

VOLUNTEERS LIFT COMMUNITIES

By Christine Franklin



Our city benefits from the willingness of many residents to volunteer, making Ottawa a stronger, compassionate community. However, there may be many others who would like to share their time and experience for a good cause, yet their valuable skills and knowledge are currently untapped.

Last year I launched *Impact Hours*, a free website to connect adults 55+ with non-profit organizations for short-term volunteer opportunities. What did I learn during this first year? First, we have a wonderful community filled with non-profit organizations, from the large to the very small, working to bring positive change to the lives of others. Thirty-nine organizations registered with Impact Hours and more than 100 volunteer opportunities were posted for a wide range of skills, from business expertise (Junior Achievement) and gardening (Ottawa Network for Education) to experience with tools (Ottawa Tool Library), strategic planning (Help Our Students program) and volunteer drivers (South-East Ottawa Community Health Centre).

I was pleased to see that word spread about Impact Hours (helped by my CBC radio interview with Robyn Bresnahan and community newspapers). More than 3,000 unique visitors came to the site, and it was great to see 100+ people take the leap and respond to organizations' postings, with the most popular opportunity being

"Friendly Visitor to a Senior" posted by the South-East Ottawa Community Health Centre. I also learned that it was not just adults 55+ who are wanting to help seniors. Younger adults are also using the site to express their interest in volunteering. However, many visitors to the website did not take the leap to offer their experience to an organization. This may have been due to such factors as hesitancy to take on a new commitment, uncertainty about their suitability, and transportation concerns.

If you have been thinking about volunteering, why don't you...

- **Volunteer in the neighbourhood;**
- Try a smaller **"one-off" opportunity** to start with, especially if you are new to an organization or to volunteering (e.g., write an article, garden for a morning, help out at an event);
- **Volunteer with a friend** or as part of a group;
- Offer to do a project that can be **done remotely** (such as Cuso International's "E-volunteer" opportunities);
- **Ask, if you have questions** as to whether the opportunity would be a good fit (e.g., to clarify time commitments, timelines, objectives, and practical issues such as parking and bus routes). Organizations would be pleased to hear from you.

Each of us can reflect on our relationship with community and the small individual acts that we could take to create a more vibrant, inclusive city. This in turn could expand our own horizons and sense of belonging. Recently, a 93-year old woman was recognized for 50 years of volunteering at The Good Companions Seniors' Centre. She was quoted as saying, "There are an awful lot of people that are the same age as I am that could be doing this." Indeed, she is a role model for us all.

Christine Franklin is the founder of Impact Hours and a federal public servant. She is also a co-founder of iGenOttawa. She can be reached at info@impacthours.org. <https://impacthours.org/>.

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Find this catamaran. Somewhere in this June edition of VISTAS is hidden this little sailboat. Can you find it? Maybe you'll go sailing this summer!



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Mailing Address: 411 Crestview Rd., Ottawa, ON, K1H 5G7
Circulation: 7,500 copies

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Pictures submitted should be 300 DPI resolution.
DEADLINE: 15th of the month prior to publication.
E-mail: Editor@vistas-news.ca.

ADVERTISING

Ads should be submitted to the Advertising Manager, in electronic format copy / 300 DPI resolution/ sent in final format as a print-ready PDF file. The quality of ads not meeting these standards cannot be guaranteed.
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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. We reserve the right to edit all submissions.

Because of your smile, you make life more beautiful.
– Thich Nhat Hanh

Happy Father's Day

VISTAS Vision

The VISTAS community newspaper is in its fourth decade of production. We aim to provide interesting articles about your friends, neighbours, activities available in the community, and items of concern to the Alta Vista area. We encourage involvement and discussion from our readers and look forward to reading your emails, letters and submitted articles. Your VISTAS team will do its utmost to continue to provide a quality newspaper which will be an enjoyable read for your home.

Editorial Musings

Hasta la VISTAS

I'm relaxing on my sofa with my cat, Monty, purring beside me. His sister, Bella, is curled up in a chair by herself, snoring away.

Cats know how to live. They go out, meet their friends, have a little playing time, then come home to have some food, some comfort and to nap. They're not happy unless they can deposit a fair amount of kitty fur around the house, just to remind you that you are their humans and you must take care of them when they're home and miss them when they're out.

They like to be close to you and often try to scramble onto your lap if you are using your computer laptop. Monty especially likes to sit with his head overlooking the top of the dining room table at meal time. Bella weaves between our legs while we eat. We never feed them at the table, but they don't want us to forget who they are or where they are. I have a friend who describes cats as "walking stomachs with hair".

Monty heads out the door, and a few minutes later meows to come in. As I open the door, he runs in to check on his food dish. Nothing ever changes, but he is hopeful that something new and exciting has magically appeared in his dish. Neither he or his sister have ever brought any little beasties home – unlike other cats we have had.

Looking at the cat lifestyle: being content, meditating or snoozing in a chair is good for you. I may not purr, but upon awakening, I am renewed and rejuvenated. And going out and spending time with your friends just makes you feel better. Tea with a friend is a gift.

Snuggles and hugs are wonderful spirit enhancers too. My sister comes from a family of psychologists. When I visited her in California one time, their friend and his wife were visiting. One gentleman was a psychologist friend, and when he met me, he gave me the longest, warmest hug that I just relaxed into. I've always remembered the power of that hug.

Cats like their food – their noses twitch when food is close. And I like food too. I've started the ketogenic diet – high fat, low carbs – which leading edge science describes as the way we are meant to eat; it's a great healer for the body. And the food is delicious. So, cats and me – we're not much different.

So, what will I do now that my time with VISTAS is over? Work on meditation, snoozing, eating healthily, hugging friends, family, and cats, and spending more time with friends. I wish the next generation of VISTAS workers much good luck in their undertakings and I know that, in the words of Julian of Norwich, "All shall be well, and all shall be well, and all manner of thing shall be well."

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Everything that we see is a shadow cast by what we do not see.

Martin Luther King Jr.



Caring for an Aging Parent? Better Manage the Role-Reversal with this 5 Point Checklist

By Jennifer Moir

(Jennifer Moir is an Elder Planning Counselor, Certified Relocation and Transition Specialist, and owner of Ottawa based Age Well Solutions. Questions or comments about this article can be emailed to info@agewellsolutions.ca or call 613.277.6449. Visit www.agewellsolutions.ca for more information.)

The act of caring for another person is common practice, but when it comes to a parent-child role reversal, there is nothing common about it.

Some manage this role-reversal well, while others find it a difficult undertaking. As an adult child caring for an aging parent, you will experience frustration and exasperation, as well as waves of love and concern that might bring you to your knees. Balancing the autonomy of an aging parent with concerns about their wellbeing is often where the challenge lies.

Following is a five point checklist that will help you on your way to a positive caregiver experience.

- 1. Self awareness.** Take a step back and check in with yourself. How comfortable are you stepping into the role of your parent's primary advocate and care provider? Are there certain boundaries or limitations to your involvement based on your expertise or privacy concerns? Will you fill a practical support role only, help with banking, shopping, or arranging care services for example, or will you provide hands on personal care to your aging loved one? Better to be honest with yourself about what your involvement will be, rather than do something you are unprepared for or could lead to resentment or withdrawal.
- 2. Power of Attorney.** Have I mentioned before the importance of having an up-to-date Power of Attorney in place? If your parent or aging loved one hasn't brought the topic up with you, and you suspect you are the "default" attorney for them, then be the one to initiate the conversation. This is a critical tool that will allow you to act in their best interest quickly and efficiently, and avoid costly alternatives, delays and headaches later on – difficulties you may be expected to resolve.
- 3. Essential conversations.** In the April issue of VISTAS, we provided guidance and insight on the value and importance of having Essential Conversations. These are conversations that give everyone direction and peace of mind, instead of "guessing" about your loved one's wishes. The cornerstone of these parent-child conversations are transparency and honesty, and being clear about expectations on both sides.
- 4. Profile of your loved one.** Create an up-to-date profile of your aging loved one. Having this on hand will enable you to advocate more effectively when needed, and to monitor their wellbeing over time. You, or your loved one, can create this profile which should include things like their health concerns, physicians or specialists, medications, pharmacists, professionals they have a relationship with (financial planner, banker, etc.) daily habits and routines, location of important documents, and identify Persons of Trust who interact with them regularly.
- 5. Build a resource library.** It's never too early to build a Resource Library that you can refer to find help, solutions, or options should

the demands of your role increase or you simply need more support. Some examples of resources you might include in your library are: the phone number to your Employee Assistance Program if you have access to one; the number or website for community care services, or transportation services for the elderly; the closest grocery store that would offer home delivery services to your loved one; in-home rehabilitation services or personal emergency alert systems, among many others.

Caring for an aging parent or loved one can be a challenging assignment. By following this five point checklist, you will be well on your way to preserving the gift that caring is.

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– Omar Khayyam

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Thank you to our distributors for contributing to our community in this way. Your help makes VISTAS possible.

VISTAS' Delivery Schedule

2019	VISTAS Delivery Date
September Issue	August 27, 2019
October Issue	September 24, 2019

For Your Information

For Your Information, as co-editors of VISTAS, this issue will be our final edition. John and I have pencilled in other adventures for our future. Thank you for all your support! VISTAS is a vital paper and will continue. We anticipate finalizing our new co-editors shortly. Wishing you all a healthy, safe summer. Chris Inrig and John Wambombo



Thank You, and Thank You

In this June issue, the Board of Directors at VISTAS has to say “thank you” twice.

We have advised readers before this of our search for two Editors, one for content, the other for layout. For a while there was the possibility of not finding replacements and of closing 35 years of service to the community. But now the Board is hopeful that VISTAS will continue. We are meeting with several people who have stepped up, and we expect that the two positions will be filled. So, the first “thank you” goes to all of those who have recognized this community need and have offered to meet it.

The second “thank you” from the Board of Directors is directed at the Co-Editors, Chris Inrig and John Wambombo. Chris never imagined working as an Editor without her Co-Editor Marcia Gosse by her side but, sadly, with Marcia’s death in September 2018, that is where she found herself. Chris had to spring into action and find a way to get the October issue published which, with fortitude and spirit, and with the help of Marcia’s sister, Lynda Becker, she did. Since then, under sometimes trying conditions, Chris has produced our VISTAS. Chris wrote the editorial musings, found the riddles, came up with the dinner conversation topics, and until recently provided the quotes and puzzles. Thank you, Chris, for leading us since September, and ensuring that the paper reached our readers.

Chris could not have produced the paper without the assistance of the new Co-Editor, John, who stepped in on a moment’s notice to ensure the “layout” of Chris’ November issue of the paper. John has some IT and design experience, but this was his first attempt at producing a newspaper. So, with little to no experience in newspapers and, no time to learn or be shown, John did it. VISTAS, since then, has been a testament to his willingness to give it a try and, above all, to give help when and where it was most needed. Since then, John has become adept at creating the paper’s design and in “laying it out”. However, John only stepped in to fill a gap and meet an urgent need, and that time has passed. Thank you, John, for your generous giving of time and talent.



(Thank you #3 goes from John and I to the VISTAS Board. Without their help, encouragement, hard work, and guidance, we would have not managed to put together the VISTAS after Marcia died. We are so grateful to them and we know that the next Contents and Layout editors will be blessed to have the Board help them in their new roles. Many thanks to Ernie, Jim, Catherine, and Courtney – a great team!)



FAMILY MATTERS

Take a Walk on the Wild Side

By Sofie Charron, BA, MA.

(Sofie Charron is a workshop facilitator for Serenity Renewal for Families, an Alta Vista Charity which assists individuals and families affected by addiction and other impactful issues. For more information or to donate to families needing help, call (613) 523-5143 or visit serenityrenewal.ca)

In recent years, research has confirmed what many of us have felt instinctively for quite some time: we tend to feel more relaxed in nature. In fact, a recent study published by Science Daily (2019) concluded that even 20 minutes in nature can lower stress hormone levels - a practice they named “the nature pill.”

The rules for those in the study were simple: no aerobic exercise, internet, phones, social media, reading or conversation. And participants could go anywhere, so long as the place provided a sense of nature. To some, spending 20 minutes in nature might seem like a daunting task, but I dare say that these are the people who perhaps need it most.



Developing a new habit can take time. If you are new to this concept or struggling with stress, burn-out, depression or anxiety, your brain may come up with all kinds of reasons not to try it. My advice to you is to trust the process. The brain will eventually associate time spent in nature to feeling like you’ve accomplished something good and from there you will build momentum.

One way to develop a new habit is to start gradually. Participants in this study were only required to be in nature for a minimum of 10 minutes, three times a week. Another helpful tip is to remember that the intention of this exercise is strictly for self-care. That’s it. Leave your to-do list and deep thinking for the home or office.

Remaining focused on nature and your new surroundings will be a challenge. Once you’re out there, even without any of your usual distractions, your mind will likely wander and be consumed by thoughts. If you really want to soak up all the benefits of nature, a little mindfulness will go a long way. In other words, when your mind inevitably drifts off, kindly and gently move your awareness from your thoughts to your five senses: What sounds can you pick up on? What scents surround you? What do you see? What do you feel on your face and in your feet, hands, and throughout your body?

The Nature Pill isn’t going to change the issues that are causing your stress, but it may change how you’re affected by stress. The Nature Pill is a time to give your mind a necessary break and to feel playful and curious, without any expectations or problem-solving work.

Stress is a bit like a treadmill. Stress in moderation isn’t bad for you at all. It can be beneficial. However, entire days spent on a treadmill would exhaust you and likely leave you injured. In keeping with the metaphor, spending less time on the treadmill and more time stretching, hydrating and resting will allow you to improve your performance and feel more resilient.

So get out there, Ottawa! Embrace your beautiful surroundings, walking trails, parks and even your own backyard. After all, ‘tis the season!

Silence is a source of great strength. – Lao Tzu

VISTAS Volunteer Carriers Needed

VISTAS has just lost one of its four “Distributor/Captains”, John Frankland, and is looking for a replacement for the September issue. This Distributor collects bundles when they arrive from the Printer and delivers them to the Carriers in the area of Wesmar, Orlando, Tampa, Grace, Prospect, Woodcrest and Rachael, and to the Carriers in the area of Ridgecrest, St. Timothy’s, Utah, Randall, Chattaway, Evans and Webster. It is essential that VISTAS find someone to replace John, and this once a month job probably takes about two to three hours.

For West of Haig

- Alta Vista (Randall to Heron, both sides), 34 papers
- Anoka, 34 papers
- Billings (Fairbanks to Alta Vista), 34 papers
- Bloor, Penhill, Crestwood, 56 papers
- Chomley, 40 papers
- Edge Hill, 58 papers
- Grasmere, 39 papers
- Juno, 38 papers
- Lorraine & Palm, 50 papers
- Lynda Lane & Oxbow, 19 papers
- Pleasant Park (Lynda Lane to Garden Plots), 25 papers
- Portland, 24 papers
- Wesmar (west of Alta Vista), 22 papers

For East of Haig

Adams	Crane	Goren	Raglan
Arch	Cross	Haig	Russell
Audrey	Dakota	Halifax	Samuel
Avenue N	Dauphin	Halstead	Sandra
Avenue P	Devon	Hamlet	Saunderson (Halifax to Pleasant Park)
Avenue Q	Dickens	Harding	Saunderson (Pleasant Park to Smyth)
Avenue R	Dorval	Hastings	Saunderson (Smyth to Halstead)
Avenue S	Drew	Heaton	Shamir
Avenue T	Dunelm	Howland	Shelley
Avenue U	Dwellingham	Hutton	Smyth (Dauphin to Russell)
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RIDGEMONT HIGH SCHOOL

The Arts Program is Thriving at Ridgemont High School

By Judith Lazier, Visual Arts Teacher, Ridgemont High School

Ridgemont prides itself on its creative, dedicated and vibrant arts students. The past two months have been especially lively and successful for our students as they performed and exhibited works, earning awards and connecting with the community beyond our school walls.

Drama

Ridgemont Spartan Studios delivered a moving performance of *Dark Road* at the National Theatre School's Drama Festival. The company won the Lorne Williams Spirit of the Festival Award. In addition,



Ridgemont Arts Band led by Ms. Walker

Meadow Agar was honoured with a Bravery in a Performance Award for her sombre and chilling portrayal of a Nazi prison guard.

Music

In early April, Ridgemont hosted the Kiwanis Music Festival for School Concert Bands. Our auditorium was filled with performances by schools from across the city. In addition to hosting, the Ridgemont Concert Band earned gold standing in the Kiwanis Music Festival! This is a wonderful achievement and speaks to the dedication of our students and our music teacher, Ms. Marcie Walker. Notably, the Ridgemont Band just returned from New York City where they had the opportunity to enrich their learning by taking in the city's music and culture.

Dance

Dance class performed at the Ontario Carleton District School board, Dance Day, on April 25th and more recently on May 2nd at Ridgemont High School's Arts Night. Our students continue to learn and grow from their dance teacher, Bev Melymick, and guest instructors.



Ridgemont Arts Dance at Arts Night

Visual Arts

Ridgemont Visual Arts students have been busy preparing work for several shows in the community. Ten students exhibited as part of Young at Art, a city-wide juried art exhibition and competition. Shows at the Atrium Gallery (Ben Franklin Place) and the Trinity Gallery (Shenkman Centre) included works by Ridgemont students. For many, this was their first time exhibiting in a professional gallery setting and so was an especially memorable achievement. Exhibitions included works by Amna Alali, Omar Darwish (award winner), Maggie Rubenstein, Jeremy Peters, Hyejun Choi, Saleh Ahmed (award winner), Mouna Shaweesh, Monina Balacuit, Sarah Woronchak (award winner) and Hiba Alcheikh Hourri.

Further congratulations to Sarah Woronchak, whose piece *Playing with Your Head* won first place in the high school category of the *Brain*



Painting by Ridgemont Arts Student, Saleh Ahmed

and *Mental Health Art Exhibition* earlier this month. Students Saleh Ahmed and Hyejun Choi also exhibited.

Finally, Grade 11 students' large-scale portraits will be on display at the Alta Vista Public Library. We are fortunate to have such interested and accommodating community partners at both the Alta Vista and Greenboro branches of the Ottawa Public Library. We appreciate the time and effort of Evelyn Housch and Michelle Bleau, our two librarian contacts and art-lovers.

The arts are thriving at Ridgemont High School. Whether students aim to pursue post-secondary studies in performance arts, fine arts or design, or they use the arts to complement other learning, students and staff are so appreciative of the support from the community. We are always happy to create together!

EXCELLENCE IN EQUITY AWARD

*(Taken from the Ottawa-Carleton School Board's
Director's Awards 2019 Leaflet)*



Mary Enns - Department Head Hillcrest High School

Mary has been with the OCDSB for over two decades. Throughout her career, Mary has been leading her colleagues in raising awareness, questioning assumptions and changing us all for the better.

At Sir Robert Borden High School, she single handedly ran the "Black History Month" celebrations, taught teachers about Kairos' Blanket Exercise and always saw things through an equity lens. Since moving to Hillcrest High School, she has become even more instrumental to the lives of Black, Arab, Muslim and Indigenous students. She facilitates weekly meetings with the Black Excellence Club, works to bring students to the Black Youth conferences and helps with the Black Youth Planning Committee. While she supports this work, student voice is at the centre to what she does. Mary believes that all students have a voice, that they're valued, respected and are meant to be heard. She has created safe spaces where all students are respected within every school she's taught. Mary incorporates these voices into all classes. Recently she had Dr. Clyde Ledbetter speak to CHW3M and HSP3UF classes about African Creation Myths, and she invited Fran Schiller into her Law class to speak about the Civil Rights Movement she was a part of in the mid-60s. She works very hard to include lessons about Indigenous treaties in the Ottawa area.

Mary allows for complete inclusivity in all aspects of education. She reaches out to community partners such as the Somali Centre and other minority groups which support human rights. Mary brings professors from Ottawa Universities to mentor Black youth and those in low income situations. Her influence does not end when kids graduate; she continues to help youth develop far beyond high school. All the work she does has two things in mind, supporting racialized youth and building bridges between minority groups. She doesn't just talk the talk; she has devoted her career and her life to social justice.

CELINE TOWER GRANT UPDATE

Because there have been no applications this year, there will not be a Celine Tower grant of \$1,000 to a student pursuing further studies in writing, journalism or communications for the academic year 2019-20. However, if you will be entering your final year in September of this year and hoping to pursue your studies in one or more of these subjects in September 2020, you may want to keep in mind that the grant will be available again next year



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Heroes of Heron Emergency Food Centre

By Lynn Sherwood

This month our heroes are the stalwart folks who came out for the Sixth Annual Easter Egg Hunt on Saturday, April 20 at Belena Park. HEFC was invited to participate by Erinn Brooks of the Riverview Park Community Association, organizers of this event, along with councillor Jean Cloutier, local MPP John Fraser, and local police and fire services. Two intrepid Board members, Peter Rinaldi and Stewart Fast, represented HEFC. It was a cold and rainy day and only truly hardy Ottawa folk would, in my opinion, expect the Easter Bunny to venture out – let alone scatter candy eggs – in such appalling weather. Fortunately, the Easter Bunny appeared to be of a stronger constitution than this writer, and a good time was had by all. Events such as this not only help us to get to know each other as individuals but assist in creating that sense of community spirit which is so important for us all – even if, as in this situation, it is engendered through the experience of cheerful collective endurance of April weather in Canada's Capital.



Sixth Annual Easter Egg Hunt

HEFC thanks the Alta Vista/Riverview Park community for their longstanding and generous support of our work, for remembering that not everyone shares an affluent lifestyle, and for offering HEFC an opportunity to both share information about our service and to accept their generous donations which help fill the empty stomachs of some of our community members. We are always willing to participate in community events and to explain our work and advocacy for those among us who are having a difficult time and who need a little extra food to get through the month.

We want to remind you all that the biggest fundraiser of the year, our annual Walkathon, will take place on Saturday, **September 21** between **9 a.m. and noon, at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive**. This is a 5 km walk through our beautiful Alta Vista community. You will be able to get pledge sheets by contacting **613-737-9090** or by speaking to a board representative at your local church. What a great way to spend a Saturday morning outdoors, getting to know the community with a group of like-minded people, while involving your children in giving back to those less fortunate, or kicking off the season for your youth group!

Members of the Board of HEFC are happy to attend your events or fundraiser to talk about the service we, all together, provide for our community. We even have a PowerPoint presentation ready to go! Call us at 613 737-9090 or e-mail us at hefc-info@rogers.com for more information.

Heron Emergency Food Centre is located at 1480 Heron Road and is open 4 days a week to provide emergency food to people in need in Ottawa South. Check out our Facebook page at Heron Emergency Food Centre @hefcottawa.

JUNE WISH LIST

We welcome cash and food donations including soup, chickpeas, kidney beans, canned vegetables and pasta sauce as well as seasonal produce from your garden.

Stories are amazing and powerful because they can resonate with people depending on their needs and experiences and speak truths we need to hear in that moment of time. – Sue Monk Kidd

Awesome Alta Vista Weekend

By Marty Carr

The weekend of June 8th and 9th will once again celebrate all things Alta Vista as the Alta Vista Community Association (AVCA) once again hosts a community garage sale and community picnic.

On Saturday, June 8th, residents from all throughout Alta Vista will be holding garage sales. The Alta Vista Community Association (AVCA) encourages residents to make a donation to support the local Heron Emergency Food Centre www.hefc.ca as part of their proceeds from their garage sale.

In order to make your garage sale shopping easy, the AVCA will include your garage sale on our map at the www.avca.ca website. You can register your sale on the map by sending an email to: altavistagaragesale@gmail.com. While you are welcome to adjust the hours of your sale as you see fit, we are promoting the garage sale as running from 9 a.m. to 1 p.m.

On Sunday, June 9th, the AVCA will host its 29th annual Alta Vista Community Picnic from 11a.m. to 2 p.m. at Billings Estate National Historical Site, 2100 Cabot Street. This year, the theme of the picnic is an old -fashioned carnival, and the picnic will feature carnival games, face painting, a magician, wagon rides and a petting zoo (new this year). There will be field games such as sack races as well as bingo. Admission to the picnic this year is free, although food will be available at a cost. Community members are encouraged to consider a donation to the association on site and/or are encouraged to purchase a membership so that the AVCA can continue to offer community activities.

The community picnic would not be possible without the generous contributions of our community partners. Our elected officials including Councillor Cloutier, M.P. David McGuinty, and M.P.P John Fraser are supporting the picnic as well as businesses which have supported the AVCA for many years including Doherty's Property Services, Trigon, Lindsay Landscape, Universal Appliances, and Trainyards, the AVCA received very generous donations from Dr. Voros and Associates Dentistry on Kilborn, Oakpark Retirement Residence, O'Neid Engineering and Praetorian Property Management. We are extremely grateful for their support.

Hope to see you out around Alta Vista on the 8th and 9th!

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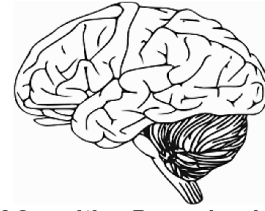
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In this experiment, we are looking at brain activity related to learning a new task. Brain activity will be recorded using **functional Magnetic Resonance Imaging (fMRI)** and **Electroencephalography (EEG)**, two non-invasive techniques.

The experiment will take place at the Royal Ottawa Brain Imaging Centre and Royal Ottawa Sleep Research Laboratory for three sessions, including 2-3 naps spent sleeping in the laboratory. You will be compensated with \$100 for your participation and a picture of your brain from the MRI scan.

Inclusion criteria: 55-85 years of age, right-handed, English native speaker, normal or corrected-to-normal vision, no neurological or psychiatric disorders (past and present), not pregnant, no metal in body (please feel free to enquire if you are unsure whether you meet inclusion criteria).

If you are interested in taking part in this experiment and/or would like to request further information, Please email **The University of Ottawa Sleep Lab** at sleeplab@uOttawa.ca or call the **University of Ottawa Sleep Research Laboratory** at 613-562-5800 ext. 4854 and leave a message!



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Computer Tricks and Tips

By Malcolm and John Harding, of Compu-Home

Windows 7 End of Life – Really ??

This time we are looking into a subject that is obviously of concern to many of our readers who use Windows. We have been getting lots of calls from people who have received a notice from Microsoft that the Windows 7 Operating System is nearing its “End of Life”.

Windows 7 has been widely considered to be the most reliable, comfortable and beloved of all Windows Operating Systems. Introduced in October of 2009, it quickly snuggled into a niche of high popularity between the much-maligned Vista (before) and Windows 8.1 (after). It introduced many features and conveniences that we are still enjoying today in Windows 10. In fact, it was only in January of this year that Windows 10 surpassed the market share of 7 and when we consider that 10 has been delivered on all new computers for four years now, the continued significance of 7 is certainly remarkable.

Q: What is the end of life of an Operating System (OS)?

A: Microsoft designates a date after which it will stop supporting an older OS. They will no longer send out updates and will stop monitoring for security concerns. Otherwise, that OS will continue to run, potentially for many years to come. If you are extremely lucky, you might never experience a problem as you continue to use an outdated system. In the case of Windows 7, that end of support will be in January of 2020. (By the way, Apple does not publicly announce an end of life date for a Macintosh OS, but there always does come a time when the support just simply comes to an end.)

Q: So, does that mean I can just keep on using it, and ignore all this information and nagging?

A: Probably not. Nothing will happen to “shut down” the outdated OS, but there are factors that will seriously compromise its usefulness and reliability. First is the fact that Microsoft does not (contrary to the opinion of many users) simply send out updates just to be annoying. Updates tweak and correct little issues that we might not even have noticed and, more importantly, they constantly provide improvements in security, to try to keep the hackers away from the door. The end of updates is more influential than most of us realize. Second, and probably even more important, is the fact that third-party publishers will also stop supporting the OS. Soon after January 2020, you will no longer be able to find an anti-virus utility for Windows 7. Likewise, it won't be long before drivers will no longer be available to make a new printer or other peripheral device compatible with the old OS.

Q: What are my options?

1. You could ignore advice, keep using the old OS and hope for the best. (See above.)
2. You can, potentially at no charge, update your Windows 7 to Windows 10. If you are already very comfortable with using your computer you can do this update yourself. There are a couple of tricks involved, but you can easily find them online or call your trusty technician for advice. The mandatory first step would be that you really must be absolutely certain your data has been backed up, so that it won't be a catastrophe if something goes wrong during the update. A computer manufactured since 2014, (five years ago) will probably be very satisfactory with Windows 10.
3. If your computer is older than five years, or if it is now inadequate in any respect, or if you are going to have to pay a technician to update the OS instead of doing it yourself, you might consider watching for a sale on a suitable replacement computer in the next few months,

even if it is sooner than you had originally planned. The new computer will come with Windows 10 already installed and so you will be good to go OS-wise, for many years to come. And, by the way, don't be misled by the old and overblown horror stories about Windows 10; in our experience, it is a reliable OS with convenient features and it is surprisingly easy to use. If you do decide to buy a replacement, you can look for ways to continue to use also the old computer although keeping it offline would probably be a good idea.

In addition to wishing our readers a wonderful summer, we want at this time to thank Christine Inrig very sincerely for her guidance and advice during her tenure as Editor of VISTAS.

Go to 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. Have a look at 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.



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Steven was born and raised in Alta Vista; after studying law and practicing in Saskatchewan, he has returned to the area to begin practicing in association with Cheryl Payette (formerly of Conlin & Payette).

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Bookworm's Delight

By Judith Evans

"Pennybaker School is Headed for Disaster"

(Available from the Ottawa Public Library) By Jennifer Brown

This is a highly entertaining children's book with lots of humour and suspense.

The main character is Thomas Fallgrout, who, because of his talent as a magician, has been transferred to Pennybaker School for the Uniquely Gifted, from his normal, run-of-the-mill middle school.

On his first day, he meets a number of children with abilities ranging from being able to quote large sections of Shakespeare, playing the didgeridoo (a big Australian musical instrument), programming computers, writing horror stories, and speaking in acrostics (a type of word puzzle). However, for Thomas, the strangest thing he saw was the two-and-a-half-foot statue of the head of woman with wild hair and her mouth wide open in a scream. His new friend, Wesley, informed him this was a beloved math teacher from the 1800s. Her name was Helen Heirmauser and, as the students passed her statue in the lobby, they all put their hands on their heart and said a word of thanks. Thomas thought this was most extraordinary behaviour but tried to follow along anyway.

After his first day at Pennybaker, Thomas was very glad to be back home where he could spend some alone digesting what had happened during the day. Unfortunately, the new boy from across the street, Chip Mason, saw him and came for a visit. Chip was a little odd, had an enormous vocabulary and was given to spewing random facts which confused Thomas greatly.

The third week of school went badly. One morning the statue of Helen Heirmauser went missing and the entire school (except for Thomas) was in tears. As the week went on and the statue remained missing, presumed stolen; suspicion began to fall on poor Thomas since one of his best magic tricks was making things disappear and also because he had never shown the proper amount respect for Helen Heirmauser, calling her "head of horror" and "the zombie head".

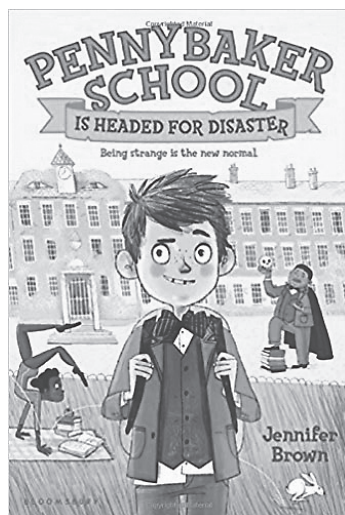
Before long, poor Thomas found he had no friends at school and even the staff suspected him. As if that wasn't unpleasant enough, it soon became apparent to him that even his family (his mother, his father, his grandmother and his younger sister) thought he had stolen the important statue. The only person who believed in his innocence was Chip.

In fact, it was Chip who suggested that he and Thomas should play detectives and find the real culprit. They came up with four possible suspects but upon investigating found them all innocent of that particular crime but perhaps guilty in other ways.

Now, of course, you'll have to start your summer holiday on a mysterious note. Borrow the book and see if you can decide who the villain is before all is revealed near the end of the book!

I thoroughly enjoyed reading this book and getting to know the wonderfully diverse characters; including Thomas' Grandma Jo who needs to be seen to be believed, and Chip's wardrobe of "special" socks. The illustrations are great too, capturing nicely the essence of the people involved. Happy detecting!

Many thanks to Judith Evans who is also leaving us at this time. She has been a great contributor over the years! - Chris



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All Public Health Ontario (PHO) agencies such as Ottawa Public Health, provide vaccination education, monitor immunization records and provide vaccinations in schools. They make sure that beaches and public swimming areas are safe and clean to swim in. They work with local Community Health Centres to provide primary care for seniors, newcomers, to marginalized populations, as well as host sexual health clinics that keep our communities safe and healthy. They work in hospitals to help get information to parents and families about breastfeeding and childhood growth milestones.

They provide breakfast programs, dental screenings and vision screenings in elementary schools. Specifically in Ottawa high schools, they provide funding for Project STEP which allows for support, treatment, education and prevention of youth addictions. Ottawa Public Health also provides suicide prevention supports in schools.

The work that Public Health Agencies do protect us all. They provide information we all need at certain points in our lives. However, the government is making deep cuts to the programs and services of Ontario Public Health agencies that matter most to Ontario families.

Ontarians deserve so much better.

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Film Review

By Tony Wohlfarth



Tony Wohlfarth is an Ottawa based freelance film writer. This month, he is covering the annual Hot Docs Film Festival in Toronto and writes a monthly film review for VISTAS.

Sunset

In 2016, Laszlo Nemes' film, *Son of Saul*, won the prestigious best foreign language Oscar. Nemes' latest film, *Sunset*, had its world premiere at the 2018 Venice Film Festival.

Sunset is a period piece set in Budapest circa 1913. Irisz Leiter (played by Juli Jakab) arrives in the capital by train – ostensibly to pursue work as a milliner. As the story unfolds, we learn her parents owned a prestigious hat shop in that city. Irisz seeks work at her family's shop – which still bears her family's name. She discovers she has a brother living there but the death of her parents becomes a mystery. Irisz's voyage of discovery takes her on a frantic search to dark corners of the bohemian city.

Sunset is beautiful to watch, while the plot is shrouded in mystery, intrigue and twists.

The running time is two hours and twenty-four minutes. *Sunset* was awarded the prestigious FIPRESCI Prize in Venice and was released theatrically in Canada on April 5.

UNCED: Voices of the Land

In October 2018, VISTAS reviewed Canada's exhibit at the Biennale in Venice, Italy. The powerful exhibition highlights the work of architect, Douglas Cardinal.

I am pleased to see the special exhibit is now on at the Canadian Museum of History until March 22, 2020. For further information, readers of VISTAS can check out: <https://www.historymuseum.ca/unceded/>.

What is New on Netflix?

In April, the Hot Docs Film Festival screened the international premiere of *Knock Down the House*. This revealing documentary takes viewers behind the scenes to follow the primary campaigns of four women who took on the establishment and ran for the Democrats in West Virginia, Las Vegas, St. Louis and New York City (NYC).

Knock Down the House began streaming on Netflix on May 1. The mid-term elections last October saw one of the four, Alexandria Ocasio-Cortez, elected to the U.S. House of Representatives representing the Bronx. Watching the documentary, I learned how the Democratic primaries work in safe Democrat seats like NYC. Ocasio-Cortez defeated a political giant, Joe Crowley, to win the right to be on the

ballot. Ocasio-Cortez was, of course, elected to Congress in the mid-terms.

Ocasio-Cortez is not a career politician. When she begins her campaign in 2017, Alexandria is a bartender working in the gig economy in the Bronx, one of New York's five boroughs. Her candidacy resulted in the first primary contest in fourteen years. Her momentous victory became emblematic of the wave which elected a record number of women. The issues the women engage include health care, immigration, and taking campaign funding from corporations. Crowley reverts to ugly campaign tactics to try and win the primary.

The running time of *Knock Down the House* is 85 minutes. The film had its world premiere at the 2019 Sundance Film Festival, where it won the audience award for festival favourite. The director is Rachel Lears.



2019 Merlefest

Merlefest is a music festival, held annually on the Blue Ridge Parkway in Wilkesboro, North Carolina. Each year, 75,000 musicians and fans descend on the college town for four days of folk and bluegrass music and story telling. The festival has been a fixture for thirty-one years, honouring its founders Doc Watson and his son Merle, while raising funds for Wilkesboro Community College (WCC). This year's line-up included the Steep Canyon Rangers, the Sam Bush Band and Canada's own Lindi Ortega.

Next year's festival runs from April 23-26. For further information, VISTAS readers can check out: <https://merlefest.org/>

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Our People

By Courtney Tower

Jean Thompson

Her Duty, Always

and No Regrets

Jean Thompson's story over her hundred years has always been that classic one of a daughter or son giving up thoughts of a family of one's own in order to care, over years upon dutiful years, for an ill parent or siblings. Only a decade ago, when a sister in her lifelong care died at 86, and Jean was 90, did she at last live on her own. But does Jean Thompson feel she had given up anything over all those years? "No, it's just the way things happened," she says. "I thought I was doing what I was supposed to do."



Jean Thompson, 'No Regrets'

Jean Thompson, born on March 8, 1919, was the eldest of three daughters raised on a farm homestead in Saskatchewan's Invermay area (municipality and hamlet), each about 22 months apart. She got through Grade 8 at a country school, when the first of her years of duty began. Interviewed now in her retirement home at Alta Vista Manor, she says, so matter-of-factly: "I didn't get a chance to go to high school because my mother had died and I was the eldest and I had to stay home."

Taking the Chance

to Better Herself

Staying home meant, although she was no more than a child herself, caring for her sisters and helping her father work the farm – hard manual labour in those days. "I don't remember being down in the dumps about that," she recalls. "I always accepted things as they came, you know." That went on for long years, until she was 20, when brochures and other material kept turning up at the farmhouse in 1939, from a federal government looking for recruits for service in World War II.

"There would be brochures and such from the Air Force, the Navy, and the Army, and I would read them," Jean remembers. "I found that the Air Force offered me the best opportunity to take courses and advance my education from Grade 8. I think I realized that I could better myself."

"I didn't say anything about that, but my Dad saw me looking at those materials and he said 'Did you ever think of joining one of the services?' And I said 'Yes' and he supported that although I would be leaving him and the girls and the farm."

Assigned to

the Upper Bunk

So the young woman took the train a short hop from Invermay to Regina and joined up. Soon she was on a train for the longest trip of her then life, to Ottawa, where she served with the SFTS (Service Flying Training School) at Uplands Airport. It was one of several British Commonwealth Air Training Plan facilities located across the country, a massive military aircrew training program in Canada that put more than 130,000 young pilots, navigators, gunners, bombers, flight engineers and others into the air wars over Europe and Asia. The plan worked

so well that United States President, Franklin Delano Roosevelt, was moved to call Canada "the aerodrome of democracy."

Jean spent her time in barracks at the SFTS location – "they gave me an upper berth" – and she took courses, studying at nights, upgrading her education and becoming, first, a stenographer. With war's end, "I had been processing the discharges of all those young men and women, and now I processed my own discharge." With that, she began 32 years in the federal public service, much of the time as a classification officer in the department of public works, in Ottawa and for six years in Edmonton.

I Could Never

Leave Her Behind

During that time, as her father neared death, he said about one sister who required care at home, "you'll have to look after her." Jean knew already "that that was going to be my role," and the sister lived with her in Ottawa and Edmonton until she died in 2008, 86 years old.

Jean is quick to abjure anyone of thinking she gave up a lot to bind herself to her sister's care. "We had a young family doctor in Edmonton who wondered why I didn't put my sister in an institution," she recalls with a grimace of distaste. "But I couldn't do that. I couldn't leave her behind. I could never have enjoyed my own life if I had left her behind."

Did she ever miss not having marriage and a family of her own? "No, I thought I was doing what I was supposed to be doing. And it worked out not too badly. We had a very decent life, with some lapses."

Active Every Day

at Home and Church

After her sister died, Jean moved into Alta Vista Manor, where she walks from her studio flat every day to the dining room for her meals and where she makes her bed and tidies up the place on her own. She is socially active at this large institution and employees there say she is well loved for her sociability and good heart. For many years she was active as a volunteer at the Heron Emergency Food Centre, and for Meals on Wheels.

Jean is a regular at St. Thomas the Apostle Anglican church on Alta Vista Drive. There, the Ven. Peter Crosby noted, after a well-attended afternoon tea in her honour, that she was "an excellent ambassador for Christ for both Alta Vista Manor and her church." At the retirement home, "she is a 'go-to person,' a senior helping other seniors," he said.

Jean reads in her room, although, for her, present-day fiction "is all the same. I've read it all before." Nonetheless, she enjoys real-life stories about other brave women in Canada. A favourite is "I Married the Klondike," a Canadian classic now in print again, the memoir of Laura Beatrice Berton. It tells about her life after moving from comfortable Ontario to the aborning Yukon in 1907.

"Now, there was a woman!", Jean suggests. Funny, that. She doesn't include herself!

Photo by Gerri Doherty

Father's
Day

Baby Boomers Embracing Aging-in-Place Upgrades

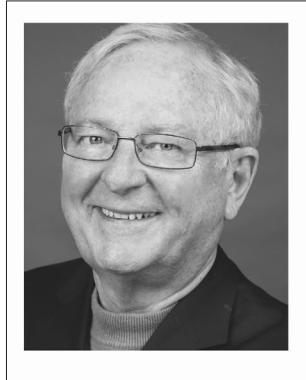
What is contributing to the market shift and record low number of real estate listings in Ottawa? Part of the answer is that Baby Boomers (born between 1946-1964) in Canada seem to be bucking the conventional wisdom that they'll sell the family home and downsize.

Last year's Royal LePage Boomer Trends Survey, for instance, shows that while 17 percent of Canadian Baby Boomers plan to buy a new home in the next five years, 59 percent plan to renovate their current home. Many over the age of 55 are embracing the idea of making home upgrades that allow for aging in place.

For instance, 37 percent are addressing such aging needs during kitchen renovations and 56 percent are doing so when renovating their master bathrooms. Baby Boomers are opening kitchens to another room (58 percent), and increasing the kitchen's size (37 percent).

Some of the projects include modifying the layout (47 percent) and incorporating accessibility features like low-curb shower entries (40 percent) and curb-less shower entries (28 percent). Bench seats, grab bars, walk-in tubs, and nonslip bathtub floors are some of the other additions.

Eric Cosgrove is a Broker with Royal LePage Performance Realty, a Seniors Real Estate Specialist®, and a long time Alta Vista homeowner. Questions or comments about this article or requests for the full report can be emailed to ericcosgrove@royallepage.ca or call 613-238-2801.



Father's Day

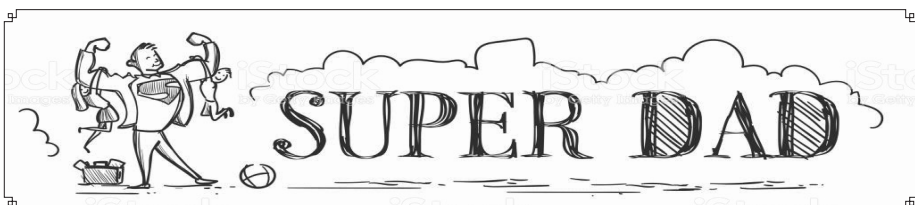
(Taken from Statutory Holidays Canada)

Father's Day is on the third Sunday in June. In 2019 Father's Day is on June 16. Father's Day is an unofficial holiday to celebrate fathers around the world - although the date for celebration varies. It's an emerging holiday as it's celebrated in more and more countries nowadays as fathers are more and more involved in raising children and are recognized for their efforts.

Like many other holidays, however, this holiday has lost its real meaning over the years among the myriad of ads leading up to the 3rd Sunday of June. Online and offline we are bombarded by special offers to buy dad a smart phone, a home theater system, gift cards, golf clubs or clothing. It's a highly commercialized holiday - just like other holidays.

We encourage you all forget about gift cards, leather wallets and greeting cards that cost \$ and spend time with your father instead. It's free. Take a walk. Talk. Reminisce. Tell him you love him. Give him a hug. As years go by, both of you will fondly remember the great times you spent together on father's days, long after the gift card is forgotten. Cheers to you, daddies!

(You may have other special men in your life who have influenced and encouraged you. Celebrate them also!)



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Only two things are infinite, the universe and human stupidity, and I'm not sure about the former. – Albert Einstein

Happy Father's Day

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YOUR FINANCES

By Bob Jamieson, CFP

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Try to Overcome “Roadblocks” to a Comfortable Retirement

In your life, you will want to take many journeys. Some are physical – perhaps you’ll finally visit Machu Pichu or take a Mediterranean cruise. Others involve personal growth – one day, you’ll finally become fluent in that foreign language you’ve been studying. But of all the destinations you can identify, few will be as important as retirement – specifically, a comfortable retirement. And that’s why it’s so important to consider the “roadblocks” you might encounter on your road to the retirement lifestyle you’ve envisioned.

Here are four of the most common obstacles:

- **Insufficient income** – Very few of us have ever reported having “too much” in their retirement. But a great many people regret that they saved and invested too little. Don’t make that mistake. To supplement CPP, OAS, and pensions - contribute as much as you can afford to your RRSP or other employer-sponsored retirement plan, and increase your contributions whenever your salary goes up. You may also want to consider the tax-exempt growth potential that a TFSA offers, so take advantage of that opportunity, too. And always look for other ways to cut expenses and direct this “found” money toward your retirement.
- **Underestimating your longevity** – You can’t predict how long you’ll live, but you can make some reasonable guesses – and you might be surprised at your prospects. According to Statistics Canada, men reaching age 65 today can expect to live, on average, until age 83.5, while women turning age 65 today can anticipate living, on average, until age 86.6. That’s a lot of years – and you’ll need to plan for them when you create long-term saving, investing and spending strategies.
- **Not establishing a suitable withdrawal rate** – Once you are retired, you will likely need to start withdrawing money from your retirement accounts. It’s essential that you don’t withdraw too much each year – obviously, you don’t want to run the risk of outliving your resources. That’s why you need to establish an annual withdrawal rate that’s appropriate for your situation, incorporating variables such as your age, the value of your retirement accounts, your estimated lifestyle expenses, and so on. Calculating such a withdrawal rate can be challenging, so you may want to consult with a professional financial advisor.
- **Ignoring inflation** – It’s been low in recent years, but inflation hasn’t disappeared, and it could rise at exactly the wrong time – when you’re retired. That’s why you’ll want your portfolio to include some investments with the potential to outpace inflation, even during your retirement years.

By being aware of these roadblocks, and taking steps to overcome them, you can help smooth your journey toward retirement – and once you get there, you may enjoy it more.

If you would like to discuss how your retirement will look, and assistance in overcoming roadblocks, please give me a call at 613-526-3030.

Good, better, best. Never let it rest. ‘Til your good is better and your better is best. – St. Jerome

www.edwardjones.com

Your Timing Won’t Be Off When You Invest Regularly.

If one of your worries is whether you’re investing at the right time, it shouldn’t be. By investing a set amount of money regularly, you establish a simple routine that can help make your financial goals a reality.

In addition, investing regularly can:

- Make it possible to use market fluctuations to your advantage
- Add potential growth and diversification to your portfolio
- Keep your long-term financial goals in focus

To learn how investing on a regular basis can help you reach your financial goals, call or visit your local Edward Jones advisor today.

Investing a set amount of money on a regular basis does not ensure a profit and does not protect against loss in declining markets. Such a plan involves continual investment in securities, regardless of fluctuating price levels of such securities. You should consider your financial ability to continue the purchases through periods of low price levels.

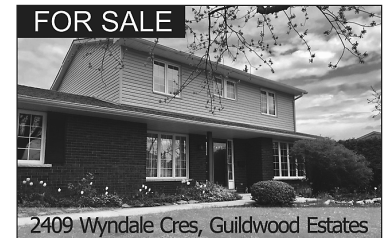


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OLD TECHNOLOGY

Tall Tales and Reminiscences

By Nelson Forsyth (Nelson Forsyth is the nom-de plume of an Alta Vista resident who was a family doctor back in the 1960s.)

Remembering the Beetle



Of all the automobiles produced over the past 150 years none has surpassed the Volkswagen (VW) in terms of dollar for dollar value, gas consumption, and owner satisfaction. First produced in 1937, by 1972 15 million had been built. In 1959 the affectionate name of “Beetle” was coined by an advertising agent. Anyone who has owned a “Beetle” comes to regard it as a member of the family, like the family dog or cat. No car has ever been regarded with so much affection as the Volkswagen beetle. Its reputation was further enhanced when Disney brought out the Love Bug movies in 1968.

I bought my first VW in 1960 for the sum of \$1,750, brand-new. I was in a rural medical practice at the time and also had a station wagon of American make, but I preferred to drive the little bug most of the time. I came to regard it as a partner in my practice and scarcely a day passed without it being with me in some sort of adventure. I would like to relate a few of these adventures.

One of the unique features of the early bug was that it had a throttle. Pulling out the throttle had the effect of pressing on the gas pedal. Those of us who had one of these cars soon realized the value of this little device. When the car was stuck in the mud and you were alone, you could pull out the throttle slightly, hop out of the car, and push it out of the mud, aided by the driving wheels which were in gear. You could then run and hop back into the car and drive away. One such incident occurred in late winter when there had been an early thaw and the roads were glare ice. I was out on an early Saturday morning call when I encountered glare ice at the bottom of a small hill and the wheels were just spinning uselessly and we were going nowhere. I pulled out the throttle and ran around behind to give the car push. After a few feet it was out of the slippery spot and the car zoomed ahead without a driver. I was still on the icy area and couldn't get my footing. Sliding all over the place, I could only watch helplessly as the car slowly progressed up the hill. To add to the embarrassment, this was just in front of the local country grocery store, and being Saturday morning, a lot of customers came out to watch my dilemma. I finally got my feet under me and was able to capture the runaway car before it had gone all the way up the hill. This provided a great amusement for the local citizenry and I was the butt of many jokes for a number of weeks after.

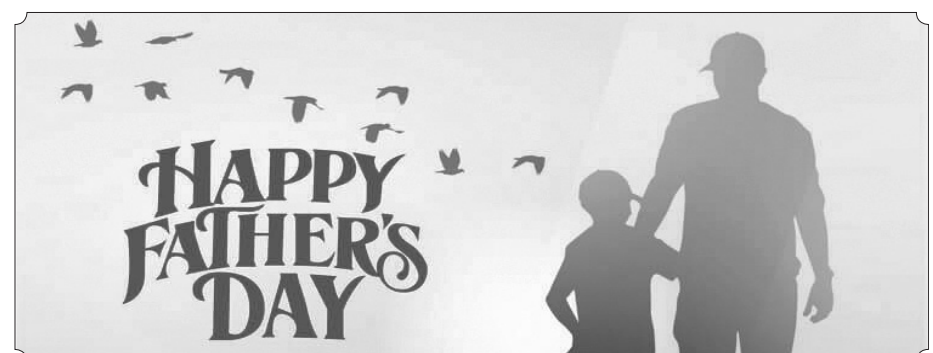
On other occasions the car was lifesaving. Early one Christmas morning, I had a call to a farm up river from a man who was having severe chest pain. There had been a heavy snowfall the night before and the roads were completely blocked. I called the local snow plow driver

and he obliged by going ahead of me and clearing the road until we got to the gate of the farm, where he left me and continued clearing the road. There was a long laneway leading down a fairly steep hill to the farm house by the river. At first, I thought I would have to wade through waist deep snow but then I noticed that the adjacent ploughed field had been blown almost clear of snow by the strong wind blowing off the river. The ground was frozen and I revved up my motor and was able to make a bumpy ride down to the farm house. The farmer's family were quite surprised to see my car drive into the yard. The man was clearly having a heart attack and I called an ambulance which also was able to call upon the man operating the plow and I was then able to drive up the long driveway now cleared of snow.

While in this instance the beetle saved me from a long walk through deep snow, on another occasion the car itself was almost the hero. A few weeks after the above episode I was called in the middle of the night to go to a lumber camp back in the woods. The roads were fairly clear and when I got to the lumber camp, I found the lumber trucks were lined up parked at the top of the hill. At the bottom of the hill was a frozen stream, on the opposite side of which was the lumber camp. They suggested that I leave my car at the top of the hill and walk down. They thought it would be safe for me to walk across the ice but they were not able to get their trucks across and they didn't think that my vehicle could make it either. I learned that the stream was not very deep but was frozen over and I thought that my little bug could make it across. I sped down the hill and slid across the frozen stream and was able to drive right up to the lumber camp where I found the patient, a middle-aged woman who was the camp cook, was coughing up blood and in severe distress. She said that she knew that she had trouble with a heart valve but had put off having surgery. It was apparent that we had to get to the hospital. We bundled her up in blankets and propped her up in the back seat. I revved up by motor to full speed and managed to zoom across the ice and reach the top of the hill, amid cheers from the woodsmen who were watching in disbelief. I managed to get her into the hospital that night but she died a few days later.

While good on snow, the Bug being light, was also good on sand. However, it didn't float. My friend and I drove his VW down the beach to buy some seafood. While we were negotiating to buy some fresh lobsters, the Fundy Tide, among the highest in the world, rose rapidly and by the time we walked back to the car we found it in water above the running boards. Our only recourse was to summon a nearby farmer who came with a team of horses who were able to wade out and retrieve our car. To our surprise and relief, the engine started up without a whimper and we were on our way, although in an uncomfortably wet drive home.

These are only a few fond recollections of adventures I had with my VW Beetle. I am sure they are not unique. By today's car standards, the Beetle was pretty primitive; certainly not a luxury car. The early models had no heater, there was no protection in front of you as the engine, the size of a lawnmower or snowblower motor, was in the rear, and there was no gas gage but a spare tank containing an extra gallon. It was the essence of simplicity. But we loved it. Whenever former VW owners get together, they invariably reminisce with similar stories, and some of them are true.



Alta Vista Public Library

Registration for all programs requires a valid OPL library card for each registrant. Registration for summer children's programs starts on June 12. The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call 613-580-2940. (Closed from June 12 to June 23rd, July 1 and August 5) It will reopen on Monday, June 24th at 10 a.m. The outside book return will not be available during this time. For nearby Library services during the closure, please visit the Elmvale Acres Branch (1910 St Laurent Boulevard) or the Sunnyside Branch (1049 Bank Street)

The Library will be closed for the following holidays: **Monday, July 1st (Canada Day), Monday, August 5th (Civic Holiday), Monday, September 2nd (Labour Day)**

ADULT PROGRAMS

Book Banter

Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month from 2 to 3 p.m.

Thursday, June 6 *Exit West* by Mohsin Hamid

Next meeting: Thursday, September 5 TBD

Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30 - 8:00 p.m.

Please note: The June 20 meeting will take place at the Elmvale Acres Branch.

Thursday, June 20 Jeffrey Deaver, **Lincoln Rhyme series**

Thursday, July 18 **Summer Social Event. Location TBD**

Thursday, August 15 **Quintin Jardine, Bob Skinner series**

Infusions littéraires

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

SVP notez que le groupe du 17 juin auront lieu à la bibliothèque Elmvale Acres.

Le lundi 17 juin, 2019 *Ce vain combat que tu livres* de Faoud Laroui

Prochaine réunion : Le lundi 16 septembre 2019 Titre à être déterminé

CONVERSATION GROUPS

There will be no conversation groups between June 24th and September 3rd inclusively. All conversation groups resume the week of September 9th.

French conversation groups (beginner)

Améliorez votre français parlé et rencontrez des gens dans une ambiance conviviale et décontractée. Aucune inscription requise. / Practice your French language conversation skills and meet new friends in a relaxed and friendly environment. No registration required.

Mondays, 4:45 – 6:00 p.m. Group Cancelled June 17. Les lundis de 16h45 à 18h.

French conversation groups (Intermediate)

Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise. Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required.

Tuesdays, 6:30 – 8:00 p.m. Les mardis de 18h30 à 20h.

English Conversation Groups

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required.

Groups Cancelled June 17 and 18. Les groupes sont annulés les 17 et le 18 juin.

Mondays, 6:00 to 7:30 p.m.

Tuesdays, 12:00 to 1:00 p.m.

OTHER ADULT PROGRAMS

One-on-One Computer & eBook Tutorials

Book a one-on-one tutorial to learn computer, email and Internet basics. Help also available with the Library's digital resources including eBooks and downloadable audiobooks and magazines. Please visit the branch for more information or to schedule an appointment.

Prenatal Classes - Ottawa Public Health

Prenatal Class offered by Ottawa Public Health (OPH). A public health nurse will lead this mini-series of three small group sessions. Only one parent must register but both are welcome.

Session 1. Birth Basics-Confidence & Comfort.

Session 2: Breastfeeding Basics-Tips & Techniques.

Session 3: Baby Basics-Preparing for Parenthood.

Thursdays July 4, 11, 25; Thursdays, August 1, 8, 22; Thursdays, September 5, 12, 26; 6:00- 8:00 p.m. Saturdays, June 1, 8, 29; Saturdays, July 6, 13, 20; Saturdays, August 3, 10, 17; Saturdays, September 7, 14, 21; 10:15 a.m. -12:15 p.m

Children's BILINGUAL Programs

STORYTIMES

Get your Summer Read On Day

Stories and songs to encourage mindfulness and movement for children aged 0 to 6 and a parent or caregiver. Bring your own mat or towel. No registration required. This program will take place at the Albion Heatherington Recreation Centre located at 1560 Heatherington Road, Ottawa. It will also be possible to register for the Summer Reading Club!

Saturday, June 22, from 11 a.m. to 11:40 a.m.

Summer Babytime

Stories, rhymes and songs for babies and a parent or caregiver, 0 to 18 months. No registration required. Mondays, July 8 to July 29, August 12 and August 19, 10:30 a.m. to 11 a.m.

Summer Family Storytime

Nature knocking on your door. Stories, rhymes and songs for ages 2 to 6 and a parent or caregiver. No registration required.

Tuesdays, July 2 to August 13, 10:30 a.m. to 11:30 a.m.

Summer Toddlertime

Stories, rhymes and songs for toddlers. Ages 18 to 36 months and a parent or caregivers. No registration required.

Thursdays, July 11 to August 15, 10:30 a.m. to 11 a.m.

Special Programs

2019 TD Summer Reading Club

Opening Ceremony

Join us for the TD Summer reading Club 2019 kick-off! No registration required.

Friday, June 28, 1:30 p.m. to 2 p.m.

Make an Inukshuk Wall Hanging

Join a member of the Ottawa Inuit Children's Centre to learn and use embroidery skills with a large, safe needle to decorate a wall hanging with an Inukshuk design. Everyone will take home their decorated wall hanging. For children 6 to 12 and their parents. Registration required.

Friday, June 28, 2 p.m. to 3 p.m.

Our Animal Friends

We're going on an animal hunt. Ages 4 to 6. No registration required.

Wednesdays, July 3 to August 14, 10:30 a.m. to 11:30 a.m.

It's a Wild, Wild Word

Let your imagination run wild. Ages 7 to 9. No registration required.

Thursdays, July 4 to August 15, 2:30 p.m. to 3:30 p.m.

Continued on page 21

*Continued from page 20***Game on!**

Come play Wii and board games at the library after school. Ages 5 to 13.
Fridays July 5, July 19, August 2 and August 16, 1 p.m. to 4 p.m.

BILLINGS ESTATE NATIONAL HISTORIC SITE**Herbs and Their Uses**

In early Gloucester Township, Lamira Billings was the community's resident expert on wellness. This program explores the natural world of herbs and their uses in history. Join us and create your own tea remedy to take home. Ages 6 to 9. Registration required.

Wednesday, July 10, 2 p.m. to 3 p.m.

Reading Buddies

This program aims to help children practice and improve their reading skills! Children will receive individualized reading help and encouragement. Ages 6 to 12. Registration required as of Monday, June 24, 2019-at the Children's Information Hub.

Monday, July 15, 1:30 p.m. to 4:30 p.m. (Each session lasts 30 minutes)

Tuesdays, July 9, July 23, July 30, August 13 and 20, 1:30 p.m. to 4:30 p.m. (30 minutes)

Luv2Groove: Moves and Dance

Express your nature through a series of dance moves that are fun and easy to follow. Participants will get lost in movement, while interacting, building confidence and expressing their wilderness. Ages 6 to 12. Registration required.

Saturday, July 16, 2 p.m. to 3 p.m.

Concrete Jungle

When the wild comes to visit. Ages 11 to 17. No registration required.
Saturdays, July 20 and August 3, 1:30 p.m. to 3:30 p.m.

Ecolonature:**A l'action! Le rallye des 4 RV / Du semis à l'assiette**

Les 4 RV, ça te dit quelque chose? On accumule, on achète, on gaspille et on produit des tas d'ordures. Participe à notre Rallye des 4 RV afin de Repenser, Réduire, Réutiliser et Valoriser tout ce qui t'entoure. Pour les 5 à 12 ans. Inscription requise.

Le mercredi 24 juillet de 14 h à 15 h 30.

Start a Story Young Writers Workshop

Timm Holmes, author of the Mostly made up Adventures of Malcolm & Cooper, aims to excite the hearts, inspire the minds, and celebrate the creativity of primary and junior aged story tellers. This 75 minute workshop visits schools, community groups, libraries, and birthday parties to present the core elements of story creation to children from Kindergarten to Grade 5. Working as a group they will be fully involved in bringing to life a story of their own design. For ages 6 to 10. Registration required.

Tuesday, August 20, 10:30 a.m. to 11:45 a.m.

Closing Ceremony

Join us for the TD Summer Reading Club 2019 wrap-up. All ages. No registration required. Wednesday, August 21, 1:30 p.m. to 3:30 p.m.

IN PRACTICE

by Steven A. Neal, Lawyer

**Supporting Your Family**

Support payments are a regular part of the lives of many Canadians. They also feature frequently in our media, both in the news and in our movies and television shows. Consequently, we may think we know a lot about support payments when, in fact, we may not be aware of some basic aspects of support law in Canada.

There are two primary kinds of support in Canada and their purpose, the way they are calculated, and their tax treatment vary. The first kind is child support, which is a child's right and a parent's obligation. It is tied directly to the parent(s) income. The second kind is spousal support – sometimes called 'alimony' – and is something former partners may be entitled to or obligated to pay in certain circumstances. Spousal support is not a right, and an entitlement must first be proven.

Child support is akin to a cost of living expense. Parents are always obligated to provide for their children. This is true whether both parents are happily married, divorced, separated, or were never in a long-term relationship. Basic child support is calculated based on the income of the person who is going to pay it. That way it is always tied to their ability to pay.

There are no special tax provisions for buying groceries and food or paying rent. Similarly, there are no special tax provisions for providing these same things for your children, which is fundamentally what child support is about. The money is paid from one parent to the other, but it is on behalf of the child. It is not taxable as income for the recipient parent and there is no tax deduction for the payor.

Spousal support on the other hand is more concerned with the distribution of family income. Its purpose is to make an appropriate distribution of family income under the circumstances. In some cases, that may mean a 50-50 distribution of net disposable income, but this is not always the case. Another difference from child support is that the amount of spousal support is not a fixed number. Instead, there is a range within which the actual amount is determined.

Spousal support is more like income splitting than it is like buying groceries and the tax treatment roughly follows this logic. The money is treated as income for the recipient and taxed at their marginal tax rate. At the same time, the payor gets a tax deduction at their marginal tax rate. The payor will have the higher marginal tax rate and so the family overall ends up with more disposable income.

Determining if you are obligated to pay spousal support or entitled to receive it is more complicated than with child support, because it is specific to your situation and family history. Also, it requires knowing the income of both the recipient and the payor, where child support is usually only concerned with the income of the payor.

One exception to this is special or extraordinary expenses for children, which are typically shared proportionately between the parents based on their incomes. These are expenses such as daycare, orthodontics or some other major camp or sporting activities, and determining the appropriate proportions requires disclosing the incomes of both parents.

This column contains information only and is not legal advice nor legal opinion; it should not be relied on as if it were in any way.

Always remember that you are absolutely unique. Just like everyone else. – Margaret Mead

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What's On At St. Thomas'

Fridays at 10:00 a.m.
Exercise Class

Saturday, June 8
Parking Lot Sale
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613-523-2487 for more
information about renting a
table

Tuesday, June 25
6:00 p.m.
Yoga, Music & a Meal

Contact the Office for more
information 613-733-0336



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www.stthomasaltavista.ca



Kid's Page

by Andra

happy FATHER'S day!
2019

ANDREA

11. David's parents have 3 sons: Snap, Crackle and...

Answer: David!

2. What is easy to get into but hard to get out of?

Answer: Trouble

3. After a train crashes, every single person said "I survived". Who survived?

Answer: The couples

RIDDLES

OPPOSITES

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JOE

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MAN
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league

PUZZLE

$$\begin{array}{r} 1+1=4 \\ 12+12=68 \\ 13+13=82 \end{array}$$

SUDOKU

[illegible]

Use the grid to reflect the objects.
Some will reflect twice.

Happy FATHER'S day

REFLECT

Ottawa Finds Strength and Resiliency in the Midst of a Natural Disaster

By Jim Watson, Mayor, City of Ottawa

In May 2017, the National Capital Region was hit by significant floods that devastated hundreds of homes along the Ottawa River in West Carleton, Cumberland, and in Gatineau. What was presumed to be a once-in-a-hundred years natural disaster came back to ravage those very same communities only two short years later.

Tragically, the community of Dunrobin was still recovering from the devastating tornadoes that hit in September 2018 when the current flooding occurred. When the tornadoes touched down, many residents lost their homes in an instant. Thankfully, no one lost their life, but the impact of two natural disasters occurring less than eight months apart has taken an important toll on our community.

On April 25, on the recommendation of City Manager, Steve Kanellakos, and his team, I declared a State of Emergency in the City of Ottawa. The projections from the Ottawa River Regulation Planning Board showed that the river peak levels in some areas would reach dozens of centimetres above May 2017 levels. It was clear that the City of Ottawa would need the assistance of the provincial government and the help of the Canadian Armed Forces to mitigate the floods and offer some relief to the homeowners, volunteers, City crews and first responders who had been working around the clock for weeks to save homes in the affected areas.

Over the last few weeks, thousands of dedicated City employees, volunteers and military personnel have shown incredible acts of courage and determination as they tried to save as many homes as they could from the rising Ottawa River. My heart goes out to the homeowners whose homes have been affected by the floods, and to the 155 households who had to evacuate their residence and leave their belongings behind.

I would like to express my most sincere gratitude to the nearly 16,000 volunteers and 700 members of the Canadian Armed Forces who came out to help our residents in need. These incredible men and women filled over 1.6 million sandbags, brought hot beverages and food to the volunteer centres, and provided invaluable emotional and moral support to those working on the front lines and to the impacted residents.

Once again, in the midst of a natural disaster, our city has shown that it is a caring and compassionate city. I am touched by the generosity and kindness I have witnessed during this difficult time.

As we move into the post-floods recovery stages, I encourage our residents to keep their spirits up and our sense of community strong. The City of Ottawa and its disaster relief partners will continue to provide help and resources so that flood victims can start to rebuild their homes and bring normalcy back to their lives.

The latest information on the flooding situation can be found at www.Ottawa.ca.



Volunteers filling sandbags

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HEALTH NEWS

Neck Pain

By Susan Reive, Owner of Kilborn Physiotherapy Clinic

Neck pain is very common, affecting many people both young and old. Whether the pain arises from an acute muscle strain or results from a chronic degenerative neck condition, the pain can interfere with activities of daily living such as shoulder checking, lifting, reading, and sleeping. Thankfully, most neck pain can be resolved with specific exercises. Physical therapy can be beneficial in the rehabilitation of neck problems.

Many structures in the neck can cause pain when injured. The neck or cervical spine is comprised of seven vertebrae which sit on top of each other. With the exception of the top two vertebrae, the vertebral bodies are separated in front by a disc. They are joined together at the back by two facet joints. The circular spinal canal, housing the spinal cord, runs down behind the vertebral bodies. Nerves traverse through a small hole at each vertebral level. The spine is held together by ligaments, the disc, and the surrounding muscles.

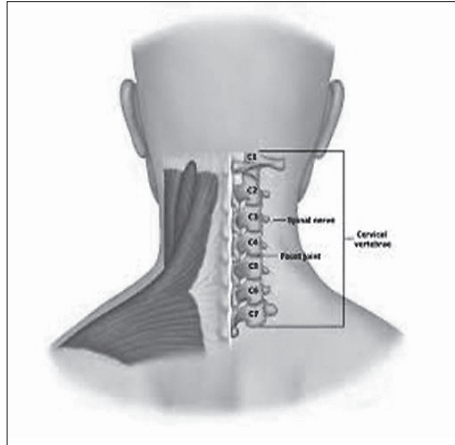


Photo from www.helpyourback.org/neck-pain

The cervical muscles attach the vertebrae together and can run up to the skull and down into the thoracic spine and shoulder blade.

Neck pain can be classified as acute, (lasting less than 3 months) or chronic (lasting more than 3 months). The most common cause of acute neck pain is a muscle strain or ligament sprain. A fall, carrying a heavy back pack, or physical exertion can strain the muscles. Chronic neck pain is usually a result of a sprain of the facet joints or disc. The facet joints can get sprained with poor posture. The classic “crick in the neck” syndrome results when people wake up feeling locked, having slept on their stomach, and can’t turn their head one way. When the facet joint gets overly compressed or conversely over stretched, the capsule will respond with pain and inflammation. Moreover, aging causes degenerative changes in the facet joint just like in a knee joint, making it more vulnerable to increased stress and strain.

Disc problems arise often when there is excessive load on the disc, often from repetitive heavy lifting or a torsional strain. The disc fiber tears and inflammation results. Sometimes the adjacent nerve root can get inflamed and compressed, causing pain radiating down the arm and possibly associated tingling down the arm.

Treatment is directed at restoring full mobility, reducing pain, improving strength and correcting poor postural habits.

With mechanical neck pain, there will be movements that increase the pain but thankfully there will be movements that reduce the pain. Exercise is a big component of the treatment. Acute muscle strains need to regain flexibility and strength. Chronic disc issues will usually respond to exercises which promote good cervical alignment such as neck retraction. Maintaining good posture places less stress on the spine. Keeping active is a good idea as prolonged positions, especially sitting, really aggravate the neck.

If you are experiencing neck pain, whether it is acute or chronic, physiotherapy can help teach you what to do and what not to do.

VISTAS wishes you a healthy, happy summer and asks you to remember that September articles are due on August 15th.



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Fletcher Wildlife Garden is a long-term project of the Ottawa Field-Naturalists' Club



Jean **CLOUTIER**

Alta Vista

Spring is here and so are ticks

Tick removal keys available from OPH

Ottawa Public Health (OPH) has made tick keys available again this season. Please contact my office at JeanCloutierOtt@Ottawa.ca or call 613-580-2488 to request one.

Alta Vista is lucky to be home to some of Ottawa's most beautiful natural greenspaces. If you are out in wooded areas or areas of tall grass where ticks are known to inhabit, you need to be aware of the risks of Lyme disease and take appropriate precautions. Be alert, wear an approved bug spray with DEET or icaridin and wear long pants tucked into your socks, to name a few.

Check yourself, family members and pets for ticks when returning from a hike. Pets can get into areas we can't, especially when we're not looking, so make sure to check them daily. Your pet will enjoy the extra attention while you keep them healthy.

Please visit www.ottawapublichealth.ca to familiarize yourself with preventative tips and tricks, ways to identify Lyme disease, and what to do if you find a tick.

Thank you, tree planters!



On May 11 we planted 200 trees at the Heron Corridor Greenspace and most of us managed to dodge the mud. I'm looking forward to our next day out!



Drop by the Spring cycling safety blitz!

We'll be joining Safer Roads Ottawa to promote safe cycling in Alta Vista. Stop by and chat about cycling culture in Ottawa or just show off your bike!

Wednesday, June 5

Alta Vista Dr. and Industrial Ave.

weather permitting

3:30pm to 5:30pm

Avoid break & enters into sheds & garages

With the arrival of warmer weather, the Ottawa Police Service Break & Enter Unit is anticipating an increase in the number of break & enters to insecure sheds and garages. It takes moments to enter a garage or shed and make off with commonly stored items within.

The best deterrent to avoid this situation is to ensure sheds and garages are properly secured. Garage doors should be left closed when unattended. An insecure garage door can also facilitate entry to the residence.

Investigators are greatly assisted when important information about property is properly recorded. Photos are particularly helpful and increase the potential of the successful recovery of stolen property.

Report information on incidents to the Ottawa Police's Break & Enter Unit at 613-236-1222 ext. 4533.

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Conseiller / Councillor Jean Cloutier

Another Little Paradise – Call for Volunteers

By May Turcot (May Turcot is the President of the Marie-Curie School Council.)

“They paved paradise and put up a parking lot,” so sings Joni Mitchell in her song, Big Yellow Taxi. At École élémentaire publique Marie-Curie in Elmvale Acres, the community is planning on reclaiming another 100 square metres of pavement from our school yard and making it as close to paradise as we can.

Herculean efforts were made in 2013-2014 to remove the pavement and install an outdoor classroom area, which includes a gazebo, on Saunderson Avenue. The area of the school grounds between Quinlan and Colson was also changed with the planting of apple trees and three large shade trees along with raised plant beds. Everyone in the neighbourhood agrees that these greening projects brought a positive change to the entire area.

Now, five years later, it is time to put on some work gloves and get into the action once more! Please come join the Marie-Curie community at 837 Quinlan Road on Saturday, June 1st starting at 9 a.m. to help us remove the pavement. The pavement will be cut into manageable chunks and there will be music, snacks, and steel caps to slip onto your shoes. Please bring your own work gloves (and extras to loan in case others forget). While this event will not be friendly for younger children, older children can come, participate, and also collect high school volunteer hours. A second date on Saturday, June 15th starting at 9 a.m. will be for planting. This second day will be more friendly for little hands that want to help.

Although the greening of school grounds benefits the students of the school, it is equally beneficial to the community surrounding the school. School recess time is limited and much of the school year, the yard is covered in snow or ice. If you are reading this and you have walked through the yard as a short cut, played basketball with friends or family, or explored the grounds with your child or grandchild, this is a chance for you to take part in the change. By helping, children gain a sense of ownership and purpose. By helping, adults build connections and good karma.

Schools and other community organizations often have one big project or another in mind. However, not all projects come to fruition, because it takes a lot of people and a lot of resources to make such large undertakings conceivable. This new site at Marie-Curie would not be possible without the generous support of TD Friends of the Environment Foundation, Depave Paradise, Conseil des écoles publiques de l'Est de l'Ontario (French public school board), EcoSchools Ontario, and EnviroCentre. The Marie-Curie community and the larger community that surrounds it, thanks you.

We look forward to seeing you on Saturday, June 1st and Saturday, June 15th! If you cannot make it, at least cross your fingers for good weather for us



Despite massive investments in greening projects in the past, it is clear that Marie-Curie's school yard could still benefit from some depaving. (Photo: Google)



M. Gabriel Drouin (Principal), left and Mme Najoua Ben Zaied (Vice-Principal) reveal concept design possibilities for feedback at a School Council meeting earlier in the year. (Photo: May Turcot)



Madina lended a helping hand with her family five years ago; now it's your turn! (Photo: Cynthia Benjamin)

Local Alta Vista Girl Wins Regional Poster Contest

During the past six or seven school years, The Knights of Columbus has run a very successful Substance Abuse Awareness Poster Contest at several of the local Alta Vista schools. We included the Grade five and six students as well as Grades seven and eight in the Intermediate High Schools.

The purpose of the Substance Abuse Awareness Poster Contest is to encourage students aged eight to fourteen to engage in discussions regarding the follies and consequences of Substance abuse (drugs, alcohol, and tobacco).

During the time frame of November 1, 2018, through January 11, 2019, the local Alta Vista-based Knights received 71 entries for their Alta Vista area poster contest, under one of two topics: Alcohol Awareness and Abuse or Drug Awareness and Abuse.

The winning local elementary school poster, for which there was a \$25 prize for each school's poster winner was titled, “The Impact of Drugs on the Body,” and was submitted by Grade six student, Tadiwa Muponda, of St. Gemma Elementary School.

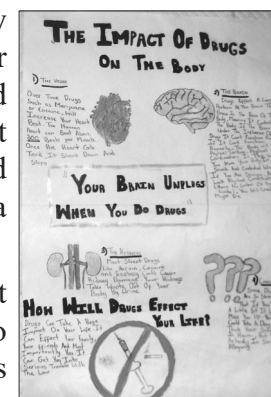
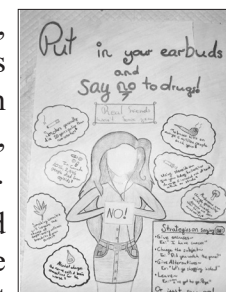
The poster then went on to win the District and Regional Knights of Columbus Substance Abuse Awareness poster contests. For which a District ‘Certificate of Achievement’ and a Regional “First Place” medal was awarded to Muponda during a school assembly on May 9, 2019, in front of the school's entire student body, as well as a number of parents who were in attendance.

The thirteen and fourteen-year-old age category poster winner was 13-year-old Aurora Donner whose poster was titled “Put in your earplugs and say ‘NO’ to drugs”. Donner attends grade eight at St. Patrick's High School. She was also awarded a District ‘Certificate of Achievement’ and a Regional “First Place” medal.

The Substance Abuse Awareness Poster Contest is open to the participation of students eight to fourteen attending all public and Catholic schools of the Alta Vista area.



(L-R) Grand Knight, Maurice MacDonell; K of C District Deputy, Mike Goulet; Poster Contest Winner, Tadiwa Muponda; Council Officer, Raymond Hetu; Program Director, Patrick Rusheleau





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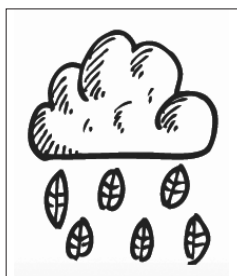
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Sustainable Gardening 101

By Kathryn Norman (an ecologist and the program coordinator at Sustainable Eastern Ontario) and Katherine Forster of Faith and the Common Good

Gardens are a wonderful way to connect with nature, but they are also a way for nature to stay connected. Our managed outdoor spaces can be great habitat for a variety of species, a way to manage and adapt to extreme weather, local mini-farms, and islands of biodiversity.

Being humans, we tend to be pretty anthropocentric and think of nature as something that exists “out there”. In reality, of course, this is silly: we are part of the natural world, even if we influence it in more and different ways than any other species. Our gardens are wonderful intersections of the “human” and “natural” worlds that remind us there really is no clear line separating us, and with a little careful thought and planning, they can benefit other species as much as they benefit us.



Two of the most important concepts in conservation biology are diversity and connectivity. Diversity, specifically biodiversity, refers to the number of species a habitat supports, and connectivity is a measure of how well different habitats connect to each other – and how well species can move between them. Biodiversity is important for a lot of reasons, but perhaps the most important one is that diverse habitats are more stable and better able to adapt to change without collapsing entirely, and connectivity is important because it helps individual species adapt to changes and supports biodiversity. (This is a very simplified overview of conservation biology – like most areas of science, it gets a lot more complicated the more you learn!)

By paying attention to the type and quality of habitat you create in your garden, the safety of the habitat for various species, and the unique needs of species of special concern, you can create a garden that bolsters both biodiversity and connectivity. Leaving a “messy” garden over the winter – seed heads and fruit still on the plants, leaf litter and dead stalks left where they are until spring, a brush pile or dead log left in an inconspicuous area – is one way to do this. This provides food and shelter for overwintering animals and creates important microhabitats that boost biodiversity. Taking precautions like bird-proofing windows, ensuring weekly recyclables put out for collection are clean and do not attract mammals that might get their heads stuck in jars, providing shelter in the form of shrubs or dedicated bird/bat/bee/butterfly houses, and using a critter-saver (floating ramp) to allow small animals to escape from pools or ponds makes your property safer for many species.



Providing a water source such as a bird bath, and leaving some areas natural to puddle in the rain creates little oases during hot summer months. Speaking of rain – gardens can provide a valuable buffer against both drought and flooding. Many native shrubs, and native wildflower plants, once well established, tend to have deep roots that can draw up water during dry times, and help stabilize soil and absorb extra moisture when it's wet. Landscaping can also create rain reservoirs that reduce strain on the sewer system, and reduce heating and cooling costs for your house, limit noise and air pollution, etc. And a diversity of plants including different flower sizes, colours and bloom times provides food

for native species including our local pollinators – which include flies, beetles, moths, wasps, butterflies, and over 100 species of native bees – who need our help as they are losing habitat to the generalist European Honey bee.

Native plant species also tend to be better adapted to local conditions than imports, so they are hardier and require less TLC to get through extreme weather. The exception to this of course is invasive species – which often do just great on their own, but don't provide the same food sources for wildlife, and tend to lower biodiversity by crowding out other species, making the whole ecosystem less stable.

Taking a minimal approach to garden maintenance is not only easier on the gardener, but usually better for the other species involved as well. Many so-called weeds are actually harmless plants that provide food for many species – violets and early dandelions are an important first source of food for pollinators emerging from hibernation, for example. Less mowing, tilling, and chopping allows more stable ecosystems to develop. Composting on your property, and using that compost for fertilizer, creates additional habitat and improves the diversity of soil microorganisms – just make sure you don't put the seedy parts of weeds or the runners of invasive vines in the compost heap, because that will turn out about as well as you might imagine it would. Minimizing artificial chemical inputs makes gardens safer for insects and the birds that feed on them. Using a rain barrel to catch rainwater not only helps buffer the sewer system during storms, but provides a more natural way to water the garden without the energy and chemicals that go into treating tap water.



These are just a few of the many, many ways you can make your outdoor space friendlier for all the species who use it. It may seem daunting to switch techniques after a lifetime of gardening in a particular way, but it's okay to start small with one or two little changes in one part of the garden. For more information on these and other sustainable gardening tips, check out the sustainable gardening fact sheets produced by Greening Sacred Spaces at (https://www.faithcommongood.org/tip_sheets).

Chris Ellis



Public School Trustee
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The Volunteer Paradox: In Giving, We Receive

With Signs of Summer, Festival Kicks it Up a Notch, Makes Bold Promise

Ottawa, ON: At long last, the sun is out and Ottawans can trust that summer is on its way. Atop the list of the relieved are undoubtedly the festival fiends that flood the nation’s capital every year. But long before the attendee’s plans are made, the festival organizers are already hard at work to realize those expectations of summer joy. There are a million decisions to make and actions to take, but come opening day, a major factor that remains to the success of this massive operation: its venerable volunteers.

From every walk of life—the high school kid looking for their hours, the undergrad building on skills, the seasoned senior who knows the true value of service to others – festival volunteers are an inspiring cross-section of our diverse community, and their commitment is what we have to thank for the excitement we feel at this time of year. Nonetheless, “Try to thank them, and anyone of them will tell you that they’d do it again in a heartbeat, after some rest of course!”, says Sheba Azzan, a local festival coordinator, adding that “Everyone has their reason, whether it be the feeling of accomplishment, the forging of friendships, or the personal development that comes with being part of something greater than ourselves.” For the truly practical, it should also be noted that volunteering is, in fact, scientifically proven to benefit our overall health. Whatever the motivation, the only way to understand this strange paradox of giving to receive is to get out there and do it!

For those who couldn’t see this coming, here’s the shameless plug...

One such opportunity to get involved, while kicking off the summer right, is at the Tim Hortons Ottawa Dragon Boat Festival at Mooney’s Bay Park and Beach, June 20th-23rd. This non-profit festival, the largest of its kind in North America, sees upwards of 75K visitors over just four days, and features huge concerts, beach bars, family entertainment, and competitive international races – free for all spectators. Of course, this feat is only made possible due to the hundreds of committed volunteers they recruit every year. With more than 20 volunteer areas to choose from and thousands of hours to fill, there are roles for anyone and everyone. If you’re interested in learning more, head to dragonboat.net/volunteer.

If what’s written above is true, there’s nothing to lose, and everything to gain, in giving it a shot. Happy volunteering to all the fantastic people that make summer in Ottawa the place to be!

Sneed, R. S., & Cohen, S. (2013). A prospective study of volunteerism and hypertension risk in older adults. Psychology and Aging, 28(2), 578-586.







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The Alta Vista Dream Entries Invited to Rename Heron Corridor with Second World War Connection

By Erin McCracken

It's time to put on your thinking caps with the official launch of the Heron Corridor renaming contest.

The Alta Vista Community Association's Parks and Green Space Committee is welcoming entries from across Canada to rename a 10-hectare parcel of city land stretching from Kilborn Avenue to Orlando Park and the dormant Federal Study Centre. The hope is that the city's 'greenspace' sign, situated at the north end of the parcel along Kilborn, will eventually be replaced with a memorial plaque with the new name and the story behind it.

As far as the committee members know, this will be one of the only green spaces in the city named in keeping with the original intent of the Gréber Report, said committee member Michael Kilpatrick.

The corridor was one of several tracts of green space identified in the report, an urban redesign plan developed for Ottawa in 1950, to form an "interior greenbelt" that would serve as "living memorials" to honour Canadians who fought and died in the Second World War. The green spaces were meant to be important connections on both sides of the Ottawa River.

"This is just a small piece of it," said Alta Vista resident and committee member, Jane Berlin. "It's what we can do to make sure it's not forgotten."

"It's the Alta Vista dream to jumpstart (this)," said fellow member, Gillian Godwin.

Berlin was among a group of residents that banded together to save the corridor from being sold off for housing in 1994 by the National Capital Commission. They formed the Alta Vista Environmental Rescue Team, or AVERT.

Their first meeting drew 200 people. The next four years would prove challenging as they campaigned to preserve their prized green space, which today is popular with dog walkers and others, as well as cross-country skiers in the winter.

"We got their attention," said committee member, Lynne Peterman.

"This land matters to people," said Berlin. "They see it as theirs."

An AVERT's subcommittee of researchers delved into the Greber Report and learned of the plan for the living memorials.

Eventually, the NCC agreed to a land swap with the city in 1998. Portions of the original corridor, which actually stretched from the hospital complex, the Lynda Lane sports fields and the Kilborn allotment gardens, at the south end, to the Ridgemont neighbourhood and the Walkley Rail Yards in the north, were developed for community and public uses, such as hospitals and schools.

One section, on the north side of Heron, was redeveloped with houses, along what is today Finn Court and Colbert Crescent, east of St. Patrick's High School.



Alta Vista's Parks and Green Space Committee, including Michael Kilpatrick, Jane Berlin, Lynne Peterman and Gillian Godwin, launched a nationwide contest to rename the Heron Corridor.

Photo Credit: Erin McCracken

After the swap, the city installed a sign identifying the corridor only as "greenspace." With the help of a historian, the AVERT members then developed a proposal to identify the remaining green spaces in the city linked to the Greber plan. But they were unsuccessful in their naming bid.

Still, a grassroots community effort led to the installation of a plaque near the playground at Grasshopper Hill Park on Kilborn that noted the corridor's connection to the Greber Report. The hope now is that the rejuvenated renaming effort will safeguard that important historical connection.

"It's trying to resurrect that notion of re-establishing a living memorial within the capital city," said Kilpatrick.

"We didn't know it before we found it in '94 and it's been lost again," said Berlin. "It's such a lovely idea that it can't be lost." Other communities may be inspired to do something similar.

"Part of it is we would like to spur that on to other areas doing the same thing," said Godwin.

"We view it as template for other communities," Kilpatrick added.

"It's also a way of protecting it too," said Peterman. "If people don't have any of the history, you lose that protection."

The committee members also want to one day see more of the desire lines in Ottawa South's green spaces groomed and connected to other networks to encourage their use.

"We'd like to get all this linked back up again, because right now it's hit and miss," said Kilpatrick.

In the meantime, everyone is invited to submit contest entries by Oct. 15. A name will be selected Nov. 6, before Remembrance Day. Names are to highlight Canada's involvement in the Second World War, such as a battle, a person, a group of people or a program.

Committee members say there is no shortage of ideas for possible names.

"I can hardly wait," Godwin said.

For contest details, please visit www.renameheroncorridor.com.

A gofundme fundraiser has also been launched to help the committee raise funds for the monument that will be installed with the new name, as well as to create a more visible monument for the plaque currently at Grasshopper Hill Park.

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Quick Facts: What you Need to Know About Diet-Related DCM in Pets

By Dr. Emily Reiner, DVM, (Dr. Reiner currently practices in the Halifax area. She grew up in Alta Vista.)

You may have heard over the past year or so about pets – mostly dogs – developing a heart disease known as Dilated Cardiomyopathy (DCM) after being fed “grain-free” diets as their primary food source. DCM affects the ability of the heart to effectively pump blood throughout the body, and affected animals may tire quickly, have difficulty breathing, or even experience weakness or collapse. At its worst, the condition can be fatal. So as loving pet owners who want to safeguard your pets’ health, it is important for you to have the most up-to-date information available to guide you in your choice of what to feed your cherished companion (as if that choice wasn’t complicated enough already!). Veterinary nutrition and cardiology experts do not yet have all the answers, but here’s what we know so far:



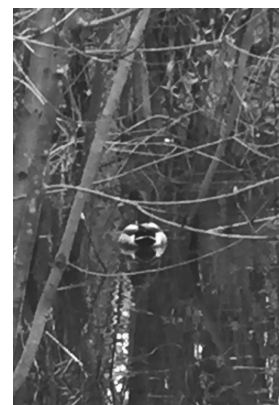
1. It isn’t just “grain-free” pet foods. Diets that have been implicated so far include BEG (Boutique, Exotic, and Grain-Free) diets – these are often the foods marketed as high-end, healthy foods with limited ingredients and sometimes exotic protein sources like alligator, kangaroo, or venison. Vegetarian and vegan diets have also been associated with the development of DCM in dogs.
2. While diet-related DCM is being diagnosed primarily in dogs, there are a few confirmed cases of cats being affected as well.
3. DCM is not uncommon in some dog breeds, such as Doberman Pinschers, Great Danes, Irish Wolfhounds, and Cocker Spaniels, but diet-related DCM is being seen in all breeds (including mixed breeds), ages, and sizes of dogs.
4. Most cases of DCM have been associated with dry kibble, but any formulation – including canned food, homemade diets, raw food, etc. – can be implicated.
5. While there is no list of “safe” diets, there are some commonalities of ingredients in the diets associated with the development of DCM: legumes, seeds of legumes (called pulses), and/or potatoes are listed among the main ingredients (that is, the ingredients listed before the first vitamin or mineral ingredient).
6. As mentioned, it is not only grain-free diets involved, but 90% of the diets identified in the cases studied so far were indeed labelled “grain-free.”
7. Taurine deficiency in the food is thought to play a role in some cases of diet-related DCM, but not all. If your pet is diagnosed with DCM, it is probably worthwhile to check his/her taurine levels in case supplementation may help with recovery.
8. If your dog (or cat) develops diet-related DCM, he or she can potentially recover simply by being fed a more traditional pet food containing a well-researched protein source with nutritionally valuable grains.
9. Initial treatment for diet-related DCM will likely also include heart medications, but these can often be stopped as the heart responds to the new food.
10. If you are feeding a diet that seems likely to be implicated in the development of DCM because it seems like a healthy choice, you

are not alone. In a recent study published in the Journal of the American Veterinary Medical Association, researchers acknowledge the challenge of choosing from the glut of seemingly healthy, well-marketed, but ultimately poorly understood pet foods: “Pet food marketing has outpaced the science, and owners are not always making healthy, science-based decisions even though they want to do the best for their pets.”

Dogs “on” Leash Please Lynda Lane Park and Walkway

by Marlene Dalley

In the May issue of VISTAS, I read the article by Carole Hubbard “No Bad Dogs”. It was a heart wrenching account of an attack by another dog on her dog, Stella, while on a neighbourhood walking path. Stella’s jugular vein was punctured and surgically repaired with 15 throat staples. While separating the dogs, Stella’s owner received several puncture wounds. Her written account reflects this sentiment. **There are no bad dogs. But a dog with an owner who can’t or won’t control its behaviour is a menace to itself and to any children or small animals that happen to cross its path**



Duck in Lynda Lane Park Habitat

For years, the dogs exercising in Lynda Lane Park were “on leash.” Even though the city councillor verbalized support for “dogs on leash,” the political climate supported the opposite, “dogs off leash.” This action and posting was of grave concern to residents. There was no research study released to support this change. To gain some understanding, over two years, I wrote our councillor emails and letters. I received no reply.

I am proposing that steps be taken to change the current posting in the Park from dogs *off* leash to dogs *on* leash. Lynda Lane Park’s location is unique for the following reasons.

1. Location of Critical Health Services

Hospital Patients use Lynda Lane walkway and fields to cross to and from treatments and other medical services. A person mentally and physically compromised does not have the strength to protect themselves from off leash dogs.

Sick children and families who are housed in hospital complexes use the park and walkway.

Employees of the General Hospital, Children’s Hospital, Cancer Centre and other medical services use the park to walk and bike to work.

2. Location to schools

The walkway is one of the principal routes to nearby elementary and high schools.

3. Location of sports fields for practices, games and family recreation

The field is used by athletes from spring to winter. Currently, participants have to deal with off leash dogs and poop and scoop issues.

4. Location within a forest area

Dogs “on” Leash Please, continued on Page 33

Dogs "on" Leash Please, continued from page 32

There is a forest habitat within the Park. Thus, animals and birds need protection from dogs off leash. Additionally, off leash dogs exiting the forest startle walkers.

Proposed Action

Change in the signage at Lynda Lane Park from dogs off leash to **dogs on leash**.

Write our councillor expressing agreement for this change.

Express the future need for a fenced dog park for dogs off leash.

Conclusion

In summary, let us take action to prevent a life-threatening event at Lynda Lane Park like the one Stella, the dog, and her owner experienced.

Photo credit: Lydia, age 8

Multicultural Night at Alta Vista Public School

By Snigdha Sachdeva

On April 11, the students of Alta Vista Public School from Kindergarten to Grade Eight were involved in organizing the Multicultural Night headed by the school's Multicultural Liaison Officer, Fatima Ekbal. Nancy Dean, Rhama Abdi, Magartu Roubbo, Shazia Mahmood, Shahd Fartak, and other volunteers helped to set up for the event. Avery McKay and Mohamed Said were the Masters of Ceremonies. Students made flowers with tissue paper, planet Earth with Styrofoam balls and the tables were decorated with colourful tablecloths, all with snacks to enjoy.



Two Kindergarten classes made a giant Welcome poster that read: "Love comes in all colours." Another Kindergarten class and Grade one class made Dream Catchers and the Dream Catchers were hung on the walls in the hope that everyone's dreams are fulfilled. There were numerous varieties of cultural culinary delights to satiate everyone's appetite, and conversation flowed as loquacious parents intermingled to share their stories with each other.



The night also included a cultural hoop dance by Rhonda Doxatator, who is from the Oneida nation and has been a pow wow dancer for the last thirty years. Hoop dancing originated in the South Western states of the U.S. and was incorporated into story telling to make the stories more animated.

As stated on the Welcome poster, the world belongs to all of us, and diversity is our strength. It would be a very boring place if there were monotony in the flora, fauna and the human race. We, at Alta Vista Public School, celebrate our differences by showing love and mutual respect. We enjoy a successful Multicultural Night each year.



Hope to see you all at the next one!

LAUNCH PARTY!

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The Opera 2019

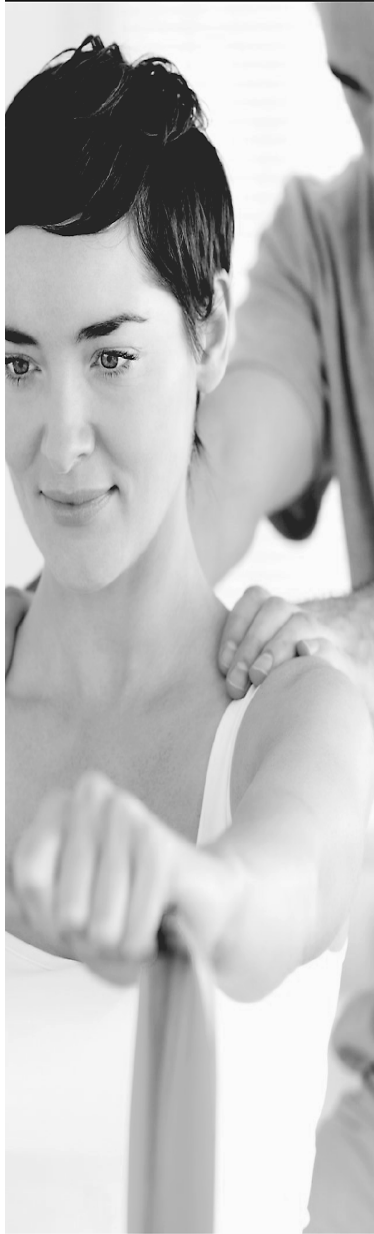
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I am useless when I meet writers I Love – I go slack-jawed and stupid with awe. – Katherine Boo

**In Gratitude to My Dad...
on Father's Day**

By Jonathan Stokes

Usually every year around Father's Day the third Sunday in June (June 16th this year) I get all reflective thinking about my dear old dad and how much I appreciate his focus has affected my life.



Jonathan Stokes and Rabbi Bulka

Dad loved volunteering; he was always taking part in charity telethons and canvassing blitzes, visiting the sick and elderly, generally reaching out to people. He was well recognized for his work in these areas, and sadly missed when he passed away 13 years ago.

My father also had a passion for cars, came by it naturally as his own father and my grandfather, owned a gas station and service bar. He drove his wheels hard, switched them up and traded them often.

Before we emigrated to Canada from the UK, dad would take me out of school, junior school that is, every fall and we would take the train from our Northern town near Sheffield to the annual motor show at Earl's Court in London. Talk about exciting for a pre-teenager. There we saw and sat in cars I had only read about, E-type Jags, Daimlers, obscure makes like TVR, Jensen, Marcos. Plus, on display were race winning Formula One cars, East African Safari factory works, Rally cars still covered in Kenyan mud; you could almost smell the elephants and lord knows what else. Once my dad climbed into a new mid-sixties Lotus Elan convertible on my bidding, and got stuck! He had recently had knee surgery and required help getting out.



David Stokes as a young man

Needless to say, when I purchased a Mazda Miata sports car many years later, the closest thing to a Japanese Lotus Elan, dad would go nowhere near it.

Well, whatever goes around comes around they say. I have been part of the organizing team for the Annual Billings Estate Father's Day Antique Car Show for 11 years now, managing to combine my father's love of volunteering and cars, and if I am lucky will get some of you VISTAS readers out there with your fathers and families on Father's Day, June 16th.

Thanks Dad!

Jonathan Stokes is a long time resident of Alta Vista and, on Father's Day, can be found with one of his antique cars at Billings Estate.

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Ottawa Smockers Guild

By Jacqueline Comerton

The Ottawa Smockers Guild is an organization founded in 1985 to promote the art of smocking and to enhance the skills of its members.

The Guild is committed to the continuing education of its members, providing learning projects at its regular monthly meetings, and occasional workshops. Experienced members will provide help to any new members who would like to learn to smock.



Since 1995, dedicated volunteers have made smocked baby nighties for donation to Ottawa area hospitals to be used in bereavement packages given parents on the loss of a baby, as well as to dress critically ill babies when parents visit. Staff at the hospitals say the Guild's contribution to these programs gives a measure of comfort to parents at a particularly difficult time.

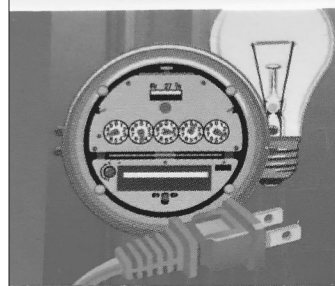
Guild members are also active in supporting other organizations, such as emergency shelters for women, by providing toiletries, pretty slip-on slippers with decorative smocked toe panels, sewing kits and other items from time to time.

As well as enjoying the art of smocking, many members practise other forms of textile arts which make the "Show and Tell" feature a highlight at the monthly meetings. All are welcome to share their recent accomplishments.

We invite you to attend one of our meetings as a guest, and perhaps you will enjoy yourself so much that you will become a member. The Guild meetings are informal, friendly and fun. They provide a great opportunity to both learn and socialize and many members have become good friends both at and between Guild meetings – just one of the reasons for joining!

Guild meetings are held at the McNabb Community Centre at 180 Percy Street in Ottawa. The first meeting is usually the last Thursday in August and the rest of the meetings are held on the first Thursday of each month from October to June. Further information about the Ottawa Smockers Guild is available from Jackie Comerton at 613-521-1287 or by going to the Ottawa Smockers Guild website <http://www.ottawasmockers.org>.

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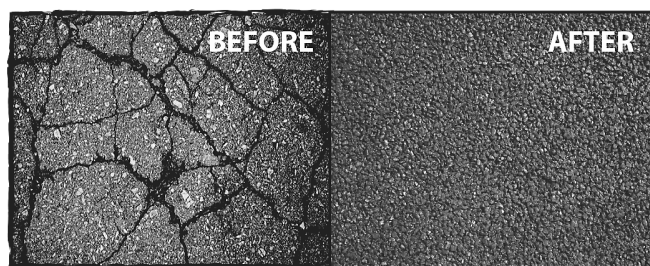
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Sparkle and Splash: Water Features for Your Alta Vista Yard

By Jay Ladell

If you are like many homeowners, you may think that adding a water feature to your garden is complicated. But now you can have a striking waterfall or attractive fountain – which adds sensory appeal to your landscape – with almost no maintenance.

Moving water animates our outdoor space as it flows, interacts with light and delights us as it trickles, gushes or splashes.

Water is a source of life and it draws us to it just as it draws birds to our water displays. Water features improve our moods, reduce noise pollution and delight us with their sights and sounds. I love how my outdoor water feature lulls me into a deep state of relaxation. The sound stops the chattering going on in my head and also filters out traffic noise.

Children gravitate to water. They play in it, put their hands in it or even dip their feet in it to cool off on a hot day. Now water features are child safe thanks to the advent of underground basins from which the water is re-circulated with a pump. Since there is no pooled water, children can engage in natural play with less worry for parents.

Installing water features is one of the most enjoyable aspects my work because of the many creative choices available and the enormous benefits which they provide. The speed, size and volume of water movement will determine what sound the water will make.

For one client, I located the waterfall close to the patio so they could hear the rush of the waterfall. For added viewing pleasure, I snaked a stream around the seating area. To travel from the house to the patio, I added a stone bridge so the homeowners had to pass over the water and perhaps be tempted to sit and dip their feet on the way.

The most popular water feature is a bubbling rock. The bonus is that they are extremely easy to maintain. The water is cycled through a hole in a boulder so it gently gurgles up, then cascades around the face of the stone. The flowing water is caught in a basin underneath the ground that is covered with round river stones. Thanks to this new technology, water features require less maintenance than ever before. In the spring, the maintenance can be completed in as little as just half an hour.

Simply connect the pump, drain, clear out the debris from the river stone, clean the stone and refill the basin. Very occasionally you might have to treat the water, but even that can be done simply with natural bacteria or organic amendments. Shutting down in the fall often takes 15 minutes just to disconnect the pump and clean out the leaves.

Another great option for high visual impact is a vertical water wall feature. The effect of a screen of water is dazzling. Water is pumped up and sheets down either a mirror, sheet of glass or textured metal surface to create the effect of rain on a window. These stunning fountains can be purchased as free-standing features or can be custom built as a garden divider.

When considering what water feature is best for your yard, choose one that is proportionate to the size of your property and select a style that complements your existing garden. Water features work wonders: they turn back yards into a peaceful retreat, enhance the existing landscape and their sensory appeal encourages us to use our outdoor space more often.

Send your topic ideas to info@landscapeottawa.com or visit: www.landscapeottawa.com.

Jay Ladell is an award-winning landscape designer, industry certified-installer, member of Landscape Ontario, Associate Design Manager at Wild Ridge Landscapes Inc., and owner of Ladell Landscaping & Gardens.



Even a small bubbling rock makes a big impact in the garden

Photo: Jay Ladell

There's a Party for Frankenstein The Opera - and You're Invited

By Nadine Dawson (Nadine Dawson is a teacher and artist who lives in Old Ottawa South.)

If you love music (& harbour a secret fascination for the macabre!), you will not want to miss the June 7th **Launch Party** for Andrew Ager's Frankenstein The Opera 2019.

Ager is a local composer whose work has been performed in Canada, the United States, and Europe. He has completed four operas, among them Führerbunker, a chamber opera which had its Ottawa premiere at the Mayfair Theatre in 2016, and Frankenstein, a fully-staged, multimedia opera which opens this coming October at the newly-renovated Dominion Chalmers Theatre.



Andrew Ager

Frankenstein The Opera is based on the novel by Mary Shelley. When she was 18, Shelley was challenged to write a ghost story. The result is the classic tale of Victor Frankenstein, the scientist whose experiment in giving life to non-living matter goes terribly wrong, leading to the creation of a monster. Huge and hideous, even as he is articulate and intelligent, the creature falls to evil, and Frankenstein himself becomes his victim in this horrifying tale of blackmail, pursuit, and murder. Although unnamed in the original novel, the monster itself has come to be known as Frankenstein - and has fascinated people ever since.

Unlikely story for an opera? Perhaps. But Ager is an unusual composer. The opera is not so much horror, per se, as an exploration of the relationship between the creator and that which he has created. When Frankenstein The Opera opened in Toronto in 2010, Christopher Hoile called it "gripping from start to finish." And as to its relevance and musical artistry, he claimed "the librettists have boiled the story down to its bare essentials which are even more timely now when mankind really can artificially create life. Ager himself played the score on a grand piano where it sounded like a gorgeous post-impressionist tone poem, lush yet propulsive, where constantly shifting tonalities reflected the morally ambiguous world of the story."

Curious yet? At the Launch Party, Ager will be happy to answer questions about Frankenstein The Opera. And as the party is in support not just of Canadian opera and opera in Ottawa, but also local talent, he has invited along some friends.

Members of Matthew Larkin's Caelis Academy Ensemble will perform selections from their musical season. Soprano, Danielle Girard, and baritone, Luc Lalonde, will tantalize partygoers with music from Ager's Montréal, an opera-in-progress set in the underworld of the 1970s. Local celebrity, Roland Graham, will be on hand to talk about his many musical initiatives - from choral workshops, to noon-hour concerts, to evening piano recitals.

But the guest of honour will certainly be Frankenstein himself!

When Frankenstein The Opera opens this coming Hallowe'en, Canadian opera singer and actor, Constantine Meglis, will assume the titular role. Meglis, a bass, is a former member of the National Opera of Greece, and current member of the Canadian Opera Company. As an actor, he has played such roles as "The Creature" in the movie Man vs., "The Big Guy" in the TV series Falling Water and "Chewbacca" in The Neighbourhood. Don't worry, though. Rumour has it Meglis' physical stature is matched not by fierceness, but rather friendliness.

What really makes the launch a party will be the food and wine and fine company! Finger foods and punch are included in the cover, and wine will be available for purchase.

The Launch Party is generously sponsored by Arturo's Ristorante on Beechwood Ave. In fact, the lucky winner of the evening's raffle will enjoy dinner-for-two with Frankenstein and members of the production crew. There will be an auction for a (silent) walk-on role for each of the two performances.

Continued on Page 37



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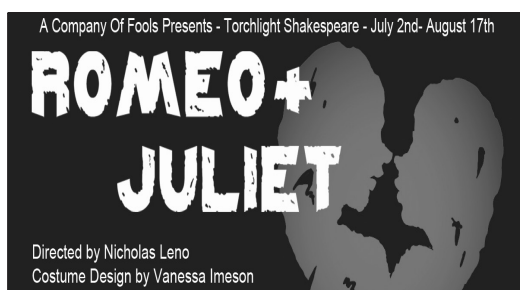
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A Company of Fools Presents: Romeo and Juliet

A Company of Fools is back with their Torchlight Shakespeare in the Park series – visiting 36 parks all across eastern Ontario during the months of July and August. A stellar local cast of Fools both new and old play 14 different roles to retell Shakespeare's most well-known story in your own backyard.



About the Show

For the first time in 11 years a Company of Fools tackles Shakespeare's iconic story Romeo and Juliet. The city of Verona is plagued by violence, as an ancient rivalry between the Capulets and Montagues causes fighting in the street. The son of Montague, Romeo, crashes the Capulets' ball and falls for Capulet's daughter Juliet. The two marry in secret and find themselves at the centre of a city-wide feud.

A carnival setting creates the backdrop for the Fools' fantastical take on the streets of Verona. Swords are paired with water pistols, and live music is played by a carnie barker with a megaphone. Audiences will be transported to an adolescent paradise of dangerous pleasure. Relive your teenage angst with the Fools this summer as they present the world's favourite romance.

About the Team

Two of Ottawa's favourite young actors play the bard's star-crossed lovers: Norah Paton whose one-woman show, *Burnt*, found national success, stars as Juliet; Ottawa improv legend and Fools veteran, Leslie Cserapy, plays Romeo. We're also welcoming back past Fools who you might recognize from GCTC productions this year Kate Smith (Virgin Trials) and Geoff McBride (Lo, or Dear Mr. Wells), return in the roles of Lady Capulet and Capulet. And a Fools fan favourite Kate McArthur (Sebastian/Maria Twelfth Night 2018) also returns to play the roles of both Mercutio and the Nurse. Alongside her is a new Fool Andrea Massoud playing Benvolio.

When and Where?

Our tour runs July 2nd to August 17th. We perform Monday to Saturday at 7 p.m. The Fools are visiting 36 different parks all across Ottawa and eastern Ontario. They're even making a stop in Wakefield, Quebec. Even those in out of town communities such as McDonalds Corners and Oxford Mills will get a chance to fool around with the Fools this summer. All perfect settings for an evening summer picnic, friendly for the entire family (even your dog).

You can find the full schedule on our website after June 15th: <http://fools.ca/>

Continued from Page 36

Guests are also invited to have their picture taken with *Frankenstein* for a small donation to the cause.

Interested in participating in all the fun? Tickets for the Launch Party are available at the door - but entry is free for anyone who purchases a ticket to the opera. Both events will be experiences you will not soon forget!

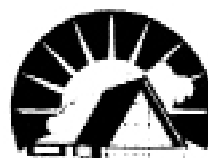
Frankenstein The Opera 2019 Launch Party takes place Friday, June 7th at 7:00 p.m. at Rideau Park United Church, 2203 Alta Vista Drive. There is a cover charge of \$20 payable at the door by cash, credit, or Interac. Tickets for this Fall's Ottawa Premiere of *Frankenstein The Opera* can be purchased at the Launch Party, or by visiting Eventbrite.ca.

Costs?

All of our shows are pay-what-you-can, with a suggested donation of \$20/person. Our actors pass hats once the performance has concluded to collect donations.

Interested?

Contact our production manager, Franco Pang, at pm@fools.ca OR give us a call at 613-863-7529.



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Time for a Giggle

Imagine you're in a room that is filling with water. There are no windows or doors. How do you get out?

Stop imagining!

If you throw a blue stone into the Red Sea, what will it become?

Wet.

What do you call it when your parachute doesn't open?

Jumping to a conclusion.

The more you take, the more you leave behind. What are they?

Footprints.

What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?

A river.

What invention lets you look right through a wall?

A window.

What never asks questions but is often answered?

A doorbell.



C O M M U N I T Y E V E N T S

Start your day off right! Put on your walking shoes and join the Pacesetters Club at Billings Bridge Shopping mall. Can't beat walking indoors getting ready for summer. Women and men welcome- all ages. Located in the basement of the Tower, northwest corner of the Mall. Low membership cost of \$10 per year covers expenses. **Call 613-521-6740 from 7:30 to 10 a.m.**

Co-Ed Slo-Pitch Softball. Monday mornings at the RA Centre, Riverside Drive. May to September. Open to everyone 50 years+. All skill levels. Contact foxball@rogers.com.

Truckload Rain Barrel Sale in support of 69th Ottawa Scouting. Rain barrels \$55-\$75 available in several colours. Includes leaf-mosquito filter, spigot, overflow hose. Downspout Diverter \$25. Stand \$30. Flexible downspout pipe \$10. Reduce water bills and save \$\$\$.

Order online before June 7th. Rainbarrel.ca/69thscout. Pickup time will be Thursday, June, 13 from 8 a.m. to 4 p.m. St. Thomas the Apostle Anglican Church, 2345 Alta Vista Dr. Contact Eric Hansen for more info: scouter.ehansen@gmail.com Phone: 613-818-5375.

Ottawa Humane Society Auxiliary will be selling plants, original crafts, homemade baked goods and jewelry/what nots at the **Spring Sale on Saturday, June 1st, 10 a.m. to 2 p.m. at the animal shelter 245 West Hunt Club Rd.** (behind Hunt Club Nissan). We accept cash, credit or debit. Admission and parking are free. For more info call Maureen 613-225-2860 or go to facebook.com/OttawaHumaneSocietyAuxiliary.

Hereditary Hemochromatosis Awareness Seminar: Do you suffer from extreme fatigue, aching joints, arthritis in the hands and changing skin colour? These are just a few of the symptoms related to Hereditary Hemochromatosis. **On Wednesday, June 5 at 7 p.m., join the Canadian Hemochromatosis Society at the Alta Vista Public Library (2516 Alta Vista Drive)** for a free awareness seminar about Hereditary Hemochromatosis. The seminar will discuss symptoms, genetics and treatment. For more information or to register for the event visit: <https://www.eventbrite.com/e/hereditary-hemochromatosis-awareness-seminar-tickets-60226931373>.

Fletcher Wildlife Garden Annual Native Plant Sale Saturday, 1 June, 9:30 a.m. to 12:30 p.m. Location: Fletcher Wildlife Garden Interpretive Centre. Volunteers will be on hand to show you where to park. (Fletcher Wildlife Garden: Prince of Wales Drive, south of the Aboretum) **GUEST VENDOR** this year will be Beaux Arbres Nursery (<https://beauxarbres.ca/>).

Get Set for Summer With Fashions: Women's fashion designer, Judy Joannou, will introduce summer styles on **Sunday, June 2, beginning at 2 p.m. at Emmanuel United Church, 691 Smyth Rd.** There will be a pop-up shop with clothes and accessories while dessert and beverages are served. **Tickets are \$20 and are available through the church office at 613-733-0437. Advance tickets only!!!**

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Ottawa Humane Society: You can help raise money for the animals at the Ottawa Humane Society. Find out more by joining us at our monthly business meeting **1:00 - 2:30 p.m. on Thursday, June 6, at the animal shelter, 245 West Hunt Club Rd.** (behind Hunt Club Nissan). Refreshments are served and all are welcome. For more information, call Maureen 613-225-2860 or go to ottawahumane.ca/get-involved/volunteering/ohs-auxiliary/.

BBQ Chicken Dinner – Thursday, June 6, 5 – 6:30 p.m. at St. Aidan's Anglican Church, 934 Hamlet Rd. (behind the Elmvale Shopping Centre). Enjoy a bbq chicken dinner with lots of delicious salads. Tickets \$14 for adults, \$7 for children 6-12 and free for children under 6. Tickets must be purchased in advance (no "at the door" tickets will be available unless pre-arranged) and are available at the church or by calling 613-733-0102 or staidans@bellnet.ca.

Frankenstein, The Opera 2019 Come in support of Andrew Ager's opera. Friday, **June 7 at 7 p.m. at Rideau Park United Church, 2203 Alta Vista Drive.** This will be an evening of wine, refreshments, and door prizes including "Dinner with the Monster"! \$20 Cover Charge or admission by purchase of ticket for the performance on Oct 31/Nov 1 at Dominion Chalmers. Free admission for ticketholders – Tickets available at EVENTBRITE.CA (type Frankenstein, Ottawa) 10742368 CANADA INC. PRODUCTIONS)

Annual Parking Lot Sale & BBQ, Saturday, June 8, 8 a.m. to 1 p.m. at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive (beside Fire station). Call Jim at 613-523-2487 to reserve a spot with a table for \$20.

Ottawa South Women's Connection Thursday, June 13, 9:30-11:00 a.m. 3280 Leitrim Rd. (Fred Barrett) THE FROGS BAND 'Fully Rely on God'; Janey Walker's faith story: "Welcome to Grand Central Station". **Admission: \$6 Info. 613 801-8758.** Door prizes and refreshments. RSVP Ministries next event: Thurs. Sept. 12. Women Connecting with God, Each Other, their Community.

École élémentaire publique Marie-Curie (Marie-Curie French Public School), with the generous sponsorship of TD *Les amis des parcs* (TD Parks People), invites you and your little ones to a free end-of-the-school-year picnic at **Weston Parc in Elmvale Acres on Friday, June 14 from 10 a.m. to 2 p.m.** There will be activities for the children and complimentary halah hotdogs. **(Rain date: Wednesday, June 19)**

The Ottawa Humane Society Auxiliary will be hosting a garage sale to raise money for the Ottawa Humane Society animals **Saturday, June 15th 9 a.m. - noon. 59 Larkin Drive, Nepean K2J 1B2.** For more information, call Maureen 613-225-2860 or facebook.com/OttawaHumaneSocietyAuxiliary.

Billings Lodge Spring Bake Sale, 1180 Belanger Ave. 613-737-7877. Call for further information, and ask for Janet Cooper. Saturday, June 22, 2019 9 a.m.-1 p.m. 50/50 Draw, Raffle **Feel free to stay and have lunch in the Dining Room 11:30 a.m. -12:30 p.m. \$10.00.**

The Mississippi Valley Textile Museum (3 Rosamond Street East, Almonte) **Present SUMMER FIBRATIONS** by Out Of The Box **(Saturday, June 22 to Saturday, July 6)** OOTB fibre artists are returning to the **Mississippi Valley Textile Museum (MVTM)** with another exciting display of fibre art. Over 150 individual pieces will be on display. The centrepiece of the show will focus on eight beautiful Summer Colours. Be inspired by the colour, texture and techniques employed by these artists! Website: <https://mvtm.ca/?exhibition=summer-fibrations>.

A Company of Fools will be hosting a preview of their production **Romeo and Juliet** in Alta Vista Park, 1309 Randall Avenue on **Saturday, June 29th at 7 p.m.** This is a great opportunity to catch live theatre right in our community. You are encouraged to bring chairs, blankets, children and enjoy the performance. **The Friends of Alta Vista Park will be selling concession items in the park from 6 to 7 p.m.,** so come by and purchase a hot dog and popcorn and enjoy the show. No tickets needed, but the Company of Fools will be doing a **pass the hat performance with a pay-what-you-can approach and a suggested \$20 per person donation** at the end of the performance. Hope to see you there!

Glebe Art In Our Gardens and Studio Tour: July 6 & 7, Saturday and Sunday, 10:00 a.m. - 4:00: p.m. There are 18 artists are exhibiting and selling their art at 12 sites in the Glebe. Chat with the artists. Pick out a favourite piece of art for yourself or a friend. Look around the gardens and studios. For information and a map www.glebearttour.ca

Register NOW for Camp Awesome 2019, August 19 - 23: Week-long Christian day camp takes place at Rideau Park United Church, 2203 Alta Vista Drive, and serves children aged 4-12 years. Led by trained staff, activities include games, crafts, drama, singing, water fun and learning about important topics. Camp runs each day, 10 a.m. - 3 p.m. Children bring their own lunch. **Registration \$80 on or before June 16, and \$90 after June 16.** Optional childcare available each day before and after the Camp for a fee. To register online, click on Camp Awesome on the home page of the church website, www.rideaupark.ca and follow the links.

Ottawa Board of Education Reunion 2019. Back by popular demand, the OBE Reunion to be held on **Saturday, September 21st, 2019.** For tickets contact Ross Maxwell 613-271-8405 or email: rossmax@tyrel.com. For more information please visit www.obereunion.ca.

It is one of the blessings of old friends that you can afford to be stupid with them. – Ralph Waldo Emerson



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A Summer Reminder

Now that the long awaited warmer weather is almost upon us, we should all concern ourselves with leaving children, vulnerable adults and pets unattended in hot cars.

Emile Therien

Public Health & Safety Advocate



*Be faithful is
small things
because it
is in them
that your
strength lies.*

– Mother
Teresa



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DADS AND GRADS ARE SPECIAL – CRYPTOFAMILY

*This puzzle is a direct letter for letter substitution.
Figure out what letter is substituted for "e"
and work from there to solve this list of words
having to do with Dads and Grads.*

1. KQFCVMA ZQG
2. WMQZNQFSED
3. PQOQFSED
4. OEFFQWV
5. CEF BVQFCVM
6. UEQFA ED OQDQT
7. PQDQZQ ZQG
8. KSMVHEMXA
9. PVTVUMQFSED
10. CQRISD



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June 4th

Miss Bala

Gloria finds a power she never knew she had when she is drawn into a dangerous world of cross-border crime. Surviving will require all of her cunning, inventiveness, and strength.

Patrick

A teacher's life gets turned upside down when she inherits her grandmother's cute but mischievous pug in this charming comedy.

Jack Ryan: Season 1

Batman vs Teenage Mutant Ninja Turtles

Batman and his allies team up with the turtles to battle Shredder, Ra's Al Ghul, and The League of Assassins - which is awesome no matter which way you 'slice' it.

Gloria Bell

A free-spirited divorcee spends her nights on the dance floor, joyfully letting loose at clubs around Los Angeles. She soon finds herself thrust into an unexpected new romance, filled with the joys of budding love and the complications of dating. Starring the great Julianne Moore.

The Haunting of Sharon Tate

Married to filmmaker Roman Polanski, actress Sharon Tate is a rising star who's about to have her first baby. Plagued by terrifying premonitions, Tate sees her worst nightmares come true when she encounters members of the Manson Family cult. Hilarie Duff stars.

White Chamber

In the near future in the United Kingdom civil war rages. A woman wakes up in a blindingly white cuboid cell. Using its sophisticated functionality, her captor tortures her for information; information she claims not to have.

The Legend of 5 Mile Cave

In 1929 a mysterious stranger renting a room on a widow's farm shares tales of the Old West with her young son. As they bond, the boy realizes the man knows a little too much about a gold robbery, and his secret may save the farm. Adam Baldwin.

June 11th

Captain Marvel

Carol Danvers becomes one of the universe's most powerful heroes when Earth is caught in the middle of a galactic war between two alien races. Brie Larson, Samuel L. Jackson, Ben Mendelsohn, Jude Law, Annette Bening.

Captive State

Set in a Chicago neighbourhood nearly a decade after an occupation by an extra-terrestrial force, Captive State explores the lives on both sides of the conflict - the collaborators and dissidents. John Goodman stars.

Five Feet Apart

A pair of teenagers with cystic fibrosis meet in a hospital and fall in love, though their disease means they must avoid close physical contact.

Mustang (2019)

The story of Roman Coleman, a violent convict, who is given the chance to participate in a rehabilitation therapy program involving the training of wild mustangs. Amazing reviews, a must see indie film.

Dead Trigger

In the near future, a deadly virus has killed billions and turned many others into bloodthirsty zombies. Unable to stop the spread of the virus, the government recruits an elite team to combat the zombie menace.

Slaughterhouse Rulez

An elite British boarding school turns into a battleground for survival when seismic tremors from nearby fracking unleash unspeakable horrors from the ground.

Us

A family's serene beach vacation turns to chaos when their doppelgängers appear and begin to terrorize them. A gargantuan box office hit from the makers of Get Out. Can you handle it?

Exciting additions to our TV section!

Luther: Season 5

Victoria: Season 3

A Place to Call Home: Season 6

The biggest of the new TV series to release! This is it, the grand finale. If you haven't seen this series yet, get on it!

Call the Midwife: Season 8

No Offence: Season 3

Another big one!

Better Call Saul: Season 4

New Nordic Noir:

Acquitted Seasons 1 and 2:

It's been 20 years since businessman Aksel Borgen was sentenced and later acquitted for murdering his high school sweetheart. Now he's back in his Norwegian hometown to save an important local firm, but faces many who still believe him guilty!

Maria Wern: Sets 1,2 and 3:

After the death of her husband, Police Inspector Maria Wern is confronted by criminal activities when she moves to the picturesque Swedish island Gotland with her two children to start over. Fantastic Swedish series!

Irene Huss: Sets 1,2,3 and 4:

Swedish Police investigator Irene Huss tries to achieve a balance between murder investigations and family life. Excellent!

Bad Banks: Mini Series.

From Germany. After being wrongly fired, a young investment banker receives an offer for her dream job. Forced to give up everything, she commits to her new position, but realises that her former boss has been manipulating her.

Modus: Seasons 1 and 2.

In snowy Sweden, a talented ex-FBI profiler works with the police and her own autistic daughter to unravel the strange motives of a vicious killer.

Beck: Sets 9, 10, 11 and 12.

The wait is over! The newest sets in the most famous of the Nordic Noirs are now in. Commissioner Martin Beck and his eccentric partner Gunvald Larsson are investigating more murders in Stockholm, Sweden!



T-34

In 1944, a courageous group of Russian soldiers managed to escape from German captivity in a half-destroyed legendary T-34 tank. A remarkable story of bravery, dedication and fierce fighting.

Wonder Park

One magical day while June is playing in the woods, she discovers an old rollercoaster car and climbs inside. She suddenly finds herself in Wonderland, with all the amusement rides and characters brought to life! Great animated family fun!

JUNE 18th

Dumbo

A young elephant, whose oversized ears enable him to fly, helps save a struggling circus, but when the circus plans a new venture, Dumbo and his friends discover dark secrets beneath its shiny veneer. Colin Farrell, Michael Keaton and Danny Devito star in Tim Burton's remake.

Suits: Season 8

Run the Race

Against the backdrop of high school football and track, two brothers in a small Southern town face escalating problems with two different world views, straining - but ultimately strengthening - the bonds of brotherhood.

June 25th

Hotel Mumbai

The true story of the Taj Hotel terrorist attack in Mumbai. Hotel staff risk their lives to keep everyone safe as people make unthinkable sacrifices to protect themselves and their families. Dev Patel, Armie Hammer.

Hummingbird Project

Cousins Vincent and Anton are players in the high-stakes game of high-frequency trading, where winning is measured in milliseconds. Their dream is to build a straight fiber-optic cable line between Kansas and New Jersey, making them millions, but nothing is straightforward for this flawed pair. Jesse Eisenberg and Salma Hayek star.

The Kid (2019)

Young Rio Cutler forms an unlikely alliance with sheriff Pat Garrett and Billy the Kid in a mission to rescue his sister Sara from Grant Cutler, the boy's thuggish uncle and gang leader who has kidnapped Sara for ransom. Ethan Hawke and Chris Pratt star.

Maze

Inspired by the true events of the infamous 1983 prison breakout of 38 IRA prisoners from the HMP Maze high security prison, the biggest prison escape in Europe since World War II.

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