside Avenue resident

“I have worked with Jean Cloutier on community projects and he is a seasoned community builder. I recognize good teamwork and I know he has trained hard and will work hard for Alta Vista. He has my support and my vote.”

**Brian Kilrea, Senior Advisor Hockey Operations, Ottawa 67's**  
Saunderson Drive resident

Jean Cloutier is president of the Canterbury Community Association – one of Ottawa's most proactive recreational organizations. He knows how innovative funding can create new public facilities and programs.

Jean Cloutier is a Chartered Professional Accountant with a keen interest in fair taxes, fiscal prudence and balanced budgets. As the former owner of the popular Towne and ByTowne Cinemas, he understands small business.

Jean and Sandra Cloutier raised a family in Alta Vista. He will monitor local development, infrastructure upgrades, core municipal services, traffic congestion and much more.

***Elect an experienced community leader  
as your next city councillor for Alta Vista***

Want to show your support before the election? Join Team Cloutier as a volunteer or contribute to his campaign fund.



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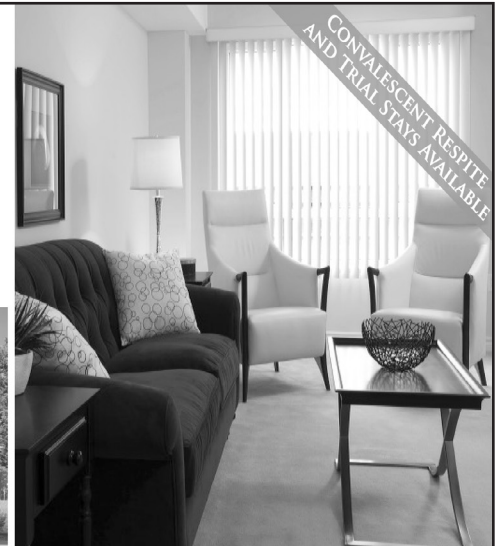
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# Clinton Cowan for Councillor



Clinton Cowan, a proven community leader, vows not to be a career politician and pledges to a two term limit if entrusted with serving as ward councillor.

"If elected, I intend to focus all my energy representing the residents of Alta Vista ensuring that our priorities return to the forefront at City Hall."

"We need to bring the focus back to Alta Vista and our neighbourhoods at City Hall to allow us to share in the city's prosperity and growth. A lot is happening in Ottawa and Alta Vista is left out. I hope you share my community building passion to keep Alta Vista strong and Ottawa moving forward."



## A Fresh Start





# Our Future Our Community

## Sustainable Infrastructure

Improve our local transportation options to reduce congestion and ensure shorter and safer commutes for everyone.

Promote adding 40 km of new cycling paths and lanes in our ward.

Fight to ensure that our local bus routes are not reduced after the LRT Confederation line opens.

Continue to keep LRT Phase 1 on time and on budget. Fast forward southward with Phase 2 of our LRT system to provide us much needed traffic relief.

Encourage environmentally sustainable public spaces and neighbourhoods where people can live, work and play.

## Healthy Communities

Support high quality, affordable recreation options for all.

Continue to champion improvements for our parks, community centres, and begin planning our next community centre for Alta Vista's growing population.

Accelerate the replanting of the lost ash trees in our community. Encourage our citizens to plant 1 Million trees by 2017.

Fight to preserve Alta Vista green-spaces from unwanted development.

Move forward with completing the Ottawa River Action Plan to help keep our waterways clean for drinking and swimming.

Tackle the ongoing local property standards and safety issues. Address barriers to employment and accessible childcare within our neighbourhoods.

## Responsible and Visionary Leadership

Introduce "Service Alta Vista". An exciting new program that brings ward residents everything they want to know about what's happening in their neighborhoods, including establishing a community office to provide greater barrier free access to your councillor.

Ensure only the highest quality developments and infill occur within our ward and city, respecting the character of existing neighbourhoods and enhance public input. Implementing only evidence based traffic calming measures and management practices with full public consultation.

Showcase our arts, service and hospitality sectors leading up to our 2017 celebrations and the years beyond so that we all may share in the prosperity of this of this significant time.

Continue to bring higher levels of transparency and accountability to the forefront at City Hall.

Strengthen oversight on infrastructure projects. Enhance our contract procurement process and strengthen oversight on infrastructure projects. Re-examine the Green Bin contract for options to reduce tax waste.

Support Ottawa's "Housing First Strategy" and "Older Adult Plan" to build affordable housing and a city supportive for all citizens who wish to age in place.

Protect funding for public health, crime prevention, seniors and youth programs, libraries and school crossing guards.

Alta Vista Ward is where we live. Ottawa is our home. Let's continue working together, stronger together to make sure that Ottawa is where no community is left behind and everyone matters.



# Strong Together

# The Model Parent

*by Heather Veague, Ph.D.*



My son is finding it hard to make friends at his school. He is getting discouraged and feeling lonely. Anything I can do to help? *Concerned Mama*

Dear Con-  
cerned Mama,  
It is so dif-  
ficult to see

your child struggle in any area, but particularly with making friends. There are definitely some strategies you can put in place to support him as he finds his social self. Children often don't know how to initiate play and sometimes need some guidance. Ask your son if there is any child he would like to get to know better. You might also ask his teacher, who may have a better grasp on appropriate peer

matches for your child. Next, create a time-limited, structured activity for the two of them to do together. Many families have had success with activities like miniature golf, painting pottery, going to children's museum, or working on a specific art or baking project at home. By having a structured activity, you lessen the social demand on the children, thereby lessening the anxiety. By limiting the time, you increase the likelihood that the playdate will end on a positive note and leave both children wanting more. In the beginning, think of yourself as a "friendship ambassador". It will be your job to provide all the fun, perhaps keep conversation moving, and model good social skills. At the same time, I encourage you to observe your son to see where his social struggles emerge so you can offer him specific support going forward.

My son and daughter are mean to each other with their words. They disrespect each other and call each other names. Is there anything I can do to help them to learn a different way to communicate?  
*Tired of Disrespect.*

Dear Tired of Disrespect,

I had a friend once who described her older child as loving her younger child "hard". She meant that when her older child hugged her younger child, she often did so with such strength that the younger child was hurt. I like to think of sibling relationships as a form of "loving hard," as one sees such strong emotions emerge between

siblings. Unfortunately as a parent, you are more likely to see the negative feelings rather than the positive. Sibling conflict is a normal and natural way for children to learn how to solve interpersonal conflict. Still, wouldn't it be grand if you could just lessen the fighting a little bit? In order to increase the peace in your home, I would encourage you to think about how you and your partner talk to each other and the children. How do you show your frustration with people in your family? If you are a yeller, I encourage you to whisper. If you are sarcastic, I encourage you to speak without guile. If you internalize your frustration, it may be time to be forthright about how you feel in a calm and collected way.

While modeling the desired behavior is always a good rule of thumb, you may want to jumpstart the process of using kind words with an incentive program. You could have two jars in which you put some quarters for each child. Perhaps start each jar with \$5 in quarters. Whenever you hear one child use a mean word, take a quarter from one jar and put it in the other. At the end of the week, children will receive the money from their jar. You might even begin adding quarters when you see random acts of kindness between children! The goal is for the children to be successful and to learn that using kind words is worth the effort. *Please send your questions for Dr. Veague to [info@vistas-news.ca](mailto:info@vistas-news.ca).*

## LOCAL ANIMALS AND BIRDS WORDSEARCH

[illegible]

BLUEJAY  
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CARDINAL  
CAT  
CHICKADEE  
CHIPMUNK  
COMMONLOON  
CROW  
DOG  
GARTERSNAKE  
GRACKLE  
GREENHERON  
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HOUSEWREN  
MALLARDDUCK  
MOURNINGDOVE  
MOUSE  
PEREGRINEFALCON  
RABBIT  
RACCOON  
ROBIN  
SKUNK  
SONGSPARROW  
SQUIRREL  
SWALLOW  
VOLE  
WILDTURKEY  
WOODPECKER

*Our apology for the error in last month's Word Search - the letters for BAYCREST were incorrectly in the puzzle as BSYCREST. Thanks to Sharon Bernard for picking up this mistake.*

Can you see the picture in the letters above? Circle the words in the puzzle above, using the words on the right side of this page.



# Ottawa Valley Country Music Hall of Fame Honours Alta Vista's Own Judy Woodstock

By Phyllis Woodstock

Each year, the Ottawa Valley Country Music Hall of Fame recognizes those who, in a variety of ways, have made a significant contribution to the furtherance of country music in the Ottawa Valley and Canada\*. This year's inductees to the Hall of Fame include recording artists Judy Woodstock and her brother Lyoness. Judy lives and works in Alta Vista.

Lyoness and Judy launched their duo recording career in 1979 with the Snocan Records release, *What Are We Doing*, a tune penned by Judy Woodstock. The single earned them nominations for Best New Artist and Best Duo/Group in RPM's Big Country Awards. They followed that success with recordings of the Neville Wells' song, *The Wedding Pledge*, and the Terry Carisse/Bruce Rawlins compositions, *Here We Go* in 1981, and *Please Come Back And Please Me*. Their career as a full-time touring act took them across Canada, working the country club and festival scene from the western prairies to Nova Scotia.

At the height of their career the brother/sister duo guested on the premiere nationally syndicated Opry North radio series, and appeared on radio and TV shows in Canada and in Nashville. Judy was also a featured vocalist on Terry Carisse's widely acclaimed *A Gospel Gathering* album.

Today, Lyoness and Judy continue their musical involvement performing as the Gospel Matters band throughout the Ottawa Valley and West Quebec. A country gospel compact disc of songs written by Lyoness is under production. They also continue to perform a Classic Country Music Show at local fairs and dances.

The 2014 Ottawa Valley Country Music Hall of Fame Show and Induction ceremony will be held at Centreponte Theatre on Sunday, September 28th at 7:00 p.m. Judy and Lyoness will be appearing on the show. "Being recognized by our peers for our contributions in the country music business is very gratifying," says Judy. Tickets are available through the box office at Centreponte.

(\*Source: [www.ottawacountrymusichof.org](http://www.ottawacountrymusichof.org))

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# Computer Tricks and Tips

By Malcolm and John Harding, of Compu-Home

## What's My Computer Up To When My Back Is Turned?

Our columns have to be submitted well in advance of the publication date, and we are writing this in early September. At the moment, there is a great hubbub in the news about many show business personalities finding embarrassing photos of themselves on the Internet. We suspect that not many of our Tricks and Tips readers – and certainly not ourselves – would be in danger of THAT kind of "exposure" but there is a lesson here for all of us nevertheless.



It appears that the photos in question were made public by a hacker, who had broken into the iCloud accounts of the victims and stolen the files. iCloud is a service from Apple, which synchronizes with your computer(s) and mobile devices and backs up files to a remote storage facility, generally referred to as "the cloud." In case your computer breaks down or is stolen the files are not lost forever, because you can download them to a new device. iCloud is only one of many cloud backup services; we have discussed several of them here in the past.

Now here's the rub: many of the victims of the embarrassing-photos scandal said that they were not aware of the fact that their computers were synchronizing with iCloud, or anywhere else, for that matter. Like many utilities nowadays, these services are automatic and very unobtrusive, and often free. Sometimes they are even set to operate by default on a new machine, without any notice. They go about their business for months or years with no fanfare and no need of any input from their human masters.

You may not be worried about your nude photos appearing on the Internet. The fact is, however, that it really is essential that you make yourself familiar with all of the automatic processes going on in the recesses of your computer, for at least two important reasons:

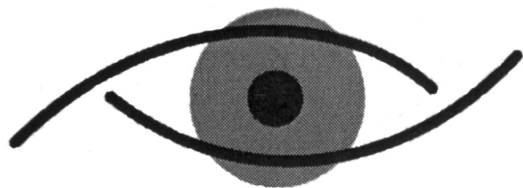
**FIRST:** Your settings for these utilities might not be exactly what you thought they were. Whether you are backing up to the cloud or to your own external storage device, you must be certain that all of your important files are included, or not included, as the case may be. Many people set up their backups to include their documents, but don't realize that they have omitted their email messages and address books, or tax data. Worse, the backup device can stop working altogether, for a variety of reasons, and you might not realize it until disaster strikes, months or years later. Anti-virus programs (even the free ones) have to be renewed yearly and if you miss the reminder, you may wind up not being protected.

**SECOND:** In the event of a failure, theft, malfunction or virus attack, you will have to use the rescue capabilities of these utilities to get yourself back in business. Some backup software is notorious for being obscure and unfriendly when you need to use it to restore your data. Virus protection utilities often offer choices when they are reporting a virus attack, and it is comforting to be confident that you are taking the right action.

We strongly suggest that you test and experiment with your automatic utilities periodically at times when things are not in the dire-emergency status. Make notes. Record passwords. You may often discover that an automatic update to the software has changed a procedure, and you have to click in a different place from last time.

If you stick with our advice, the National Enquirer will never come calling!

Our Blog has a new address, and it's much easier to find! Just go to [compu-home.com/blog](http://compu-home.com/blog) for an archive of our columns (including this one) and lots more tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. You can even sign up for automatic updates. We hope you will have a look at [compu-home.com/blog](http://compu-home.com/blog) soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns. Our email address is [info@compu-home.com](mailto:info@compu-home.com).



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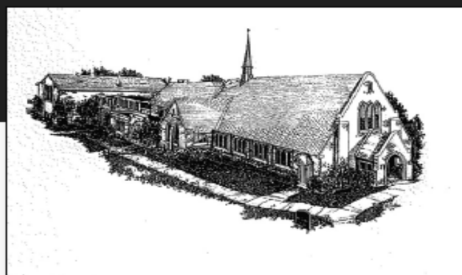


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Protect Your Retirement against Market Volatility

by Bob Jamieson, CFP

As an investor, you’re well aware that, over the short term, the financial markets always move up and down. During your working years, you may feel that you have time to overcome this volatility. And you’d be basing these feelings on actual evidence: historically, the longer the investment period, the greater the tendency of the markets to “smooth out” their performance. But what happens when you retire? Won’t you be more susceptible to market movements? You may not be as vulnerable to market movements as you might think. People are living longer, and may easily spend two, or even three, decades in retirement — so your investment time frame isn’t necessarily going to be that compressed.

Nonetheless, it’s still true that time may well be a more important consideration to you during your retirement years, so you may want to be particularly vigilant about taking steps to help smooth out the effects of market volatility. Toward that end, here are a few suggestions:

Allocate your investments among a variety of asset classes

Spreading your money among a range of vehicles — stocks, bonds, GICs and so on — can help you earn a good return while avoiding the full brunt of a downturn that may primarily hit just one type of investment. (Keep in mind, though, that while diversification can help reduce the effects of volatility, it can’t assure a profit or protect against loss.)

Choose investments that have demonstrated solid performance across many market cycles

As you’ve probably heard, “past performance is no guarantee of future results,” and this is true. You can help improve your outlook by owning quality investments. So when investing in stocks, choose those that have actual earnings and a track record of earnings growth. If you invest in fixed-income vehicles, pick those that are considered “investment grade.”

Don’t make emotional decisions

Try to avoid overreacting to sharp market downturns, and stay disciplined to your strategy. If you can keep your emotions out of investing, you will be less

likely to make moves such as selling quality investments because their price is down, and missing any market rebound. Plan your investments to include a “buffer” for these down markets.

Don’t try to “time” the market

Focus on taking a longer-term view of market volatility by staying invested and making consistent investments into quality assets based on a systematic strategy and not predictions of market highs and lows. Over time, this method of investing may result in lower per-share costs. It’s probably natural to get somewhat more apprehensive about market volatility during your retirement years. But taking the steps described above can help you navigate the sometimes-choppy waters of the financial world.

If you would be interested in assistance in building or reviewing your investments, please give me a call at 613-526-3030.



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

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## Moving Seniors Forward

*Kathy Turner, C.R.T.S. (Certified Relocation & Transition Specialist)*

After years of working closely with seniors and their families, witnessing the many daily challenges that face our aging population, Kathy Turner founded K. Turner Transitions. Through both personal and professional experiences, Kathy recognized the great need for the services that K. Turner Transitions provides.

Kathy served as vice president and co-owner of retirement homes in Ottawa. During that time, her beloved parents lived in one of her retirement homes affording her the opportunity to be with them daily and to be a part of their lives in every way. Sharing the aging experience with her parents was a reality and not always an easy task. Witnessing and living the process of advancing years was a gift that helped to create the vision and define the dedication to Kathy's profession of choice.

We are all "difference makers" in our own way, and Kathy's goal to make a difference in the lives of others is a practice that she follows with enthusiasm and pride. Her goal is to create an enjoyable experience for seniors while facilitating a peaceful and happy lifestyle transition that will improve the quality of life for both seniors and their families. Kathy would be happy to help you and discuss your requirements in a no fee, no obligation consult. For further information call 613-733-4060, e-mail [kathleenturner@rogers.com](mailto:kathleenturner@rogers.com) or visit [www.kturnertransitions.com](http://www.kturnertransitions.com).

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**Saturday, October 25**  
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## Feeding Raw Food Diets to your Pet

*Dr. Graham Johnson is a Local Veterinarian*

Although I briefly touched on this topic in a previous article, I felt it was worthwhile to explore it again in more depth because it seems to be becoming more common practice to consider feeding your dog or cat a raw meat based diet (RMBD), and also because there have been some recent local news clips about feeding RMBD's to pets. The news presentations did have a brief explanation from a vet about the potential risks, but certainly left me with the overall impression that the risks might be minimal and some of the logic behind feeding these diets might be sound. I do not think most in the veterinary profession would agree.

First let me define a little more clearly what a raw meat based diet is. As the name implies, the basis for the diet is a raw meat ingredient(s) that is typically sold in a fresh, frozen or freeze dried form. Some formulas incorporate grains and other ingredients, whereas others are just meat to act as the base to which the owner can add other fresh ingredients - typically following a recipe. These diets are intended to be fed in the raw or fresh state. The source of the meat may be human consumption grade or not. Interestingly enough, on the one news clip that I saw, one of the meat sources offered was actually beaver! Apparently the source was from a government cull program. Proponents of feeding RMBD's often claim that they are a safe and natural way to promote your pet's wellness and most closely mimic what your pet would eat in a wild state. This is where the logic gets tenuous for most veterinarians. Our domestic pets have changed considerably over the generations and their nutritional needs, their lifestyle and the fact that they interact closely with their human family make them considerably different from the wild species from which they originated. Wild animals tend to live relatively short life spans fraught with hardships. It tends to be survival of the fittest which sometimes translates into surviving long enough to maximize your reproductive ability. We typically wish more for our pets and even acknowledge that some of our breeds would have a difficult time surviving without our help. We also tend to desire optimum health for the entire life of our pet, not just when they have survived the critical newborn stage and before they hit some of the chronic issues that tend to crop up in middle age and beyond.

So let's get to some of the risks, not only to the pet itself, but also to the humans who surround these pets. A big concern in regard to the pet would be if an RMBD would be capable of properly providing all of the nutrients that he or she would require, in proper balance for the different life stages it would experience. AAFCO, or Association of American Feed Control Officials, is the main organization that determines what adequate nutrients profiles are for our pet foods in both the United States and Canada. Unfortunately a pet food nutritional adequacy certification program run by our own Canadian Veterinary Medical Association was phased out in 2007. If a pet food is AAFCO certified, it means that the manufacturer has demonstrated to AAFCO's standards that the food meets minimum nutritional standards.

Actual feeding trials are often used to support the diet as adequate. RMBD's may or may not follow AAFCO standards. Participation is voluntary on the part of the pet food manufacturer. At this time, it appears traditional dry or canned pet foods are more likely to follow AAFCO standards. In a recent U.S. survey, a majority of RMBD's sold were found to have either major nutritional deficiencies making them unsuitable for long term or sole feeding, or have nutritional excesses which can be just as concerning. I would encourage owners to look at the pet food they are currently feeding their pet and look for some reference to meeting AAFCO standards. If you cannot find this, I would encourage you to contact the manufacturer and ask why not?

The acronym BARF diet is out there and stands for bones and raw food, which is often used interchangeably with the term RMBD. Again, veterinarians tend to discourage the offering of bones to dogs and cats for some very legitimate health concerns. Bones are, of course, very hard and dense and are often chewed on enthusiastically by pets. Unfortunately they are a leading cause of broken teeth in pets which can cause a host of health issues for your pet - not the least of which may cause your pet considerable pain. There are much safer choices to provide your pet with a safe chewing outlet. Enthusiastic swallowing of larger chunks of bone is also a leading cause of gastro-intestinal irritation and even obstruction. This has the potential to cause serious life-threatening situations and definitely can lead to surgery being necessary to save your pet's life.

Last but certainly not least, raw meat can and often is contaminated with potentially serious germs or pathogens. Freezing does not kill pathogens. Most commercial cooking methods do kill pathogens, although unfortunately not always 100 percent. Nevertheless, contamination with pathogens seems to be considerably less with commercial pet foods that are cooked. Two of the pathogens that we are most concerned about are Salmonella and E.coli. The list of potential pathogens harboured by even human consumption grade raw meat is actually quite long and certainly not limited to Salmonella or E.coli. A little scary, but certainly a good argument for not eating raw meat yourself! Your pet, ironically, may actually be better able than you to ingest some of these pathogens without getting sick. This is not to say that it is not possible for them to get visibly sick. Many of these pathogens simply colonize in your pet's gut without making the pet visibly sick and then your pet potentially becomes a source of germs to your family. What we think is even worse, then, is the implication to the human family around the pet, especially the more vulnerable portion of the family. Think children, elderly, pregnant or immuno-compromised individuals. Think of your pet's habits and how we allow them to live within our homes, lick our faces etc....get the picture? This concern is becoming so great that some hospitals or retirement homes do not allow therapy pets in that are fed RMBD's. So think not only of your immediate family, but of all others who may be exposed to your pet.

I will then end with a simple question....is the feeding of RMBD's worth the risk, not only to your pet but to the human family as well?



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## COMMUNITY CALENDAR

**Greenspace Clean-up** will be held on both Sunday, September 29<sup>th</sup> and Monday, September 30<sup>th</sup>. The area that we are registered for as part of the City of Ottawa "Cleaning the Capital" campaign encompasses Pleasant Park Woods, Kilborn Park, Grasshopper Hill and the greenspace area along Grace Ave. Residents are asked to bring along a few plastic bags on those days while out enjoying our beautiful greenspace. Extra bags and gloves are placed at the parking lot along Kilborn Ave. The AVCA Greenspace Stewardship Sub-Committee sponsors this event and has been doing so for several years. Signs are posted throughout the area as well.

**Fall Frolic at Emmanuel United Church** - From the music of the '40s and '50s to Broadway show tunes, you can dance to the Big Band sounds of the 15-piece Silver Swing Orchestra on Friday, October 3<sup>rd</sup>, from 7:30 to 10 p.m. at Emmanuel United Church, 691 Smyth Rd. The Silver Swing Orchestra is under the leadership of Gord Price with their feature vocalist, Mary Simpson. They will perform three sets so you can waltz, foxtrot and polka to some of your all-time favourites. Dress is casual to black tie, with prizes and refreshments available. Tickets are \$20 for adults and \$12 for students. For information please call 613-733-0437.

**Fall Nearly New Sale** at Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham), Friday, October 3<sup>rd</sup>, 6 - 8:30 p.m. and Saturday, October 4<sup>th</sup>, 9 - 11:30 a.m. Come and find your "new" fashion apparel from among the gently used clothing. Amazing deals on household items, toys and games. Proceeds to the work of the church. For more information, call 613-733-3156 ext 229 or visit [www.rideaupark.ca](http://www.rideaupark.ca).

**CFUW - Ottawa General Meeting** Speaker: Elizabeth May, Leader of the Green Party of Canada. Free and open to the general public. Monday, October 6<sup>th</sup>, 7:30 p.m. Riverside United/Church of the Resurrection Anglican, 3191 Riverside Drive. For further information, visit [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org).

**Exercise Classes** for those 55+. St. Thomas the Apostle Church, 2345 Alta Vista Drive on Fridays at 10 a.m. One hour classes. Gentle cardio, with emphasis on muscle strengthening, stretching and balance, with certified instructor. Bring your own hand weights. \$6 per class. FREE first tryout class. For info, drop by or call 613-733-0336 weekday mornings.

**50+ Exercise Group:** Please join us each Tuesday and Thursday, 9 - 10 a.m. at Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham) from October 7<sup>th</sup> - November 27<sup>th</sup>. An hour of gentle, yet thorough movement is offered twice weekly to women and men. Fee of \$40 is payable at the first class. Plan to stay fit by continuing with the winter session in January 2015. For more information, call the church office (M-F, 9-4 p.m.) at 613-733-3156 ext 229.

**Harvest Dinner** at St. Aidan's will be held on Wednesday, October 8<sup>th</sup>. There will be two sittings, one at 5 p.m. and a second at 6:30 p.m. Tickets will be available at the church office, 613-731-0102 and by email, [staidans@bellnet.ca](mailto:staidans@bellnet.ca). Adults \$20, children 6-12 yrs, \$10. Come and enjoy a traditional Thanksgiving dinner with turkey, all the trimmings, and homemade pie! St. Aidan's Anglican Church, 934 Hamlet Road (near Elmvale Acres Shopping Centre.)

**Fall Fashion Show** - Wednesday, October 15<sup>th</sup>. Please accept an invitation to Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham) for a night of fun and fashion. Doors open at 6:00 p.m. for decadent homemade desserts and a preview of the fashions and accessories. The show begins at 7:30 p.m. featuring the 2014 collection by Judy Joannou Designs, "Classic Style With A Twist," - Canadian-Made Clothing for Real Women. Tickets (\$15) are available from the church office (M-F, 9-4). For more information: 613-733-3156 ext 228 or visit [www.rideaupark.ca](http://www.rideaupark.ca).

**Miche Bags** (Hand Bags) October 16<sup>th</sup>, 9:30 - 11 a.m. at Fred Barrett Arena, 3280 Leirtrim Rd. near Bank St. Ottawa South Women's Connection (Stonecroft Ministries) Faith Story, Singer, Door Prizes, Refreshments, Child Care. Admission \$5. Contact 613-249-0919.

**Harmony Club for Seniors** will meet on Wednesday, October 22<sup>nd</sup> at Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham). From 1 - 2 p.m. Ottawa writer, Anne Raina, will speak about the recent book that she co-authored, "Clara's Rib, A True Story of a Young Girl Growing Up in a Tuberculosis Hospital." All seniors in the community are welcome to attend. Prior notice is not required. The church is wheelchair accessible and parking is free. This club is run by volunteers, with meetings held monthly. More information, 613-733-3156 ext 229.

**The Annual Pleasant Park/Hawthorne Giant Used Book Sale** takes place this year on Saturday, October 25<sup>th</sup>. Featuring thousands of nearly new books for all ages at great prices, the sale runs from 9 a.m. to 1 p.m. at Pleasant Park Public School, 564 Pleasant Park Road at Lynda Lane. A bake sale, free coffee and children's activities make this a community event with something for everyone. For more information, or to donate books, visit <http://pleasantpark.ca/> or call Laurel at 613-731-9678 or Diane at 613-421-8722.

**The Annual Ecumenical Day of Sharing and Preparation for World Day of Prayer** will be held Saturday, October 25<sup>th</sup>, from 9 a.m. to noon at Rideau Park United Church, 2203 Alta Vista Drive. The focus country for 2015 is the Bahamas. Contact Lise: 613-723-0465 [gauvin131@gmail.com](mailto:gauvin131@gmail.com) or Rosalie: 613-736-0232 [pastoral@sympatico.ca](mailto:pastoral@sympatico.ca).

**Christmas Treasures Bazaar:** Mark your calendars and join us on Saturday, November 1<sup>st</sup> from 1 - 4 p.m. at Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham). The Bazaar offers something for everyone, from meat pies to homemade baking, jams and relishes. You can peruse the gift baskets, the Christmas decor collection, Ladies' Boutique and the garden centre. Be sure to search out the Book Alley for a great read and the General Store for household and sporting goods. Drop by the children's toys, games and electronics, and make a bid at the Silent Auction. After shopping, stop by the Tea Room for refreshments and conversation. For more information, see [www.rideaupark.ca](http://www.rideaupark.ca) or call 613-733-3156 ext 229.

**St. Aidan's Yuletide Bazaar** will be held on Saturday, November 1<sup>st</sup> from 10 a.m. to 2 p.m. Shop early for Home Baking, Jams, Jellies and Crafts; Silent Auction; Chinese Raffle. Enjoy a delicious lunch and have fun shopping at the Ladies' Boutique. St. Aidan's Anglican Church, 934 Hamlet Road Ottawa (near Elmvale Acres Shopping Centre) 613-733-0102 for more information.

**2nd Annual Holiday Bazaar at Alta Vista Public School** is being held on Saturday, December 6<sup>th</sup> from 10 a.m. - 2 p.m. Come join us for crafts, games, scrumptious baking, and more! Do you have something you'd like to sell? Contact Barb at [raoul@magma.ca](mailto:raoul@magma.ca) for details about buying a table.



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**U/10 & U/14 - BROADVIEW PS - Fridays**

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## OCTOBER 7:

### ARE YOU HERE

Ben's just inherited a load of money from his estranged father! His buddy Steve, the local weatherman, joins him on a road trip back to their hometown for a no-holds-barred legal battle with Ben's sister. Owen Wilson, Zach Galifianakis, Amy Poehler.

**AMERICAN HORROR STORY: SSN 3**

### EDGE OF TOMORROW

Major William Cage, who's never been in combat, is ordered up against aliens who seem to be unbeatable! Thrown into a time-loop and forced to fight the same battle to the death over and over, he slowly gains the upper hand until death *isn't* inevitable and victory *may* be possible! Superior sci-fi starring Tom Cruise, Emily Blunt, Bill Paxton, Brendan Gleeson.

### HOUDINI

We follow the life of Houdini as he finds fame, engages in espionage, battles spiritualists and encounters the greatest names of the era, from U.S. presidents to Sir Arthur Conan Doyle and Grigori Rasputin. Adrien Brody, Kristen Connolly, Evan Jones.

**BATE'S MOTEL: SSN 2**

### MILLION DOLLAR ARM

In this Disney movie, a sports agent stages an unconventional recruitment strategy to get talented Indian cricket players to play Major League Baseball. Jon Hamm, Alan Arkin, Bill Paxton.

**IN THE FLESH: SSN 2**

### A MILLION WAYS TO DIE IN THE WEST

As a cowardly farmer begins to fall for the mysterious new woman in town, he must put his new-found courage to the test when her husband, a notorious gun-slinger, announces his arrival. Seth MacFarlane, Charlize Theron, Liam Neeson, Amanda Seyfried, Giovanni Ribisi, Neil Patrick Harris, Sarah Silverman.

### TRACKS

The remarkable true story of Robyn Davidson, who treks through almost 2,000 miles of sprawling Australian desert, accompanied by only her dog and four unpredictable camels.. Mia Wasikowska, Adam Driver, Lily Pearl. **Rave reviews.**

### Also:

**In Secret**  
**Love Finds You in Sugarcreek**  
**My Dog the Champion**

## OCTOBER 14:

### ALIEN ABDUCTION

Based on the real-life Brown Mountain Lights phenomenon of North Carolina, a camping trip for the Morris family gets increasingly creepier as alien forces slowly take over! Katherine Sigismund, Corey Eid, Riley Polanski.

**FARGO: SEASON 1**

### THE PRINCE

A retired assassin is drawn back into the life he gave up when his daughter is kidnapped. To rescue her, he must confront his former rival. Jason Patric, Bruce Willis, John Cusack.

**VIKINGS: SSN 2**

### SHARKNADO 2: THE SECOND ONE

A freak weather system unleashes a Sharknado on the population of New York City - and only Fin and April can save the Big Apple. Ian Ziering, Tara Reid, Vivica A. Fox.

### X-MEN: DAYS OF FUTURE PAST

The X-Men send Wolverine to the past in a desperate effort to change history and prevent an event that results in doom for both humans and mutants. Patrick Stewart, Ian McKellen, Hugh Jackman, Michael Fassbender, Jennifer Lawrence, Halle Berry, Peter Dinklage.

**PENNY DREADFUL: SSN 1**

### THE WIPERS TIMES

When British Captain Fred Roberts, stationed at the front line at Ypres, Belgium during WW I, discovered an abandoned printing press, he decided, while under enemy fire and gas attacks, to publish a satirical magazine called The Wipers (Ypres) Times. This magazine, full of gallows humour, proved a huge success with the troops on the Western Front.

### ALSO:

**Fort Bliss**  
**Hellion**  
**Knight Rusty**  
**Mr. Peabody & Sherman**  
**Mystery Road**  
**Venus in Fur**

## OCTOBER 21:

### THE LAST SENTENCE

Set against the backdrop of WWII, The Last Sentence is based on the life of crusading journalist Torgny Segerstedt, editor-in-chief of one of Sweden's leading newspapers, highlighting his one-man battle against Nazism and his country's policy of appeasement to Hitler.

### A LETTER TO MOMO

Clinging to an unfinished letter written by her recently deceased father, young Momo moves with her mother from bustling Tokyo to the remote Japanese island of Shio, where strange things are happening! Superior animation from acclaimed Japanese writer/director Hiroyuki Okiura.

## BEGIN AGAIN

A chance encounter between a disgraced music-business executive and a young singer-songwriter new to Manhattan turns into a promising collaboration between the two talents. Keira Knightley, Mark Ruffalo, Adam Levine.

### CHILD OF GOD

A dispossessed, violent man's life is a disastrous attempt to exist outside the social order. Successively deprived of parents and homes and with few other ties, Ballard descends to the level of a cave dweller as he falls deeper into crime and degradation. James Franco, Jim Parrack, Tim Blake Nelson.

**VERA: SSN 4**

### DEATH COMES TO PEMBERLEY

In this adaptation of Pride and Prejudice, Elizabeth and Darcy, now six years married, are preparing for their annual ball when festivities are brought to an abrupt halt after an argument between George Wickham and Captain Denny results in a death! A BBC production starring Matthew Rhys, Anna Maxwell Martin.

### DELIVER US FROM EVIL

Based on a true story, New York police officer Ralph Sarchie, struggling with his own personal issues, joins forces with an unconventional priest, schooled in the rituals of exorcism, to combat the frightening and demonic possessions that are terrorizing their city. Eric Bana, Édgar Ramírez, Olivia Munn.

### I ORIGINS

In this sci-fi drama, a molecular biologist and his laboratory partner uncover evidence that may fundamentally change society as we know it. Michael Pitt, Steven Yeun, Astrid Bergès-Frisbey.

### LIFE OF CRIME

He was going to divorce his wife anyway, so why bother paying the million dollar ransom two thugs are demanding? Based on Elmore Leonard's "The Switch", starring Jennifer Aniston, Mos Def, Isla Fisher, Yasiin Bey, Will Forte, Tim Robbins.

### WISH I WAS HERE

Aidan Bloom is a 35-year-old man who finds himself at major crossroads, which forces him to examine his life, his career, and his family. Zach Braff, Ashley Greene, Mandy Patinkin, Kate Hudson.

### ZULU

Policemen Ali Sokhela and Brian Epkeen investigate a massacre in apartheid-era South Africa, one apparently provoked by the availability of a new illegal drug. Orlando Bloom, Forest Whitaker.

## OCTOBER 28:

### AN EYE FOR BEAUTY

In this Quebec film, a happily married architect begins an affair while on a business trip to Toronto. Éric Bruneau, Mélanie Thierry, Melanie Merkowsky

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