



Eastern Screech Owl family (2 adults and 5 babies!) living in Alta Vista has moved on, but provided some pandemic excitement while here!

Photo credit: Cindy Desouza L'Heureux

The Celine Tower Grant

Are you a student from the Alta Vista/Canterbury/Elmvale Acres/Ellwood community who is pursuing or currently enrolled in post-secondary studies in Writing, Journalism or Communications?

VISTAS is once again funding The Celine Tower Grant in the amount of **\$1,000 (CAD)** to honour the memory of our long-time editor, Celine Tower.

The application form and process can be found at vistas-news.ca. The competition is open to senior high school and post-secondary students. No repeat applications from previous winners please.

Applications are due no later than June 30, 2021.

VISTAS CIRCULATION NOW INCLUDES ELLWOOD NEIGHBOURHOOD

The Ellwood community is bounded by Bank Street, Walkley Road, Albion Road and Kitchener Avenue and has been served by the Ridgmont Community Association for almost 45 years. Since the *Ottawa South Community Voice* ceased publication in April 2019, Ellwood residents have missed being informed of important local developments, events, and other interesting features, including the ads from various service providers.

Community association president Norm Payne, who has been focused on the City of Ottawa's Official Plan (OP) Intensification detail, recently picked up a copy of VISTAS and was impressed by the depth of coverage of OP issues for the AltaVista community, and laments that such coverage for the Ellwood community is lacking (see his story on page 10). He has approached VISTAS with the idea of covering the neighbourhood of over 500 homes and has arranged delivery volunteers.

VISTAS Board of Directors welcomes the expanded distribution to our Ellwood neighbours, and, in future issues (as in this one), editors will consider submissions of interest to their community as well.



Stephanie Bertrand-Akimov, publisher of the book *Grow A Writer*. This little book of collected stories written by children is the handiwork of a big policeman, Sergeant Devon Archer and his team of soccer players, the Ottawa Police Forces Blues FC (for Football Club). Sgt. Archer and the football club collaborated with the young book publisher, wife of one of the team members. See OUR PEOPLE on page 8.

**VISTAS RETURNS AUGUST 27, 2021
HAVE A WONDERFUL SUMMER!**

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Mailing Address: 411 Crestview Rd., Ottawa, ON, K1H 5G7

Circulation: 7,500 copies

SUBMISSIONS & COMMUNITY EVENTS

Pictures submitted should be 300 DPI resolution.

DEADLINE: 15th of the month prior to publication.

Email: 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.

Check for available ad sizes. Basic advertising rates and approximate size:

Full Page	\$250.00	(10" W x 13" H)
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Business Card	\$ 30.00	

DEADLINE for ads: 15th of the month prior to publication.

Email: Advertising@vistas-news.ca.

Classified ads are \$10 (maximum 25 words).

Accounts are due on publication.

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.

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EDITORIAL MUSINGS

Highlights You Shouldn't Miss

By Courtney Tower

Their value continues, and so readers will not want to miss four articles and columns they may not have seen, in the May edition of VISTAS. Not everyone, we know, catches us online, at www.vistas-news.ca. We published there in late April so as not to send our loyal carriers



Photo credit - Sean Doherty

out to deliver a print edition, because of the Ontario stay-at-home order. We were fortunate to have many in the community, including our local churches and councillor, help in spreading this news, and we thank them for their efforts.

We highlight four, but really so many articles and regular columns that readers enjoy are there to be sought out. We hope the following short précis of the four will encourage you to read your whole community newspaper online. They are, in order of appearance:

New Heron Gate Plan For 16 Highrises by Lisa Gregoire

In this piece, skilled writer Lisa Gregoire pulls together a complex story of the prospects of a new Heron Gate complex of huge residential towers, 57 new buildings from two to 25 storeys high. The 5,500 new units of housing would be added to current housing for a total of 6,400 units, a small town on one site.

There is supposed to be a “social contract” with this development, ensuring a portion of the units will be of affordable housing, but details of just how large a portion and how affordable remained “sketchy” during a public meeting to present the proposals and inform residents. Indeed, she writes, “much of the details of this massive new neighbourhood – which, as planned, would include 16 highrise towers – remain either undisclosed or undecided” because it still has to go to city authorities.

A Tennis Organization with Heart by Shawn Smith

This is, like its headline, a story with heart. Shawn Smith, who writes it, is the son of Danielle Smith, a retired nurse who founded and is the core, call it the heart, of “A Love Of Tennis,” the charitable body that instills confidence and self worth in children through their ability to play tennis on four courts at Hillcrest High School and two at Ridgemont High School. Since 2004 when she began it, the program has upgraded the courts, provided equipment and trained teachers as coaches. It has assisted more than 12,000 youth to play tennis and more than 10,000 volunteer hours have been contributed.

A small plaque on a fence displays the six core values the program seeks to instill in children who participate – honesty, integrity, perseverance, commitment, teamwork and respect. “A lot of kids don’t have high self-esteem and we’re trying to increase their success at school,” says

VISTAS' Delivery Schedule

2021	VISTAS Delivery Date
September Issue	August 27, 2021
October Issue	October 1, 2021

EDITORIAL MUSINGS

Danielle Smith. “We were shocked to find out that the majority of kids we tested had physical literacy scores of 25-35%. These kids lacked the basic skills such as throwing, catching, hopping and skipping to have the confidence to play any sports.” The kids are instructed by coaches, join teams, play matches each week, and learn life skills through developing physical, social, intellectual and emotional well-being, Shawn writes. The program must raise \$5,000 this year through charitable donations. Donations can be made through Canada Helps on the donation page at www.aloveoftennis.org.

Hurry Up And Wait, Marty Carr And COVID by Courtney Tower

She was born Martha but has been Marty to everyone all her life. This sort of stripped down, speeded up way of it, Marty rather than Martha, might well be a marker for who she is and how she manages to do so many things at once. Marty Carr is staying at home right now, obeying the Ontario government pandemic order. But there she maintains her 8:30 a.m. to 5 p.m. federal job running a small tribunal that services 11 other federal tribunals. And then she heads up the increasing work of the Alta Vista Community Association in the evenings and on weekends. All the while, she runs the family home with husband Christian McPherson and children Molly and Henry, nearly 17 and nearly 15, respectively.

The profile of Marty Carr is topical and of continuing interest because as president of AVCA she is at the core of our community’s involvement in many large activities coming together. She headed the AVCA’s pulling together of a balanced and thoughtful response to the City’s draft Official Plan, decrying its proposals for quadrupling the density of dwellings per lot in Alta Vista. That issue is far from over and will require watching by AVCA and others. There also are the coming proposals for Canada Lands to sell the 18-acre Federal Study Centre with its green spaces and 12 buildings to a developer, and the huge proposals for nearby Heron Gate (see the Lisa Gregoire story). She runs regular Zoom meetings to keep residents informed of these and other Alta Vista issues.

Heroes of Heron Emergency Food Centre by Lynn Sherwood

Both the Heron Emergency Food Centre and Lynn Sherwood are, without fail, staunch and trustworthy, as an institution and as a person supporting it. Lynn Sherwood writes in VISTAS each month about the HEFC and its works so important to so many in the community. They stave off hunger in hundreds and hundreds of families, week in and week out, hunger that rises as the pandemic continues.

In the April issue, Ms. Sherwood describes a hero of the Emergency Food Centre, Harold Black, and the description of what he does is a description of the continuing work of this institution. Mr. Black, retired for 15 years (biochemistry laboratory at Civic Hospital), since 2008 has

cont’d on page 4

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.

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

LETTERS TO THE EDITOR

cont'd from page 3

been a board member and is “our buyer and transporter of purchased goods, keeper of purchase records, presenter of monthly reports to the board, and speaker at local schools and charities. In 2020, Harold purchased and delivered \$35,000 worth of food two to three times a week. An additional \$34,000 worth of eggs, powdered milk, bread, and fruits and vegetables, was ordered by our Executive Co-ordinator, Louisa Simms, as a supplement to the approximately \$600,000 worth of food we received from The Ottawa Food Bank.” That’s just a postage stamp description of what the HEFC does. Anyone wishing to donate money or service can call 613 737-9090 or email hefc-info@rogers.com

Added Bonus: Do also note the several thought-provoking Letters To The Editor on the subject of the Official Plan for Alta Vista. As well, see School News for a number of submissions from local students.

LETTERS TO THE EDITOR

VISTAS welcomes letters to the editor on community matters.

Please limit your letters to 500 words or less, and include your first and last names (or first initial [s] and last name).

City Advised to Extend Consultation Process and Outreach to Racialized Communities re OP

I have been following the planning process for the city’s new Official Plan (OP) and I am seeing some self-contradictory messages from the City that I think are worth highlighting. The OP is posited as a high-level document but simultaneously part of the City pandemic recovery package. Also, the Origin-Destination survey has been delayed because of changes to traffic patterns due to COVID, but potential lifestyle changes spurred by COVID that should likely be reflected in the OP will be missed.

I am not sure that consultations have been appropriate or targeted enough during this time of stress for many people. I include below some comments I provided to city staff after the Alta Vista conference call organized in March.

“On the topic of COVID-19, I was also pleased to see the advertisement by Councillor Cloutier in the neighborhood VISTAS newspaper about mental health, stating “it’s okay to not be okay.” With that in mind, I would strongly suggest that the city council adjust its timelines to allow for proper and effective consultation and not rush through an Official Plan that many people were not aware existed just a few weeks ago but that drew 500 people on the call today. I know that my questions were not asked or answered, and I think others may have had the same experience. From what I could tell (based on people who had cameras on), I was the only visible minority individual on the call - I would have expected more in an effective consultation and I am quite concerned that this process is excluding those groups that have historically been under-represented and who I know comprise a significant portion of the Ward’s population. Perhaps they are largely essential workers, perhaps they are unaware of the consultation, perhaps they live in those areas of this Ward that are both the most diverse and among the hardest hit in Ottawa by the pandemic (identified as such by the City itself), or perhaps they are overwhelmed as many people are - in any case, if voices are excluded, the consultation is flawed and requires more time and effort.

“Recommendation: extend consultation process into 2022, given extraordinary impact of the COVID-19 pandemic, and conduct specific outreach and consultations with racialized communities.”

I think the City has a responsibility to communicate better to people

what is in the Plan, as well as any changes to the Plan, and has a responsibility to properly consult residents. It is not okay to just release a 250-page document during a pandemic, when community meetings cannot be held and a one-sided web conference replaces such meetings. The City must make allowances for these unique circumstances and delay the planning process.

Vivek Prakash

Car Use is Everyone’s Business

Re: Skepticism re City’s Official Plan

Dear VISTAS,

In the May 2021 VISTAS issue, a reader wrote in to voice opposition to Ottawa’s Draft Official Plan. The writer claims that Alta Vista was laid out in the 1950s to be car-dependent, and car-dependent it should remain. People who like walkability should move to the Glebe.

The writer states, “The people who live in a locale are the only ones who have a say in how the place should look.” The problem is that most Alta Vista car owners do not limit their car use to their own property or even to their own neighbourhood. The whole point of a car is to be able to travel to other neighbourhoods for work, school and shopping. Thus, all the inhabitants of these other neighbourhoods, by necessity become implicated in this person’s car use. And so do all the people who pay for the roads, bridges, tunnels, parking, lighting, policing, air pollution and collision expenses that car users incur on all our behalf.

As long as your car sits in your garage, it’s your business. As soon as it leaves that garage, it’s everyone else’s business.

Janet Mark Wallace

Disappointed LeBreton Flats Selected as Site for New Library

Dear Editor,

I was appalled and disappointed to hear that LeBreton Flats has been selected as the site for the new library. What a waste and disappointment!

LeBreton Flats, a serviced piece of land right in the heart of the city should be developed to reflect what it was prior to the intrusion of greedy developers and aimless politicians. Those, including the undersigned, who remember that time when the “Flats” was a vibrant self-contained community – multi-ethnic and multi-lingual – will recall that warm and charming part of our city, which included historical landmarks such as Fleet Street, the odd opium den, the Interprovincial Hotel and Baker Brothers, and lots of social and affordable housing. And thank the Federal District Commission (FDC), the NCC’s predecessor organization, for bringing that very special and historical part of our city to an end. What a tragedy! A federal crown corporation depriving those in need of good and affordable housing! What more should be said! The focus as this site is developed should be on community/social housing ... and lots of it. Anything less will fly in the face of greed and social injustice! Social and economic need over the whims and dictates of listless, aimless and self-serving politicians and social elites!

Emile Therien



cont'd on page 6



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For West of Haig

- Bloor, Penhill, Crestwood, 56 papers
- Chomley, 40 papers
- Crocus (Niagara to Blossom), 21 papers
- Pixley, 60 papers
- Renova, 55 papers



For East of Haig

Adams	Crane	Goren	Raglan
Arch	Cross	Haig	Russell
Audrey	Dakota	Halifax	Samuel
Avenue N		Halstead	Sandra
Avenue P	Devon	Hamlet	
Avenue Q	Dickens		Saunderson (Pleasant Park to Smyth)
			Saunderson (Smyth to Halstead)
Avenue R		Hastings	Shamir
			Shelley
Avenue S	Drew	Heaton	Smyth (Dauphin to Russell)
Avenue T	Dunelm	Howland	Sonata
Avenue U	Dwellingham	Hutton	Southvale
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Balharrie	Dwight	Joliffe	Susan
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Chapman	Foley	Orchid	Wingate
Chaucer	Folkstone	Othello	
Circle	Furby	Pleasant Park	
		Plesser	
Connery	Gill		
Cornish	Glendevon	Pullen	



OUR COMMUNITY REPS

Despite the Pandemic, Progress Continues in Ottawa

By: Jim Watson

The COVID-19 pandemic has undoubtedly impacted nearly every single facet of our lives in Ottawa and around the world. Virtually no domain has been left untouched in the face of this public health crisis, with one exception: work continues to move forward on major projects that will transform this city for generations. I wanted to provide a brief update on a few of our largest infrastructure projects:

New Civic Campus – The Ottawa Hospital has completed the next stage of planning for the campus and plans to open in 2028 as one of the largest and most advanced hospitals in Canada. Construction of the project will help drive the regional economy, creating an estimated 20,000 jobs, as well as research and training opportunities. Once open, it will offer world-class health care in Eastern Ontario that will attract health care providers, researchers and students from around the world.

Stage 2 LRT – With Stage 1 of our Light Rail Transit system open and operating smoothly, we are keeping up the momentum to better connect the suburbs of Ottawa to the downtown core. Residents will see construction on all three O-Train extensions: South to Limebank Road and near the airport, East all along Highway 174, and West towards Moodie Drive and Algonquin College. I am encouraged by the pace of the ongoing work and look forward to seeing these next stages of our LRT roll out over the next few years.

OPL/LAC Central Library – The new net zero carbon joint facility with Library & Archives Canada will be an accessible and welcoming space for all to connect, learn, discover and create. The plans include an area dedicated to the study of Indigenous culture, as well as an open “town square” on the ground floor, and a rooftop café that will have stunning views of our historic Parliament Hill and the beautiful Ottawa River. This exciting new space is expected to open in 2024.

With that, I would like to once again thank the people of Ottawa for their patience over the last fourteen months. Vaccines are rolling out in large quantities; the weather is getting nicer; we are making great progress on our key city-building projects; and the end of this difficult journey is in sight. We will get through this together.



photo credit TOH; Cutline: Digital rendering of the Ottawa Hospital's new Civic Campus

LETTERS TO THE EDITOR

cont'd from page 2

Step Up to the Plate Canadian Tire

A few weeks ago, I went to Canadian Tire and had my winter tires removed and replaced with my summer tires, which I had brought with me. Then they put the winter tires into plastic bags, and back into my car.

If you google PLASTIC POLLUTION, you'll find things like this:

Plastic pollution has become one of the most pressing environmental issues, as rapidly increasing production of disposable plastic products overwhelms the world's ability to deal with them. Humanity faces many challenges today ...

Bing Crosby had a suggestion for all of us, in song:

You've got to accentuate the positive
Eliminate the negative
Latch on to the affirmative
Don't mess with Mister In-Between
You've got to spread joy up to the maximum
Bring gloom down to the minimum
Have faith or pandemonium
(is) Liable to walk upon the scene

Could Canadian Tire, an icon of Canadian commerce, take a leadership role here, and become part of the solution to the plastic pollution problem? The alternative is to remain contributing to the problem. Come on Canadian Tire, “step up to the plate!”

Robert Read



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OUR COMMUNITY

Heroes of the Heron Emergency Food Centre

By Lynn Sherwood

Despite so many worries and challenges during this long pandemic we have discovered some encouraging things about our community – many of us are committed to looking out for each other, to helping out, and to doing the best we can to make life better for us all. During this past year, we expected community donations to HEFC to decrease. We have been privileged, however, to experience quite the opposite – enormous generosity and a desire to help make things better for those of us who are less fortunate in this community. The members of the 104th Ottawa Scouts Group, our Heroes for June, are a great example of this good will towards others.

This group has been a long-term and consistent supporter of HEFC. During the pandemic, the 104th Scouts have been meeting virtually, by Zoom, and have not been able to get together in person at Pleasant Park Public School as in pre-pandemic times. As well as sponsoring food drives twice a year, every Christmas the youngest group, the Beavers, have donated “Comfort and Joy” bags containing soap, toothpaste, chocolates, tea, and the like, for seniors who visit HEFC. This past year they created sixty of these gifts. Additionally, as a group they decided they wanted to continue with their regular service projects of collecting food donations.

This required a lot of creative planning by the Scouters, led by their Group Commissioner Christine Matheson. All sections, Beavers, Cubs and Scouts participated in food drives in October and March. Leaders designed flyers which were sent to the homes of all members of the 104th Scouts Group. Participants delivered these flyers to all the homes on their streets, informing people that they were collecting donations, which could be dropped off into large boxes at the end of their driveways, on a designated day.



Scout Gwennyth Matheson with her October collection box which was refilled over 10 times!

Since in October, an “in-person” event was not possible, volunteers from McConville Movers organized by Aimée Chauvin, a Scouter, used a truck from their company to help transport donations to HEFC on their day off. As well, former scout Alexander Matheson, volunteered to help unload. An entire cube van was filled with their donations.

By early March, an “in-person” event, was permitted, so – following all the COVID precautions – a few scouts, a cub, scouters and two fathers volunteered to help move the food and unload. These included: Walter Laconi (Scouter), Leigh Matheson (Scouter), Olivier Cardinal (Cub), Graham Piche (Cub), Gwennyth Matheson (Scout), Daniel Matheson (Scout) Martin Cardinal (Father-volunteer), and Roger Piche (Father-volunteer). Alexander Matheson also volunteered with Christine Matheson the Commissioner, the day before to transport the first load – as well as storing hundreds of boxes of canned food in the living room because of the cold weather, for several days until HEFC was open. Four trunk loads of much appreciated donated food worth about \$3000 were delivered to HEFC in March.

We thank all the young people, their adults and community members, who helped folks going through a rough time. What a great way to teach the next generation about working together for the common good.

Christine has asked me, by the way, to mention that readers of VISTAS should not be concerned if they see young people wandering their streets looking a bit confused – their current project is a neighbourhood “Survival Challenge” – they are attempting to construct local street maps.

Members of the board of HEFC are able and willing to share information about the service we provide for our community, through Zoom and other virtual formats, even though in-person events are not yet possible. Call us at 613-737-9090 or email us at hefc-info@rogers.com for more information.

Check us out on Twitter *HEFC.ca@HeronFoodCentre*.

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.

June Wish List

We welcome cash and food donations including dry pasta and spaghetti sauce, chickpeas and kidney beans.



Christine Matheson's living room filled with donations for HEFC in March

THE CELINE TOWER GRANT

Are you a student from the Alta Vista/Canterbury /Elmvale Acres/Ellwood community who is pursuing or currently enrolled in **post-secondary studies in Writing, Journalism or Communications?**



VISTAS is once again funding The Celine Tower Grant in the amount of **\$1,000 (CAD)** to honour the memory of our long-time editor, Celine Tower.

The application form and process can be found at vistas-news.ca.

The competition is open to senior high school students as well as to current post-secondary students in the above programs.

The deadline has been extended!

Applications are due no later than **June 30, 2021**. The applicant may be contacted for an interview and, if successful, notified by July 30, 2021. All applicants will be informed when a decision has been made.

Please go online to vistas-news.ca to find the application forms to fill out. There is a link to the forms within the red box entitled **Attention high school seniors and post-secondary students in Writing, Journalism or Communications**.

OUR PEOPLE

Our People Grow Writers

Where The Bad King Dragon Becomes A Good Old Serpent

By Courtney Tower



It's a magical world we live in, when we are 6 or 8 or 10 and we have, as we like to say, pen in hand. It is pure enchantment, of sapphires and rubies, of beautiful dresses and braided tresses, of sweet babies and maybe a prince around the corner. When we are 12 or 14 or so, our world becomes magical/practical, like dealing with climate change by putting the sun in the refrigerator or travelling through space, pen in hand.

It is what we imagine, what we see with our mind's eye. It is for ourselves, really, but we can tell about it if we have the chance. The chance came, it is here, in *Grow A Writer*, a little book of collected stories by children. This gentle book, for gentle it is, is the handiwork of a huge policeman with a gun in his belt and the biggest boots (off work, Sergeant Devon Archer is in t-shirt and shorts, kicking a soccer ball around). The cop and his team of soccer players collaborate with a beautiful young book publisher, wife of one of his fellow players.



The Ottawa Police Force Blues Football Club authored Grow A Writer book-writing project for young people.

Maybe we should start with the Ottawa Police, and other associated team players like paramedics, correctional officers, special constables. They play as the Ottawa Police Force Blues FC (for Football Club), and 11 years ago launched the Ottawa Blues Charity Classic soccer tournament. All of this is to create fun and friendships, to mentor and support youth.

Enter COVID-19. No tournament, no soccer engagement with any community. No more playing games for charity at schools, at clubs for boys and girls, various community organizations. All cut off by the virus. So then Sgt. Archer led this soccer-playing outreach group into a kids-book project. They put out the word by social media and their contacts, got 60-plus submissions, chose 23.

To publish this project, they turned to Stephanie Bertrand-Akimov, wife of one of the soccer team members who plays soccer while she "cooks, gardens and reads books."

Stephanie Bertrand-Akimov, vice-president of BAICO Publishing, and Sergeant Devon Archer with his soccer player team, read and chose the submissions, edited, designed the book, printed 200 copies to begin with. With the success of their first book, they are embarked on seeking submissions from kids for a second book.

The stories range from 10 and 5 pages of imagination to one beautiful piece of poetry wishing a friend with cancer will get well. The authors' first names are given but not their surnames or photographs.



Sgt. Devon Archer and Stephanie Bertrand-Akimov are on either side of a boy from the west end of Ottawa, proudly holding his book.

Bad Dragon Saves My Life From Saturn's Cold Ocean

We learn that "Professor Milo Beasley" is "kind of a scaredy-cat but also kind of brave" and he keeps a journal. In it, we find a Ghost Army, run by an evil dragon that attacked the airport. The Queen of Good Dragons sends Beasley to Saturn to fish out from a deep ocean The Ancient Sword of Dragon. A bad dragon rescues Beasley from the cold ocean, and for that he is transformed into a very good serpent, The King of Spooky, Scary, Dragons and Ghosts.

Still, nothing is for free. The good King of The Dragons has to pay for when he was a bad serpent – six months in jail.

She's Elegant, Brainy Could She Be Me?

An underlying hint of wistfulness pervades writer Maitri's tale of the orphan girl who reads about Princess Bella of the Amaris kingdom and sees herself. "She was elegant, kind, witty, courageous, and had a thirst to prove herself."

Princess Bella has magic within herself and is beautiful. "I had long wavy brown hair, almond-shaped hazel eyes, and wore a simple but elegant off-shoulder pale yellow dress." Bella is always "supporting others, outwitting opponents, living up to adventures, and always wanting to know my capacity."

Our narrator would stop reading only long enough to skip from her room, in a floor-length gown, to take "a mouth-watering breakfast of maple-flavoured oatmeal with a side of cinnamon rolls with butter dripping down the corners." This orphanage life was pretty fine.

Bella has a long dalliance with a prince but leaves him to follow the magic within her and restore the fortunes of Amaris. Perhaps wisely, the story says at its end:

"To Be Continued ..."

OUR PEOPLE

A Light Breeze Say Grandpa's With You

Author Nyah displays a child's love for her Grandpa who had given her a rusty old toy fire truck. It could grant her any wish, he said, but when her wish that Grandpa wouldn't die is not granted she throws it in the lake. She repents and looks and looks for it, swimming and crying at once, and what do you know, finds it!

"Thank you, Grandpa," I said softly. "I love you."

"I felt a light breeze blow my hair lightly. It felt like my Grandpa was right there beside me." She walks home "with my little red fire truck in my hands and with me forever."

Don't Fool Around With Nature

Today's concerns are in some stories, like Nancy's of the summer camp for little scientists whose theme is "we can change the world." After putting the sun in the refrigerator and freezing the world, and taking it out so that searing heat killed off trees, flowers, animals, in an arid desert, the little scientist thought again: "we can change the world, but we need to use our brain before we force the world to change." People need "a better understanding of the earth and nature."

Urvi has a brief but intense account from his first space tourist. Rosie mixes monsters and cliques of young girls at school who can be as mean as monsters. Rufus, by author Holly, is a dog of family adventures who wins much hugging and petting when he rescues Julia from a ring of flaming trees.

Please Get Better Callum My Friend

For Kaiyan, it is about Callum, a seven-year-old boy "who loved comics, superheroes and scootering," but who developed a tumour and had surgery. It is a loving poem and ends:

*When I make a wish at night
I wish for him to sleep tight.
I wish for him to wake up bright
I wish for him to be alright.*

Huntley Cronkwright, 13, whose parents provided her surname and photo, wrote about a best-friend solving Annika's problem with her parents.



OUR COMMUNITY

Heritage Protection Sought For Federal Study Centre Future

By Courtney Tower

At the moment, it's a blind horse this group of neighbours seem to be leading, to keep the buildings of the Federal Study Centre intact when the property is sold off. The heritage designation on which they pin their hopes, that 11 of the 12 buildings have enjoyed, no longer exists. Maybe some minimal preservation may occur, of a couple of the buildings, but maybe not.

Some 97 residents of streets like Garand Place, Amberdale Crescent, parts of Featherstone Drive, Guildwood Court, signed a letter to Canada Lands Corporation urging that the whole of the Centre be retained, renovated, and made into one large senior citizen's complex. Resident Lynne Davidson-Fournier says "the Guildwood community" wants "for Canada Lands to ensure the heritage value of this property."

Protect This Gem Its Neighbours Say

The Federal Study Centre at 1495 Heron Road began in 1963-65 as an architectural gem. It had an acclaimed design as an institution of education and prayer, with its beautiful chapel, a spacious auditorium, a school for boys and one for girls, a convent and a novitiate, outdoor walkways and covered tunnels for silent nuns-to-be to hurry to classes. It had and has large green and wooded spaces. Les Soeurs de la Congregation de Notre Dame had it built and moved to this then peaceful and quiet place from nearly a century in Lower Town. These historic nuns, their order founded in Montreal in 1658, lost it to high expenses in 1973.

The Federal Government took it over and ran it, or parts of it, for a variety of uses over the ensuing years, including a fairly short term as a place for public servants to learn French or English, hence the name Federal Study Centre. It received the designation "Recognized Federal Heritage Building" for 11 structures in 2005 "because of (their) architectural and environmental values, as well as (their) historical associations." It has been empty since 2012, gathering black fungus in empty rooms inside.

**They paved paradise,
put up a parking lot ***

Mme. Davidson-Fournier and her co-signers are concerned for their property values, that traffic could become intense, that highrise towers could blot the landscape, if a commercial/residential development emerges.

"Would you like a highrise across from your house?" she asks rather indignantly. She and a friend collaborated on raising the heritage question and getting residents' signatures, thinking:

"The more is known about this (the heritage connection) the chances are we won't get a shopping mall."

"We just hope and pray that the City will make wise decisions to protect this heritage site," Mme Davidson-Fournier says.

The problem for her fellow residents is that there is no heritage connection there any longer. The Federal Heritage Buildings Review Office told her in an email that the heritage designation for these

OUR COMMUNITY

buildings was removed from federal inventory when the property was sold to Canada Lands last year.

Once sold, there was no automatic transfer of heritage status for the buildings, Marty Carr, president of the Alta Vista Community Association (AVCA), explained.

Preserve And Protect And The Towers Rise

A new heritage designation could be sought from the City of Ottawa, Ms. Carr noted. "Such designation is not guaranteed and, even if it is granted, there is no assurance that any or all of the buildings will be preserved," she told VISTAS.

However, guarantee or not, some sort of protection – more likely part-protection – will be looked at by the City. A heritage planner there, Luis Juarez, tells VISTAS in an email that the City "will work with the CLC (Canada Lands) to conduct a review of the property and its buildings and determine if the site merits protection." Under law, the City has that right.

Preservation of the buildings "may be problematic, based on the physical neglect, deterioration and the presence of asbestos (if present), etcetera, physical connections of tunnels, services and road access to St. Pats (the adjacent, mostly empty, former St. Patrick's High School), all affecting the possibility and financial costs of repurposing or rehabilitating any structures," the AVCA's Carr says.

Some thinking is that maybe the site will retain the landmark bell tower fronting the buildings, the chapel, the auditorium, a magnificent sculpture inside. Not more than that.

However, Canada Lands has been clear in discussions, Ms. Carr says, that the more buildings are preserved "more density and height will need to be added in housing" to maintain financial returns. Single family housing would be limited.

Canada Lands, after some early consultation, will produce options for the future of this beautiful site in Alta Vista, to take to the public later. Some form of multi-use development is expected.

*Thanks, Joni Mitchell

City's Intensification Plan Has Ellwood Neighbourhood On Edge

By Norman Payne, President of Ellwood's Ridgemont Community Association

Most Ellwood residents indicate that they have not heard about the Ottawa Official Plan Intensification calling for four times the density than already exists in their neighbourhood, and when informed, are quite taken aback.

Ellwood's Ridgemont Community Association has been in discussions with the City from the minute details were available. Some features were completely unacceptable to the Association and the City has now made one significant change.

Rather than insisting that any single-family home planned for demolition be replaced by a multiple unit building, the City has relented and agreed that another single-family home can be built.

The Official Plan calls for Ellwood to become a 15-minute neighbourhood. Currently with about 500 homes, 2,300 residents and

1,200 vehicles, this aspirational goal is not practical for many reasons.

On three streets alone, the Association is aware that, of 147 single family homes, 35 have in recent years been converted into multiple dwelling units, causing a serious shortage of places to legally park cars. Most renters, including transient students living in homes with a single car driveway, have cars, but nowhere to park them. The Ellwood community has already absorbed considerable intensification by default rather than by design. The City's target is for a fourfold population increase to about 9,200 residents which would potentially increase the number of vehicles by at least 2,000. This would be untenable. The reality is, almost everyone wants or needs a car, convenient mass transit notwithstanding.

The question is how much more can the neighbourhood take? Currently the City is not willing to recognize a single home rented to several tenants as an intensified lot, which Ellwood's Ridgemont Community Association contends is patently unfair.

The City needs to recognize that Ellwood residents' homes are their biggest investment and they understandably wish to protect their unique neighbourhood and quality of life.

In follow-up discussions, the City has indicated that the density target will be in an "approachable range ... implemented in a gradual and co-operative approach through engagement and consultation." The City believes that there will be no increase in street parking and that zoning by-laws will be enforced. The Association fears that this is unrealistic and that any intensification should be formally agreed to with set targets and protections enshrined.

Ellwood's Ridgemont Community Association has requested the City to integrate the Intensification Plan and the Bank Street Re-Development plan under a sub-plan to best serve the neighbourhood's needs. The City has responded positively and indicates that it is willing to implement several long-sought changes, such as preventing cut through traffic, which has increased by as much as 1,500 cars per day over a very short period of time. The City also says that it is willing to limit most of the intensification to the west side of Bank Street, closest to the Walkley O Train, and will protect the larger core of the neighbourhood as it exists.

Discussion with the City continues and appears to be moving in a positive direction. However, many are puzzled that such an important and controversial plan, which will change the fabric of many neighbourhoods, was not made an issue in the last election. The Association believes that the citizens of Ottawa deserve to have their voices heard on this issue prior to implementation. If elected officials wish the average homeowner to buy into their vision, there needs to be much greater transparency and a willingness to address Ellwood's valid concerns.

No effort should be spared to ensure all stakeholders' interests are fairly served.

Stay tuned.



Norman Payne

OUR COMMUNITY

Update on the City of Ottawa New Official Plan

by David Kidd, Alta Vista Community Association (AVCA)

Planning Committee



In November 2020, the City of Ottawa released for discussion a new draft Official Plan. This plan, once approved by Council and Provincial governments, will set the policy for the City's development for years to come.

City Council set the broad parameters of the Plan, most notably that it must be completed by mid-September, 2021. They

also established a crucial parameter: for the 400,000 new residents anticipated over the duration of the plan, 60% *must* have their residences and jobs located within the greenbelt.

The resulting draft Plan was a “ground up” rewrite, replacing the decades-old former plan. Drawing on many of the newer themes of urban development, it introduced new concepts and policies, and of course reflected the dramatic changes brought on by the new suburbs, the LRT, and ever-increasing population. The Alta Vista Secondary Plan, that part of the Plan which overrides it to set area-specific policies, was also updated.

Probably the foremost new concept was *transects*: citywide regions of similar current structure, each then associated with its own unique development requirements. The declared transects were: the downtown core; inner urban (immediate post-war suburbs); outer urban (later, say from the mid-60s); suburban; and rural. Alta Vista was declared partly inner and partly outer urban, roughly divided along the line of Grasshopper Hill Park. That “inner” section, about half the area, was defined by both its age and proximity to downtown.

Plan wording *required* any new inner urban construction to have a density of 80 units per hectare (current average, about 22), and further required that that be carried to the individual lot. So, a homeowner replacing a single-family home would have been required to construct new dwellings housing about four times the number of residents!

The City released its draft specifically to elicit comment; the reaction was intense. It received thousands of comments from hundreds of residents and organizations; some of the most vociferous came from inner urban neighborhoods like Alta Vista. Subsequently, there has been much activity on revision, by both the City and external organizations. The City has published a general timetable of coming processes and events:

- Spring – Public presentation and online engagements via interim “As We Heard It” reports.
- Summer – Online engagement on the updated second draft Plan.
- Late Summer – Public Open House on the full, updated second draft Plan.
- Fall (probably mid-September) – Statutory Public Meeting at the joint Planning and Agriculture and Rural Affairs Committee.

“As We Heard It” Reports

The City currently plans to release citywide “As We Heard It” reports in early June. This reportedly will feature issues raised during the first draft Plan consultations. If you provide your email address to the

“Stay Informed” registration at engage.ottawa.ca/the-new-official-plan, a copy of any reports should be sent to you as soon as they are released.

Shortly after that, the City's intent is to release more detailed reports for each ward, including comments on which input resulted in changes in the second draft. The Alta Vista Community Association does not yet have a schedule for its “As We Heard It” report; as soon as that is published, AVCA intends to organize a Zoom meeting to discuss its contents. This will most likely happen mid to late June.

As well, AVCA has been informed that the City is planning to organize five Zoom meetings, based on the five transects. Reportedly each will start with discussion of the citywide report, followed by breakout rooms for each ward. These too should happen in mid to late June.

Release of the Second Draft

The entire next draft version of the Plan should be released in its entirety by the third week of August, 2021. That should be followed by a public consultation, prior to the joint Planning and Agriculture and Rural Affairs Committee meeting, scheduled September 13-15, 2021. At that meeting delegations and citizens will be able to submit written comments, with the opportunity to make an oral presentation of up to five minutes. Once approved at this Committee, the Official Plan goes before City Council by November, 2021.

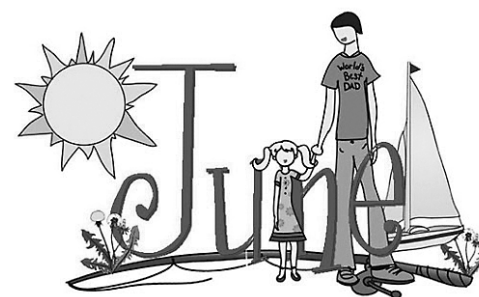
What Will Be in the Next Draft?

While many questions remain as to what the next draft will contain, City planning staff have provided some indications. Comments to AVCA suggest:

- The next version of the draft will allow residents the right to re-build a single-family home, even a bungalow.
- There will be some changes to transects and how they are defined.
- Density *targets* will be used in the place of density *requirements*, with the exception of three areas: hubs and major transit station areas *will* be subject to minimum densities, and for main streets (such as Smyth), densities will be linked to jobs. Minor corridors (such as Kilborn Avenue and Pleasant Park Road) will see only targets (not requirements) for density.

Continuing Engagement via AVCA.CA

The AVCA normally suspends meetings during July and August; however, this year there will be July and August meetings to track progress on the Plan. AVCA will also be publishing an (at least) bi-weekly update to track updates or changes from the City. AVCA continues to collect comments and questions through its mailbox at contact@avca.ca (as a courtesy please copy jean.cloutier@ottawa.ca). There you can also let AVCA know if you wish to be added to its email distribution list. The City also answers questions submitted by email to newop@ottawa.ca; AVCA will add any published responses to its webpage.



OUR COMMUNITY



AV MYSTERIES: Federal Study Centre: Demolition “An Act of Violence”

By Chris Wiebe

This month’s mystery is “The Peculiar Case of the Vanishing Building Complex.” It all began with the late March arrival of a glossy flyer in my mailbox about the future of the Federal Study Centre (1495 Heron Road). The forlorn convent cum government facility on the edge of Alta Vista, patiently awaiting a new vocation since 2012, suddenly snapped back into view. “1495 Heron Road,” the Canada Lands Company (CLC) flyer read, “A Place to Connect ... Help us create a new vision for this site.” The word “site” suggested bare ground, a blank slate, so I jumped to the CLC website. “How should we commemorate this place?” read one of the feedback questions, and scanning through responses from area residents, many assumed it to be an empty site. And then it struck me. While I could still see the complex, for others it had already vanished. That brilliantly brutalist collection of buildings had simply melted away. All there was left to do was to bolt the commemorative plaque on a cairn.



CLC Flyer that came to Alta Vista Mailboxes in March.

The CLC flyer’s arrival coincided with a global thunderclap. Just days before, the 2021 Pritzker Prize – dubbed architecture’s Nobel Prize – was presented to Anne Lacaton and Jean-Phillipe Vassal, French architects whose 40-year practice has embraced the “never demolish” ethos. They’ve spent a lifetime breathing new purpose into apparently unlovable structures like 1960s social housing towers. “Transformation is the opportunity of doing more and better with what is already existing,” the architects wrote in the Pritzker’s press release. “The demolishing is a decision of easiness and short term. It is a waste of many things – a waste of energy, a waste of material, and a waste of history. Moreover, it has a very negative social impact. For us, it is an act of violence.” And Lacaton and Vassal are not alone. A seismic shift is reverberating through the design and public policy spheres as building reuse takes centre stage.

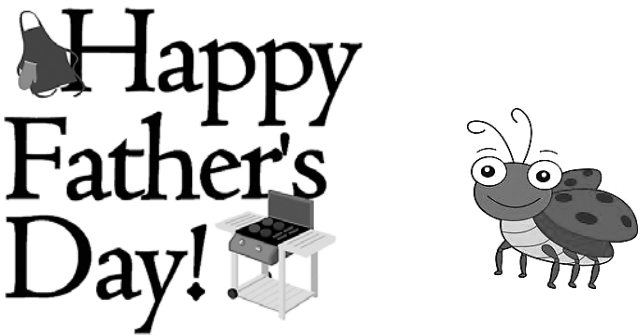
And the Federal Study Centre, thankfully, offers beautiful bones for creative thinking. If you look past the plywood covered windows, spalling brick, and peeling Helvetica signs, there’s a diamond in the rough, not a teardown. VISTAS contributor Lisa Gregoire’s fascinating October 2017 article for Ottawa magazine - Campanile in Alta Vista Now Sits Like a Ghost Town, Its Future Uncertain - revealed buildings still radiant within. Opened in 1967 as the Notre Dame Convent-Campanile Campus, Gregoire walked the interiors with its architect, Tim Murray, and talked with nuns who loved living there. The chapel and theatre remained mint-condition gems.

Studies show that most buildings are bulldozed well before they become structurally unsound. Yet the greenest building is the one that already exists. Existing buildings represent “embodied carbon” (greenhouse gas emissions already expended) and they should be reused as long as possible, helping meet our climate emergency/sustainability targets.



A view of some of the 12 buildings on the 18-acre site.

“We never see the existing as a problem,” says Pritzker-winner, Anne Lacaton. “We look with positive eyes because there is an opportunity of doing more with what we already have.” It is the exact opposite of the Marie Kondo school where if it doesn’t bring you “joy” immediately, you discard. It also runs counter to the story we tell ourselves that “progress” and creativity are signaled by new things. Artists and architects, in fact, will tell you constraint is good, that radical innovation comes from responding to limitation. Perhaps counter-intuitively, the blank page often leads to off-the-rack ideas or paralysis – Le Breton Flats, anyone? The Booth Street complex project that CLC is guiding, weaves old and new together in dynamic and exciting ways. The challenge for Alta Vista residents will be to see the Federal Study Centre complex in the same light – as a golden social and climate action opportunity, not an empty whiteboard.



OUR COMMUNITY

Celebrating 60 Years of Scouting at the 101st Ottawa

By Dan McCarthy, an Alta Vista resident and Scouter at the 101st Ottawa (www.101ottawa.com)

Sixty years ago, the new St. Aidan's Anglican Church sat at the opposite end of Hamlet Road from Hillcrest High School, which was still under construction. Elmvale Acres was full of young boys and similarly, Scout groups on Alta Vista Drive were full. So, the Brotherhood of Anglican Churchmen at St. Aidan's decided to start their own group, and in February 1961, the 101st Ottawa was established with 36 boys divided between the Cub pack and the Scout troop. Group colours of gold and brown were introduced with the crest of the 'sitting stag', the symbol of St. Aidan. By fall 1961, these registration numbers would double.

Scouting was different then – it was Boy Scouts, with Tenderfoots and Queen's Scouts. Registration cost \$1, and summer camp in 1961 at Lac Phillippe was \$15 for 10 days! Uniforms were made of itchy green wool, and Scouts sported the famous Stetsons. Beavers – the program for the youngest children – would not be established for another 20 years!

What hasn't changed is an emphasis on outdoor adventures, citizenship, community service, and activities that allow boys and girls to gain leadership skills and grow as individuals. As the 101st Ottawa celebrates its 60th anniversary, it remains a vibrant group with nearly 100 boys, girls and adult leaders, with four sections: Beavers (age 5-7); Cubs (age 8-10); Scouts (age 11-14); and Venturers (age 15-17). Half of our adult leaders are women, and 60 years on, St. Aidan's continues to provide free meeting space for the four sections.

Community service is at the centre of 101st Ottawa activities, planting thousands of trees over the years in the Alta Vista greenspace among other locations in the neighbourhood, and regular park cleanups at the Canterbury Park playground. Scouts also volunteer for food drives for the Ottawa Foodbank, sort the food at their main depot, and run sing-songs and Bingo games with veterans at the Perley Residence. In the winter, Scouts tend the campfire at the Balena Park February carnival. Rev. Rosemary Parker, Incumbent of St. Aidan's Anglican Church, believes that Scouting "offers our parish a wonderful way to serve the wider community, by providing a safe place for young people to learn and grow together." With the 60th anniversary in mind, she says, "We are proud and grateful for this shared legacy between St Aidan's and Scouts, and look forward to hearing the joyful sounds of the Scouts gathering at our church again soon!"

"Be prepared" is the Scout motto, and if COVID-19 has taught us anything, it is to expect the unexpected; be prepared to change course and adjust to new circumstances. Pandemic closures resulted in all Scouting activities moving outdoors and during strict lockdowns, virtually on-line. The new Scouting at Home program encourages youth

to keep developing well-rounded skills through fun activities while practicing physical distancing. Nationally, the Scouts partnered with Les Stroud, aka 'Survivorman', to launch the exciting 'Great 8 Challenge' that involves fun challenges such as survival skills like shelter building, wilderness navigation and first aid. Youths do most of the program planning themselves – however, adult volunteers are still required to get them rolling and on track, particularly among the younger groups.

Francois Marier, Group Commissioner and Beaver/Scout leader, says that "the past year has been challenging but also has shown the resilience and commitment of our volunteers, youth members and their families. Despite the constant changes between in-person outdoor and virtual meetings, we have continued to pivot and offer a challenging and interesting program."

The essence of Scouting is experiencing the natural world. In past winters, the Venturers have headed to Lake Placid to climb Adirondack Peaks on snowshoes, and Scouts have built and slept overnight in snow shelters called quinzies. With overnight winter camping not permitted this year, youth of the 101st have pursued both urban – downtown Ottawa provides a number of interesting destinations – and wilderness hikes, including day camps at Baxter Conservation Area on the Rideau River. The outdoors is not just important for Scouts. As Rev. Parker points out, "for those of us struggling with the pandemic, just listen to the Scouts. Get outside. Nature is a gift to delight and restore us, especially when life gets tough."

Over the years, Cubs, Scouts and Venturers from the 101st have travelled to jamborees in Newfoundland, Nova Scotia, Haliburton, the shores of Lake Erie, and Prince Edward Island. They have paddled and portaged many

of the lakes and rivers in eastern Ontario and western Quebec. For many, the first canoe trip through the Barron Canyon in Algonquin Park is an enduring memory; one trip concluded with a welcome at the river's bank by a piper playing The Maple Leaf Forever!

With a 60-year legacy of youth adventures and leadership development, community service and of course, fun, the 101st Ottawa looks forward to the next 60, with a full re-opening this fall. As Francois Marier puts it: "Our mission is to help shape today's youth into tomorrow's citizens – helpful, trustworthy, kind, cheerful, considerate, clean, and wise in the use of all resources."



Venturers atop a mountain in the Adirondacks



Scouts canoeing in the Laurentians



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To every person that has gotten their COVID-19 vaccine, or are patiently waiting for their appointment, we want to say a heartfelt THANK YOU! The decision you've made directly contributes to our goal of achieving community immunity.

Remember that until enough people are immunized against COVID-19, we still must respect public health guidelines to protect ourselves and others. Even those who have received a vaccine will need to:

- Wear a mask
- Wash their hands often
- Practise physical distancing. Stay two metres (six feet) apart
- Follow Public Health guidelines

Practising these measures will help the whole community to drop the level of COVID-19 in the community as quickly as possible





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John Fraser, MPP
Ottawa South

Next Steps

COVID-19 is something that we are all facing together. Our primary concern is the health and safety of Ontarians.

We cannot stop being diligent. If you can continue to work remotely, do it. Continue to keep your contacts limited to only those within your household and continue to do only the essential things you need to do like getting groceries and medication, going to a medical appointment, caring for a loved one or going outside to get some fresh air and exercise.

I will continue to push the government for supports for small businesses, more support for parents of school age children and a clear plan for a roll out of the vaccine in Ontario.

The province has implemented **Property Tax and Energy Cost Rebate Grants** for businesses that were required to shut down or significantly restrict services due to provincial public health measures. This provincial application-based grant provides a rebate to eligible businesses in respect of property taxes and energy bills. Visit: ontario.ca/COVIDsupport to see if you qualify.

Please continue to listen to the advice of Public Health experts:

- Wash hands frequently
- Practice social-distancing
- Stay home if you are not feeling well
- If you are concerned or suspect you have the virus, call
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BOOKWORM'S DELIGHT

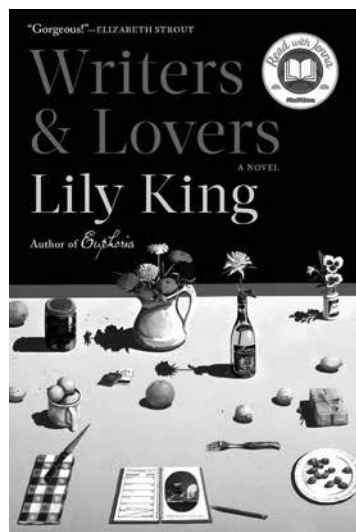
Writers & Lovers

by Lily King (2020)

Reviewed by Marie-Andrée Lajoie

Let's travel to Boston to meet Casey Peabody, a 31-year-old struggling writer, crumbling under the grief of unexpectedly losing her mother and under enormous student debt. This is just a glimpse of her complicated life, filled with lovers and friends.

This is perfect summer fiction, entertaining, touching and very well written. The details are vivid and the characters, very endearing.



Casey rents an apartment from her brother's friend. It is musty and small, used before as a potting shed. She is waitressing in a fancy restaurant, writing before her shifts, barely making a living. Life in the restaurant is hard and very well depicted.

Casey is broke, depressed, sick, attracted to many (often wrong) guys. Her mother left the family when Casey and her brother were young; they reconnected later on. Her dad is a jerk. She has health issues. What else can go wrong?

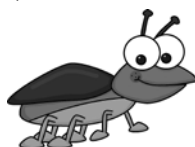
I particularly enjoyed the depictions of Boston and Casey's long bicycle rides on its streets. The struggles of the writer become real. Casey is driven by her desire to finish her book. Where many of her writer friends have given up on their dream, she perseveres.

One of Casey's romantic interests is a widower (and renowned author) with two charming young boys. Casey's and the boys develop such a fun relationship ... will it last? Or will another author steal her heart? Casey's close friends and her brother are there to help her along the way.

After a long string of bad breaks, things will turn around for Casey. We all cheer for her. *Writers & Lovers* is a love story with depth. I truly enjoyed it.

Lily King is an American author who previously published *Euphoria*, a book that was received with acclaim. I am adding it to my list.

On my night table: *The Glass Hotel* (Emily St. John Mandel), *World Travel* (Anthony Bourdain), *Olive, Again* (Elizabeth Strout).



SENIORS SPACE

Ahead of Her Time

By Peter McKinnon

Last month, the Perley and Rideau Veterans' Health Centre celebrated Nursing week from May 10–14, 2021. Nurses and all healthcare workers have led our community by serving on the COVID-19 frontlines. They are also responsible for making the Perley Rideau such an exceptional place to call home.

Residents such as retired nurse Jean Tait helped build our community, care for our sick, protect the vulnerable and serve our country.

Jean devoted much of her life to improving the lives of disabled children and their families. Along the way, she helped blaze a trail for future generations of women such as her niece, Paula Moore.

"Aunt Jean is a remarkable woman," says Paula. "She inspired me to follow my own path and to pursue a career in nursing."

Born Mary Jean Tait in Brockville in 1930, she was the first in her family to study past high school. Jean attended the nursing program at Kingston General Hospital and became a Registered Nurse (RN) at the age of 20. When her sister Isabelle went into labour a few years later, Jean attended the birth of her niece, Paula.

"For most of my life, Aunt Jean has been like a second mother to me," says Paula. "Our relationship has evolved quite a bit over the years, but we've always been there for one another."

An excellent RN—particularly in the care of children—Jean eventually became head nurse of Kingston General Hospital's pediatric unit. At the time, pediatrics was a relatively new specialty; the Royal College of Physicians and Surgeons of Canada certified its first pediatrician in 1943. A major focus of medicine during the era was polio, a virus that can cause permanent paralysis and death, particularly among children. In Canada, the disease peaked in 1953, with nearly 9,000 cases and 500 deaths. Jean Tait devoted much of this part of her career to caring for polio victims and to the vaccination campaigns that eventually eradicated the disease. After earning a certificate in public health from the University of Western Ontario, she decided to move on from her hospital job.



Nurse Mary Jean

"Healthcare in Canada changed so much during Aunt Jean's career," says Paula. "In the 1950s, there was no provincial health insurance, for instance. If you couldn't afford healthcare, your only option was to seek help through organizations like Rotary Clubs."

The lack of adequate care available for disabled children inspired a group of Rotary Clubs to establish the Ontario Society for Crippled Children in the 1920s. The success of its principal fundraising campaign, which involved selling special stamps each spring, later inspired the Society to change its name to Easter Seals. The organization was the first to employ nurses such as Jean to provide home-based care and to educate the families of disabled children. In addition, Jean often spoke to Rotary and Lion's clubs to help raise money. The job involved moving to Ottawa. Not long afterwards, Paula's family moved to Manotick,

Dr. Patricia Horsham MB BS FRCPC FAAP

Pediatrician, South and South West Ottawa

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Askdoctorpat.com

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SENIORS SPACE

once a small town but now an Ottawa suburb.

“Throughout my childhood and teenage years, Jean had an apartment

in the city and regularly hosted me and my brother Kevin for weekends,” says Paula. “We’d swim in her building’s pool and she taught us to ski. In some ways, I idolized her and the life she led. She had lots



Paula and Jean, Christmas 2018

of women friends who were professionals

and they’d have dinner together, play bridge and go skiing. We always looked forward to seeing Aunt Jean.”

After university, Kevin moved west and pursued his passion for skiing, while Paula and Jean grew closer. Over time, Paula came to recognize how different her life was from Jean’s. Women of Jean’s generation had fewer career options, for instance. And those who did pursue careers were often expected to abandon them to marry and have children.

“Jean often told me: stay in school, go to church and avoid boys,” says Paula. “She’d had a boyfriend when she was younger, but said he was boring and wasn’t going anywhere, so she left him.”

On many of their weekends together, they’d be joined for dinner by one of the disabled children Jean worked with. The experiences stirred up something in Paula.

“It felt natural and normal to care for someone who’s unable to care for themselves,” recalls Paula. “That influenced my decision to go into nursing.”

Jean later worked at the Ottawa Crippled Children Treatment Centre, the first building in the complex that today includes the Children’s Hospital of Eastern Ontario (CHEO). As with Easter Seals, the Centre later acquired a less offensive name. Once Paula completed her RN training, Jean helped her get her first job at CHEO.

As the careers of both women blossomed, their weekends together grew less frequent. Paula married. When she became pregnant, Paula called Jean to share the news, only learn that Jean also had news to share.

“Jean had met a man she was fond of,” says Paula with a smile. “Lloyd Wright was a high-school teacher and a few years older than Jean. He was also a widower and a Veteran of the Second World War. Everyone in my family was so happy for her!”

The budding romance introduced a new aspect to Jean and Paula’s relationship.

“Jean turned to me for advice about relationships,” says Paula. “After all, romance was new to her. They married when she was 52 years old.”



Mary Jean

Jean and Lloyd enjoyed 36 happy years together and travelled extensively after both retired. Paula, along with her husband and two children, hosted them regularly for special occasions. Jean and Lloyd eventually moved into a retirement home. When they were no longer able to care for one another, they moved into the Perley Rideau, where Lloyd passed away in 2017.

Now 91 years of age, Aunt Jean leads a quieter, simpler life. She paints and sculpts in the Perley Rideau’s arts studio, plays cards with other residents and video conferences with Paula at least once a week.

“When it comes to anything related to healthcare, Jean’s mind is still sharp,” says Paula. “Getting the COVID-19 vaccine made her reminisce about giving the polio vaccine to children more than 60 years ago. It’s fitting that someone who did so much to care for others should now receive the best of care.”

The Perley and Rideau Veterans’ Health Centre is home to more than 600 seniors and Veterans who access a range of care and independent-living options. It is also home to Canada’s first Centre of Excellence in Frailty-Informed Care. To learn more about Perley Rideau and how you can help, please visit us online at www.perleyrideaufoundation.ca or call us at 613-526-7173.



ECOLOGY OTTAWA FREE TREE GIVEAWAY

By Lynne Peterman

The AVCA Greenspace Stewardship Committee is proud to partner with Ecology Ottawa by hosting this free native local tree distribution event in our community.

WHEN: September 11, 2021 from 9 a.m. to 12 noon

WHERE: Alta Vista Park - 1309 Randall Avenue

Ecology Ottawa is a not-for-profit, grassroots and volunteer-driven organization. Their goal is to make Ottawa the green capital of Canada by working to replenish our region’s urban canopy through community involvement. Giving away trees is about more than just putting plants into the ground; this is about nurturing an inter-generational all-inclusive community that want to build a greener future together.

Plant for the future and get a free tree!

Ecology Ottawa volunteers will be on hand to provide planting and care instructions.

Please fill out the Ecology Ottawa Tree Giveaway Survey prior to the September 11th event. The survey is located at: form.123formbuilder.com/5877330/ecology-ottawa-s-tree-giveaway-survey.

SENIORS SPACE

Seniors in Conversation Returns!

By Paige Kahkonen, a Carleton Journalism student who does communications for RSOOS

We are back! After a long month of planning and preparing for an exciting year ahead of us, the Reaching Seniors in Old Ottawa South (RSOOS) leadership team is thrilled to announce that Seniors in Conversation is back starting on June 1, 2021! While we have seen a growth in participation from our residents in the Old Ottawa South community, we are hoping to expand into all Ottawa regions, meaning that everyone is welcome, regardless of where you live!

Seniors in Conversation is a virtual program that hosts a weekly live webinar-style event every Tuesday between 10 a.m.-11:30 a.m. on Zoom. It is funded by the New Horizons Grant, and was created at the beginning of the pandemic to encourage community building and connecting seniors and older adults online amid isolation. Each week, we welcome a guest speaker to discuss a topic tailored for, and requested by, our participants! The conversations are stimulating, educational, and just straight up fun to be a part of. The conversations typically begin with a presentation from our speaker, followed by questions and conversation with our participants. All participants are welcome to stay on or off camera, and participate in the conversation as they see fit!

You may be feeling socially isolated but you are not alone at Seniors in Conversation; this program is not only for people feeling lonely and isolated because of the pandemic and wanting to meet new friends in your (virtual) community. For this free program, simply register by emailing seniors@trinityottawa.ca highlighting the conversation that YOU would like to be a part of!

Still not sure? We have a huge variety of conversations tailored to all kinds of topics and interests! In past conversations, we have heard from an epidemiologist talking about COVID-19, Algonquin Spiritual Leader Albert Dumont speaking about Indigenous Reconciliation, a variety of different stand-up comedians who made us laugh our socks off, Connected Canadians who taught us about using online tools and social medias, and even Elvis for a groovy Valentine's Day concert!

Here's a sneak peek at a few of our upcoming sessions:

June 1: Elvis entertainer and Simon return for a party!

June 8: Rev. Michael Garner, an epidemiologist, to answer any new questions you may have about COVID-19.

June 15: Breanna Pizzuto from TalkTools to talk about the impact of COVID-19 on our lives.

June 22: Rev. Canon John Bridges to discuss his many pilgrimages to Jerusalem.

June 29: Tim Boreham, to discuss his trip up to Camino Trail.

July 6: Liam Graham-Morton and his team from the Glebe Osteopathy and Wellness Centre to present "Heal your body and boost your wellness with Manual Osteopathy, Yoga and Massage Therapy."

By popular request, we plan to welcome back Dr. Fred Goodwin, Dr. Pamela Walker, as well as some new professors! We are also expecting to welcome a CBC Journalist and news anchor, Honourable Catherine McKenna, and Senator Gwen Boniface! If you would like to learn more about our program, or register today, email seniors@trinityottawa.ca, or find us on Facebook [@HealthyAgengOS](https://www.facebook.com/HealthyAgengOS), or Twitter [@RSOOS_Trinity](https://twitter.com/RSOOS_Trinity). We can also provide you with a link to Connected Canadians to help you Zoom.



Seniors in Conversation's participants having fun at our St. Patrick's Day Party

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HEALTH AND FITNESS

AIKIDO JISEIKAN – Wandering and Wondering

By Whispering Pine



The past year has been difficult for most of us, bringing with sleepless nights, worries, stress, financial shortfalls, and so on. We are left with the question: what does the future hold for us?

Let's stay positive. The mind is the root from which all things grow, so monitor your state of mind. A mind at ease and quiet is a mind at peace. It is not always easy to attain this state. I wish I were able to heed this advice, and that my restless mind could let go and give me peace, but it just keeps churning up the mud.

Over many years, I have heard much advice and listened to many teachings. Now I am starting to grasp the importance of those lessons, as I gradually harvest their benefits. Slowly, things are becoming clearer.

謀事在人，成事在天，不可違也

**We may plan and devise, but eventually heaven decides;
things cannot be rushed.**

Every year at the dojo, the students and I make a banner representing the figure featured in the Chinese zodiac for that year. We gather to cut, assemble and glue the pieces of the banner together. The first banner we made was the Dragon. This year is the year of the Ox, but since we could not gather safely in the dojo, we have not created our banner. However, one of the projects that has kept me busy has been to paint a scene with oxen, for the dojo.

Here are some things to keep in mind during this pandemic:

First, "No one is an island." If I need help or advice, I turn to my friends and family for help. Sometimes just talking about my stress, my concerns and my worries will help them to dissipate. I try to avoid

holding things in. It's always possible to talk with someone and find a solution. It is also good to move on and not dwell on the problem.

Second, I make it a point to eat nutritious foods to not compromise my health. It is better to eat food as medicine now than to eat medicine as food later. A proper diet is fundamental. There are lots of guidelines to help us navigate along this path.

This virus, together with the new variants, represents a reality that we cannot escape or ignore. We all have to sit down, learn how to work together and face these invisible opponents together. We have to help one another and cooperate. This is a global issue facing humanity, and we are not safe until everyone is safe.

Frozen Shoulder

By Susan Reive, Owner of Kilborn Physiotherapy Clinic

Frozen shoulder is a condition which is characterized by pain and a specific pattern of stiffness in the shoulder in specific proportions. Most often it occurs after a period of immobilization. Indeed, people with an injury to the tendon (end of the muscle) or the bursa (a pad-like sac) are susceptible to developing frozen shoulder, particularly if they are 40 years or older, and more often in women. Because of the pain in the shoulder, patients don't move the arm enough and subsequently stiffness ensues.

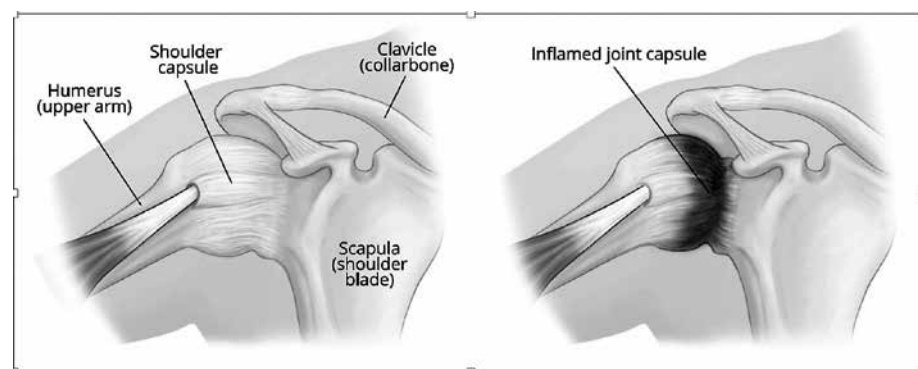


Image from www.orthoinfo.aaos.org

With a frozen shoulder, the capsule (the tissue that holds joints together) becomes thickened and very tight with adhesions. Clinically, patients go through three phases. The first phase involves pain: pain at rest, pain disturbing sleep, and pain with movement which is also limited with rotation and elevation. This is known as the "freezing stage". Treatment focuses on trying to maintain active mobility within pain free range and pain relief through medication and modalities. Sometimes a cortisone shot into the joint is given to settle the pain and inflammation. This stage can last 6 to 36 weeks. The second phase (also known as the "frozen stage") involves stiffness and can last from 4 to 6 months. Physiotherapy focuses on trying to improve mobility through gentle mobilization and home exercises. Usually there is less pain at rest during this phase. The final phase is the recovery or "thawing" stage, which can last up to 2 years to regain full mobility with no discomfort. In some cases, patients are left with slightly limited mobility.

Some risk factors to developing a frozen shoulder include diabetes, thyroid disease, Parkinson's disease, and cardiovascular disease.

With painful shoulder conditions, it is important to maintain mobility without aggravating the problem. A physical therapist can provide patients with appropriate exercises to help prevent a frozen shoulder from developing.



OUR ENVIRONMENT

WRENS Way Commemorative Planting

By Gillian Cooper, member of the AVCA Parks and Greenspace Committee

The Parks and Greenspace Committee of the Alta Vista Community Association (AVCA) is excited to share its ideas for planting trees and shrubs in WRENS Way over the next few years. Final plans will be determined in consultation with City forestry staff and in collaboration with Mr. Jean Cloutier, our local City Councillor. The committee welcomes your suggestions and comments about these ideas at contact@avca.ca.

The City of Ottawa has indicated willingness to assist with this project but the AVCA Parks and Greenspace Committee will also seek funding from various sources, including grants and personal donations. It is exploring ways to make donations tax deductible.

Where is WRENS Way?

The large irregular shaped greenspace bordered by Kilborn Avenue (across from Grasshopper Hill), the Federal Study Centre property, Heron Road and Orlando Park, has been named WRENS Way to commemorate those who served in the Women’s Royal Canadian Naval Service (WRNCS nicknamed “Wrens”) and other women’s regiments during World War II.

Planting Criteria

- Fit with previous plantings, appeal to neighbours, and not interfere with other uses;
- Provide food and homes for native birds, butterflies, etc.;
- Expand the tree canopy, improve species diversity, include native plants, and improve the natural environment;
- Help limit the expansion of invasive species;
- Provide homes for some threatened Butternut trees to raise the profile of the Butternut Recovery (rvca.ca) program of the Rideau Valley Conservation Authority.

Six Sites Proposed for Planting over Several Years

1. WRENS Way Garden

- There is an oval area in the lawn opposite the corner of Grace Street and Courtice Avenue that includes two medium sized trees, surrounded by clumps of buckthorn.
- Remove buckthorn and add soil.
- Plant one more caliper tree at the eastern side.
- Add native ornamental shrubs, fill outer edges with native wild flowers and mulch heavily.
- Install “WRENS Way” sign.
- A second wildflower/shrub/pollinator garden might be added to the Kilborn Avenue frontage around the proposed “WRENS Way” sign.
- Other small gardens might be added to spots along the Grace Avenue frontage.

2. The North-South Corridor of WRENS Way, Parallel to Featherston Drive

This area could echo the planting already done on the western corridor, parallel to Prospect Avenue. A mixture of large caliper native conifers and deciduous species could be professionally planted at intervals along the edges of the mowed area depending on possible installation of a multi-use path to the Federal Study Centre redevelopment.

3. Northern Boundary of the Soccer Fields Running East

- Plant native flowering deciduous trees, at intervals. (Note: Trees are already planted on the south, east and western sides of the fields.)
- Add native flowering shrubs or large perennials between the trees.

4. The Boundary of the Federal Study Centre Property

- Border the walkway along the northern boundary of the property, on the opposite side of the mowed area from the ditch, with assorted conifers and deciduous trees, planted at intervals.

5. Laneway from Grace Avenue directly to the Federal Study Centre

Both sides of this pathway are grassy meadow, with a few small trees.

- Volunteers to plant randomly spaced seedlings over several successive years.

6. Southern Border of Mown area Parallel to Grace Avenue

As for #4.

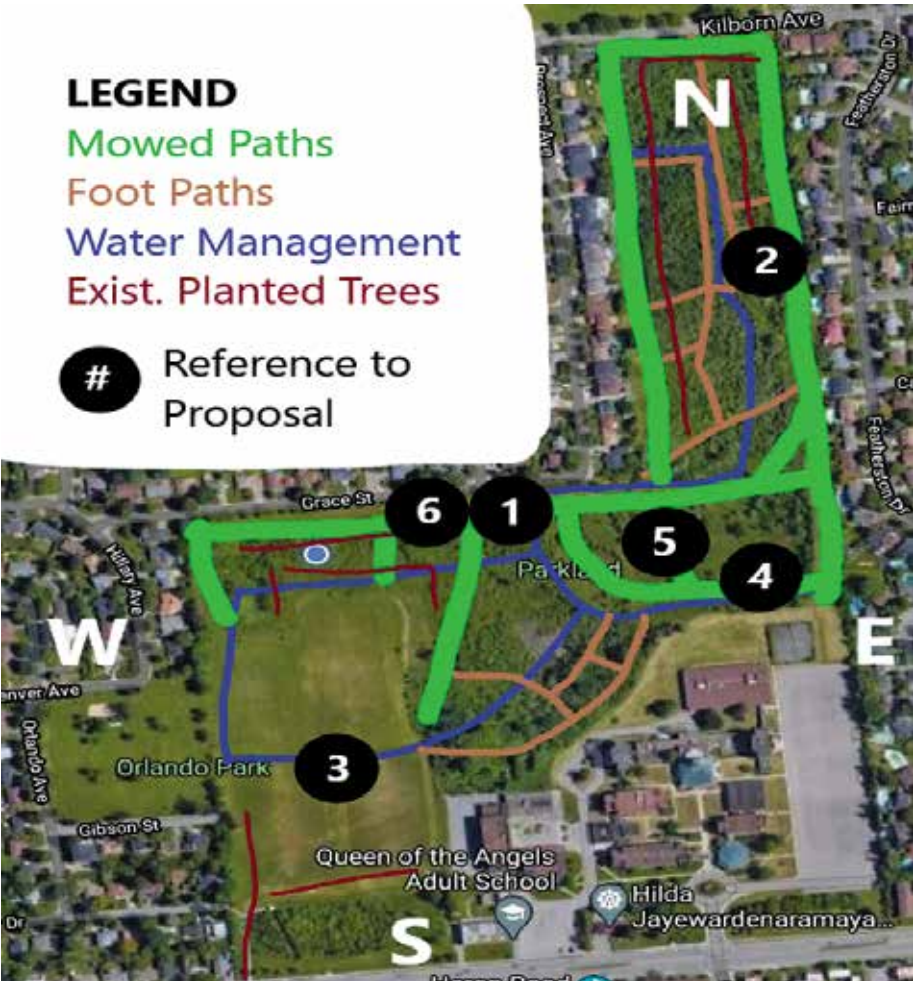
Other Installations

At a later date, adding benches, bridges, educational signage, and/or washrooms might be considered. For now, the committee is focusing on greenery.

Now that you have had a chance to see the committee’s ideas, please fill out the survey located on the AVCA website by June 14, 2021 and send it with any other comments by email to contact@avca.ca or print and drop them off at 2065 Baffin Avenue.

For your information, the questions on the survey are as follows:

1. Name and address or postal code.
2. General comments on planting proposals, 2a What do you like? 2b What don’t you like?
3. What other suggestions do you have?
4. Do you use WRENS Way - If so how?



WRENS Way Map Showing Proposed Planting Areas

OUR ENVIRONMENT

BIRDS IN ALTA VISTA

Woodpeckers and the Importance of Dead Standing Trees

By Richard Knapton

A walk through WRENS Way and especially Pleasant Park Woods nowadays can turn up lots of clear evidence of activities by woodpeckers. There are quite a few dead standing trees, and several of them have large obvious holes in them. So, what has happened here? The chronology is that the tree has died and it has been invaded by carpenter ants and Cerambycid beetles (wood boring beetles that lay their eggs in the dead tree and the ensuing larvae eat the dead wood). These in turn attract woodpeckers that detect the insects and drill holes in the tree to reach and extricate them. A quick look at the holes reveals that they are not all the same size or shape: round holes are the work of Downy and Hairy Woodpeckers whereas the oval or rectangular holes are the result of Pileated Woodpeckers. Well, let's have a look at woodpeckers in general and then the five different kinds of woodpeckers that regularly occur in our green spaces.

All woodpeckers have several features in common. They have straight stout chisel-shaped bills used for excavating in wood, they have stiff tail feathers used as a brace as the bird climbs up the trunk of a tree, they have exceptionally long tongues which wrap around the entire skull and are efficient in navigating narrow passageways in trees to find prey, and they have built-in shock absorbers in their brain cases and frontal bones in their heads. And they "drum" – that is, they strike a surface rapidly and repeatedly, having chosen a surface with good acoustic and resonating properties to broadcast the noise. Drumming for woodpeckers is the equivalent of song in songbirds; it functions as a keep-out signal to other males and an attraction to females. Sometimes, the surface chosen for drumming is not a hollow tree trunk or branch, but a stove pipe or an eavestrough which can be a little annoying.

We have five species of woodpeckers that occur regularly in our area. Our largest is the Pileated Woodpecker.

Pileated Woodpeckers are large, impressive and spectacular – all black except for striking black and white head stripes and a flaming red crest. They are our largest woodpecker, as big as a crow, with loud ringing call notes, and with white wing linings that flash when the bird takes flight. Their presence can be recognized by the large oval holes in the dead standing trees. Our smallest woodpecker is the Downy Woodpecker, so named for the soft white feathers on its long white back stripe. Downy Woodpeckers are the most likely species of woodpecker to visit bird feeders in winter, attracted by both bird seed and suet. They are smartly plumaged little birds – patterned black and white with a red patch on the back of the head in males. The similarly plumaged Hairy Woodpecker is about 30 percent larger, and is so named for the more hair-like feathers on its back. Interestingly, despite their very similar

appearance, they are not closely related species (from recent DNA analyses). Scientists speculate that the Downy Woodpecker may have evolved to look like the more formidable Hairy Woodpecker in order to compete for food with other larger bird species.

A very different looking woodpecker is the Northern Flicker; flickers have brown plumage patterned with black spots, bars, and crescents. They have a white rump patch conspicuous in flight and visible when perched. The undersides of the wing and tail feathers are bright yellow for flickers here in Ontario; they are red in western birds. Northern Flickers spend a lot of time on the ground, where they forage for insects, in particular ants. Flickers hammer on colonies of ants in the same way other woodpeckers drill into wood.

The final woodpecker in our greenspace is the migratory Yellow-bellied Sapsucker. These are fairly small woodpeckers with stout, straight bills. The long wings, indicative of a migratory bird, extend about halfway to the tip of the stiff pointed tail at rest. Often, sapsuckers hold their crown feathers up to form a peak at the back of the head. Slightly smaller than Hairy Woodpeckers, Yellow-bellied Sapsuckers are mostly black and white with boldly patterned faces, a long white stripe along the folded wing, and black-and-white stripes that curve from the face toward a black chest shield and white or yellowish underparts. Both sexes have red foreheads, and males have red throats. Sapsuckers drum on trees and metal objects in a distinctive stuttering pattern, rather like Morse Code. They feed at sapwells—neat rows of shallow holes they drill in tree bark. They lap up the sugary sap along with any insects that may get caught there. The sapwells made by sapsuckers attract hummingbirds, which also feed off the sap flowing from the tree. In some parts of Canada, Ruby-throated Hummingbirds rely so much on sapwells that they time their spring migration with the arrival of sapsuckers. Other birds as well as bats and porcupines also visit sapsucker sapwells. Yellow-bellied Sapsuckers have been found drilling sapwells in more than a thousand species of trees and woody plants, though they have a strong preference for birches and maples.

The importance of dead standing trees to woodpeckers and the many other species of hole-nesting birds that rely on woodpecker holes cannot be overstated. Woodpeckers in our green space create holes in trees. These holes in turn are used by several other birds, and a couple of mammals. Birds in our green space which use abandoned woodpecker holes include Eastern Screech-Owl, a species we'll feature in later issues of VISTAS. Other species include White-breasted Nuthatch, Black-capped Chickadee, and Great Crested Flycatcher, which has the peculiar habit of incorporating the shed skin of a garter snake into its nest hole, possibly to deter would-be nest predators. It is so important for the continuing occurrence of birds such as Pileated Woodpeckers and by extension Eastern Screech Owls and Great Crested Flycatchers in our green space, as well as a possible Flying Squirrel, for dead standing trees to remain.



Pileated Woodpecker: photo by Dr. Chris Artuso



Woodpecker Holes in dead standing tree; note the large oval hole made by a Pileated Woodpecker

FAMILY MATTERS

Virtual Connections are Here to Stay

By Michelle Tasker, Manager of Client Services, Serenity Renewal for Families



alone.

The longer restrictions continue, the harder it is to push through our feelings of fatigue and to stay connected. One of our clients summed up her feelings this way, “I think when you’re lonely is the same time that you start to retreat into yourself; it becomes a vicious circle. If you’re lonely the best thing I have found is to push through and reach out to someone.”

Connecting virtually poses many challenges. Spotty internet connection, lack of comfort level with technology and owning a phone or a computer that need to be upgraded are all challenges that may foster frustration. Many workshops, support groups or social groups are scheduled at times that are not convenient for a person’s schedule. Most importantly, you can’t “reach out and touch” someone virtually. Human contact is missing; there are no hugs in the virtual world.

Some people who reach out to Serenity Renewal for Families are hesitant to connect virtually. They are not computer savvy, and the idea of learning new technology feels very uncomfortable. Most of us felt the same way when we started using virtual platforms, and we understand your fear. It’s never too late to learn! Our organization, like many others, offers free training on the virtual platform. If training is not offered to you, don’t be shy. Ask if someone in the organization can teach you the basics that you will need to connect for the first time.

There is an ease to connecting virtually. No need to get dressed up, travel time is non-existent, and you don’t have to be in the same location (or even the same city) to meet up with others. People with social anxiety, people with physical limitations and those caring for family members find that virtual connections offer them hope and community.

One of our clients told us that she never would have found the courage to attend one of our workshops in person. Initially, one of our clients joined the virtual workshops with her camera off. As her comfort level built, she turned her camera on more and more. Now, when she attends one of Serenity Renewal for Families’ virtual workshops, her camera remains on and she is comfortable sharing. Serenity Renewal for Families has offered 29 virtual workshops since April, 2020. Many

workshop participants live alone and have been isolated since the world came to a halt over one year ago. For them, attending the virtual workshops has kept them going, has enabled them to learn more about themselves and has provided a ready-made community to share their challenges, frustrations, and fears.

Our world has dramatically changed in the past year. Some of those changes will become permanent. Many of our current clients are already asking our organization to maintain some of our services virtually in the future, for all the positive reasons outlined earlier. As a result, Serenity Renewal for Families is planning a hybrid model of virtual and in-person workshops, when our health parameters enable us to re-open our physical space.

Tackle your fears, take the plunge and try out the virtual world. If Serenity Renewal for Families is not the place for you, there are so many other places for you to connect. Maybe you would like to connect with other people who are dealing with grief, social anxiety or depression. Maybe you are looking to connect with women, men, parents, students ... the list is endless. There is genuine support out there. Virtual hugs are better than no hugs at all.

At Serenity Renewal for Families, our educational workshops are designed to promote emotional and spiritual well-being in a safe environment for individuals and families affected directly or indirectly by addictions. If you are interested in hearing more about our upcoming virtual workshops, please email workshops@serenityrenewal.ca. You may also connect by phone at 613-523-5143.



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FAMILY MATTERS

Meals on Wheels Takes on the Isolation of COVID-19

By Michael Girgis, Marketing and Outreach Assistant MOW



Larry standing by the horseshoe pit in his backyard on a sunny afternoon.

Larry likes to keep busy throughout the day. As a former carpenter, he has designed, built, and renovated a number of projects around his home. He personally renovated the flooring and the walls of his house and he has built the fencing, the roof, and even an addition to the garage! "I've

just always had a knack for handiwork." At 83 years of age, he remains an avid horseshoe and dart player. In fact, Larry played these sports at an international level and remains incredibly passionate about them. He had the pleasure of working at Expo 86 in Vancouver, British Columbia. He loves to travel and has managed to visit all regions across Canada.

As a Meals on Wheels/La Popote roulante client since 2014, he enjoys the quality of the food that he gets every weekday. "The meals are handy all around ... I'm not a cook, I can do just about everything else, but when it comes to cooking, I just can't do it." For Larry, these meals mean so much more than simply saving him from his own cooking skills! His favourite part about the meals was enjoying them with his loving wife of 40 years. "We did absolutely everything together, gosh I really miss her."

Larry may not be representative of a typical client who may need multiple supports at home but, with Meals on Wheels, he is able to get the nutrition he needs and see a friendly face. Larry has found himself to be quite lonesome over the past 6 years with the passing of his wife. The COVID-19 pandemic has only exacerbated the issue as he rarely ever leaves his home. Often, his only point of contact in a day is the caring check-in of the Meals on Wheels volunteers. "They're great, I appreciate what they're doing. I just think they're doing a heck of a job – these volunteers." The meal program goes a long way to making sure he can continue to do all the activities he loves – where he loves to do them – in his own home.

Sadly, his previous interactions with the long-term care system, where his mother used to live, were not positive. "I hated seeing her in that place, I lamented visiting." The COVID-19 pandemic has further highlighted the crucial importance of programs like Meals on Wheels in offering seniors an alternative. "I've been in my house for 50 years, it's in a beautiful locale. I can't see myself living anywhere else."

It is projected that there will be over 250,000 seniors in the Ottawa region by 2031, a sizeable portion of whom will live on low-income. Founded in 1968 and being a registered charity, Meals on Wheels offers the lowest price-point for delivered complete hot meals in the city. Its role as a partner in the health care system has been underscored by the critical function it has served during the COVID-19 pandemic. Its service observed a 25% increase in demand for meals during 2020, for a total of 120,000 meals delivered to over 1,647 seniors and adults with disabilities, over 40 of whom reside in Alta Vista.

How is this done? With the help of a dedicated team of over 320

volunteers! At the moment there is an ongoing need for volunteers to support clients like Larry in maintaining their independence. When asked what he would say to someone thinking of getting Meals on Wheels, he replied: "It's pretty easy-going, great for older people! It grants me flexibility; I only occasionally go out for groceries now."

If you or someone you know would benefit from the Meals on Wheels service please call 613- 233-2424. If you would like to donate to help our clients, please visit our website at www.mealsonwheels-ottawa.org

"Meals on Wheels is an integral part of my life and it takes away the worry of cooking for myself."

~ Gerald, client



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SCHOOL NEWS

Baking a Difference

By Mme. Crawford's Grade 7 Virtual Academy Class

Ingredients for Success

- Collaboration
- Problem-solving
- Resilience
- Action
- Relationship building



Preparation & Steps

We are Mme. Crawford's grade 7 Virtual Academy class as well as a social enterprise called Baking A Difference. Baking A Difference began by researching and voting on a Sustainable Development Goal on which to base our project. Our first challenge was to ensure that our product was entirely digital, as we do not have the opportunity to meet and work in person.

Next, we researched charitable organizations that were linked to our cause. We were extremely excited to partner with Meals on Wheels Ottawa. After brainstorming, discussions and voting, we decided to produce a digital cookbook. This allowed us to overcome the challenge of seed money, meeting in person and how to safely deliver a product to our customers.



We had many tasks to complete that are part of a business venture, such as making a logo, deciding on a name, making a commercial, and spreading the word to potential customers.

Our class needed help to start and make sure everything was looking good, so we got incredible mentors named Mr. White and Mme. Grosskleg who guided us to success. After a bit of brainstorming, our class needed advice from another business and Thirteen is a social enterprise that sells spices and

also focuses on zero hunger. Thirteen was kind enough to shout us out on social media. We had help from Mr. Vanstone at Shopify to help us launch our product and make sure our online store was user-friendly. After 3 months it was finally the day to release the online cookbook, in one and a half months we have raised \$1500!



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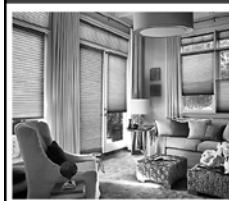
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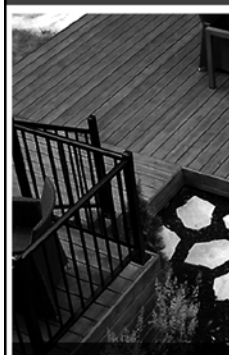
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SCHOOL NEWS

Hillcrest School Council Chair Brian Raymond Retires After 8 Years of Service

By Geordie Walker, Proud Principal of Hillcrest High School, HOME OF THE HAWKS!



Brian Raymond, Hillcrest School Council Chair for 8 years

“School councils play a vital role in the education system in Ontario. They provide a forum through which Parents/Guardians and other members of school communities can contribute to improving student achievement and school performance.” (School Council Ministry of Education)

As the Council Chair of Hillcrest High School, Brian Raymond spent many hours representing the Hillcrest community by attending many consultation meetings by boards, especially during the AREA review process

(School closure reviews), and town hall meetings held at various locations across Ottawa for Parent/Guardian engagements. Brian has been responsible for bringing speakers to the school for parents and guardians to become better informed, with speakers from groups such as Parents for Diversity and the Somali Family Reception Center, to name a few. Brian and the Council were strong supporters of the Hillcrest Multicultural Fashion evenings before COVID. Leading the School Council is a voluntary role. Part of Brian’s responsibilities were: to meet with the school principal monthly to bring information from parents, guardians and the community, to ask operational questions, and to plan and set the agenda for council meetings. Brian arranged meetings, prepared agendas, chaired council meetings, ensured that minutes of council meetings were recorded, and maintained communication with the school principal on behalf of the Council. Brian’s two children, Hannah and Dylan, graduated from Hillcrest during Brian’s tenure as Chair.

The staff and students of Hillcrest High School wish to say thank you to Brian for his years of service to our school and community. Brian’s leadership fostered an ongoing awareness and growth of student success, equity and inclusion. He has created and promoted an openness to fight against racism and oppression in the education system. Brian has been a strong supporter and advocate of the Truth and Reconciliation Calls-To-Action. He championed, via a generous donation from the Hillcrest School Council, the opening of the Hillcrest Belonging Room, a space intended for the students, staff, and community members of Hillcrest High School to meet, pray, meditate, or quietly reflect as groups or individuals.

As a gesture of our appreciation, the Hillcrest staff and students will be planting a honey locust tree in the front of the school in June, with a commemorative plaque. It is our hope that this tree will provide shade to students, and acknowledgement and recognition of Brian’s enduring impact on our school and community. This tree is symbolic of Brian’s deep roots of service to the Hillcrest staff, students, families and community.



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ARTS AND CULTURE

Reviews

By Tony Wohlfarth



Cinemas remain closed, due to the province-wide lockdown. Entertainment options abound indoors. This month's review will highlight a few options.

Blackbird

Susan Sarandon stars in *Blackbird*, a beautiful feature length film set on the coast in Connecticut. Sarandon plays the role of Lily. Terminally ill, Lily and her physician partner Paul (Sam Neill) invite family and friends over for an intimate stayover. The cast includes Kate Winslet (as Jennifer) and Mia Wasikowska (as Anna) as their two daughters. They walk the beach, reminisce, argue and ultimately say goodbye.

Blackbird is, in fact, a remake of a Danish film, *Silent Heart* (2014). I was surprised to discover that *Blackbird* was filmed in West Sussex in England.

Blackbird is directed by Roger Michell. Michell turns 65 this month (June 5). The British film director is best known for making *Notting Hill* in 1999. Currently, he is completing a biopic on the life of Queen Elizabeth.

Where Can I Find a Copy of *Blackbird*?

Blackbird was released theatrically on September 18, 2020. *Blackbird* is currently available from Movies 'n Stuff, 1787 Kilborn Avenue in Alta Vista (moviesnstuff.com). The running time is one hour and 37 minutes. Call 613-738-1607 to reserve your copy.

Australian Dream

Aussie-rules football is a sport unique to the continent down under. Sport – particularly soccer – has seen a number of ugly incidents of racism. *Australian Dream* documents one of the most infamous instances of blatant racism in the history of pro sport.

Australian Dream tells the story of Adam Goodes, who played for The Sydney Swans and was named Australian of the Year in 2014. But his personal journey reflects that of other professional athletes who experienced taunts and verbal abuse from fans.

I discovered *Australian Dream* when the film screened in Amsterdam in 2019. I was elated to discover it on CBC Gem. The running time is one hour and 45 minutes.

Last Call from SXSW

The South by Southwest Film Festival (SXSW) was livestreamed from Austin, Texas in March. I had media access and screened the world premiere of *Our Father*.

Our Father

Our Father is an engaging story about two estranged sisters who come together to search for their uncle Gerry when their father dies by suicide. Beta (Baize Buzan) lives in her car, while Zelda (Allison Torem) boards with a nosy neighbour. They live in Chicago and embark on a journey in search of the uncle they never knew.



Our Father is directed by Bradley Grant Smith. It is his first feature film.

Sorry I Missed You

Last September, I reviewed the latest Ken Loach film, *Sorry We Missed You*. The film is a social satire about surviving in a gig economy. On May 14, the 2019 film was added to the list of films accessible for free (using your Ottawa Public Library card) via Kanopy.

What Are You Watching?

At Vistas, we welcome your suggestions for film and entertainment options we can share with our readers. Please send your suggestions to editor@vistas.ca.

What's on in June 2021?**The Junos**

The annual Juno Awards, celebrating the best of Canadian music, are set for June 6 on CBC.

Stratford Festival Online

The Stratford Festival launched a streaming service with a lot of digital content. Trial subscriptions are available for free at: www.stratfordfestival.ca/AtHome.

@ the National Arts Centre (NAC)

The National Arts Centre (NAC) is streaming live music events. On June 3, the NAC will livestream a concert by Martyn Joseph. The Welsh singer-songwriter lives in Cardiff and is a fan favourite at both the Edmonton and Vancouver Island Folk Festivals. In 2018, Joseph won the Spirit of Folk Award from Folk Alliance International (FAI). In 2020, Joseph received The Phil Ochs Award. Tickets are available at: nac-cna.ca/en/calendar/list/2021/06



On June 10, the NAC livestreams Leela Gilday, an aboriginal artist from Whitehorse in the Yukon. Both events get underway at 8 p.m. The concert on June 10 is free.

Indigenous Music Summit, June 8-12

Speaking of FAI, Ottawa's own Amanda Rheame has been busy during the pandemic organizing an Indigenous Music Summit. Working with the Barrie-based band Digging Roots, the five-day virtual event was conceived at the 2019 FAI conference in Montreal. Registration and information about the event are at: www.indigenousmusicsummit.com

@ the Canadian History Museum

On June 2, the Canadian History Museum in Gatineau re-opens. The museum welcomes a new exhibition, The Queens of Egypt. The museum is open Wednesday through Sunday from 10 a.m. to 4 p.m. and 5 p.m. to 7 p.m. on Thursdays. Tickets and information about timed entry are available at: www.historymuseum.ca

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He screened *Blackbird* on Amazon Prime and *Australian Dream* at the 2019 International Documentary Film Festival (IDFA) in Amsterdam. He also screened *Our Father* at the 2021 SXSW Festival in Austin, Texas, and *Sorry We Missed You* in 2020 at a revue cinema in Vienna.



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FAITH NEWS



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FLETCHER WILDLIFE GARDEN ANNUAL PLANT SALE

The 2021 Fletcher Wildlife Garden Annual Plant Sale will not have its usual format where customers come to the Backyard Garden to buy our native plants. We are going on-line this year! We are in the process of obtaining approval to hold the plant sale, and once this happens, we will announce the plant sale dates on our website. From our website at ofnc.ca/fwg-online-plant-sale-2021 customers will be able to pre-order and pre-pay for plants selected from our list of available plants. They will then be contacted via email by a volunteer who will confirm their order and arrange a contactless curbside pick-up date and time. Pickup will be at the Fletcher Wildlife Garden off Prince of Wales Drive. The parking lot signs will guide customers to the pickup area which is near the Fletcher Resource Centre where a volunteer will place the plants in an open car trunk.

Summer afternoon - summer afternoon; to me those have always been the two most beautiful words in the English language. ~Henry James

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Spirituality Community Service

FAITH NEWS

Emmanuel's Celebration of Red Dress Day

By Roxanne Delmage, Jill MacLean and Lynn Solvason



Anishinaabe Elder Barbara Dumont-Hill blessing red dresses and shirts

On May 5, 2021, red dresses and shirts were seen hanging across Canada from the west coast to the east coast and in between. You could see them on trees, along highways, in people's yards, windows, or balconies, on clotheslines, government buildings and statues, in front of schools, and in the trees at Emmanuel United Church in Ottawa. The red shirts and dresses hanging there are a memorial to all the Missing and Murdered Indigenous Women, Girls, Men, Transgendered and Two Spirit People (MMIWGM2+).

A reverent group (limited to ten by COVID restrictions) gathered that day outside Emmanuel United Church for a sacred ceremony. We were blessed by and grateful for Anishinaabe Elder Barbara Dumont-Hill who agreed to join us. Barbara was an elder advisor to the judicial team hearing the stories of the families regarding their missing/murdered loved ones during the gathering of testimony for the National Inquiry into Missing and Murdered Indigenous Women and Girls. The final report was issued in 2019.

The ceremony began with a land acknowledgement stating that we are located on unceded and unsundered Algonquin territory. We expressed our gratitude for Indigenous stewardship through many generations and said how much we have to learn from Indigenous people in caring for this planet. It ended by stating, "We acknowledge that the church, our ancestors, and yes even we, have contributed to the historical injustices and the ongoing suffering. We commit, collectively and individually, to look for ways to help heal the brokenness and to strengthen our relationship – one based in honour and deep respect."

Following this, a red packet containing sacred tobacco (semaa) was offered to Elder Barbara, and she was asked if she would honour us by blessing the Red Dress Installation that was our tribute to the MMIWGM2+. They are lost but not forgotten. Elder Barbara gracefully accepted the invitation and then led us in a moving spiritual smudging ceremony which started by smudging her own hands and the rest of her body with burning sage herb, explaining what each step meant. She continued to smudge the perimeter of the display, the dresses and shirts, the trees on which they were hung, and the grass and earth beneath them. She further smudged each of us. The ceremony ended with the group joining Barbara in a lullaby she sings every night to remember and comfort the lost souls of the Missing and Murdered.

Barbara was so gracious in sharing her knowledge, her story, her time, her humour, and her love. We are very grateful for her leadership that

made the hanging of our red shirts and dresses such a meaningful spiritual experience. Due to COVID, Barbara allowed the entire ceremony to be videotaped, so others could be part of and learn from it as well. It is now posted on the Emmanuel website: www.emmanuelunited.ca

The red dresses and shirts are hanging to commemorate the more than 1200 MMIWGM2+. This number is just the tip of the iceberg and only includes cases that have been confirmed. Many Indigenous groups are convinced that the number is over 4000, but even one person is one too many. Hearing the story of an individual missing or murdered person and the anguish of each family is important. You can see and hear many of these by googling the CBC Data Case Explorer and then clicking on "Missing and Murdered Aboriginal Women." Two books that include stories of the Missing and Murdered and the relentless search for justice by their families and friends are Highway of Tears (Jessica McDiarmid) and Keetsahnak (Anderson, Campbell, Belcourt, eds).



Barbara preparing to bless the shirts and dresses

One of the Calls to Action of the National Inquiry is for ALL Canadians to learn about the injustices that are STILL being perpetrated and for each to do what we can to END this Canadian genocide. The dresses and shirts of our Memorial will remain in the trees until the end of May, but those they represent, will be remembered EVERY day.



Red dresses and shirts hanging in the trees at Emmanuel

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FAITH NEWS



Just a Number

By Valda Goudie

I went for a blood test at the hospital one day, and after passing in my paperwork, I was asked to take a number.

"I have an appointment," I told the receptionist.

"Take a number and have a seat," she repeated.

I had indeed filled in an online form for a specific time to get my blood test done. I was there at the appointed time. The website told me to inform the clinic that I had an appointment. So, why was I now holding a small piece of paper with the number 49 on it; a number that deviated from the one being served by nearly twenty?

I sat there in irritation, listening to each number get called in the correct order and watching newcomers take their number and join me in the waiting area. I had made an appointment. How did I become just another number? I'm supposed to be special, I thought, although not in those words. My name should be called, not a number.

When I approached the counter to inquire about this terrible injustice, the response was "Oh, we don't take appointments here." She barely looked at me. Her actions said, "Go back and take your seat, Number 49."

Number 49 puzzled over why there would be a specific form on the clinic's website to give me hope for a shorter wait: to make me think I had the Fast-Track Pass for the ride at Disney.

It's not fun being identified by a number. There's nothing personal about it. Someone else was number 49 just the day before, and a new person would be 49 the day after I wore the title. Where's the humanity in that?

Numbers have become a huge part of our lives during this pandemic. "What are the numbers like today?" we ask. The numbers tell us about new COVID-19 cases and deaths, locally and worldwide.

We do our part to help flatten the curve and keep our eyes on the numbers. One year ago, we had 1070 confirmed new cases in Canada with an average of 100 deaths per day, and in June 2020, we were down to only 405; only 34 deaths. A year ago, we thought we were doing well. The numbers gave us hope; gave us optimism that this would be over soon; that we could go back to our normal lives and move on from this. And now one year later, at the time of this article, we are averaging 6,700 new cases per day but only 49 deaths. That's six times more cases, but the death count is thankfully not a lot higher than it was in 2020.

But just like when I held that piece of paper that identified me as number 49, there were people identified with numbers 1 through 49 yesterday. But at their medical appointments, someone spoke the words, "Time of death..."

49 families mourned a loved one yesterday and are planning a funeral. Each one of those numbers was a human being killed by the coronavirus. During this pandemic, almost 25,000 people in our country have had their lives snuffed out, leaving behind mothers, fathers, brothers, sisters, husbands, wives, and children.

Not so long ago, 22 victims of the shootings in Nova Scotia were mourned by the nation. Their pictures were in the news for days; their stories told for us to hear; their loved ones given the opportunity to talk about the one whose life had been so unjustly taken.

Each of those 49 families yesterday felt that same pain. Have we stopped mourning? Have we reduced their loss to numbers? Those 49 were individuals. They were people. 28 of them lived in our own province.

As we get vaccines into the arms of Canadians, new hope grows in our hearts. But, even now there is debate about which vaccine is best, and some of our population are gambling with their lives as they turn down the opportunity to get this protection. The Ontario government is taking the choice out of our hands to take the AstraZeneca vaccine, while more people die from the coronavirus, and news of the deadlier India strain appears like a dark storm on the horizon.

Let's not wait until the virus takes someone close to us before we acknowledge the loss we have suffered, here at home and in the world at large. I take a knee on Val's Stage today and pray for 25,000 Canadian families who have lost a loved one; 3.37 million families worldwide.

These are not just numbers. These are people who won't see the other side of this pandemic.

These are people who are no longer with us.

Please forgive our apathy.

**Praise be to the God and Father of our
Lord Jesus Christ, the Father of
compassion and the God of all comfort,
who comforts us in all our troubles, so
that we can comfort those in any
trouble with the comfort we ourselves
receive from God.**

2 Corinthians 1:3-4



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SPORTS NEWS

Alternative and Emerging Sports in Alta Vista this Spring

By Anthony Hadwen



Spikeball grudge match: Team Adam vs. Team Cameron

neighbourhood? There are early signs for three sports in particular that are gaining in popularity: spikeball, disc golf, and pickleball.

Pickleball is the most well established in Ottawa. Ten years ago, there was no pickleball, now there is lots of pickleball. Aside from having a fun name, pickleball is a well-designed game – basically a miniaturized version of tennis, played with oversized ping-pong racquets, and a wiffleball. Although invented 50 years ago as a kids' game, it took a group of snowbirds with a passion for the sport to start things in Ottawa. Now there are an estimated 2500 players in the city. The RA Centre has a league, and equipment can be purchased there and at most sports equipment stores in town. The City of Ottawa has painted lines on hundreds of outdoor courts in the city. If you want to give it a try, you can find a couple of courts at Playfair Park. And, if you want to get serious about it, the Ottawa Pickleball Association organizes tournaments.

Disc golf has a longer history in Ottawa, is well established, but remains still a sport for the dedicated enthusiast. The main reason for this is that formal disc golf requires an established course, with predefined holes (including par 3, 4 and par 5s), ending at the 'Pole Hole', which is an elevated metal basket that will catch the disc after a well-aimed shot. There are, in fact, a half dozen of these courses in Ottawa, and you can also join the Ottawa Disc Golf Club, which organizes tournaments throughout the playing season, ending at the Larrimac Golf Club with the annual Plaid Jacket (a tournament co-founded 22 years ago by Alta Vista's own Peter MacKinnon). There is a proposal (still at the very early stages) for a practice facility of three holes in Playfair Park, but until, and if, that is built, it is possible to play disc golf the old-fashioned way – which is to grab any frisbee, gather with some friends at the first 'tee', and pick a tree in the distance.

Spikeball is at its early stages in Alta Vista, but the people that play are enthusiastic. It is an easy sport to start playing – find an open space and buy a spikeball set (approximately \$70, at Canadian Tire or other sports equipment stores). The equipment includes a net which is round, positioned horizontally six inches off the ground, and a ball which is soft rubber and the size of a softball. The game is similar to volleyball, and takes agility to play well. Three shots (as in bump, set, spike) are allowed between teammates (two per team), and most points are won when the ball is spiked off the net out of reach of the opponent. There is a fledgling association in Ottawa, but it faltered at an early stage during

the pandemic. Mostly, spikeball is played by small cells of dedicated enthusiasts, but there are a growing number of those cells around town.

By the way, all of these sports are good social distancing sports – spikeball is the most free-flowing of them but can be played responsibly in an open space.

One of the advantages of taking up an emerging sport is that there are many opportunities to claim status among your fellow competitors. Cameron Grasmeyer and Adam Hynes are early pioneers of spikeball in the Alta Vista neighbourhood. They could claim to be the pairs champion of Alta Vista, for example. But, knowing them as I do, they are not inclined to be so grandiose. The main focus for them is who wins their next head-on-head match. When I last spoke to Cameron, he was the reigning champion – so to glorify that achievement I will crown him King of Spikeball in Playfair Park (sorry Adam). Neighbourhood champions have yet to be crowned for disc golf or pickleball, but as the sports grow in popularity, it is likely that claims will be made. And then, if they develop further in competition, renown and possibly riches will come to these champions. Who knows if, eventually the world champions of pickleball or disc golf or the next equivalent of Pascal Siakam in spikeball, will come from somewhere among our quiet neighbourhood streets.

This article was written during the current Ontario lockdown when outdoor activities are restricted, but eventually the numbers will come down, and we will be able to get back outdoors, playing and watching our favorite games and sports.

COMMUNITY SPORTS PROFILE



Mike Woods – Alta Vista Olympian

By Anthony Hadwen

Assuming the Tokyo Olympics go ahead, Alta Vista residents should be aware of Mike Woods, who grew up in the area and who will be competing for a medal in two cycling events.

Originally, Mike was an Olympic hopeful as a middle-distance runner, but it was not until he switched to cycling that he was able to qualify for the Rio games in 2016. In a recent interview on CBC, he admitted that at that time he was just happy to have made the team (he finished a grueling race in 55th position). This Olympics his goal is to win a medal. Two recent wins on the professional circuit in Europe have established Mike as a serious contender, and add credibility to his goal. This summer Mike plans to race in the Tour de France which ends on July 18. Less than a week later, he will be competing for Canada in the Men's Road Race (July 23 at 10 p.m. EST). His second race is four days later (July 27 at 10:30 p.m. EST). Alta Vista, please check your sports channel listings for broadcast schedules, and support Mike Woods as he competes at this next milestone event in his impressive career.



Mike Woods, an Olympic medal contender from Alta Vista

SCIENCE AND TECHNOLOGY

COMPUTER TRICKS AND TIPS:

By Malcolm and John Harding, of Compu-Home

More Attacks

Just when you thought the hackers couldn't get any busier or the effects any worse, we've got some bad news this season. We have warned in the past year of increased activity during the pandemic but we are now seeing a serious spike in attacks, with several calls for help every week. Also, the hits are now more sophisticated; they fool you cleverly and they dig deeper, to become harder to find and eradicate.

Some of the following rules are new and others are longstanding standard practice:

- A popup (often with flashing bright colours and urgent sounds) and a notice to "call this number" is always a scam. Neither Microsoft nor Apple nor any other reputable company will ever contact you like this. Shut down your computer immediately; press and hold the power switch for 12 seconds if there is no alternative. Wait a minute and start up again, watching for anything unusual.

Install Malwarebytes (free version) as a manual backup for your automatic anti-virus. Run it any time you think your primary anti-virus might have been fooled.

- Your friend is NOT in jail in Spain and does NOT need \$1500 no matter how piteous the message. Learn to treat every email with suspicion. If you are not expecting it, be even more wary. Recent versions have referred to "a favour" phrased vaguely. Delete the message immediately. Expect another within a day or two. The hackers have accessed your friend's address book and have sent messages to everyone on the list.

- Yes, you DO have a password related to your email address, even though you may have only typed and saved it once, several years ago. You cannot make meaningful changes to your account without it.

- Do not click on links in a suspicious message and do not reply to it. If you feel you must contact the sender (and add to their embarrassment) use the telephone. They already know and will not be grateful.

- Yahoo Email (but not Rogers/Yahoo) and Hotmail users are more frequently the victims just now. Consider switching to Gmail which is not invulnerable but has the reputation of the best security.

- If you use an email client such as Microsoft Outlook, Live Mail, Mac Mail or Thunderbird, get familiar also with access to your webmail alternative, in which you use a web browser to log into your email and go to the web page of your Inbox. You may need to use webmail if you are attacked.

- While you are in your webmail, learn to access the settings of your email account. In particular, note your security settings to make it easier to notice the changes when the hackers alter them.

- Further to settings: a recent development has been for scammers to create "filters" in your account, so that your incoming messages are also forwarded to the hackers without your knowledge. If you have filters, be sure you know what they do.

- Also in settings: create an electronic "signature" that your friends will learn to expect to see in your messages. Without the signature they will know the message did not really come from you.



- Finally, keep in mind the cold comfort that it is your email provider that has been hacked and not you. You are the victim in this experience and you can explain that clearly to the friends who call.

Contact Compu-Home at 613-731-5954 to discuss this column, share your opinions and suggest subjects for future columns. Our email address is info@compu-home.com, and our website is www.compu-home.com.

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Steven was born and raised in Alta Vista, where he lives with his wife and their two boys. He studied and practiced law in Saskatchewan from 2009 to 2016. Steven has been practicing in association with Cheryl Payette (formerly of Conlin & Payette) since 2017.

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OUR COMMUNITY

Strome Galloway: Alta Vista Resident Co-founded the Monarchist League of Canada

By the Editors of Canadian Monarchist News

On August 16, 2004, at St Bartholomew's in Ottawa, home church of Rideau Hall, an era ended as a great concourse of Strome's friends, colleagues and brothers-in-arms bade farewell to a remarkable Canadian. It was fitting that HE John Ralston Saul was also present: Government House and all it had stood for, lay at the centre of Strome's loyal heart - he had been Hon. Lt-Col of the GG's Foot Guards. It was that sort of an interweaving of associations and friendships, of unselfconscious patriotism and natural sense of duty which very much represented a Canada that had been.

After the heady days of organizing the nascent Monarchist League of Canada - 600 came to its first meeting at the Chateau Laurier one June evening in 1970 - and two brief periods as its Ottawa Chairman, Strome never again held formal office in the organization. But from his basement "office" at "Redstones", his home on Alta Vista Drive packed with souvenirs of his military career, his influence was seminal. Whether drafting a Brief to oppose Mr. Trudeau's Constitutional Amendment package, speaking around the country or writing for Legion magazine - once recounting his participation in the last Cavalry charge in modern warfare - his presence and eloquence never ceased. Nor did he ever hesitate to pick up the telephone with a word of advice, the latest gossip from military circles and a dollop of encouragement as he saw the young and easily-ridiculed League slowly transform into the respected voice of Canadian monarchism.

It was incomprehensible to many that this courageous and active soldier (he experienced more front-line service than any other Canadian) was never honoured with the Order of Canada or Order of Military Merit. It may be partly explained by Strome's outspoken, controversial political campaign as the Ottawa-Carleton Tory candidate in 1972. This era was marked by linguistic debate, a particularly contentious issue in the National Capital where thousands of unilingual English-speaking public servants feared displacement. The campaign was bitter, not always edifying. For Strome was a fighter, not a conciliator. He expressed his views openly and did not worry about his "image." His striving was for Queen and truth rather than for the praise of his superiors and self-aggrandizement.

Lest the foregoing make Strome seem a man combative and steely, nothing could be further from reality. He was a man of faith, and of many quirks: he had sent his winged collars bi-weekly to the UK to be ironed and starched! His last years were spent at Edinburgh Square, devoted nurse to Jean, his beloved wife - a last campaign, and subject of admiration to fellow residents. "Kindness in another's trouble, courage in your own" run the final lines of a Chesterton poem we sent Strome to cheer him at that time. He never failed to tell us that it occupied a prominent place on his refrigerator door. Strome lived the words daily during a life lived large and well.

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LOCAL BUSINESSES

Growing in the Greenbelt: Ottawa Farm Fresh

By Amanda Andrews, Marketing and Events Coordinator at Ottawa Farm Fresh

Imagine visiting your local farm every week to select the very best in freshly harvested, seasonal vegetables and bringing them home to feed your family. Imagine knowing where your food comes from, and the farmers who grow it. This is what Ottawa Farm Fresh wants to offer the community, an opportunity to develop an intimate connection with both the land and the people that grow our food - an experience that is both time-honoured and thoroughly modern.

Once the pandemic hit in March 2020, Jonathan Bruderlein and Jolianne Demers felt the call of the land. They knew that farming was the best way that they could personally support their local community during these trying times, and with that notion they gave life to Ottawa Farm Fresh. The couple, accompanied by their young son Milo, had been on a three-year sabbatical travelling across Canada and the United States when the world turned upside down. Prior to their travels, Bruderlein and Demers had spent seven years running a successful certified organic vegetable farm in the Eastern Townships of Quebec, Ferme Mélilot.

Three years and one pandemic later the quest for a new farm location began. They sought the best of both worlds - the quietude of a rural farm, with the access and amenities of an urban location. A farmer friend at Roots and Shoots near Wakefield, Quebec, suggested they look into the NCC farms located in Ottawa's Greenbelt, and that's exactly where they ended up.

Ottawa Farm Fresh is nestled on an idyllic pastoral property on Ramsayville Road in the east end of Ottawa. Complete with a quaint farmhouse and heritage barn, the farm is twelve minutes from downtown Ottawa and five minutes from Alta Vista. This is the "best of both worlds" situation the couple had been dreaming of.

Jonathan and Jolianne hit the ground running when they took over the lease of the former horse farm last spring - taking possession in May, planting their first crops by June, and opening their on-site farm store in August. Ottawa Farm Fresh has now opened its gates for season two, and the couple have big plans for the season - doubling their growing space, expanding the on-site farm store, renovating a large heritage barn, running community events such as yoga classes, and feeding more than 200 local families through their CSA (community supported agriculture) vegetable basket subscription program.



Jolianne Demers, Jonathan Bruderlein, and their son Milo are the family behind Ottawa Farm Fresh

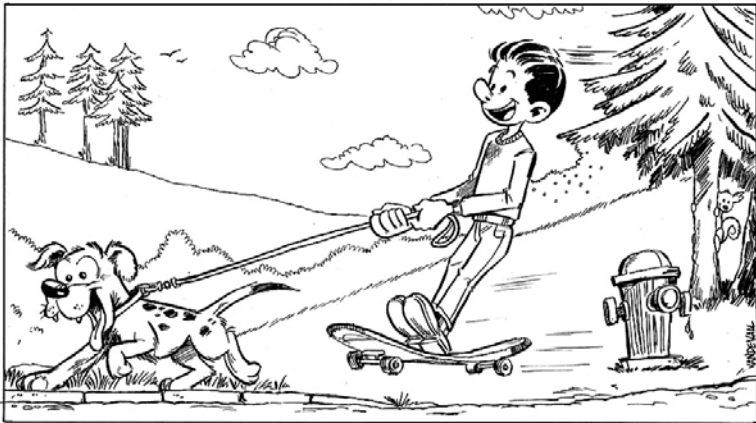
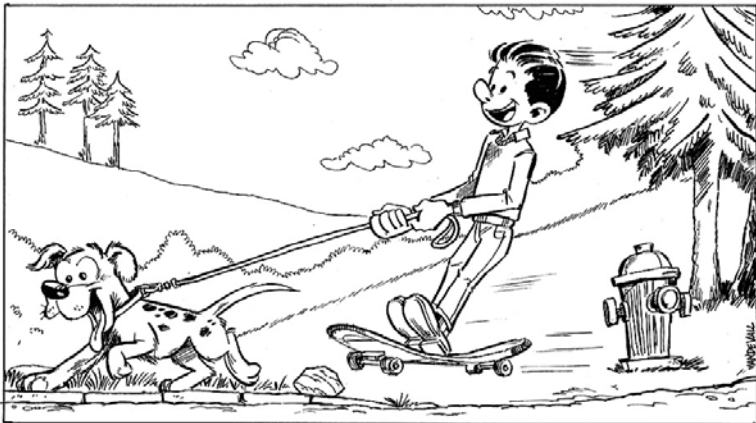
The Farm Store at 2811 Ramsayville Road will be open to the public every week, from Thursday to Saturday, 11 a.m. - 7 p.m., and Sunday, 11 a.m. - 5 p.m. Here you'll find their very own organically grown seasonal produce, alongside a curated selection of other local and organic products produced in the area.

This is also where members pick up their weekly CSA vegetable baskets - arriving at the farm to find a selection of freshly harvested vegetables to choose from, ready to be brought home and enjoyed. To find out more about Ottawa Farm Fresh, their CSA, and farm events head to the website, www.OttawaFarmFresh.com, or follow their adventures on Facebook and Instagram @OttawaFarmFresh.

KID’S PAGE

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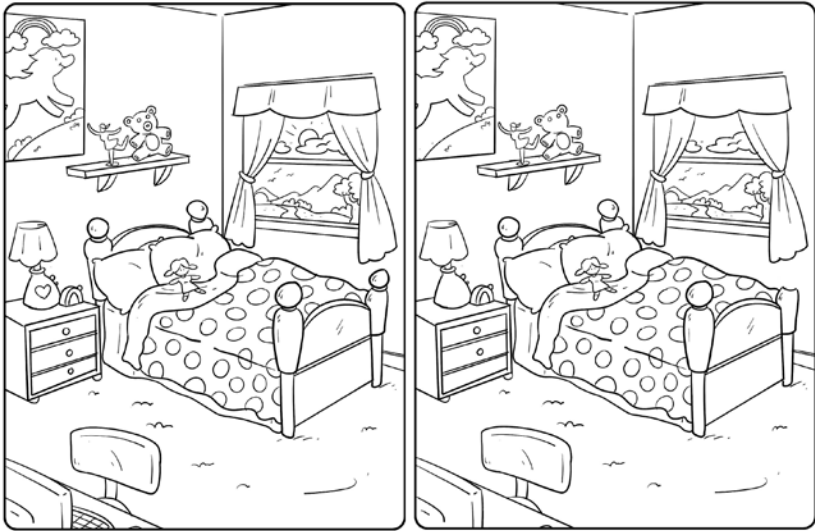
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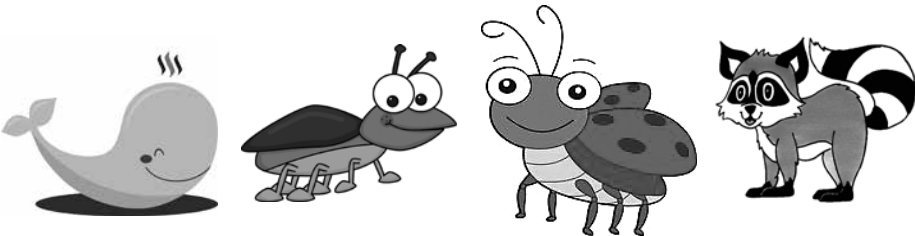
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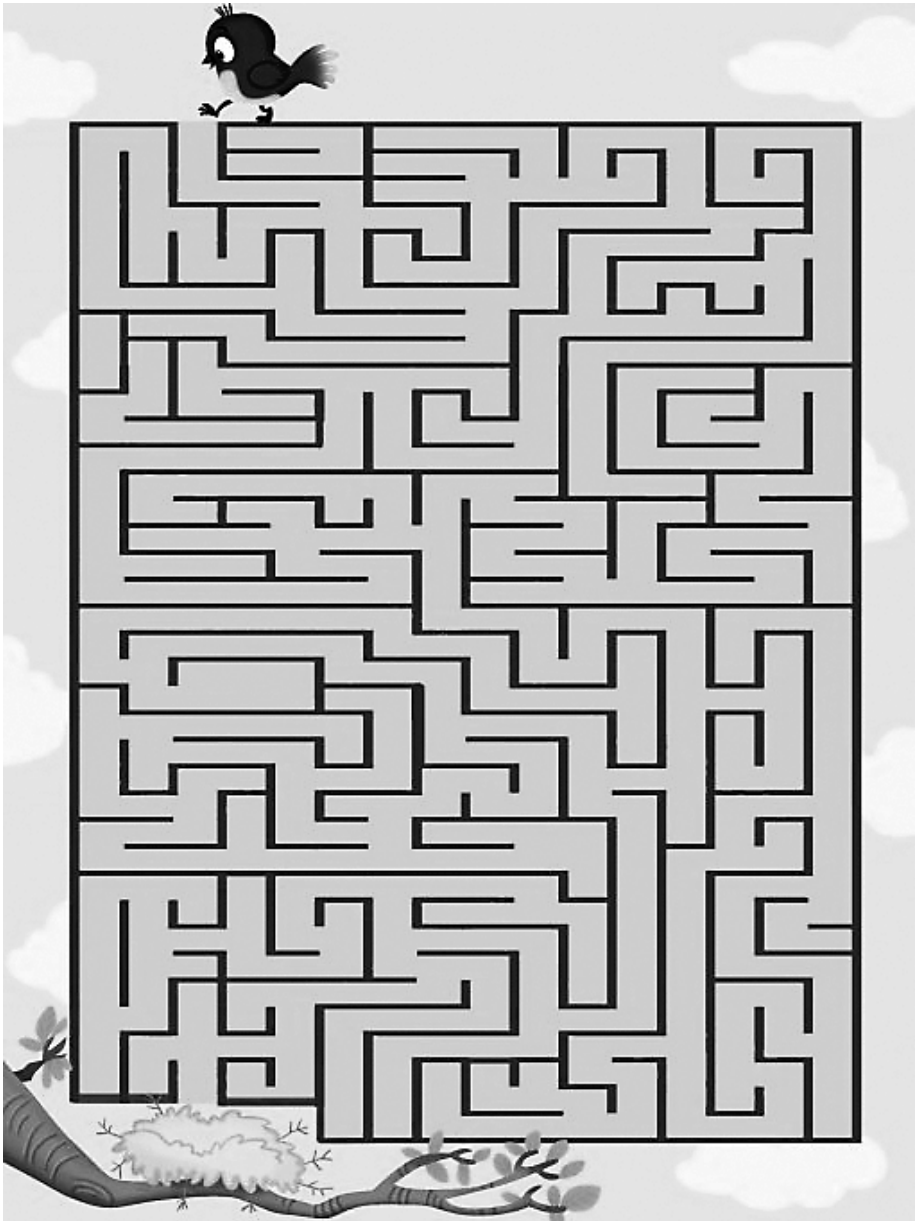


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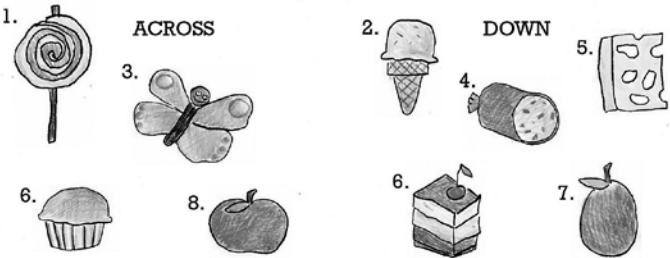
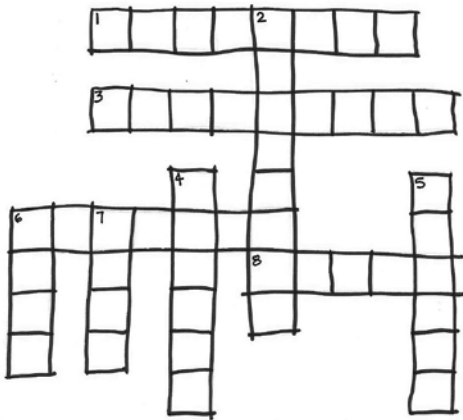
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How Bidding Wars and Bully Offers Became the New Norm



JUDY FAULKNER

Broker of Record

The first known bidding war in Ottawa dates back to 1999, involving a popular centre-hall home in the Glebe. The executor for the estate resided in Toronto and was keen to use the delayed offer strategy, to hold off accepting offers until a specific day and time, adopted by Realtors in the Toronto real estate market several years prior. The approach made good sense. Competing buyers were given sufficient time to do their due diligence before being asked to make their best offer, irrespective of the list price.

The estate received 11 offers and a final sale price that well exceeded recent sales. The new strategy of delaying offers led to one record sale after another.

Despite disgruntled buyers' objections, it eventually became the new norm and later spread to other communities which were also experiencing hot seller market conditions, including Alta Vista.

Prior to the introduction of delayed offers to Ottawa, savvy buyers sought the inside track on new listings and raced to be first in line, leaving many buyers and Realtors stunned to see 'Sold' signs on properties they did not know were even listed. Buyers rarely competed and the list prices, based on past sales, guided outcome. It was no surprise that Ottawa house prices were posting only modest gains

year over year. Looking back, it is clear to see that the traditional approach strongly favoured the savvy buyer and had suppressed home prices.

For obvious reasons, buyers do not like to compete. They get frustrated and have no control of the outcome. Even if their bid is the highest, the seller can choose to whom to sell their home or whether to sell at all.

Thankfully, it is now commonplace for homeowners to provide a building inspection report to all prospective buyers in advance of submitting an offer. At least buyers aren't out of pocket \$600 to \$800 for each home they try to bid on, knowing conditional offers are rarely entertained.

Since the COVID-19 pandemic, the number of competing buyers has grown and buyers are increasingly more aggressive. They will take whatever action is available to them to avoid bidding wars. A new breed of buyer, referred to as the 'bully,' has surfaced. The bully disregards the seller's instructions for an offer presentation at a future date and demands a response to their offer before the seller is likely to receive another offer.

In response to the new phenomenon of 'bully' offers the Ottawa Real Estate board recently created new rules surrounding delayed offers.

It is a tricky process. The seller's written direction not to convey offers means the listing brokerage cannot communicate, deliver, or even notify the seller that an offer has been received. The seller's choice may



This home on Second Avenue was the focus of the first official bidding war in Ottawa, back in 1999

drastically alter outcome. A Realtor that has their finger on the pulse of the market is best suited to advise their client.

We must remain ever mindful that buyers and sellers have opposing goals, buy low and sell high. It is of utmost importance that buyers and sellers are not be represented by the same real estate brokerage.

Who knew how significant that sale, over 20 years ago, would be? It disrupted the status quo in Ottawa and was the first step towards leveling the playing field for both buyers and sellers. What remains undone is the option for the bidding process to be transparent. I am confident this change will be coming soon.

Your questions or comments are always welcome. Judy@HomesInOttawa.com, 613.231.4663

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UPCOMING EVENTS



ALTA VISTA LIBRARY June 2021

The staff at the Ottawa Public Library hope that you are keeping well and healthy during these difficult times. For the most current status updates as well as information about available services, please visit www.biblioottawalibrary.ca or call 613-580-2940.

Please note the following measures in place for your safety when visiting:

Modified hours remain in place:

Monday and Wednesday: 10 a.m. to 6 p.m.

Tuesday and Thursday: 1 p.m. to 8 p.m.

Friday and Saturday: 10 a.m. to 4 p.m.

Closed Canada Day (Thursday, July 1)



- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.

- Masks are required inside the branch as per the Temporary City of Ottawa by-law, as well as while being served curbside by staff at the door.

- Physical distancing measures are in place. A limited number of people will be allowed in the branch at a time. Please follow any signage and floor markings and practice physical distancing when in the branch.

- There is no public access to the Branch when a Stay-At-Home Order is in effect.**

- Public computer use is limited to one hour per user per day. Appointments can be made at the branch or online from home. There are absolutely no exceptions. Computers will be cleaned between use. **Public Computers, scanners, printers and photocopiers are not available when a Stay-At-Home Order is in effect.**

- All furniture has been removed, with a few exceptions. We are happy to see all of you again but please limit your time in the Library and enjoy your Library materials at home. No studying or tutoring is permitted at this time.

- Meeting rooms and program rooms are not available. All in-person programming is suspended until further notice. Please feel free to check out our selection of virtual programming for all ages online.

- Museum passes and the Express Collection are not available for lending at this time.

The outdoor book drop is now available during Library hours. It will remain unavailable outside of Library hours. All returned items will be quarantined for a minimum of 72 hours before being removed from your account.

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

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

ELIMINATION OF OVERDUE FEES

The Ottawa Public Library has eliminated overdue fees as part of our new Materials Recovery Model. Please visit our website for more details.

All other fees including replacement fees, restocking fees and printing/photocopying fees remain.

CHILDREN'S PROGRAMMING

Online Storytime – Tuesdays until June 15 at 10:30 a.m. Ages 6 and under.

Online Storytime / Heure du conte en direct – Thursdays until June 17 at 4 p.m. / les jeudis jusqu'au 17 juin. Ages 6 and under / Pour les 6 ans et moins.

Heure du conte en direct – les jeudis jusqu'au 17 juin à 10h30. Pour les 6 ans et moins.

Parent-Baby Connections – Thursdays at 2:30 p.m. until June 17. For ages 0 to 18 months.

Connexions Parents-bébés – les mercredis à 10h jusqu'au 16 juin. Pour les 0 à 18 mois.

Coding with virtual micro:bits – Use the micro:bit to solve problems! – Wednesday, June 2 at 4:30 p.m. Ages 8 to 12.

Programmation avec les micro:bits virtuels – Utilise le micro:bit pour résoudre un problème! – mercredi le 9 juin à 16h30. Pour les 8 à 12 ans.

TEEN PROGRAMMING (Ages 13 to 18)

Dungeons and Dragons for Teens – Tuesdays, May 25 until June 15 at 4 p.m.

ADULT PROGRAMMING

The following programs will take place via Zoom. You can find the Zoom links and registration under the listings on our website at www.biblioottawalibrary.ca/program

Discover Your City by Bike: Route Planning – Tuesday, June 1 at 12 p.m.

Rural Roadtrip Concert Series: Rhonda Doxtator – Indigenous Hoop Dancing – Wednesday, June 2 at 7 p.m.

Urban Cycling: Tips and Infrastructure – Thursday, June 3 at 12 p.m.

Le vélo en ville : conseils et infrastructure – le mardi 8 juin à 12h.

Rural Roadtrip Concert Series - Leslie McCurdy - The Spirit of Harriet Tubman – Wednesday, June 9 at 7 p.m.

Série de concerts Virée champêtre : Expériences Autochtones – mercredi le 16 juin à 19h

TECH CAFÉ SERIES / SÉRIE TECH CAFE

Reduce the Anxiety of Managing Your Passwords Using # and Password Phrasing – Monday, June 7 at 4 p.m.

Typography – the art and science of written communications – Monday, June 14 at 4 p.m.

Where Are Self-Flying Planes and Self-Driving Cars Taking Us – Monday, June 21 at 4 p.m.

UPCOMING EVENTS

LEARN TO CAMP/ INITIATION AU CAMPING (in partnership with Parks Canada)

Learn to Camp: Camping 101 – Tuesday, June 1 at 7 p.m.

Learn to Camp: Tracking Wildlife – Tuesday, June 8 at 7 p.m.

Camping with Babies and Toddlers – Tuesday, June 15 at 7 p.m.

L'ABC du Camping – le mardi 22 juin à 19h.

Cuisiner en Camping – le mardi 29 juin à 19h.

GARDENING SERIES / SÉRIE JARDINAGE

Going Grassless: Meadowscape Your Yard – Wednesday, June 2 at 12 p.m.

Container Gardening - Dramatic, Changeable and Forever Moveable – Wednesday, June 9 at 12 p.m.

Jardinage en contenants – mercredi le 16 juin à 12h.

WELLNESS FRIDAYS / LES VENDREDIS SANTÉ

Zen Drawing and Doodling Part 1 and Part 2 – Fridays, June 4 and 11 at 10 a.m.

Dessin de la nature Parties 1 et 2 – les vendredis 4 et 11 juin à 11h15.

Sketching Nature Part 1 and Part 2 - Fridays, June 18 and 25 at 10 a.m.

Both Children's and Adult Programs are added regularly. Please continue to check our website for updated information regarding online programming.

ISOLATION RECREATION

Please check out some of the activities and resources that we have for adults, teens and kids alike. We have digital eBooks and Audiobooks, movies, language learning courses, as well as magazines and newspapers.

These resources include:

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

To access these resources and much more, please visit www.biblioottawalibrary.ca/isolation-recreation. A valid Library card is required. For assistance, please call Info Service at 613-580-2940 or email infoservice@biblioottawalibrary.ca.

Stay safe and we hope to see you back in person real soon!

COMMUNITY EVENTS June 2021

EMMANUEL UNITED CHURCH

691 Smyth Road

Office 613-733-0437 (Monday-Thursday, 8:30 a.m. - 4:00 p.m.)

Email: office@emmanuelunited.ca; Website: www.emmanuelunited.ca Previous Services and Sermons: www.emmanuelunited.ca/worship/sermons.php

and our staff is working from home. All in-person events and activities at Emmanuel are cancelled. Phone and email are monitored regularly. It is important that we continue to maintain the health and wellness of all.

Many of our worship services and activities for spiritual and social connection continue to be online. Other events are being planned, but will take place in a different way. Stay tuned. For information or meeting details (including how to join us by Zoom), please contact our office. Emmanuel continues to function as a family, offering programs and reaching out to our church members and all in the community.

Children's and Youth Christian Education Programs: These continue to be planned as online activities; watch our website at www.emmanuelunited.ca, for updates.

Our Facebook Page: Join us online at www.facebook.com/EUC.Ottawa to find out all about Emmanuel United Church. You'll find videos, community news and sharing opportunities.

Red Dress Day

Thanks to Anishanaabe Elder Barbara Dumont-Hill for blessing our Red Dress Installation on Wednesday, May 5, at Emmanuel United Church. Even if health restrictions limited who could be present, they did not limit the cross-Canada tributes on the National Day of Awareness for Missing and Murdered Indigenous Women, Girls, Men, Transgender, and Two Spirit people (MMIWG2S+), see Story on page 32. Thanks to all.

(Online, for pictures visit: emmanuelunited.ca/about_us/community.php?pics=Red_Dress_2021; for video visit: www.youtube.com/watch?v=z-jLWH3dGg)

Weekly Events and Activities:

Sundays, 10 a.m. - 11 a.m.: Worship Services Online, with a welcoming message, hymns, prayers, videos, scripture, and a thoughtful reflection, live streamed at www.emmanuelunited.ca/worship/webcast.php. Please join us! Afterwards, join us online for a virtual period of Coffee and Conversation (by Zoom).

Mondays, 7 p.m. - 8 p.m.: Meditation. Jesus says, "When two or three pray together in my name, I am there among them." We live in a noisy world filled with ceaseless activity. We seek space to be quiet and be with God within ourselves (by Zoom).

Tuesdays, 7 p.m. - 8:15 pm: Faith Study. We will be discussing upcoming scripture readings from the lectionary. Note: Faith Study will finish on Tuesday, May 25 (by Zoom).

Thursdays, 10 a.m. - 11:30 a.m.: Thursday Morning Discussion Group (Heretics). We are currently studying Faith after doubt: "*Why your beliefs stopped working and what to do about it*," by Brian McLaren (by Zoom). (For summer Heretics will pause mid-June and resume in September.)

Fridays, 10 a.m. - 11 a.m.: Coffee with Roxanne. Join Roxanne Delmage, our Pastoral Care Provider, as she has a virtual visit, and participants share thoughts with each other. Roxanne presents a different scripture reading and topic each week (by Zoom).

June, July, and August Events and Activities:

These will resume after the summer, or when health restrictions permit.

September Events and Activities:

Wednesday, September 29, 7 p.m.: Teleos – A group for all women, issues and experiences from a theological perspective. Recent topics have included "*Exploring Indigenous Issues through Literature*" with the help of books by three Indigenous authors (by Zoom).

UPCOMING EVENTS

RIDEAU PARK UNITED CHURCH

As we move into late spring and then summer, much hope amidst uncertainty persists in the community. Rideau Park United Church continues to be there for you, offering a number of community events and activities online for spiritual & social connection, as well as education and reflection. The building continues to be closed. We are using a variety of ways to communicate in this time of physical separation, and can be reached through our website, www.rideaupark.ca, FaceBook Group, Instagram, and our YouTube channel. To speak to a staff member, please contact us at: 613-733-3156 ext. 228, or by email at: info@rideaupark.ca

Weekly activities during June and into the summer will include:

Sundays, 10 a.m.: Worship Services at www.rideaupark.ca recorded that week, with welcoming words, inspirational hymns, supportive prayers, scripture, videos, and a thought-provoking presentation. Please join us! These services are also archived and may be viewed on the church website at a later date. For more information, see the website or phone the church office.

Sundays, 11:15 a.m.: Healing Circle offers a time of healing prayer online after the Worship Service during June and through the summer months. A part of the Healing Pathway Ministry, it is available on YouTube through the Rideau Park website. Please see the full description at www.rideaupark.ca

Thursdays, 10 a.m.: Group Meditation at Rideau Park is being shared together through Zoom every Thursday morning until the end of June. Join us for 20 minutes of quiet, peace and mindfulness. A peaceful, focused interlude in a busy week, meditation is not difficult; most find that it is a deepening experience. See www.rideaupark.ca for information, and contact Rev. Steve Clifton at sclifton@rideaupark.ca to receive the Zoom invitation. Several recorded meditation guides are also available on our YouTube channel and through the church website.

Other Connections:

The Foster Farm Fruit and Vegetable Stand will be at Rideau Park United Church, corner of Alta Vista and Cunningham, again this summer, opening in mid-June when the strawberry season starts and running through to mid-October. The stand will be open Monday to Saturday, closed on Sundays, approximately 10 a.m. - 6 p.m. weekdays and 10 a.m. - 5 p.m. Saturdays. Over the season, enjoy the berries and the greens, and stay for the fresh corn, apples, pumpkins and preserves. Please remember to wear your mask and keep your distance at the stand.

Camp Awesome at Rideau Park, summer 2021: An expanded Camp Awesome experience for children ages 4-12 is under development as a summer online camp program in 2021. For more info, contact Rev. Steve Clifton at sclifton@rideaupark.ca and, at a later date, check www.rideaupark.ca and our other social media.

Healing Pathway Ministry at Rideau Park: Trained practitioners are offering healing prayer over the phone since in-person sessions are not currently available. For more info, contact healingpathway@rideaupark.ca or Rev. Steve Clifton at: sclifton@rideaupark.ca

Rideau Park United Church FaceBook Group: Connect with others for videos, community news, daily prayers, and sharing opportunities.

It is a public page. Consider joining the group if you wish to comment.

We need to stay connected to our community and to one another, while being physically apart. Our community is all of us.

SAINT AIDAN'S ANGLICAN CHURCH

955 Wingate Drive, Ontario

Keeping the connection to Saint Aidan's during the summer months. Join us for our Sunday morning worship on our YouTube channel, St Aidan's, Ottawa. We also have a Facebook page and a Wednesday morning prayer service by phone. Call or email the office at 613-733-0102 or staindans@bellnet.ca for further details.

OTTAWA NEWCOMERS CLUB

Our club is a non-profit, social organization for women who have recently moved to this area; (and those who have experienced a significant life change), and would like to meet new people of similar interests by joining our many group activities. More information about us and what we do can be found on our website at: ottawanewcomersclub.ca or by contacting newcomersclubottawa@gmail.com.

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MOVIES 'N STUFF

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JUNE 1st

Mrs. Lowry and Son

Beloved British artist L.S. Lowry (Timothy Spall) lived all his life with his over-bearing mother Elizabeth (Vanessa Redgrave). Bed-ridden and bitter, Elizabeth actively tried to dissuade her bachelor son from pursuing his artistic ambitions, whilst never failing to voice her opinion at what a disappointment he was to her.

The Father

Anthony is 80, mischievous, living defiantly alone and rejecting the caregivers that his daughter, Anne, encouragingly introduces. As we experience the ebb and flow of his memory, how much of his own identity and past can Anthony cling to? How does Anne cope as she grieves the loss of her father, while he still lives and breathes before her? Anthony Hopkins and Olivia Coleman star!

Godzilla vs Kong

The biggest movie of the year so far! Legends collide as Godzilla and Kong, the two most powerful forces of nature, clash on the big screen in a spectacular battle for the ages. As Monarch embarks on a perilous mission into fantastic uncharted terrain, unearthing clues to the Titans' very origins, a human conspiracy threatens to wipe the creatures, both good and bad, from the face of the earth forever.

The Marksman

A rancher on the Arizona border becomes the unlikely defender of a young Mexican boy desperately fleeing the cartel assassins who've pursued him into the U.S. Liam Neeson stars!

The Courier

The story of an unassuming British businessman (Benedict Cumberbatch) recruited into one of the greatest international conflicts in history. At the behest of the UK's MI-6 and a CIA operative, he forms a covert, dangerous partnership with Soviet officer, Oleg Penkovsky, in an effort to provide crucial intelligence needed to prevent a nuclear confrontation and defuse the Cuban Missile Crisis.

The Devil Has a Name

A psychotic oil matriarch leaves the whole industry exposed when she attempts to outfight a bullish farmer whose water has been poisoned.

First Cow

A skilled cook has traveled west and joined a group of fur trappers in Oregon, though he only finds true connection with a Chinese immigrant also seeking his fortune. Soon the two collaborate on a successful business.

What We Do in the Shadows

A look into the daily (or rather, nightly) lives of three vampires, who've lived together for over 100 years on Staten Island. Seasons 1 & 2 now in stock!!

JUNE 8th

The Unhealer

A botched faith healing bestows supernatural Shaman powers on a bullied teenager. When his lifelong tormentors pull a prank that kills someone he loves, he uses his powers for revenge and goes on a bloody rampage to settle the score.

Chaos Walking

Based on the hit book! In the not-too-distant future, Todd Hewitt discovers a mysterious woman who crash-landed on his planet. It's a dystopian world where all the females have disappeared, and all the men are afflicted by a force that puts their thoughts on display. Vowing to protect her, the duo must navigate dangerous terrain as Todd discovers his inner power and unlocks the planet's dark secrets. Tom Holland stars!

The Little Things

Kern County Deputy Sheriff Joe Deacon is sent to Los Angeles for what should have been a quick evidence-gathering assignment. Instead, he becomes embroiled in the search for a serial killer who is terrorizing the city. Denzel Washington stars!

Night Walk

Frank, an American, visits the Middle East with his girlfriend Sarah. But when Sarah is killed in a police incident, Frank is framed for her murder and sent to a prison in the US. After uncovering the conspiracy that led to Frank's sentence, his friend dies mysteriously. Now, to seek bloody justice, Frank plans to escape from prison—but must partner with a dangerous gang to do so. Mickey Rourke stars!

Press: Mini-Series

Press is set in the world of newspapers - its past riven by hacking scandals, its present at the mercy of the digital age and the 24 hour news cycle, its future uncertain. A BBC release!

Yes Day

A mom and dad who usually say no decide to say yes to their kids' wildest requests with a few ground rules on a whirlwind day of fun and adventure.

The Reckoning

Evelyn, a young widow haunted by the recent suicide of her husband Joseph, is falsely accused of being a witch by her Landlord after she rejects his advances.

Gwen

Desperately trying to hold everything together, young Gwen struggles with her mother's mysterious illness, her father's absence and a ruthless mining company that's encroaching on their land.

JUNE 15th

Long Weekend

A down-on-his-luck struggling writer, meets an enigmatic woman who enters his life at the right time.

Anything For Jackson

A bereaved Satanist couple kidnap a pregnant woman so they can use an ancient spellbook to put their dead grandson's spirit into her unborn child, but end up summoning more than they bargained for! An astounding 98% positive rating on Rotten Tomatoes!

Vanquish

A mother, Victoria, is trying to put her dark past as a Russian drug courier behind her, but retired cop Damon forces Victoria to do his bidding by holding her daughter hostage. Morgan Freeman stars!

Vikings: Season 6 Part 2

French Exit

An aging Manhattan socialite living on what's barely left of her inheritance moves to a small apartment in Paris with her son and cat. Michelle Pfeiffer stars!

SAS: Red Notice

A small army of well trained criminals led by Grace Lewis have hijacked a train deep beneath the English Channel.

JUNE 22nd

The Paper Tigers

Three Kung Fu prodigies have grown into washed-up, middle-aged men, now one kick away from pulling their hamstrings. But when their master is murdered, they must juggle their dead-end jobs, dad duties, and old grudges to avenge his death. Outstanding reviews!!

Nobody

A bystander who intervenes to help a woman being harassed by a group of men becomes the target of a vengeful drug lord. Bob Odenkirk stars in the surprise hit of the year!

Zack Snyder's Justice League

Determined to ensure Superman's ultimate sacrifice was not in vain, Bruce Wayne aligns forces with Diana Prince with plans to recruit a team of metahumans to protect the world from an approaching threat of catastrophic proportions.

His Dark Materials: Season 2

After Lord Asriel opens a bridge to a new world, things are in chaos. Distraught over the death of her best friend, Lyra follows Asriel into the unknown. In a strange and mysterious abandoned city she meets Will, a boy from our world who is also running from a troubled past.

The Unholy

A hearing-impaired girl is visited by the Virgin Mary and can suddenly hear, speak, and heal the sick. As people flock to witness her miracles, terrifying events unfold. Are they the work of the Virgin Mary or something much more sinister?

The Umbrella Academy: Season 1

A family of former child heroes, now grown apart, must reunite to continue to protect the world.

JUNE 29th

Every Breath You Take

A psychiatrist, whose client commits suicide, finds his family life disrupted after introducing her surviving brother to his wife and daughter. Casey Affleck and Michelle Monaghan star.

Kipo and the Age of Wonderbeasts: Complete Series

After spending her entire life living in an underground burrow, a young girl named Kipo is thrust into an adventure on the surface of a fantastical post-apocalyptic Earth. She joins a ragtag group of survivors as they embark on a journey through a vibrant wonderland where everything trying to kill them is downright adorable. Great for kids 7 and up!

Alienist: Angel of Darkness

Season 2 opens with a potentially wrongful execution of a woman accused of murdering her child, launching a new and harrowing investigation!

C.B. Strike: Lethal White

The 4th installment of the amazing detective series written by JK Rowling. Make sure you see the first three, then see this immediately!

Flora & Ulysses

When Flora rescues a squirrel she names Ulysses, she is amazed to discover he possesses unique superhero powers, which take them on an adventure of humorous complications that ultimately change Flora's life and her outlook forever.

Taken: Mini-Series

Three families experience alien abductions over a period of five decades. The re-release of the groundbreaking alien series produced by the great Steven Spielberg!

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