

Red Dress Day is May 5th



RED DRESSES IN THE NEIGHBOURHOOD: EMMANUEL CHURCH HONOURS MMIWGS+

By Areta Crowell

May 5 has been set aside to remember and mourn the ongoing epidemic of violence against Indigenous Women, Girls and Two-Spirit people (MMIWGS+). The Truth and Reconciliation Commission (TRC) heard about the abuses of Indigenous children in the Residential Schools. The nation also learned about the confirmed 1,200 missing and murdered women, girls and two-spirit people whose deaths have never been accounted for. (Many think the number is much higher.) Following a recommendation from the TRC, a National Inquiry into Missing and Murdered Indigenous Women and Girls was established in 2016. It found that “persistent and deliberate human and Indigenous rights violations and abuses are the root cause behind Canada’s staggering rates of violence” against Indigenous women and girls (www.mmiwg-ffada.ca).

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Canterbury Chargers, shown here with coach John Corrente, win semifinal senior boys basketball in a very close encounter with Hillcrest High – see story on page 13.

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 Email: info@vistas-news.ca
 Mailing Address: 411 Crestview Rd., Ottawa, ON, K1H 5G7
 Circulation: 7,500 copies

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Please note: Opinions and information published in VISTAS through letters we receive, community and association news or individual columns, do not necessarily reflect the opinion of this newspaper. We reserve the right to edit all submissions.

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LETTERS TO THE EDITOR

Diocesan centre building unsuitable for housing refugees without an astronomical capital investment

Re: AV Mysteries: The Case of the Dying Diocesan Centre by Chris Wiebe, VISTAS April 2022

Dear Editor,

The former Diocesan Centre is an important property in the Alta Vista area. Thank you for pointing out its significance.

Unfortunately, the writer made several wrong assumptions. Many old buildings, including this one, are beyond practical rehabilitation. The press release the author cites mentions boiler issues, heating and cooling difficulties, and safety concerns. If any homeowner was confronted with so many problems at once, they would probably decide to demolish and rebuild. A quick look around the exterior of the building reveals falling bricks, cracks in the concrete, and ill-fitting single pane windows. Given the hasty way the offices were vacated ("the deficiencies have moved up the timetable"), the organization seemed to have had no option but to vacate the building. This tells me that this building would be unsuitable for housing refugees or for any other purpose without an astronomical capital investment.

Incidentally, the Diocesan offices have been relocated to rented space on Michael Street and other former tenants of the building have found space elsewhere.

A more informative article would have included up-to-date quotes from the Archdiocese and from the municipality.

Edna DuBroy

Diocesan centre building for housing refugees: a wonderful idea

Re: AV Mysteries: The Case of the Dying Diocesan Centre by Chris Wiebe, VISTAS April 2022

Dear Editor,

Concerning the idea of using the Diocesan Centre on Kilborn Ave as a future home for new refugees, it is a wonderful idea!

What an ideal location! A project for people to do volunteer work in their community! They do not even have to travel to another part of the city to get involved with such a worthwhile project. Families can be involved with their families, helping children realize at a young age that we are all here to help each other! Let us all rise to this challenge and help and welcome other people to Canada!

Most of us are decluttering; what a wonderful opportunity to get together with neighbours and friends to spruce up this new home for future Canadians! Let us do it Now!

Joan Birbeck

Editor's Note

Chris Wiebe will have an update on this story in the June issue of VISTAS.

*May! Queen of blossoms,
 And fulfilling flowers,
 With what pretty music
 Shall we charm the hours?
 Lord Edward Thurlow*

VISTAS' Delivery Schedule

2022	VISTAS Delivery Date
June Issue	June 3, 2022
September Issue	August 26, 2022

LETTERS TO THE EDITOR

Precedent Setting Development in Alta Vista

We believe every resident in Alta Vista has a vested interest in the development by Canada Lands Company of the former Federal Study Center and school site at 1495 Heron Road. It will set a precedent for any future development along minor corridors (Heron, Kilborn, Pleasant Park, etc.) and arterial roads in Alta Vista that involve former school sites and churches.

Canada Lands Company's preferred concept plan to have a mid-rise (up to nine storeys) development next to a low-rise residential neighbourhood (Guildwood Estates) is precedent setting and we believe it will negatively impact the quality of life of many residents. Why is Canada Lands deviating from the Official Plan calling for low-rise building height along minor corridors and the requirement governing the conversion of underutilized school sites to residential housing "to include the majority of its site as low-rise missing middle housing typologies?" Isn't the new Official Plan a legal document that embodies the exercise of the planning powers delegated to the City by the Province?

We urge Canada Lands Company to revise its preferred concept plan because we believe that there must be another better concept that will give higher consideration to the residents of the adjoining neighbourhood, and that will set the right precedent for all of Alta Vista for many years to come.

Lynne Davidson-Fournier

Co-chair of the Guildwood Estates Community Group

Canada Lands Windfall

Canada Lands Corporation finally unveiled on the evening of April 13th a first draft of their proposal for the development of 1495 Heron Road.

The site was acquired by Canada Lands for \$7.6 million plus taxes pursuant to a June 2020 purchase agreement. The site is populated by about a dozen buildings constructed in the 1960s or later. It is bounded by Guildwood Estates to the east, WRENS Way to the north and west, and Heron Road to the south.

Private consultants have surprisingly recommended that all but two of the existing buildings be retained and repurposed. They cited the quality of the materials used in the original construction, which included brick, stone and indeed some copper roofing!

Canada Lands also supported this repurposing approach on both environmental sustainability grounds, as well as modest heritage benefits. They argue, however, that retention of these buildings would require seeking approval of an exemption from the four-story height limit adopted in the Official Plan for minor arterials such as Heron Road. This exemption in respect of existing buildings and the fortuitous repurposing benefits would allow for a profitable return for Canada Lands Corporation.

Unfortunately, the private sector consultants chose to ignore community input and the Official Plan, suggesting the height exemption also apply to new construction. The consultants did come up with an innovative "blue-green" linear corridor proposal for the northern and eastern boundaries of the site, which incorporates multi-use pathways, trees, natural vegetation and storm water facilities, such as dry creek beds and ponds.

So, here we find ourselves with a draft trial balloon that badly needs to be brought down to earth. A second draft should reflect community input and the Official Plan, respecting the low-rise nature of Guildwood Estates, and the quiet contemplative environment of the adjoining WRENS Way memorial greenspace. Instead of shooting for a major financial windfall, Canada Lands management should bear in mind the

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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.

LETTERS TO THE EDITOR

cont'd from page 3

assumptions underlying the price paid for the land, primarily a four-storey limit on construction and other density restrictions.

Local readers should make their opinions known to our local Member of Parliament as Canada Lands Corporation is a federal entity.

Russ Jackson

Update on Proposed Dock Access on Rideau River at Pleasant Park

Re: Interested in Having a Dock on the East Bank of the Rideau River? by Linda Mathies, VISTAS September 2021

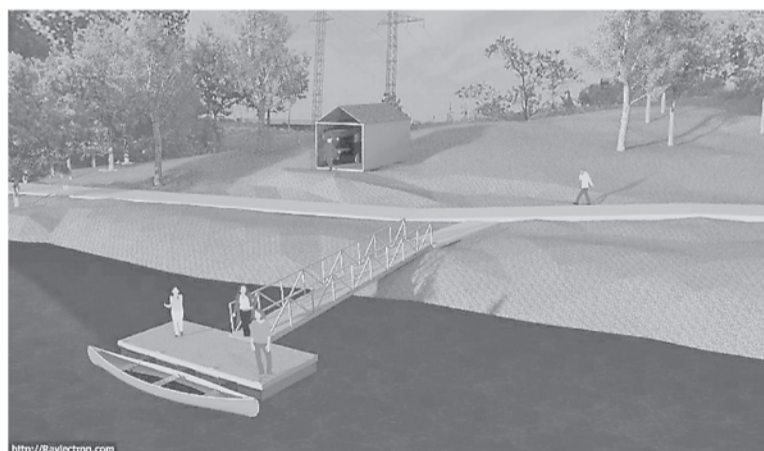
During the pandemic the NCC has created more public recreation opportunities for people's physical and mental well-being. More of us have pursued our recreational activities closer to home whether walking, cycling, cross-country skiing, or paddling.

Last July 2021, the NCC was approached to consider adding dock access for Alta Vista residents on the east side of the Rideau River (at Pleasant Park). The west side communities have dock access at three City parks between Brewer's Park and Brantwood Park, but those of us on the east side wishing to carry or wheel our paddle craft down to the river have none. Inquiries by Councillor Cloutier's office received a preliminary NCC response that there was no budget for new proposals in 2021.

To date, there is no indication that the NCC is willing to approve a dock access for our community, but there is now signage posted at the Adawe bridge indicating that Councillor Fleury proposes a new river access point for the Overbrook community. An enquiry on this project has been made.

If you support the proposal of a dock access for the Alta Vista community, please write Councillor Cloutier and the NCC expressing your enthusiasm for this shoreline improvement. See a preliminary concept plan for such a floating dock below.

Linda Mathies



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OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

When I arrived at HEFC to meet the volunteer who agreed to become our Hero for May, I was quite surprised to see people already waiting, early on a Friday morning, lined up down the hall and out the back door of the Heron Road Community Centre. It was only the second week of the month. People usually run short of food towards the end of the month, and that is when we see a greater number of clients, yet here they were, patiently waiting, many with young children in tow, for our door to open at the beginning of the month. Times are hard.

When these folks did finally get their turn in the lineup, they were first registered with our executive coordinator, Louisa Simms, who enters their names, family size, address and income information in our computer program. Then they proceeded to the service counter where their groceries were packed, on Tuesday and Thursday afternoons and Friday mornings by Juan Valladares, a burly, gentle and soft-spoken volunteer who understands the uncomfortable feelings associated with needing to ask for help to put food on the table. As much as possible, he would attempt to accommodate the individual preferences of the folks who needed help.

Juan, in addition to his three days a week at the distribution counter, comes in on Tuesday mornings to help the loading crew unload our weekly shipment of food from The Ottawa Food Bank warehouse. He volunteers his time for three of the four days HEFC is open. Juan understands how our clients feel because he has also had to come for extra food during hard times in the first years after he and his family moved here from El Salvador in 1986. Again, when he suffered a severe on-the-job injury which, along with other medical problems, meant that he could no longer work full time, he had to rely on HEFC for help to put food on the table.

While some might think that having three children and 10 grandchildren would have kept him fairly busy, Juan was bored being at home all the time. As a volunteer at HEFC, he is able to keep active, while at the same time coping with his own chronic health issues, at a manageable pace. He began volunteering at HEFC during the middle of the pandemic, and his reliable, calm and capable manner during this difficult time is much appreciated by staff, volunteers and clients alike.



Juan Valladares, Hero of HEFC for May

We have endured many challenges during these past two pandemic years and could not have kept HEFC functioning without volunteers like Juan, who continue to commit their time to ensure that folks having a hard time can still have access to nutritious food.

As we move into the third year of the pandemic, we are bombarded by contradictory reports both of the rebounding Canadian economy – with almost full employment – and of rapidly increasing inflation which is, of course, experienced most immediately by people on low or fixed incomes. Significant numbers of the folks who become clients of HEFC are unable, for many reasons including their health, to work and thus to participate in the rebounding economy. They must therefore rely on various forms of social support, including Ontario Works, the Ontario Disability Support Program, or the Canada Pension Plan disability benefits. The annual inflation rate in Canada has increased by 5.1 per cent in 2022.

A recent article in the Toronto Star helps to clarify the reason why so many people were waiting in line for food early in the month, while our economy nears full employment.

“Social assistance benefit levels are not indexed in Ontario... There have been no increases since 2018; they are for now frozen in time. It would take an eight per cent increase just to restore their pre-pandemic purchasing power.” (www.thestar.com/opinion/contributors/2022/03/04/ontarios-social-assistance-rates-should-be-an-election-issue.html)

Members of the board of HEFC are able and willing to meet with school classes and community groups to share information about the service we provide for our community through Zoom and other virtual formats, as well as meeting in person in accordance with current pandemic protocols. Call us at 613-737-9090 or email us at hefc-info@rogers.com for more information.

Check us out on Facebook: www.facebook.com/HeronFoodCentre

Check us out on Twitter: [@HeronfoodCentre](https://twitter.com/HEFC.ca)

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.

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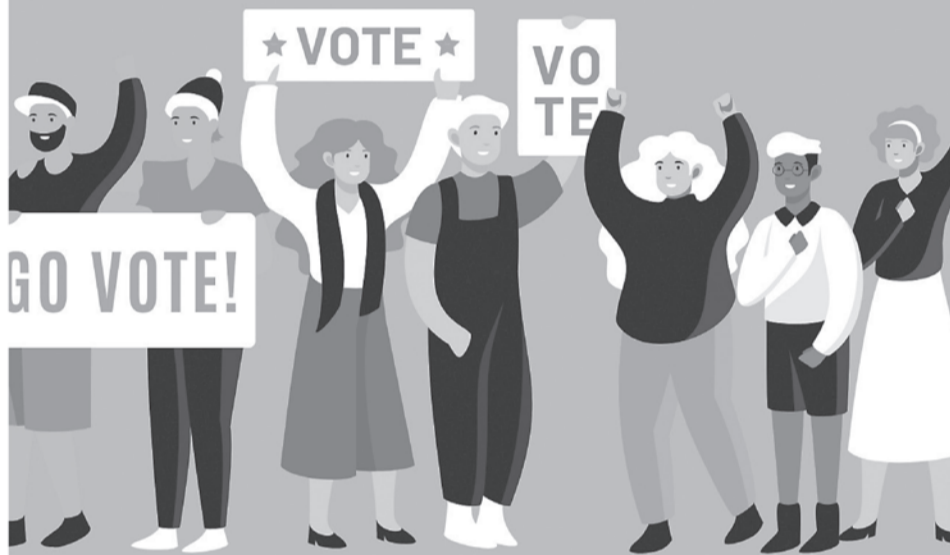
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Morgan is a community organizer and activist based in Ottawa South. He is a National Negotiator with the Public Service Alliance of Canada, a Director and Secretary of the Alta Vista Community Association, and a board member of the Heron Emergency Food Centre

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

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PROVINCIAL ELECTION ADVERTISEMENT

John Fraser Your Community Voice

Dear Neighbour,

For the past 23 years, I have had the privilege of working for the people of Ottawa South, and for the last 8 years, I have had the honour of serving as our community's voice at Queen's Park.

I am proud that over the years together, we have made Ottawa South stronger – including expanding CHEO, the Ottawa Hospital and St Patricks Home. At Queen's Park and at home I have worked hard to expand access to palliative care and bring vision screening to our children's schools. I have also introduced legislation aimed at protecting vulnerable workers, increasing paid sick days for workers and ensuring accountability for patients in our health care system.

The global pandemic has shown us just how important working together is and that strong representation in the community and at Queens Park is important. That is why I am running again to be your MPP.

In the last 8 years, my priorities have remained unchanged. I want to continue to fight for the things that matter most to our families:

- Protecting the world-class health care in our community
 - Excellent schools and student success
 - Good jobs and a strong economy
- Support for our most vulnerable neighbours
 - A clean and safe environment

Ottawa South has been my home for my entire life. My wife Linda and I raised our three children here and now, they are raising their own families here. I care very deeply about this community and about the people that live, work and raise their families here. I want to continue to make a difference for the people of Ottawa South as your MPP.

I am asking for your support on June 2nd so that together, we can continue to build a strong, vibrant, successful community.



1846 Bank Street
Ottawa, ON K1V 7Y6
info@votejohnfraser.ca
votejohnfraser.ca

OUR ENVIRONMENT

FRIENDS OF PLEASANT PARK WOODS

By the Alta Vista Community Association (AVCA) Greenspace Stewardship Committee

It's springtime and Ottawa residents are enjoying the beautiful show of tulips in the Capital. However, you are not likely to see a tulip in Pleasant Park Woods unless one of our resident squirrels has transplanted a bulb, which has been known to happen. We have many other flowers to find in our woods. The City of Ottawa "Natural & Open Spaces Study" (NOSS 1998) found 175 plant species in Pleasant Park Woods. *Vinca* (Periwinkle) and Garlic Mustard will be spotted in the woods, but these are invasive species and we really don't want them.

The trilliums put on a beautiful display each year, and even the red ones are easy to find. If you look closely you may also see some of the more rare native flowers that live in our woods. The Trout Lily and Jack-in-the-pulpit were found last year. Showy Orchis (*Galearis spectabilis*), American Ginseng (*Panax quinquefolius*) and Spring Beauty (*Claytonia virginica*) have also been spotted in previous years in our woods. These fleeting plants play an important role in the ecosystem of the woods. Please observe them from a distance, if close enough take a photograph and post on the Friends of Pleasant Park Woods' Facebook page. Please enjoy their beauty but stay on the paths and protect all the natural assets we are blessed with.



This rare species, Showy Orchis (Galearis spectabilis), was documented in Pleasant Park Woods in the mid 1990s. I wonder if it still exists? Tread carefully in the early spring, if you find this little gem, take a picture and post.



The Dwarf Ginseng (Panax trifolius) was another important discovery in Pleasant Park Woods and listed on the NOSS report "Natural Open Spaces Study" in the mid 1990s. Although the name suggests medicinal qualities, this plant has none. If you are lucky enough to find one in the spring, don't dig it up. Take a photo and post.



Another early bloomer, Spring Beauty (Claytonia virginica). These vulnerable ephemerals need to be protected.



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OUR COMMUNITY

AV Mysteries: Forays into Nighttime Alta Vista

By Chris Wiebe



“Cities, like cats, will reveal themselves at night.” Rupert Brooke.

I’m uncertain when the shift happened, but I now think the night may have become my favourite time of the day to go rambling in our neighbourhood. Everything is more mysterious, less defined, more pregnant with peculiar possibilities. While

nothing of course ever really happens as I walk the streets and trails – this is sleepy, orderly and punctual Alta Vista, after all – it always feels like something absolutely could. Like an Old Masters painting, the streets and houses are obscured in heavy shadows and in the flat LED street lights, tree branches cast weird and shivering lacework over the pavement. If you cut across Grasshopper Park in the dead of night, you are suddenly enveloped in profound darkness. The constellations above are clear and insistent, you stumble over the half-seen rutted walking trails, and a little jolt runs through you every time something rustles in the bushes nearby. It is rare to encounter anyone on the streets save a late-night dog walker intent on their phone, a few windows and curtains glow with the light of other night owls, and in summer the crickets keep up their pulsing drone.

I hadn’t recognized these mini rambles for what they were until a recent visit to London where my aimless late evening loops took me through the Seven Dials, Covent Garden and the Inns of Court, the streets getting tighter and darker as I went. Down largely empty streets, I travelled, through semi-darkened passages, past dim restaurants where servers tidied the wreckage of parties, the sudden shouts of late-night revellers lurching out of alleyways. Thumbing through Matthew Beaumont’s extraordinary book *Nightwalking: A Nocturnal History of London Chaucer to Dickens* which unpacks the literature of the night’s rich social history, it’s perhaps not surprising to discover it is a heavily male genre. Then as now, not everyone feels safe to stroll in the dark: some people feel threatened, while others are perceived as threatening.

But what will you encounter in the dark, you might wonder, what surprises or frissons await? I was saddened in March when the last of the snow melted away because it put an end to my evening glides along the Rideau River cross-country ski trails below Alta Vista. Throughout the winter, the NCC maintained crisp trails along the river west of Riverside Drive and over the old landfill hump beside Hurdman Station. I would descend to the trails around 10 p.m. and frequently encounter no one. Residues of a primal fear of the dark would slip into my bloodstream as I poled through the forest. There were moments when the isolation would seize me and I’d stop to look behind. “What was that dark form?” I’d wonder, staring. My only genuine rush of fear came in 2021, a time when coyotes were ambushing Ottawa hikers. As I rounded a curve in the trail, a pack of coyotes were yipping excitedly nearby. Prairie-raised, I’ve heard and seen plenty of coyotes, but these were very close, just off in the shadowy forest. Another Ottawa was revealing itself in the dark, a time when wildlife now ruled, and I was in their place. I quickened my stride for the streetlights and didn’t look back.

Skiing in the night makes you attentive to cloud and moon conditions you can blithely ignore otherwise. When it’s overcast, the trails are bathed in soft light as the clouds reflect the radiant city in an indirect mid-century lighting kind of way – why had I never realized that? Naturally, when the moon is full, the trails are brilliant and the shadows sharp, but when the sky is clear and the moon a mere sliver, it is very dark indeed. It’s hard to see the ski trail at all, and then only on the edge of your vision. Happily, you don’t really need to see at all as your skis instinctively know where to go – you just submit. Twice over the winter, I encountered a red fox on the moonlit trail, both times where the hydro towers cross over to Ottawa East. I would stop on the trail, as would she, perhaps 10 metres away. We’d look at each other for a while, mutually

inquisitive. With her black boots, white chest blaze and luminous orange body, she was striking in the moonlight. After a few sideways bounces on her front paws trying to get a rise out of me, she grew bored and padded leisurely to the riverbank. This was her time and her place and she was completely at ease. Was I? I was out of my element, away from humanity’s brilliantly illuminated world. I would need to spend more time in the dark to get my bearings and to let my vision adjust.



Crocus Avenue by night



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OUR PEOPLE



OUR PEOPLE: MARION BALLA

*By Courtney Tower and
Skylar Josephson*



Going Strong, Now And Tomorrow

She is something of a dynamo, dispensing thoughts about psychological therapy at a mile a minute, before taking on a discouraged teenager, a couple struggling within their marriage, or any number of people who come for the ministrations of Marion Balla.

That is, she owns a therapy/consultation business, as she has for 42 years, while travelling the world to speak and to learn. She has over the years been active, as well, in volunteering in the Ottawa community on Boards related to social services and health.

Such has been the life work of Marion Balla, from her offices at Adlerian Counselling and Consulting on Bank Street and from her home in Alta Vista since the then young social worker set up shop in 1980. Ms. Balla, now 73, says she is not planning on stopping any of it, especially in these challenging times.

Then And Now A Re-Visiting

A few decades ago, the then Editor of VISTAS, Celine Tower, and photographer Gerri Doherty visited Marion Balla, who had been named Ottawa Businesswoman of the year. Today, Gerri Doherty and Courtney Tower are interviewing her again, for OUR PEOPLE. Helping us is the new generation, in Skylar Josephson, Ridgemont High School student working with VISTAS on her way to becoming, one day maybe, a reporter/writer/editor in journalism.

What we found was, as then, a woman immersed in being a wife and mother of two daughters, in conducting her therapy/consulting business,



Photo credit: Gerri Doherty

in speaking at professional functions and learning from them.

At the start, Marion was a young graduate with an M.Ed. in educational psychology, and her husband, Michael Balla, was an MSW graduate in social work. Marion subsequently completed her MSW as well. Michael went on to a long career in child and family services. Marion worked in social work at the Civic Hospital, in Kitchener-Waterloo, Ontario, and other places for some years. She was drawn more and more into adopting the principal ideas of Austrian psychology theorist Alfred Adler (1870-1937). She set up shop as therapist/consultant in Ottawa in 1980, when their daughters were 3 and 6 years old.

The Adler Outlook We Are Social Beings

As she explains, there are three essential theorists from whom the main ideas for psychology and psychotherapy have sprung, Sigmund Freud, Carl Jung and Alfred Adler. "I was attracted to Adler because he taught that we are formed by our families, our communities, our societies, from childhood. We are social beings who are able to correct the anxieties, fears, misunderstandings that we have," she says.

Marion and Michael's family is devoted to social work. Their two daughters also have Masters degrees in social work and table talk can reflect their shared profession.

From an Adlerian view, as our budding journalist Skylar Josephson reports it, "we are born as social beings who develop from our surrounding environments."

"We belong to and connect with our community, to which we can contribute in order to grow as well-rounded human beings."

"We need to feel that we count," Ms. Balla says, "and to make satisfactory meaning out of our lives."

In these two-plus years of COVID, and now brutally in the appalling Russian war on Ukraine, children and teenagers can feel isolated, anxious, upset, stressed, she notes. With great exposure to news and stories from everywhere and the distressing images of violent death and destruction, children and teenagers are bombarded with mainstream and social media.

Parents can help their families by talking with them, listening to their fears and frustrations, their anger and confusion, "acknowledging their feelings but not letting them overwhelm us," she says. "Parents can validate the feelings of their children, letting them shape the discussions, talking through their worries to help make life seem more manageable."

"When possible, as with COVID, or the Ukraine, or anywhere else of tension and worry, our clinicians help clients find ways to feel they are contributing to the larger good," she says.

COVID-19 And Carnage Increase Our Stresses

Ms. Balla and her team of therapists and counsellors have responded to increased calls during the stresses of the COVID-19 times, and now, additionally, of the carnage inflicted on Ukraine. These calls are often from people struggling with high levels of anxiety and depression, parents worried about their teenagers, or about marriages in difficulty under the strains, or individuals looking for help in making sense of the apparent chaos many are feeling.

"We live in a new world," she says. "We see what is being wreaked by Russia in Ukraine, or the deaths and stresses of the COVID-19 pandemic, that what happens in Hong Kong or Central America happens to us all, and there is anxiety, fear, depression."

"Our offices had to close to in-person sessions for six weeks but we conducted therapy and counselling by Zoom and telephone. We dealt with communication difficulties of parents with their teenagers, grief over loved ones lost, marital stresses or problems with addictions. Now we are back taking some clients at our offices with the message that we are here to support them in realigning their lives and gaining strategies to strengthen their options and choices."

"When people come to therapy, they are looking for resources and insights they use to help them cope, to external supports that can provide assistance. We become part of the network of resources. That's part of it. We listen and show people where they can find help, as in the pandemic." Through therapy "they develop the trust and courage it requires to use their new insights, to learn skills and take advantage of resources, to make the choices that are healthy for themselves and for the world around them."

SCHOOL NEWS

What Student Co-Op Life Means For Me

By Skylar Josephson, a Ridgemont High School student in a co-op program with VISTAS



Oftentimes, students will want to start looking for job experience in some way before leaving high school, an actual part-time job or something close to that. Maybe a student is interested in multiple career paths, and wants to figure out how to narrow down her or his options. Perhaps she or he has spare time to contribute to something other than school or home. No matter the reasoning for joining a co-op program at school, it is valid. So, what is co-op and why might you decide to join it?

Co-op, or cooperative education, combines schoolwork and job experience through career placement. According to Ridgemont High School's co-op teacher, Mr. Ron Duprey, the average student takes this course to find their first part-time job, which in most cases is what transpires. The co-op program is open for different levels of education and can help a lot of young people with deciding their career paths. Mr. Duprey stated that he has had one student in particular who would be unable to achieve a high school graduation diploma, but by taking the co-op program received a rewarding and stable job.

Bored Or Thinking Ahead?

Co-op Offers New Paths

Maybe you are bored with being in the classroom. Co-op can address this: If you don't think that you want to graduate, or don't want to go to school anymore, co-op is a great escape from regular courses. It helps you figure out what you want to do with your life, using a hands-on method.

Overall, the co-op class is great because it can help different people with different things, such as changing someone's mind about the path of education they want. This makes it easier for the student to channel her or his energy into different directions.

To give an example, there are many different careers that you can try out to see what is the most fitting option for you. You could choose a place of work that you might think is related to a future career to test out if you like it or not. Mr. Duprey gave a list of previous work placements, such as working at a quarry, producing your own music, helping with an organization titled "BEING," or you could do something like what I am doing and work for a newspaper.

What Co-op Is Meaning

In My Experience

In my own experience, working with VISTAS has provided me with lots of unique experiences for a first-time job, such as interviewing new people, working from home, getting to write my own articles, and doing so at any time during the day and week. This co-op placement has given me lots of practice in areas I didn't think I'd get to see and people to collaborate with. Watching how this local newspaper works and edits images and articles into different formats (as I have even been given work using photoshop and editing photos myself) is fulfilling to learn from. I have gained something that one needs no matter what job she or he eventually does --- enjoyment.

There are other things you can take away from this course as well. When asked about what students gain from this program, Mr. Duprey also mentioned:

"Although there are different theories about excelling in this course, confidence is always something that goes up. Students are more confident in themselves, and aren't afraid to try things such as public speaking. They aren't as scared to try."

When asking Ridgemont students about their times during the current co-op program, one of them, Abdulwahab Rashid said this:

"Working at a place is so much fun. I had heard many good things about it from friends who had done it in the past, and recommended it to me." Rashid said that the environment is always friendly and positive, you feel accepted by your employers rather than feeling pressured.

Don't miss out! Co-op is only available for the last two years of your high school experience, and you should try it out. Many students I have asked about not taking co-op have mentioned that if they had understood the experience, lessons and helpfulness of the course, they would have taken it. Ask your local high school for the course option today.

Canterbury High Boys Win Semi-Final In Very Close Encounter With Hillcrest

By Skylar Josephson

Local high schools Hillcrest High and Canterbury High recently played against each other in a tense semifinal game of senior boys' basketball that shifted back and forth to the enjoyment of crowds at host Canterbury High.

For the first quarter, both Canterbury and Hillcrest started off strong. Although Canterbury got possession of the ball first, Hillcrest took it back with the first score of the game. By the end of the first quarter, Canterbury was taking the lead with a score of 13-9. But would the lead last them the rest of the game?

Once the second quarter started, the crowd grew larger, people anticipating each move that the teams made. Hillcrest moved in on Canterbury, with five more points giving it 14 to Canterbury's 13. At the end of the first half, Hillcrest was in the lead by a scant one point, 22-21.

The Fortunes Shift

Back And Forth

Things seemed to take a turn downward for Hillcrest during the beginning of the second half, and Canterbury started to reclaim its previous lead after some great shots from player Hieu Brooks.

When the fourth quarter began, a rush of energy lifted the spirits of people both watching and playing. The game immediately tied 42-42, and no one was certain who was going to win. However, Canterbury's confidence slowly pulled them through and helped them finish the last minute with two more points at 58-56.

The players on both sides respected their own and the other players. When talking with Canterbury players Lucas Zulstra, 16, and Hieu Brooks, 18, they confirmed this.

"It was definitely our biggest test so far, and we knew the boys pretty well. They're a very talented group so it was hard to go up against them," said Zulstra.

For the finals game, Brooks said that there are some things they should work on to win the tournament.

"We need to start locking in on our gameplay," Brooks said, with Zulstra adding, "Playing communally and cohesively is how we can up our game."

Postscript: Samuel Collegiate Wins

Oh So Close Final

The following Thursday, April 14th, the Canterbury Chargers played against the Samuel Genest Collegiate team for the finals. The ending couldn't have been more close, 57-56 for Samuel Genest. We congratulate both teams on their play this season, and look forward to next year for them and the other school teams in their league.

OUR COMMUNITY

The Founding Father of the RCMP's Fingerprint Collection

By J. J. Healy, RCMP Superintendent (Retired)



Superintendent J. J. Healy & Gracie

The most renowned forensic experts and the most experienced defence lawyers know that fingerprints do not lie. A fingerprint left by a suspect at the scene of a crime is a sure bet for a conviction. Other personal traits might be altered: hair colour, weight, tattoos, style of dress, to name just a few possibilities, but fingerprints are an indisputable means of personal identification. A fingerprint puts the suspect in the best seat and in the front row of the crime scene.

After committing a heinous crime, many a perpetrator has found their way to the gallows due to the match of a partial or single fingerprint left at the scene of the crime. In 1911, one such case involved the founding father of the Ottawa RCMP's fingerprint system pioneer, Inspector T. E. Foster. The celebrated murder and the ensuing criminal trial took place in Chicago, Illinois. Inspector Foster was one of the principal witnesses.

The trial was described in the November 2011 issue of the police journal *Blue Line*. Briefly, it reported that, "T. E. Foster was among some fingerprint experts called to testify at the murder trial. The suspect's defence lawyer questioned Foster on the witness stand, about the scientific reliability of fingerprints. Foster was so certain about science and his testimony that he lifted the lawyer's fingerprints off a piece of paper. Another test followed. Even after the lawyer spilled water on the paper, the fingerprints remained evident. The jury was so convinced by Foster's testimony, that in the end, the suspect was convicted and hanged for the offence." After the trial, Inspector Foster was assured not only of fame, but a future in the science and study of fingerprinting in Canada.

Thomas Edward Foster was born in 1863 near Stittsville, Ontario. After schooling, he joined the Dominion Police in Ottawa. Foster's curiosity and research caused him to think seriously about a formal, scientific approach to policing. In 1904, he went to the World's Fair in St. Louis, Missouri, and it was here that he met Mr. J. K. Ferrier of London's New Scotland Yard. Ferrier had gained a solid reputation as an expert in fingerprinting, so Foster decided to remain in the USA and to further study fingerprint identification under the tutelage of Mr. Ferrier.

This event marked the advent of fingerprinting in Canada. Upon his return to Canada in 1910, Thomas Foster was promoted to Inspector as the Officer in Charge of the new Fingerprint Bureau.

On February 1st, 1920, Inspector Foster was among three Dominion Police Officers to be absorbed into the RCMP, along with O.198, A. J. Cawdron, and O.211, G. W. Kennedy. When the two police forces amalgamated, Thomas Foster was reappointed an Inspector in the RCMP, and he was appointed once again as the Officer in Charge of the Fingerprint Bureau. Around the world, Thomas Foster was celebrated as Canada's first fingerprint expert, and he organized the Bureau into what today is known as the RCMP's Identification Bureau. Foster worked primarily out of "A" Division in Ottawa.

In years gone by, it may have taken several days for technicians to conduct a search among thousands of fingerprints for a match, but today's fingerprint repository works at lightning speed. A search is done in seconds due to the speed of computers. And the submission of new fingerprints is equally fast. A computer captures the fingerprints on a scanner and the information is then sent electronically or digitally via a secure link directly to RCMP's Canadian Criminal Real Time Information System (CCRTIS).



Among the millions of fingerprints held on file, a definitive match can be processed in mere seconds. This amazing and essential database is the result of Foster's persistence that a central repository of fingerprints was critical to police investigation.

New scientific developments are taking shape inside the RCMP. In 2013, the RCMP expanded its fingerprint database to include palm prints. Crime investigators now take palm prints on mirrors, kitchen countertops, book shelves, doorknobs, doors, as well as knives or baseball bats. Superintendent Alain Bouchard, director of the RCMP's Integrated Forensic Identification Services in Ottawa, claimed that palms contain just as much unique identifying information as people's fingertips, and police say they find palm prints at up to 30 per cent of all crime scenes.

There is no doubt that Inspector Foster was a full career police officer who contributed mightily to the use of forensic science in police investigations. Due to his pioneering work in the field of fingerprinting, Inspector Foster is often referred to as the Father of Fingerprinting in Canada. At present, the extensive fingerprint collection managed by the RCMP is shared as needed with other police forces around the world to help solve serious crime.

Inspector Foster retired from the RCMP on July 1, 1932, with a combined police service of 42 years. He died in Ottawa on January 21, 1956, and he was buried in Beechwood Cemetery, Ottawa.

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JUST GOOD ADVICE

The Garden Gate

By Patricia Mosher



Feature: 10 Flowering Perennials for Four Seasons of Interest

The most intriguing gardens are those that contain a carefully curated assortment of plants that combine varying heights, colours and textures. For a beautiful, low-maintenance addition to your garden, perennial plants are the way to go – they grow back every spring, year after year. Think of them like wardrobe basics to which you can accessorize with eye-popping annuals (purchased each year).

For Alta Vista gardens, my perennial favorites, in descending order of height, are:

1. Peony – delivers outrageously beautiful blooms with the most sumptuous flowers (white/yellow/ pink/ fuchsia) and lush green foliage (3-4' tall; full sun)
2. Salvia/Sage – these aromatic beauties burst into bright blue bloom in late summer against a backdrop of lustrous silvery-green leaves that contrast well with darker plants (3-4'tall; full sun)
3. Coneflower – think daisies on steroids; the tall flower stalks add height and a classic look to any garden amid their daisy-like flower heads with pink/purple/coral petals (2-4' tall; full sun)
4. Phlox – these eye-catchers win the perennial popularity contest in my books with their large, long-blooming clusters of pink, purple, lavender or white flowers (2-3' tall; full sun)
5. Daylilies –ubiquitous in Ottawa thanks to their easy-care nature; newer repeat-blooming hybrids are preferred over older varieties (2-3' tall; full sun to light shade)
6. Irises –this June bloomer is sophisticated, reliable and easy to grow with flower options available in a rainbow of magical colours (2' tall; full sun)
7. Astilbe –from the attractive lacy greenery, beautiful and long-lasting white/pink/violet plume flowers spike upward in July (2' tall; light afternoon shade)
8. Cranesbill Geranium – these cheery plants deliver flowers in shades of blue, pink and vivid purple; varieties such as “Rozanne” bloom non-stop throughout the summer (1' tall; full sun)
9. Hosta – touting an almost tropical appearance with lush foliage in varying shades of creamy to dark green, they are ideal for shadier areas, including under tall trees (1'tall; light shade)
10. Cushion Spurge – prized for its “cushion” of flamboyant chartreuse and yellow flowers throughout the summer and transitioning to red, maroon and orange foliage in the fall (1' tall; full sun)

Plant of the Month: Magnolia

Many people think of magnolia trees as “southern belles” and are sometimes surprised to learn that magnolias grow and flower quite well in our northern climate.

Magnolias have actually been grown successfully in Ottawa for decades. The Central Experimental Farm has dozens of significant varieties in its collection, some of which were planted in the 1960s.

One of the reasons magnolias make such a terrific floral display each May is the emergence of flowers that completely cover the branches before the leaves emerge, looking like delicious cotton candy. The Saucer Magnolia is probably the best known and most widely planted variety in the Ottawa area, so named for its giant saucer-shaped flowers. Varying in colour from white to buttery yellow and from soft pink to magenta, magnolia flowers persist for a few weeks, after which time the fallen petals can be enjoyed a few more days as they cover the ground. The beauty of the magnolia flower canopy is only rivalled by its

intoxicatingly beautiful perfume as it wafts through the air on a gorgeous spring day/evening.

Since magnolias tend to be a little pricey, you'll want to protect your investment by planting it in a sunny location with moist, well-drained soil. Fortunately for Ottawa gardeners, magnolias will also tolerate clay soils. Once established, they require very little care other than an occasional light pruning and are rarely bothered by insects or diseases. Most of the magnolia varieties sold at Ottawa garden centres will reach a height of 12-20 feet at maturity, making them right-sized for the average urban garden.

To see a map of the magnolia locations at the Experimental Farm, do an online search for “Ottawa Experimental Farm Magnolia Collection.” Closer to home, be on the lookout for these magnificent beauties throughout the Alta Vista area. Peak flowering usually occurs around mid-May.

Gardening in the Month of May:

- Begin the month by spring cleaning debris from flower beds, lawns, under trees and along your home's foundation or fence.
- Divide any overgrown perennials (e.g., hostas, phlox, daylilies) and either create a new home for them in your garden or give them away to a friend or neighbour.
- Harden off any seedlings started indoors before transplant (i.e., gradually acclimatizing seedlings to outdoor conditions for longer and longer periods of time each day to reduce shock and ensure healthier transplants).
- By the third week of May, it's generally frost-free (though never guaranteed so always look at the 7-day forecast before planting) and thus the time to plant annuals such as geraniums, begonias, impatiens, petunias, fuchsia and coleus.
- Mulch flower beds after planting to control weeds, reduce water consumption and create a tidy appearance.
- Once your spring bulbs (tulips and daffodils) are done blooming, remove the withering flowers to prevent the plants from wasting energy on producing seeds.
- Give a heavy sprinkle of mushroom compost or composted manure around the base of all shrubs and perennials (only needs to be once).
- Apply some slow-release nitrogen to your lawn to encourage the grass to rebuild.

Garden Humour



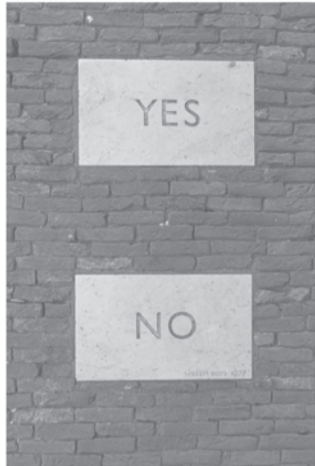
The Garden Gate is a monthly feature about all things gardening. Opinions are the author's own. If you have ideas for upcoming articles or want to share your thoughts about this month's article, please contact Patricia by email: OttawaPlantByNumbers@gmail.com or on Instagram: [@ottawaplantbynumbers](https://www.instagram.com/ottawaplantbynumbers). Patricia has lived in and been an avid gardener in Alta Vista for over 30 years.



FAMILY MATTERS

WHAT ARE BOUNDARIES AND WHY DO WE NEED THEM?

By Marian Meade, RN BScN Psychotherapist, Director of Counselling at Serenity Renewal for Families



What Are Boundaries? Boundaries are guidelines we create to show others what we consider to be acceptable ways for them to behave around us, and what the consequences will be if they don't respect them. Many people were never taught how to set them, but it's never too late to learn. A "No Parking" sign is an example of a boundary set to keep cars off private property. Personal boundaries are harder to recognize because they can't be seen, and each person has their own personal limits as to what is acceptable to them.

Personal boundaries define where you end, and others begin, and are about how much physical and emotional space you allow between yourself and others.

Why is it important to set boundaries? It is your right to protect your physical and emotional space. Physical boundaries include your body, your personal space, sexual orientation and privacy. Someone getting too close when they speak to you is a physical boundary issue. One way to communicate that they've overstepped your boundary is by stepping back, and if need be, by saying that you need more space. Being touched without permission or walking into someone's room without knocking first are also examples of a physical boundary violation. Setting boundaries helps others to know who you are and how you expect to be treated.

Emotional and Intellectual Boundaries help you maintain your sense of who you are. They allow you to value yourself and your own thoughts, feelings, beliefs and choices. Being ridiculed for your thoughts, feelings and choices is a boundary violation. When boundaries are weak, it can be hard to separate your feelings from someone else's, and you're more likely to give up your goals to please others, accept ridicule and blame, or blame others for your problems.

What are Barriers to Boundary Setting? You may fear setting boundaries for emotional reasons, such as fearing that you will be rejected. You may also feel guilty or embarrassed – as if you are doing something wrong.

Unhealthy Boundaries can be too loose or too tight:

You'll know your boundaries are unhealthy and need some strengthening if you recognize that you are:

- Unsure of who you are
- Value others more than yourself
- Share everything about yourself immediately, before getting to know someone, or do the opposite and keep others at a distance
- Feel responsible for others' happiness
- Unable to say no to others
- Resentful about how much you do for others

Healthy boundaries help you to:

- Value and respect yourself
- Be comfortable around others
- Say yes or no
- Develop healthy relationships
- Ask for what you want
- Respect other people's boundaries

Tips for Setting Healthy Boundaries

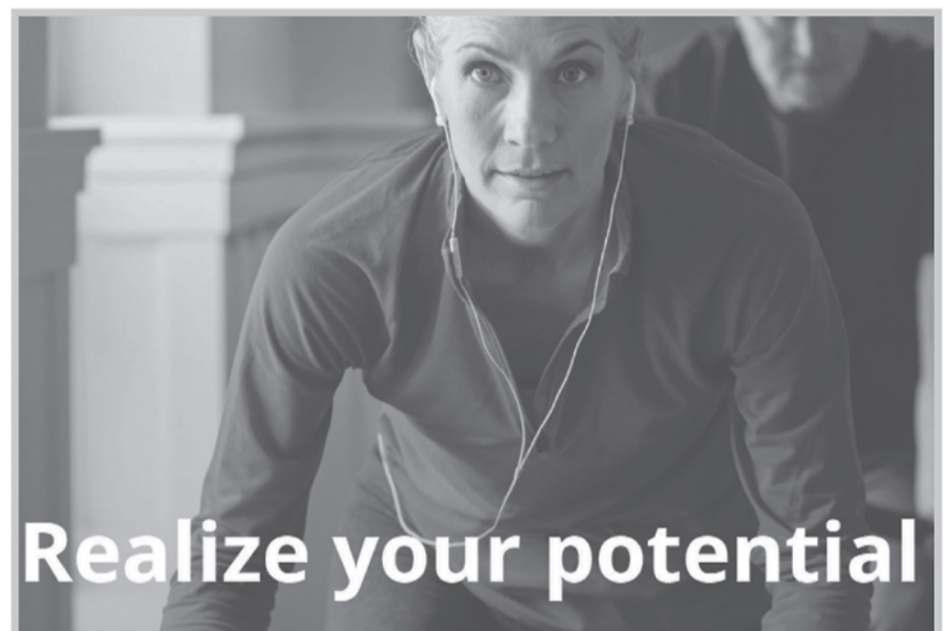
Learning to set boundaries takes time. Do it at your own pace and start with something that is easy. Prepare and practice ahead. When you feel able to maintain the boundary you set, use a short sentence, and speak calmly and respectfully. Don't explain or defend yourself. Those who aren't used to you setting boundaries will react. Breathe. Repeat your same message calmly as often as necessary and if you stick to it, they will take you seriously – if you apologize, they won't. It's normal to feel guilty, selfish or embarrassed when you are setting boundaries for the first time. Remind yourself that you are taking care of yourself. In time, you will feel so much better because you are expressing yourself. As we become more assertive, we feel better, and our true relationships benefit from us speaking our truth. Remember that you have the right to set boundaries and you are NOT responsible for another person's reaction to the boundary that you are setting.

Note: When dealing with someone who is dangerous, it may be unsafe to set boundaries with them and you may need the assistance of a counsellor to create a safety plan.

Bibliography: *PositivelyPositive.com; outofthefog.net; Boundaries: Where You End and I Begin* by Anne Katherine

Serenity Renewal for Families is a non-profit agency providing educational workshops as well as counselling and groups for people of all ages who have been affected by addiction. No one is turned away for financial reasons.

If you would like to make a donation to Serenity Renewal for Families, please visit: www.serenityrenewal.ca. If you know anyone who could benefit from our services, please pass this on. Thank you!



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OUR ENVIRONMENT

GREENSPACE CLEAN-UP MAY 8TH AND 9TH

By the Alta Vista Community Association (AVCA) Greenspace Stewardship Committee

This year's Cleaning the Capital Campaign will mark the 29th year that residents of Alta Vista have participated in the citywide clean-up which occurs every spring and fall. We have participated every year since the program was first introduced in 1994. That first year, we won a leaf-blower which was in turn raffled off at the AVCA Spring Picnic at the Billings Museum.

Rather than gather volunteers at a specific time and location, we encourage residents to participate on their own time over a two-day period while out enjoying our beautiful greenspace.

Signs will be posted in Pleasant Park Woods, Kilborn Park, Grasshopper Hill and WRENS Way. While we encourage you to bring along a few extra bags, we will have large garbage bags and gloves available at Grasshopper Hill Park and at the Fairbanks entrance to the park.



Spring Clean-up
 SUNDAY MAY 8 &
 MONDAY MAY 9
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SENIOR SPACE

Wally Herman inspires Team Perley Health in Tamarack Ottawa Race Weekend

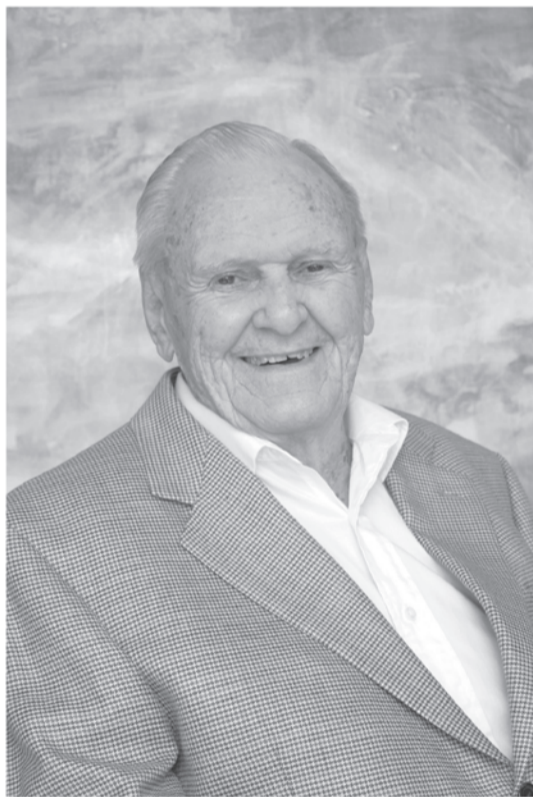
By Sara Francis, Development Coordinator Perley Health

At 96 years young, Wally Herman's running days are behind him. But that doesn't stop his legacy from encouraging staff, volunteers, friends and family of Perley Health, as they prepare to run or walk this upcoming Tamarack Ottawa Race Weekend.

"We participate in Tamarack Ottawa Race Weekend to support men and women like Wally," says Courtney Rock, Director of Development with the Perley Health Foundation. "Reading about his accomplishments is motivation enough, but speaking with him and knowing that we're helping to support great care for Seniors and Veterans, now that's inspiring!"

Wally's running record is impressive. He has run marathons in over 99 countries and was still running in his early nineties. He kept a meticulous record of each race he ran – 726 in total – including his finishing times. Although he no longer runs, he enjoys participating in exercise classes at Perley Health. Wally's son Robert believes that a lifetime of running helped keep his father focused on what really matters. "He was able to forget about the little things that aren't important. It was his outlet. Dad was and continues to be a happy and kind man, and there's no question that running shaped his outlook on life."

Wally served his country as a telegrapher on a corvette in the Second World War. He helped escort ships across the mid-Atlantic, evading Nazi submarines. He now lives in the Rideau Veterans Residence at Perley Health and is proud to cheer everyone on.



Wally Herman will be cheering on Team Perley Health in the upcoming Tamarack Ottawa Race Weekend
Photo Credit: Andréa Fabricius

Perley Health is a community where over 600 Seniors and Veterans thrive – from independent living to long-term care. Each resident is supported with a person- and family-centric approach to the continuum of care to improve not only their physical well-being, but their mental and emotional health too. To learn more about Team Perley Health and how you can help please visit us online at perleyhealthfoundation.ca or call us at 613-526-7173.



Perley Health Sets New Care Standards

By Jay Innes, Communications Director Perley Health



Leading innovation in frailty-informed care to enable Seniors and Veterans to live life to the fullest.



An evaluation of Perley Health's innovative approach to caring for people living with frailty has been published in a leading peer-reviewed medical journal.

The March issue of the *Canadian Geriatrics Journal* includes a study which examines the SeeMe™ approach

to care that integrates the assessment and management of frailty, with an emphasis on early and transparent communications when collaborating to establish a resident's goals of care.

"There is joy in living every day for each of us, and our goal is to lead innovation in frailty-informed care to transform care for Seniors and Veterans," says Akos Hoffer, CEO, Perley Health. "That's why we're proud to have our homegrown research shared with health care professionals and other long-term care homes across Canada."

The original research was carried out by the Perley Health Centre of Excellence in Frailty-Informed Care™ and the Bruyère Research Institute. SeeMe™ enables residents to customize their care plans based on their values, preferences and desired lifestyle. The collaboration inherent in SeeMe™ ensures that residents, their loved ones and care team develop a shared understanding of a resident's personal goals and desired outcomes.

The study demonstrated that the SeeMe™ approach resulted in high satisfaction levels among nurses, physicians and the families of residents in long-term care. Nurses reported an increase in knowledge and confidence with the program embedded into their workflow.

Importantly, the study showed that the education from SeeMe™ influenced long-term care residents and their families to choose less invasive interventions to preserve both their health and quality of life. This included decisions not to receive CPR (cardiopulmonary resuscitation) or to transfer to hospital.

A person who is frail is less able to cope with minor stresses and is more likely to suffer rapid and dramatic changes in health. The risk of frailty increases with age, although not all older people are frail.

Tom Ronan, a Veteran of the Second World War, spent his final years at Perley Health before he died in 2019. He participated in SeeMe™ alongside members of his family. His daughter, Jill Ronan, said, "The initial meeting with the Perley Health care team to review Dad's medical and personal issues was incredibly valuable. A big part of this was ensuring that Dad's requests and needs were met with respect and a personalized plan to ensure they were put into practice. We are eternally grateful."

Dr. Benoît Robert, Perley Health's Chief Medical Officer and co-author of the study, explains, "At the Centre of Excellence in Frailty-Informed Care™, our mission is to conduct innovative, evidence-based research and this study is an excellent example of a direct, positive impact with many potential benefits for the long-term care sector."

The Centre of Excellence was formed in 2019 to conduct clinical research and develop evidence-based best practices in care. It currently has over a dozen research projects underway. Its work is funded by donations through the Perley Health Foundation.

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Lucy Maud Montgomery

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OUR COMMUNITY REPS

Ottawa stands with Ukraine

By Jim Watson, Mayor

I know that the people of Ottawa and Canadians from across the country are horrified by the atrocities we are witnessing in Ukraine, as Russia continues to show a blatant disregard for the international rule of law, destroying peace and security in the region.

Millions of Ukrainians have been forced to flee their homes, while others stay and fight against the Russian occupation of their communities.

Ukrainian society is defined by a love of freedom and democracy, and I know we have all been inspired by the bravery of the citizens, the soldiers and the leaders of Ukraine.

I'm proud that Canada is home to the world's third largest Ukrainian diaspora, with almost 1.4 million citizens of Ukrainian descent.

Canadians stand in solidarity with the people of Ukraine, and we continue to do what we can to support those impacted by this growing humanitarian crisis.

Just a few weeks ago, I met with Mr. Andrii Bukvych, the Chargé d'Affaires at the Ukrainian Embassy in Canada, outside of the Russian Embassy at the corner of Charlotte Street and Laurier Avenue, to put up street blades that read "Free Ukraine Libre" as a symbolic gesture of support for its people and as a daily reminder to those living at the Embassy that Ottawa stands with Ukraine.

That same day, I wrote to The Honourable Sean Fraser, Minister of Immigration, Refugees and Citizenship, to advise that the City of Ottawa is prepared to help out in welcoming the eventual influx of refugees from across Ukraine.

Work and dialogue on this front are ongoing and I want to thank the federal government for their collaboration to date.

I also want to take this opportunity to thank Ottawa residents and businesses for their support from the very beginning.



Atlético Ottawa team members pose for picture with members of the community following a 1-0 victory in their CPL home opening match on April 9.



CORRECTION
This photo of Courtney Tower with his granddaughter printed in the April 2022 VISTAS incorrectly named the granddaughter Sabrina; her name is Samara.



Anne Rounding has been a resident of Alta Vista for 55 years. Her mother made her a sailor dress in 1962 (60 years ago), and both her daughter and granddaughter are pictured in the same dress ... 3 generations!

Tulip Festival starts May 13th!

OUR ENVIRONMENT

BIRDS OF ALTA VISTA: The Mimics

By Richard Knapton

Early May, and you might be taking a walk around the southern end of WRENS Way where there are scattered trees and brushy open “fields,” and you hear a loud, robin-like song coming from a bird perched close to the top of the tallest tree. The song is made up of rich, musical phrases which are repeated twice or maybe three times, with a pause between each set. If you catch sight of the singer, you’ll see a long slender bird about 28 cm long, bright rufous on the back and tail, yellow staring eyes and heavily but thinly streaked on the buffy underside. This is a Brown Thrasher, a summer visitor to our area, and generally quite scarce. It belongs to a bird family known as Mimids, renowned for their ability to mimic other species of birds and other natural sounds.



Brown Thrasher; photo by Christian Artuso

Should you continue your walk, now heading north alongside the wooded areas, you might hear a rambling tuneful warble, no repetition, quite slow, and peppered with low hoarse notes and high-pitched chips and squeaks. The singer is usually well hidden in the wooded tangles, but if you catch sight of it, then you’ll see a slender long-tailed bird slightly smaller than a robin, that is almost completely dark gray with a black cap and rufous under the tail. This is a Gray Catbird, another summer visitor to our area and another member of the family Mimidae, another mimic. Catbirds derive their name from their call-notes which sound remarkably like the mewling of a cat!

The most famous of the Mimids is the Northern Mockingbird, a scarce but regular visitor to the Ottawa area, which has a loud, tuneful, melodious song which is interspersed with imitations of other wildlife sounds – other birds, such as wrens, thrushes, robins, Killdeers and many more, other natural sounds such as frogs, cats, dogs, crickets and so on, and sounds from artificial items such as uncoiled wheels and even car alarms. It is hypothesized that the reason a male bird incorporates these imitations in its song repertoire is to impress a female; the larger the repertoire the more attractive the male.

There are some cool facts about Brown Thrashers and Gray Catbirds. Brown Thrashers are usually secretive, and hard to spot in dense vegetation, but they can make a lot of noise as they rummage through the leaf litter. Indeed, its name comes from the thrashing sound the bird makes when digging through ground debris. Brown Thrashers are accomplished songsters that may sing more than 1,100 different song types and include imitations of other birds, including in our area Wood Thrushes and Northern Flickers. The Brown Thrasher is noted for having the largest song repertoire of all North American birds.

During nesting, both males and females help incubate the eggs and feed the young. Nestlings sometimes leave the nest fully feathered within nine days of hatching – much earlier than most birds its size and earlier than Gray Catbirds. Possibly, the shrubby habitats they occupy are popular hideouts for nest predators, which may explain why the thrashers fledge so quickly for birds of their size. Their diet is very varied, and includes insects, spiders, sowbugs, earthworms, snails, crayfish, and sometimes lizards and frogs. Berries and small fruits are also very important in their diet, especially in fall and winter, and thrashers eat many nuts and seeds, particularly acorns.

Brown Thrashers are sometimes the host of parasitic Brown-headed Cowbirds. However, the thrashers do have the ability to recognize a cowbird egg and also have the ability to toss it out of their nest. The oldest Brown Thrasher on record was at least 12 years, 10 months old, and was found in North Carolina. From Ontario, in the fall, they migrate to the southeast United States, as far north as Kentucky and Virginia.

Gray Catbirds are constant singers; once a male starts singing, he may continue for up to 10 minutes. Nests are placed in dense shrubs, thickets, brier tangles, or low trees, usually 1-3 metres above ground, and are built mostly by the female. It is a large bulky cup of twigs, weeds, grass, leaves, and sometimes pieces of trash, lined with rootlets and other fine materials. During nesting, the female usually lays four eggs which are an attractive greenish blue, with some red spots. Incubation, about 12-13 days long, is by the female only. Both parents feed the nestlings, and the young leave the nest about 10-11 days after hatching. A pair of catbirds can have two broods per year.

A catbird does much foraging on the ground, flipping leaves aside with its bill as it seeks insects. The birds eat mostly insects and berries. In early summer, they consume many beetles, ants, caterpillars, grasshoppers, crickets, bugs and other insects, as well as spiders and millipedes. Nestlings are fed almost entirely on insects. More than half the annual diet of adults may be vegetable matter, especially in fall and winter, when they eat many kinds of wild berries and some cultivated fruit. At feeders, they have been recorded as eating a bizarre assortment of items including doughnuts, cheese, boiled potato and corn flakes!

Most catbirds winter in the southern United States or the tropics, but a few linger far to the north if they have access to a reliable bird feeder. This past winter, a Gray Catbird attempted to overwinter in our garden, feeding on sunflower seeds; it disappeared in mid-January during a particularly extended cold spell. Like Brown Thrashers, catbirds can recognize a Brown-headed Cowbird’s egg; the cowbird eggs are usually punctured and ejected by the adult catbird.

The oldest known Gray Catbird was at least 17 years, 11 months old when it was recaptured and released during banding operations in New Jersey in 2001. It had been banded in Maryland in 1984. That is an astonishing longevity record for a migratory songbird!



Gray Catbird; photo by Christian Artuso

ARTS AND CULTURE

Reviews

By Tony Wohlfarth



Our film reviews this month include two outstanding Academy Award nominated films about family and trauma. Museums and galleries are open, and I recap this year's successful Irish Film Festival of Ottawa (IFFO) – the first since the pandemic.

Encanto

For their 60th film, Disney takes us into the vibrant world of Colombian culture through the magical film, *Encanto*.



Mirabel (voiced by Stephanie Beatriz) is a member of the Madrigal family. Mirabel yearns to possess magical powers – like her family.

Encanto was made with strong respect for the culture of Colombia. Some examples include the character's clothes down to their facial expressions and gestures. The characters snap their fingers in excitement – a common Colombian gesture known as the “African finger snap.”

Unlike other Disney films, the movie does not feature one distinct villain. The true villain is a very common generational trauma many families face in their own ways. Who isn't familiar with the crushing weight of expectations to be strong enough or perfect enough, or the struggle to find your place in a family, where everybody seems to be so much more talented than you?

It's a good film for the family to watch together. It does a wonderful job of touching the viewer's heartstrings by reminding them about the core values of a family. It reminds you that even when you feel hopeless and powerless to help, there is something you can do to patch the cracks of communication between you and relatives who just don't seem to understand you.

The film also shows the true face of trauma many Colombians faced due to the armed conflicts and violence that forced them to flee their homes. A terribly relevant topic in current times, unfortunately.

Another notable achievement Disney has reached with *Encanto* was producing a song that eclipsed the infamous “Let it go” from their other hit movie *Frozen* in popularity. The movie features the most diverse soundtrack yet, ranging from the rap-like song to an enticing tango that manages to combine melodies as different as the characters themselves, and fuse them into a beautiful harmony of music.

The original songs are composed by Lin-Manuel Miranda. *Encanto* leaves you crying tears of joy and wanting to talk to your family more openly, which can be crucial for building healthy communication.

Encanto won the Academy Award for best animated film at the 2022 Oscars. The running time is one hour and 42 minutes.

Parallel Mothers

At age 72, Pedro Almodovar is one of Spain's most celebrated filmmakers. His latest film, *Parallel Mothers*, is a fascinating tale of motherhood and memory set in Madrid.

Parallel Mothers stars Penelope Cruz as Janis, a 40-year-old photographer who yearns to have a child as she works behind the scenes to unearth the grave of her great grandfather – murdered and left in one



of the many unmarked graves by the Franco regime. In hospital, Janis shares a room with Ana (Milena Smit), and the two mothers form an enduring bond.

I visited Spain in 2019 and followed the legacy of the missing and murdered victims from the Spanish Civil War. *Parallel Mothers* brings this sensitive issue to the big screen, in a novel and entertaining feature-length film. I highly recommend it.

Parallel Mothers had its world premiere at the 2021 Venice Film Festival. The film was nominated for two Academy Awards – for best leading actress (for Cruz) and best original musical score. *Parallel Mothers* was also awarded the Best Foreign Film by the Chicago Indie Critics Film Association.

The running time is two hours and three minutes. *Parallel Mothers* is in Spanish with English subtitles.

The Irish Film Festival of Ottawa (IFFO)Wraps

Last month, VISTAS highlighted the Irish Film Festival – a three-day extravaganza of films and exchanges from the Emerald Isle.

I had the opportunity to participate this year. One of the featured films – *The Lost Children of The Carricks* – is a fascinating historical documentary about a passenger ship laden with refugees from the Great



Gearóid Ó hAllmhuráin, the director of *The Lost Children of The Carricks*

Famine that went aground off the Gaspé Coast in 1847. The director, Gearóid Ó hAllmhuráin (pictured here), talked about the film and answered questions from the audience in three languages – English, French and Gaelic. The film features interviews with

the descendants of the survivors, and is brilliantly done.

@ The Canadian Museum of Nature (240 Mcleod)

Last month, I introduced VISTAS readers to three exhibits at the nature museum – the Pacific Discovery Tank, the 70th Anniversary of Queen Elizabeth, and Shadowland (which ended on April 18). The CMN has added anteaters to its collection of live creatures.

@ The National Arts Centre (1 Elgin)

The NAC is open and has a wide range of live music for in-person entertainment.

On May 14, it's Martyn Joseph, an incredible Welsh singer-songwriter;

On May 17–18, it's Donavon Woods, an amazing singer-songwriter from Toronto;

On May 19, it's Rufus Wainwright;

On May 25, it's Ottawa's own Amanda Rheame; and

On May 28, it's the Durham County Poets.

For a complete list and to see ticket availability, check out: nac-cna.ca/en/calendar/list/2022/05.

Where Can I See Encanto and Parallel Mothers?

Both of these outstanding films are currently available to rent from Movies'n Stuff, 1787 Kilborn Avenue in Alta Vista (moviesnstuff.com). Call Peter @ 613-738-1607 to reserve your copy today. Do not miss the extras which are included with the rental. *Encanto* has a singalong complete with a text track for your enjoyment.

ARTS AND CULTURE



James Keelaghan

Gil's Hootenanny – May 1

For May Day 2022, friends and folkies will gather at the RA Centre (2451 Riverside Drive) for this 10th annual singalong. The fun gets underway at 2 p.m., with singer songwriter James Keelaghan (pictured here) as emcee.

Gil Levine (pictured below with his wife) was the longstanding Research Director for the Canadian Union of Public Employees (CUPE). For many years, he was a fixture in the folk and grassroots music scenes.

Tickets are only \$10. For more information, please check out: gilshootenanny.ca.



Gil and Helen Levine, circa 2005

Imagine Monet

In April, VISTAS previewed the immersive art exhibition at the Arsenal in Montreal. On June 16, the colourful show arrives at the EY Centre in Ottawa. Cameras vividly project Jean Claude Monet's art onto oversized screens. The show opens with an informative history of Monet's career, from 1840 to his death in 1926.

Tickets are currently available at: www.imagine-monet.com/ottawa-tickets/?lang=en. I suggest you allow one to two hours. Don't forget to visit the gift shop, where you can find many unique souvenirs of the art of France's most famous impressionist artist.

Out of Town

The best of documentary films from around the world can be seen at the 2022 Hot Docs Film Festival from April 28 to May 6. This year's festival is available in hybrid format, i.e., the films can also be seen online. The complete program can be accessed at: s3.amazonaws.com/assets.hotdocs.ca/doc/HD22_Screening-Schedule.pdf.

In Montreal, I previewed a fascinating multi-dimensional exhibition about surveillance technology. It opens with *Terror Contagion*, a film directed by Laura Poitras which was nominated for an Academy Award in the short documentary category. The film includes an interactive audio guide which leads you to witness firsthand the stories of journalists and human rights defenders in countries around the world. The exhibition is available until July 3 at the Museum of Contemporary Art (MCA), 1 Place Ville Marie, in downtown Montreal.

The MCA also has available online *A Crack in Everything*, dedicated to the songs of Leonard Cohen. The virtual guide is accessible for free at: expocohen.macm.org/en/explore.

Tony Wohlfarth is an Ottawa-based freelance film, and entertainment writer. He previewed Immersive Monet as a guest of The Arsenal, and Terror Contagion Forensics Architecture as a guest of MCA. This month, a friend of his from Ukraine contributed immensely to the review of Encanto.

HEALTH AND FITNESS

Plantar Fasciitis

By Susan Reive, Owner of Kilborn Physiotherapy Clinic

Do the soles of your feet ache when you walk? Do those first few steps when you get up after resting hurt in your heels? Are you limping along trying to compensate for the pain in your feet? If you answered yes to any of these questions, you may be suffering from Plantar Fasciitis.

The plantar fascia is a ligament-like tissue that spans from the heel to the toes along the sole of the foot. It functions to support the arch of the foot during weight bearing activities, such as walking, running and jumping. Indeed, the plantar fascia provides a stable foot for propelling the body during the push-off phase of walking.

PLANTAR FASCIITIS



Credit: summitdocs.com (Summit Orthopaedics)

Plantar fasciitis is an inflammation of the plantar fascia due to increased stress. It often occurs in athletes, typically runners, but also affects many individuals wearing unsupportive and poorly constructed footwear (like flip flops) and people with tight calf muscles. Symptoms of plantar fasciitis include pain in the heel and sometimes along the sole of the foot (typically in the arch). The pain is generally felt on weight bearing (i.e., standing, walking, etc.) and relieved with rest. The pain is often worse in the morning upon taking the first few steps and also getting up after prolonged sitting. In severe cases, the pain can be experienced at rest.

Clinically, patients with plantar fasciitis will have pain on palpating the heel, pain and possibly limited movement on bringing the toes towards the nose, tight calf muscles, and often the patient will walk with a limp, sometimes avoiding heel strike.

Treatment includes education in proper footwear to help alleviate the stress on the plantar fascia by supporting the arch of the foot. Occasionally, some people with a more flat foot or high arched foot will require an orthotic to help alleviate excessive stress on the plantar fascia. Initially, taping the sole of the foot will provide good support, and thereby reduce the pain and inflammation in the fascia. Ultrasound, massage (particularly soft tissue release techniques), ice and electrical modalities aid in the healing process by reducing the pain and inflammation. Exercises to stretch the calf muscles and plantar fascia and strengthen the muscles in the sole of the foot are often prescribed. Mobilization of any stiff joints in the foot ensures adequate mobility.

Education on proper training for the runner who may have increased their mileage too quickly or have run on uneven terrain is important. Moreover, the return to sport must be gradual and relatively pain free.

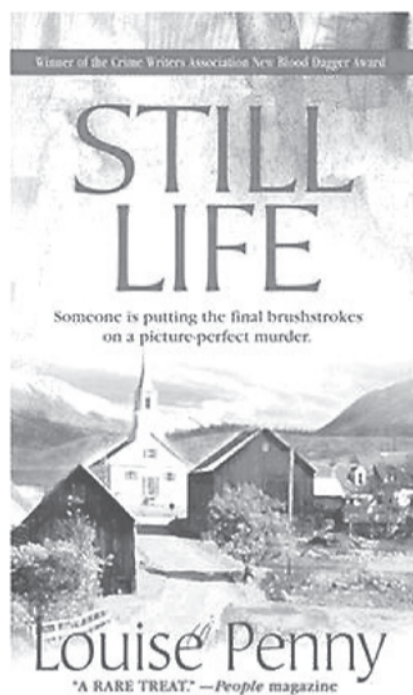
Individuals who think they may be suffering from plantar fasciitis should seek treatment early to avoid secondary problems which can arise due to an abnormal walking pattern. In addition, the problem will likely resolve faster if addressed in the early stages.

BOOKWORM'S DELIGHT

Still Life

By Louise Penny (2005)

Reviewed by Marie-Andrée Lajoie



Book clubs open your reading life to new horizons. My Ottawa book club is now 12 years old. My second book club, international, virtual and born out of the pandemic, is 2 years old. The women in each group bring their life experience, education, sense of humour and personality when choosing and reviewing books. It remains a great joy to see how one book can generate so many different opinions, likes and dislikes. That is the power of fiction.

This year, my Ottawa book club decided to celebrate crime fiction. I was an Agatha Christie fan in my youth, but I have

somehow abandoned the genre (except for some excellent Scandinavian stories). To bring an element of Canadian content, I chose to present *Still Life*, by Louise Penny, the first in the acclaimed series of Inspector Gamache stories. I had never read any of the books from Penny.

It was suggested that members of the club read one of the Gamache books and that our discussion cover the series in general.

I enjoyed my introduction to the world of Three Pines, the fictional village of Québec's Eastern Townships where many of the stories take place. *Still Life* contains all the ingredients of a good crime novel: many friendly characters, some with mysterious backgrounds, a comfortable setting, a strange killing with a bow and arrow.

The reader quickly gets into the intimacy of the main characters: Peter and Clara Morrow are painters, the friends and neighbours of Jane Neal, the murder victim, a 76 years old retired teacher and artist. Ben Hadley, the rich single man whose mother recently passed away, is a bow hunter and is the one who discovered the body. Gabri and Oliver are the B+B owners and antique dealers. Ruth Zardo is a famous poet with a bad temper; Myrna Landers is a retired psychologist and bookstore owner. This group often meets for dinner and socializes regularly.

Later, we are introduced to Yolande Fontaine, the niece of the deceased, and her family. The Croft family also comes into focus as their teenaged son becomes a suspect. It is also very interesting to meet Inspector Gamache and his assistants, many of which (I am told) reappear in the following books. Gamache mentors young officer Yvette Nichol, who struggles to find her place in the team. The inspector's methods are fascinating.


The plot slowly evolves; clues are added. We learn a lot about bow hunting and the world of professional and amateur painters.

The series is qualified as "mysteries of the cosy village variety." I fully agree. It is indeed very comforting to read about the beautiful small village, the charming B+B, the friendly café and the habits of long-time friends and neighbours. You want to share a drink with them in front of the fireplace!

Among book club members, many truly enjoyed reading books in the series and appreciated the Canadian setting. For some, there is a repetitive aspect to the series that makes it less appealing. To that point, a reviewer in the *New York Times* asked how many murders could happen realistically in the same small village. To be fair, some of the books are set in different settings, including Paris. I believe I will go back to the

series occasionally to reconnect with the very convincing and friendly characters. I will slowly read the series in the order in which it was published to understand the evolution of Armand Gamache's team and of his methods. The 17th book of the Gamache series, *The Madness of Crowds*, was published in 2021, and touches on the very serious effects of the pandemic. It received positive reviews. Louise Penny also co-wrote *State of Terror* with Hillary Clinton; this book was also well received. On my night table: *Life after Life* (Kate Atkinson); *Oh William* (Elizabeth Strout); *The Discreet Hero* (Mario Vargas Llosa).

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- Robert Frost*

Garage Sale

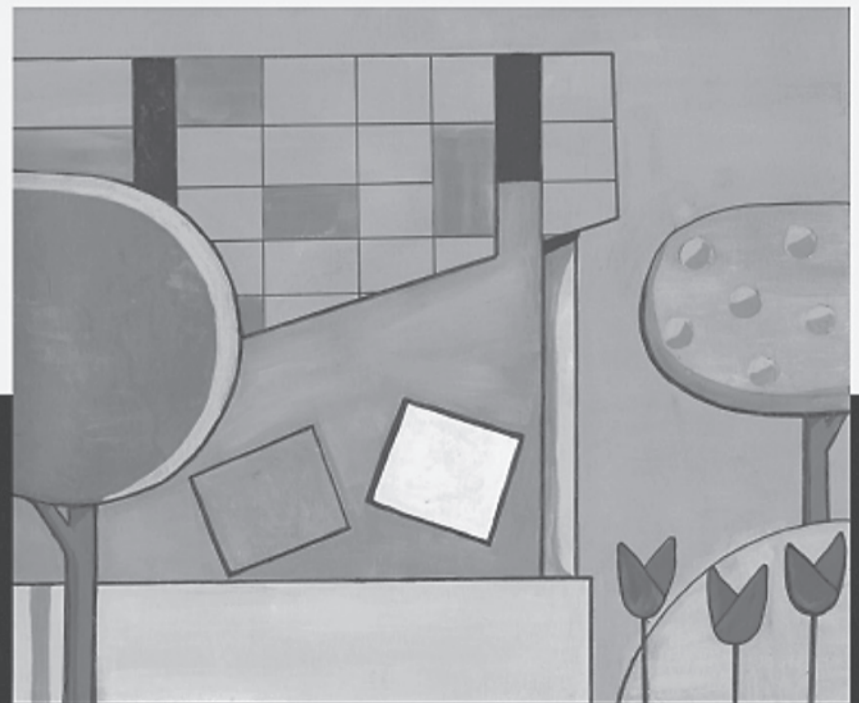


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OUR COMMUNITY

A Daughter's Plea And Ottawans Respond

By David Humphreys



Many Ukrainians fleeing the war are coming to the Ottawa area thanks to a grassroots initiative in Carleton Place that started with a daughter's concern for her mother and siblings who had fled to Poland.

Carleton Place residents Mary Mokrushyna and her partner Zack Nethery began by asking on social media for help to bring Mary's family to Canada.

Donations of cash, clothing and supplies for everyday living have been arriving from throughout the Ottawa region and even nationally from coast to coast. "Our biggest needs are cash and hosting families," Nethery says. "We have a donation goal of \$1.5 million by the end of summer to cover current families."

The community support encouraged Mokrushyna and Nethery to double down and expand their own efforts. By late April, they had set up a non-profit organization as a federally registered charity, Ukrainian Diaspora Support Canada (UDSC).

Ottawa Area Families

Open Their Homes

Their website (www.uadsc.org) recorded 29 Ukrainians successfully settled. Another 335 Ukrainian families, representing hundreds of individuals, had completed applications and had requested 294 flights to come to Canada.

On the receiving end, 260 area families had registered their willingness to host arriving families in temporary billeting arrangements.

Ironically, Mokrushyna's mother, Olga Ialovenko, sister Alice and brother Petro were still sheltering with friends in Warsaw, awaiting approval. They had applied manually before the Canadian government opened a more streamlined digital process.

"Want To Come To Canada?"

"We'll Help, Every Step"

Mokrushyna and Nethery are providing full service support. They have a network of contacts in Ukraine to identify people with an interest in coming to Canada. "They direct them to us and we do everything else," says Nethery.

Everything else includes getting all necessary documents in order, completing the application process and raising the airfare. That's where the Canadian end of the service begins.

Most who want to come to Canada are highly qualified but they can't afford the airfare. The total number who arrive will largely depend on the UDSC fundraising efforts.

First, Support With AirFare

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Once here, there is no shortage of help. Doctors and lawyers are on a "full list" of expert volunteers who are offering their services pro bono to the newcomers.

Nethery says there are no borders for the arrivals. If some want to locate outside the Ottawa area, they will be helped to move.

Contrary to some popular views, Mokrushyna and Nethery believe most will want to stay and start a new life in Canada, just as she did when she came to study here four years ago, looking for a better life.

St. James Church Fills Up

Other Congregations Join

Soon after they launched their appeal, they were overwhelmed and running out of storage space for donated goods. Archdeacon Brian Kauk of St James Anglican Church opened the church hall and other rooms for storage.

The church facilities soon filled up with supplies such as clothing, toys, baby supplies and toiletries. The church's website was adapted to handle donations. It is regularly updated on current needs. Members of the congregation stepped up as goods continued to arrive. They created the "St James Boutique that has almost everything our new friends will need."

"St James has been a massive player for us," Zack Nethery says. "They have been irreplaceable and invaluable."

Archdeacon Kauk says there is satisfaction in being able to provide people with the dignity of choosing what they need after the indignity of fleeing their homeland.

The initiative has strong ecumenical support. The pastors of four town churches – St James, Zion-Memorial United, Carleton Place Baptist and Ottawa Valley Community – got together with members of their congregations to post a video on YouTube asking for support for arriving Ukrainian families.

David Humphreys is a retired veteran journalist who has served in Canada and abroad for various publications, including the former Ottawa Journal.

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FAITH NEWS

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For more info, visit our website www.stthomasaltavista.ca or call the church office at 613-733-0336.

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FAITH NEWS



When we lived in our house in the suburbs, I always rushed out to take photos of those purple-blue April crocuses pushing through the ice and snow remnants. They were a symbol of life and renewal. Winter would soon be past, and we could look forward to warmer weather and the beauty of spring's awakening.

However, if Solomon had written Song of Songs 2:12 here in Ottawa, he would have penned it in May: "Flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land." We usually endure the April showers before most spring flowers open.

It was lucky for us, then, that we first viewed the above-mentioned property on a sunny May 24th weekend. Three tall lilac trees bordered the backyard that showcased three levels of plants and shrubs, and a flowering crab reigned in all of its pink glory near the middle. The scent was heady, and the whole idea of trees blooming in May was a novelty for us. We were moving to Ontario from Newfoundland, a place where nothing blossoms quite that early in the season! The combination of this lush garden, dotted with pots of colorful annuals, and the sparkle of the water in the inground pool won my heart instantly. It's no wonder the real estate agent left it for last. I wouldn't have wanted to see anything else.

As a teacher, I was able to spend the best part of our Ottawa summers in that yard for almost twenty years. When the boys were young, I was often lifeguarding, but I always managed to find my own time to sit with a book and enjoy the beautiful garden.

I believe having our start as human beings in Eden, an even more incredible garden, causes us to inherently appreciate the beauty in nature. We are drawn to blooming flowers (unless you're unfortunate enough to have allergies!) and palm trees (although, that might be more MY thing). My photo app is filled with close-ups of colourful blossoms. And "stopping to smell the roses" has never been a challenge for me.

However, our backyard paradise didn't look its best without some effort on my part. It needed constant watering—an hour-long chore every other day! I regularly weeded and pruned and kept filling those pots with annuals. Trimming the vines on the fence was especially time-consuming. But I didn't mind the work. The result was worth the effort.

Isn't it wonderful that God feels the same way about us? He considers us beautiful and well worth the tending necessary to make us look and feel our best! Since He chose to plant Adam and Eve in that gorgeous garden, He clearly felt that we belonged there as His most treasured creation. Jesus confirmed this when He talked to the disciples about resting in God's care in Luke 12:27–28:

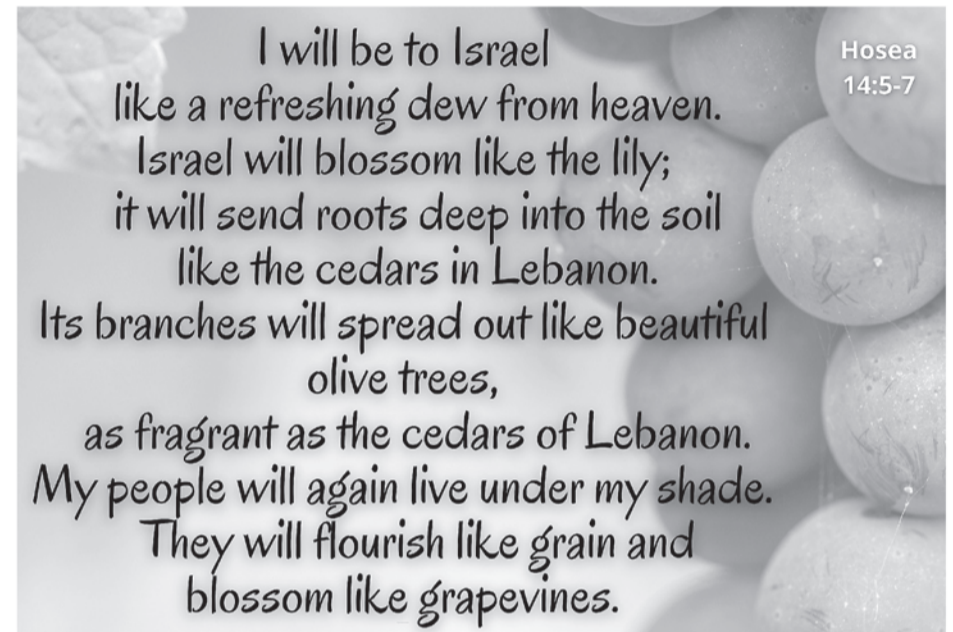
"Look at the lilies and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for flowers that are here today and thrown into the fire tomorrow, he will certainly care for you ..." (NLT)

God grows and nurtures flowers, and He desires to do the same for us! Unfortunately, since Adam and Eve were dismissed from their garden home and sin entered the world, we require more maintenance to bloom and reflect God's glory. But making beauty out of our brokenness is not a challenge for God. He is our Creator. That makes Him the Author of our instruction manual, so, therefore, the best Trouble-shooter to find and repair the broken parts. He wants us to bloom where we are planted

and draw others to our beauty.

When our longing to grow aligns with God's desire to make us flourish, we will root ourselves in God's Word to absorb all the nutrients and minerals necessary to help us bloom. Isn't that why you're reading this blog right now? Every morsel of His Word fertilizes us and makes us stronger.

In Hosea 14:5–7, we see how God wants to restore Israel, and I believe He extends this to us too when we seek Him.



This is a promise of growth, beauty, strength, value, fragrance, abundance, and delight. As God's flowers who bloom in His garden, we will bless all those around us. April's showers might actually look like struggles, heartaches, and persecution—all intended to help us grow. But when the weeding and pruning are done, and our character is more reflective of God's, the result will be worth the growing pains.

The Gardener looks at His creation and sees beauty. Maybe someday we'll realize that being made in His image means we are beautiful!

Pray with me:

Father, I invite You to be my Gardener—to look after me with your tender loving care. Prune me, water me, and feed me with the things I need to grow strong. As I reflect Your love in my smile, words, and actions, may my beauty and holy fragrance attract others to You. Amen.

Valda Goudie is a teacher and a writer. Visit her site at valsstage.com and download a free e-book called "Tickle Me with a Crowbar!" containing 30 days of jokes and short devotions!



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OUR COMMUNITY

ELLWOOD UPDATE: A STEP IN THE RIGHT DIRECTION

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



Last month there was a wave of indignation across Ontario from countless community associations with the release of the Housing Task Force's 55 recommendations, which was followed up on March 30th when the Ontario government announced legislation that, thankfully, excluded some of the most contentious features that had so many associations and municipal governments in an uproar. Perhaps the intention was to test the waters before the election, but the government soon found out it could ill afford to alienate that time-tested bedrock of indefatigable voters – homeowners in R1 (single family homes, like in Ellwood). And this once again underscores the importance of an actively involved and well-informed community association. Alas, the pernicious problem of affordable fixer uppers and other homes scooped up by investors and the chaotic selling environment have been barely acknowledged, and barely addressed. There are many ideas available and governments have the skill, but need to muster the will, to address the problems.

For many years, Norman Payne has been curious to know, in municipal, provincial and federal elections, who in his neighbourhood votes and makes it a point to always drop in to vote just before the polls close. One can easily see all the crossed off addresses. Invariably home owners in Ellwood predominate. Keep in mind that the ratio of homeowners to non-owners has diverged over the years. It seems that many comparable neighbourhoods across Ontario experience a similar pattern.

And their incentive to vote is quite understandable. Typically, homeowners have a vested interest in their neighbourhoods, and many make it a point to vote, hail, rain or snow. Word has it that this was pointed out to Doug Ford, and perhaps he saw the writing on the wall. Also, it seems that the recommendation to stitch up the process by excluding community associations from their rightful participation in neighbourhood intensification was dropped as it would likely not stand the test if challenged in court. Many developers, it seems, find that the ability of community associations to participate in new builds and changes in neighbourhoods by suggesting amendments and changes, which is currently a part of the process, can slow things down.

The lesson here is what many have long learned: watchfulness, consultation, compromise and an all-round sense of goodwill leads to harmonious acceptance by most people.

Hopefully Ellwood can now get back to a more equitable process regarding Intensification as it pertains to its community. Payne continues to hear from many in the community that they are at their wit's end living next to intensified single-family homes, with careless tenants and irresponsible landlords. Front lawns turned into parking lots, properties left untended, garbage cans left on the street for weeks at a time and more at homes that were immaculately maintained until recently. They ask, "If this is low level intensification, what will it be like with the much higher numbers projected?"

Neighbourhood Update

Ellwood's Ridgemont Community Association holds its Annual General Meetings on the last Wednesday in May. However, a phone survey of attendees from the previous AGM found that none were comfortable being in a hall with around 125 people, and a Zoom option fared no better. With the possibility of a sixth COVID wave, the Board of Directors has decided to postpone the meeting into the fall, likely around the time of the Municipal election. Of note, the Board has had

over seven new members in the last two years, and the community at large appears satisfied in the operation of things. The Park Spring Clean Up and Kiddy Treasure Hunt at Frank Licari Park is still on for Saturday, May 14 from 9 a.m to 2 p.m., and there will be prizes. As always, feel welcome to keep your questions, concerns and ideas coming.

"O, the month of May, the merry month of May. So frolic, so gay, and so green, so green, so green!" - Thomas Dekker

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SCIENCE AND TECHNOLOGY

COMPUTER TRICKS AND TIPS:

By Malcolm and John Harding, of Compu-Home



Don't Go There!

Sometimes we think we are being bossy when we are telling you what to do with your computer. Here instead, for a change, is a list of things NOT to do.

- Don't call the number on your screen when you get a "virus discovered" popup. If your installed anti-virus utility ever does discover a virus, it will simply report that it has done its job and quarantined it. No high-tech company will ever call you uninvited or urge you to call them and so, "Call this number now!" is always bogus or an advertisement.
- Why does a 2-metre computer-to-printer cable cost \$2.50 at the Dollar Store and \$18.95 at the specialty stores? According to the CBC, which sponsored a laboratory study a few years ago, the answer is simply "profit." The study found no correlation between the quality of the signal carried and the price of the cable.
- *AdBlock* for your Chrome, FireFox or Edge web browser is free, and it does a perfectly fine job. Take a few moments to learn how to make it cope with websites that will not let you view their content unless you turn the AdBlock off. Don't pay for ad blocking service.
- Don't increase your mobile phone plan simply because you have to pay a bit to exceed your talking or data limit once in a while. Paying for overage occasionally is cheaper than locking in every month for an upgraded plan that is more than you will usually need.
- Avoid optimizer or tune-up utilities. The best of them are just busybodies that waste your time and your computer's resources, and the worst can make a mess of legitimate software installations.
- Don't buy extended warranties for desktop or all-in-one computers. Consider your intended use of a laptop before deciding: if you're going to keep it on a desk, you don't need the extended warranty but if you will be throwing it in the trunk of your car, that might be different. Cell phones and tablets might be candidates, depending on your habits. An extended warranty on a printer is often a good idea.
- Virtual Private Networks (VPNs) are expensive add-ons from the commercial anti-virus companies. They slow down the function of your computer and don't provide all that much security. Furthermore, they no longer can do what many of us had been hoping they would, which is to fool Netflix into thinking we were in the USA and could view American content.
- Don't assume that the effectiveness of virus protection is related to how expensive it is. Smartphones, tablets and Macintosh computers usually don't need an anti-virus. Microsoft Windows 10 and 11 computers have the built-in Windows Security which provides very adequate protection.
- Don't buy "too much" computer. When you have trouble with your system, it is natural but a mistake to assume that you would be better off buying a more expensive one the next time. It is very rare indeed for someone in 2022 to need a computer that costs more than \$1000. Do your research first, which could include consulting our blog webpage.

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

FAITH NEWS

REMEMBER AND HONOUR MMIWGS+

cont'd from front page

Over 10 years ago, a Métis artist, Jaime Black, started the REDress project, hanging empty red dresses in open spaces to evoke the missing women and girls. The REDress project has since evolved into a national movement formalizing our remembrance. May 5 was established as National Day of Awareness of Missing and Murdered Indigenous Women and Girls (REDress Day) and red dresses became the symbol.

Emmanuel United Church, 691 Smyth Road, honoured that remembrance last year with an installation of red dresses hanging in the trees on its front lawn; that will be repeated this year. You may see the dresses as you drive or walk by, starting on May 1.

Lest this awareness fade away too quickly, REDress pins have been created to wear year-round. In addition to the wearer's awareness and remembrance, they can lead to educational conversations and even pressuring the government to honour and follow through on their responsibilities! REDress pins will be available outside at Emmanuel, after May 1, for anyone who would like to pick one up.

We hope that our neighbours will join us in remembering and honouring Missing and Murdered Indigenous Women, Girls and Two-Spirit people on May 5, and indeed year-round.



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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.

"Motherhood: All love begins and ends there." —Robert Browning

"AT THE END OF THE DAY, IT'S NOT ABOUT WHAT YOU HAVE OR EVEN WHAT YOU HAVE ACCOMPLISHED... IT'S ABOUT WHO YOU'VE LIFTED UP, WHO YOU'VE MADE BETTER. IT'S ABOUT WHAT YOU'VE GIVEN BACK."

author unconfirmed



• OREB MLS sales data for 2019 to 2021, by either # of ends sold or total dollar sales volume. The neighbourhood of Faircrest Heights is the north part of Alta Vista and is defined by many as the area between Smyth Rd, Lynda Lane, both sides of Pleasant Park Road and the Via Rail corridor. Not intended to solicit properties already listed.

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- A variety of daily activities and programming to keep our residents healthy, happy, and connected.



Were you unable to attend Riverstone's Spring Open House on April 30th? Not to worry, in-person tours are now available at all of our communities. Contact Josh at Oakpark, Brian at Maplewood, or Sabine at Riverpath to book your private in-person tour today!



Alta Vista | 613-260-7144
OakparkRetirement.com



Riverview Park | 613-656-0556
MaplewoodRetirement.com



Beechwood | 613-327-9655
RiverpathRetirement.ca

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The month of May is the pleasant time; its face is beautiful; the blackbird sings his full song, the living wood is his holding, the cuckoos are singing and ever singing; there is a welcome before the brightness of the summer. Lady Gregory



NEW LISTING

166 Concord Street South Old Ottawa East

- Spacious 4+ bedroom, 2 full bath row unit
- Modern kitchen with quartz countertops
- Finished basement
- South facing deck and urban yard
- Steps from Rideau River, Springhurst Park, and Main Street
- 10 minute walk to Lees Ave LRT station

Buy and Sell with the Team at Arnett Realty.

You won't be disappointed.



COMING SOON

122 Broadway Avenue The Glebe

- Classic features with modern comforts
- 3 beds, 2 1/2 baths
- Large gourmet kitchen
- In-law suite in basement with private entrance
- Stylish fenced backyard with warm dog shower
- Car-port via friendly Cook Lane
- Steps from all the amenities of The Glebe

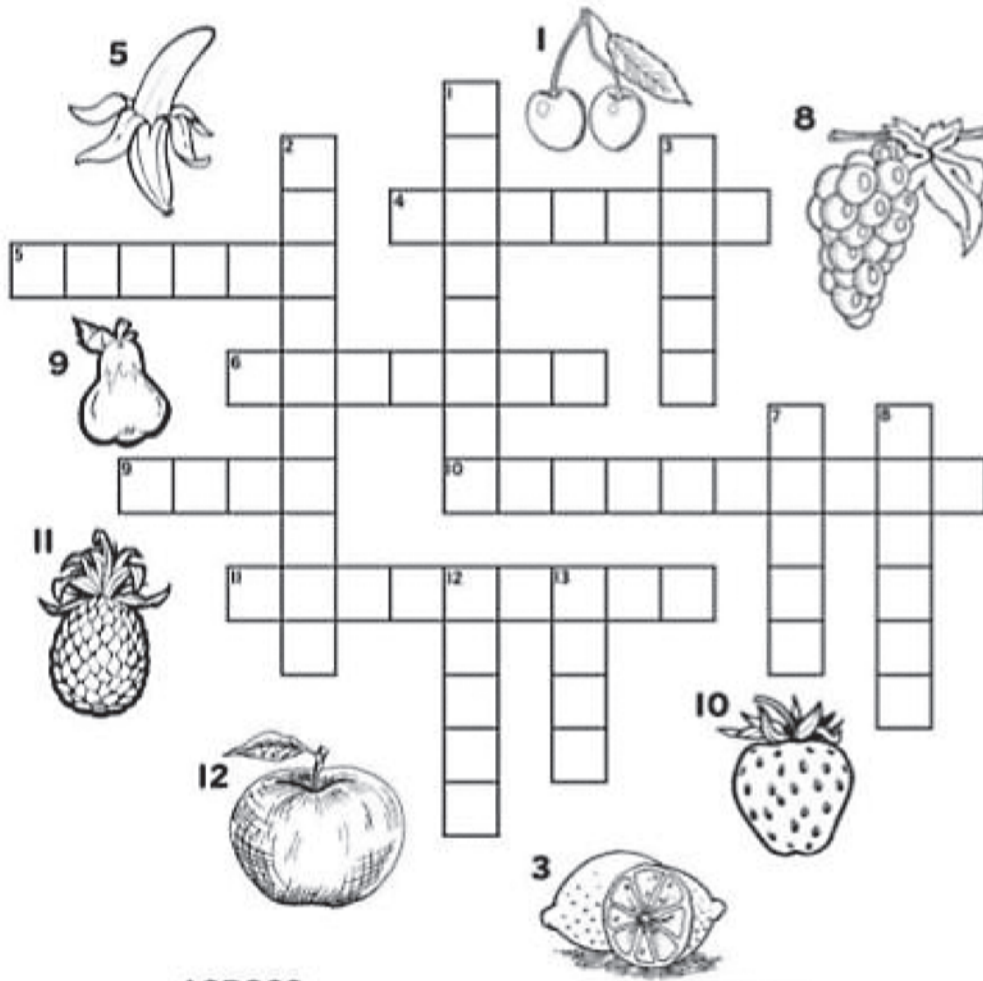
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SKYLAR'S KIDS PAGE

FRUIT CROSSWORD PUZZLE



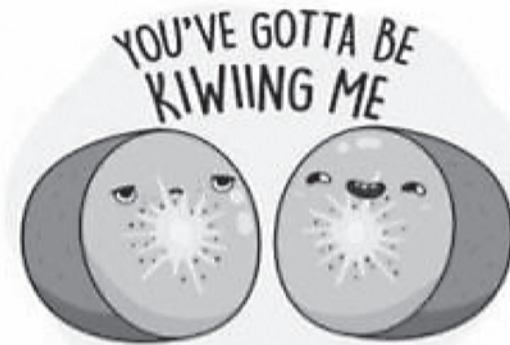
ACROSS

- 4. round, sweet fruit with juicy yellow (or sometimes white) flesh and fuzzy pinkish-yellow skin, and a large, hard seed at the center
- 6. small fruit that have many small seeds

DOWN

- 2. a round citrus fruit with yellow skin
- 7. honeydew _____
- 13. a round, juicy fruit that has red or purple skin, sweet yellow flesh and a

FIND THESE PICTURES



BUTTERFLY COLOURING PAGE



DOT TO DOTS

Connect the number and guess the FRUIT?



UPCOMING EVENTS



ALTA VISTA LIBRARY – MAY 2022

The Alta Vista Library is open, and many in-person services are now available. For the most current updates as well as information about available services, please visit www.biblioottawalibrary.ca or call 613-580-2940.

The Library has temporarily adjusted its hours of operating, given the uncertainty of the pandemic and current staffing pressures. Until further notice, the Library's hours are:

- Monday and Wednesday: 10 a.m. to 6 p.m.
- Tuesday and Thursday: 1 p.m. to 8 p.m.
- Friday: 1 p.m. to 6 p.m.
- Saturday: 10 a.m. to 5 p.m.

CLOSED – Monday, May 23, Victoria Day

Most of the provincial restrictions have been lifted. Please note the UPDATED following measures in place for your safety when visiting:

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Masks are recommended inside the branch.
- More public computer stations are now available on the main floor, as well as the public computer stations in the children's room. Public computer use is currently limited to two hours per user per day. There are no exceptions. Reservations can be made either at the branch or online from home.
- We have added more seating for your convenience on both levels.
- Meeting and program rooms are now available for booking.
- Please visit our website for the most up-to-date information with regards to programming
- The outdoor book drop is open 24 hours a day, 7 days a week.
- Museum passes are available once again on a first-come, first-serve basis. Please contact the museum in question before you visit to inquire about hours, closures, protocol, etc.

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

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

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.

FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

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

- Children's Books - \$1
- Adult and Teen Mass Market Paperbacks - \$1
- Adult and Teen Soft Cover Books - \$2
- Adult and Teen Hard Cover Books - \$3

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

PROGRAMMING

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

ONLINE COLLECTIONS AND SERVICES

Please check out some of the activities and resources that we have for adults, teens, and kids alike. 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, Overdrive Magazines or PressReader.
- **Children's resources for educational videos and online books** such as Just for Kids and the Tumblebook Library.

To access these resources and much more, please visit 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.

Fruit Crossword Solution	
Down	1. Cherries
	2. Grapefruit
	3. Lemon
	7. Melon
	8. Grapes
	12. Apple
	13. Plum
Across	4. Peaches
	5. Banana
	6. Berries
	9. Pear
	10. Strawberry
	11. Pineapple



Glee:ceptional

is a Glee Club for young people with exceptionalities



Summer Music Camp 2022

We are looking for Volunteers!

Are you a high school or university student looking for a rewarding volunteer experience this summer?

Glee:ceptional is looking for volunteers to help at our summer camp during the second week of August. Camp is based in Alta Vista/training provided.

Contact Lisa at gleeceptional@yahoo.ca




UPCOMING EVENTS

COMMUNITY EVENTS May 2022

EMMANUEL UNITED CHURCH

691 Smyth Road, Bus #55

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

E-mail: office@emmanuelunited.ca; Website: www.emmanuelunited.ca

Welcome! Join us for our Sunday Worship service in person or live-stream. Please wear a mask while in the church. Many of our worship services and activities for spiritual and social connection are also available online.

For information or meeting details (including how to join us by Zoom), contact our office or visit our website. Visit us on Facebook at www.facebook.com/EUC.Ottawa to find out all about our social action groups and how you can help. You'll find videos, community news and sharing opportunities.

Previous Services & Sermons: These are available at www.emmanuelunited.ca/worship/sermons.php.

Children's and Youth Christian Education Programs: These continue to be planned as online activities.

Seniors' Exercise Program: Take Time to be Wholly (TtbW) is resuming. It's a program of light exercises, standing, free weights and bands, designed to maintain or increase fitness by stretching and exercising most body muscles. Masks are needed in the church, but not while exercising. Contact our office for details and to reserve a spot for Monday or Friday from 10:30 to 11:30 a.m.

Weekly Events and Activities

Sundays, 10–11 a.m.: Worship Services in person or online. The service includes a welcoming message, hymns, prayers, videos, scripture and a thoughtful reflection. It's live streamed at www.emmanuelunited.ca/worship/webcast.php. Afterwards, join us for a virtual period of Coffee and Conversation (by Zoom).

Mondays, 7– 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. If you wish to learn how to meditate and find more quietness, you are welcome to join fellow meditators (by Zoom).

Tuesdays, 10–11 a.m.: Coffee with Roxanne. Join Roxanne Delmage, our Pastoral Care Provider, as participants share thoughts. Roxanne presents a different scripture reading and topic each week (by Zoom). Contact her at Roxanne.delmage@gmail.com.

Wednesdays, 10 a.m.–3 p.m.: Active Artists are resuming. Drop in to paint, knit or do your craft.

Wednesdays: Faith Study continues. Join us. Anyone is welcome to participate in one or more sessions; there is no homework (May 4, 11, 18: from 7:00 to 8:15 pm; by Zoom).

Thursdays, 10–11:30 a.m.: The Thursday Morning Discussion Group is currently discussing "A People's History of Christianity: The Other Side of the Story" by Diana Butler Bass. People do not need the book to participate (by Zoom).

May Events and Activities

May 1–31: Red dresses will hang in the trees outside Emmanuel United Church, commemorating the more than 1200 missing and murdered Indigenous women, girls, men, and two-spirit people (MMIWG2S+). Red Dress Day is Wednesday, May 5.

Sunday, May 1, 10 a.m.: Guest speaker Rev. Dr. Peter Bartlett will talk about social justice work in the United Church;

Wednesday, May 11, 10 a.m.– 2 p.m.: (rain date: May 18) Nature Pilgrimage. The theme of our first pilgrimage of 2022 is Exploring Roots. Join us at Pinhey's Point in Dunrobin. Our pilgrimages are open to anyone. They consist of worship, reflections, hands-on activities and communion. Bring lunch, water, an outdoor chair and good walking shoes. Contact our office by email or phone for information.

Saturday, May 14, 9 a.m.–2 p.m.: Community Yard Sale with Bake Table. Rent your own table to sell reusable treasures; drop by to meet your neighbours and pick up some bargains. To register for a table, or for more information, contact welcoming@emmanuelunited.ca or our office.

Sunday, May 22, 10 a.m.: Guest speakers Henry Reinders will talk about the Canadian Foodgrains Bank's work to end global hunger.

Coming in June

June 1 to June 20: Emmanuel's Garden Market will be online at euconlinemarket.ca (on-site during our garden tours). Plants, garden art and a pot and vase swap, as well as gently used gardening books, will be available at the market.

Saturday, June 25th, 11 a.m.–4 p.m., Sunday, June 26th, 1 pm - 4 pm: Spring Garden Tour and Strawberry Social. Join us on a tour of eight to 10 local private gardens – and two mystery gardens. The Strawberry Social will run concurrently with the tours on both afternoons, serving in the side yard at the church located at 691 Smyth Road. Tickets are \$25 for both the tour and Strawberry Social, \$10 for the Strawberry Social only and \$5 for children under 10. For tickets or information, contact our office or visit euconlinemarket.ca.

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

Office: 613-733-3156 ext. 228

Email: info@rideaupark.ca

Welcome! Worship with us, either in-person or on-line, your choice.

Those wishing to worship in-person at the church services must wear a mask. Singing by the congregation during Worship is included. Attendees are encouraged to be fully vaccinated (except children under 5) and observe physical distancing. Pre-registration for in-person Sunday services has been discontinued.

We will gradually be re-opening for more in-person events and activities, but some will remain on-line for now. Watch the church website, www.rideaupark.ca, or phone the church office for the latest information. Rideau Park is using a variety of ways to communicate, and can also be reached through our Facebook Group, Instagram, and our YouTube channel.

Weekly Activities at Rideau Park

Sundays, 10 a.m.: Worship Service, both in-person and on-line, with welcoming words, the congregation singing joyful hymns, supportive prayers, videos, scripture, and a thoughtful presentation. Please join us!

Sundays: Children's Christian Education Classes and Youth Drop-In are continuing online via Zoom meetings by Rideau Park. We have four separate groups: Ages 3,4,&5 – 10:20 a.m.; Grades 1,2,3 – 10 a.m.; Grades 4,5,6 – 10 a.m.; and Youth Drop-In (Grade 7 & up) – 11:30 a.m. For more information on the programs and how to connect, see www.rideaupark.ca or contact Rev. Steve Clifton at sclifton@rideaupark.ca. Towards the end of May, classes will take a summer break, with the Christian Education program starting again in September.

Sundays, 11:15 a.m.: Healing Circle offers a time of healing prayer online after the Worship Service for about 10 minutes, using a technique called "distance healing." It is available on our Rideau Park YouTube channel. Full description at www.rideaupark.ca.

UPCOMING EVENTS

Mondays and Thursdays: Our Knitting Group (Monday afternoons) and Quilting Group (Thursday mornings) have started meeting again in person at Rideau Park. Come and join us! For more info, contact 613-733-3156 x228.

Thursdays, 10 a.m.: Group Meditation Online is shared together through Zoom. Join us for 20 minutes of quiet, peace and mindfulness. See www.rideaupark.ca for information, and contact sclifton@rideaupark.ca for the Zoom invitation.

Special Events at Rideau Park

Wednesday May 11, 7–8:30 p.m.: Online Basic Income Workshop. Contact Rev. Elizabeth Bryce at ebryce@rideaupark.ca to register and receive the Zoom invite.

Saturday June 11, 9 a.m.–2 p.m.: Outdoor Nearly New Sale at the church featuring gently used clothing for the whole family. Same day as the Awesome Alta Vista Garage Sale, so do drop by. Great deals on women's clothes and accessories (purses, shoes, scarves, hats). Menswear, too, and clothes for kids. Mask-wearing appreciated. For more information, contact 613-733-3156 x228. (Rain date: June 18)

August 8 to 12: Camp Awesome 2022 is returning to Rideau Park this summer! Program information and online registration will be available soon.

Other Connections with Rideau Park

Healing Pathway Ministry at Rideau Park: Trained practitioners are available for healing prayers both in-person or over the phone. In-person healing prayer sessions are commencing again after a two-year hiatus. Appointments are available between 1–4 p.m. on Thursdays. For more info, contact healingpathway@rideaupark.ca or sclifton@rideaupark.ca.

Rideau Park United Church Facebook Group: Connect with others for videos, community news, prayers, and sharing opportunities. It is a public page. Consider joining the group if you wish to comment.

ST. THOMAS THE APOSTLE ANGLICAN CHURCH

Parking Lot Sale & BBQ on Saturday, June 11 at St. Thomas the Apostle Church, 2345 Alta Vista Drive (beside Fire Station). Call Jim at 613-523-2487 to reserve a spot with a table for \$20.



OTTAWA NEWCOMERS' CLUB

Our club is a non-profit, social organization for women who have recently moved to this area or who have experienced a significant life change such as retirement, widowhood, etc. ONC provides opportunities 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.

PROBUS OTTAWA ALTA VISTA

PROBUS Ottawa Alta Vista is welcoming new members from the Alta Vista area. Join your fellow retirees, near retirees and want-to-be retirees for interesting speakers and discussions, not to mention relaxed socializing. See our website, www.probusoav.ca, for more detailed information about the club and its activities as well as contact points, membership information, and meeting location. We will be meeting in-person on Wednesday, May 25 with a talk from Dr. Antoine Hakim from the Ottawa Brain & Mind Research Institute on the subject of "Dementia and How to Prevent It."

FIBRE FLING 2022 VIRTUAL ART SHOW AND SALE

Visit us online at: www.fibre-fling.ca

Saturday, April 23 to Sunday, May 8, 2022

FIBRE FLING 2022 showcases over 150 dazzling original works of art created by local textile and mixed media artists. These one-of-a-kind pieces are hand made using innovative approaches to traditional and contemporary techniques, such as dyeing, embroidery, beading and felting. A portion of the show proceeds are donated to the Stephen Lewis Foundation and the Ottawa Food Bank.

WANTED



COULD THIS BE YOU?

Do you have spare time that you would love to fill with meaningful volunteer work for your community?

We are looking for a team player who has a gift for layout and design; someone who will work with the Content Editor to craft submitted stories and advertisements into a readable newspaper format.

We are looking for a Layout Editor for VISTAS.

LAYOUT EDITOR

As a Co-Editor, you will work with the Content Editor, as well as our team of regular writers and a photographer to produce a monthly community paper that our Alta Vista / Canterbury / Ellwood readers look forward to each month.

This is your opportunity to bring fresh vision to our paper, which has been bringing news and interesting stories to our local area for four decades.

ARE YOU READY FOR AN ADVENTURE?

If you are interested in serving your community in this way, please e-mail a letter of interest to editor@vistas-news.ca.

MOVIES 'N STUFF

1787 KILBORN AVE. MAY 2022 738-1607
www.moviesnstuff.com

May 3rd

The Larkins: Season 1

This new adaptation of the classic novel "The Darling Buds of May" by H.E. Bates follows the warmhearted, wheeler-dealer adventures of the Larkin family in the idyllic Kent countryside of the 1950s.

Squid Game: Season 1

Hundreds of cash-strapped contestants accept an invitation to compete in children's games for a tempting prize, but the stakes are deadly.

Bobba Fett: Season 1

Legendary bounty hunter Boba Fett navigates the galaxy's underworld when he returns to the sands of Tatooine to stake his claim on the territory once ruled by Jabba the Hutt and his crime syndicate. Surprise appearances aplenty!

Ozark: Season 4

What We Do in the Shadows: Season 3

Being the Ricardos

In 1952, Hollywood power couple Lucille Ball and Desi Arnaz face personal and professional obstacles that threaten their careers, their relationship, and their hit television show. Nicole Kidman and Javier Bardem each earned Oscar nominations for this!

Against the Ice

Exploring Greenland's vast landscape for a lost map, two men must fight to survive. Based on the true story of Denmark's 1909 polar expedition.

The Adam Project

After accidentally crash-landing in 2022, time-traveling fighter pilot Adam Reed teams up with his 12-year-old self for a mission to save the future. Ryan Reynolds stars!

The Dig

In the late 1930s, wealthy landowner Edith Pretty hires amateur archaeologist Basil Brown to investigate the mounds on her property in England. He and his team discover a ship from the Dark Ages while digging up a burial ground. Ralph Fiennes and Carey Mulligan star!

The North Water

A disgraced ex-army surgeon signs up as ship's doctor on a whaling expedition to the Arctic. Rave reviews for this BBC mini-series!

The Humans

As the Blake family gathers to celebrate Thanksgiving, mysterious things start to go bump in the night and family tensions reach a boiling point.

Wife of a Spy

It's 1940, and the population of Japan is divided over its entry into World War II. Satoko, the wife of a fabric merchant, is devoted to her husband, but is beginning to suspect he's up to something. Soon she allows herself to be drawn into a game in which she enigmatically conceals her intentions.

Margrete: Queen of the North

The year is 1402, and a woman is at the head of a new Nordic empire. Margarete I has united Denmark, Norway and Sweden in a union that she rules single-handedly through her adopted son, King Erik. However, a conspiracy is afoot.

Falling for Figaro

A brilliant young fund manager leaves her unfulfilling job and long-term boyfriend to chase her lifelong dream of becoming an opera singer. She meets a fellow opera student while in training, and what begins as a rivalry develops into something more.

Only the Animals

A woman has disappeared. After a snowstorm, her car is discovered on a road to a small remote village. While the police don't know where to start, five people are linked to the disappearance. Each one with his or her own secret. Hailed as the French "Fargo".

Who You Think I Am

Claire, a 50-year-old divorced teacher, creates a fake Facebook profile of a 24-year-old woman. She finds a photo of a pretty young blonde and uses it. She has created an entirely fictional character, but why? Juliette Binoche.

Detective Montalbano: Episode 37

HUGE announcement! The 37th episode of one of the greatest international detective series ever finally releases!

Also:

Kandisha
Martyrs Lane
Texas Chainsaw Massacre (2022)

May 10th

Kin: Season 1

A boy is killed and his family embarks on a gangland war with an international cartel; but the Kinsellas have something the cartel does not: the unbreakable bonds of blood and family.

Sandition: Season 2

Marry Me

Music superstars Kat Valdez and Bastian are getting married before a global audience of fans. But when Kat learns, seconds before her vows, that Bastian has been unfaithful, she instead decides to marry Charlie, a stranger in the crowd. Jennifer Lopez, Owen Wilson.

Abraham Lincoln

A three-part mini-series that chronicles Lincoln's childhood years struggling with poverty, his young days as a prairie lawyer, his election for the presidency, and the eventual assassination.

The Cursed

In 19th-century France, a man arrives in a remote country village to investigate an attack by a wild animal. However, he soon discovers a much deeper and sinister force that has the manor and the townspeople in its grip.

Dog

With a dog named Lulu by his side, Army Ranger Briggs races down the Pacific Coast to make it to a soldier's funeral on time. Along the way, Briggs and Lulu drive each other completely crazy, break a handful of laws, narrowly evade death, and learn to let down their guards to have a fighting chance of finding happiness.

Turning Red

Mei Lee is a 13-year-old girl who is torn between being her mother's obedient daughter and the chaos of her youth. As if that were not enough, when she gets too excited, she turns into a big red panda. Huge Pixar release which takes place in Toronto - which is really cool!

Stargirl: Season 2

Uncharted

Treasure hunter Victor Sullivan recruits street-smart Nathan Drake to help him recover a 500-year-old lost fortune amassed by explorer Ferdinand Magellan. What starts out as a heist soon becomes a globe-trotting, white-knuckle race to reach the prize before the ruthless Santiago Moncada can get his hands on it.

Also:

Clean

May 17th

Before We Die: Season 1

When Detective Inspector Hannah Laing kisses her married lover Sean Hardacre goodbye one morning, she never imagines it will be the last time she will see her fellow detective alive. But Sean goes missing and his body is recovered the following day.

The Boys: Seasons 1 and 2

Belle

From the animation masters that made Wolf Children comes this new masterpiece! A high school student becomes a globally beloved singer after entering a fantastic virtual world. She soon embarks on an emotional and epic quest to uncover the identity of a mysterious beast who's on the run from ruthless vigilantes.

Help

Sarah seems to have found her calling working in a Liverpool care home where she has a special talent for connecting with the residents. Then, in March 2020, the Coronavirus pandemic hits. Along with her patient, Tony, Sarah finds her life torn apart by the ever-challenging pandemic. Stars the great Jodie Comer!

Succession: Season 3

Last Kingdom: Season 5

Benjamin Franklin

The revolutionary life of one of the 18th century's most consequential and compelling personalities, whose work and words unlocked the mystery of electricity and helped create the United States. A documentary by the great Ken Burns!

May 24th

Umma

A woman's quiet life on an American farm takes a terrifying turn when the remains of her estranged mother arrive from Korea. Sandra Oh stars.

Ray Donovan: The Movie

A showdown decades in the making brings the Donovan family legacy full circle. As the events that made Ray who he is today finally come to light, the Donovans find themselves drawn back to Boston to face the past. Each of them struggles to overcome their violent upbringing, but destiny dies hard, and only their fierce love for each other keeps them in the fight.

"X"

In 1979, a group of young filmmakers set out to make a film in rural Texas, but when their reclusive, elderly hosts catch them in the act, the cast find themselves fighting for their lives.

The Batman

Two years of striking fear into the hearts of criminals has led Bruce Wayne deep into the shadows of Gotham City. With only a few trusted allies, the lone vigilante has established himself as the sole embodiment of vengeance amongst his fellow citizens.

Also:

The Desperate Hour

May 31

Morbius

Biochemist Michael Morbius tries to cure himself of a rare blood disease, but he inadvertently infects himself with a form of vampirism instead. Another entry in the Marvel canon and starring Jared Leto.

The Gulf: Season 2

VISIT OUR WEBSITE - MOVIESNSTUFF.COM