

## Governor-General's Medals Presented at the Perley and Rideau Veterans' Health Centre

By Courtney Tower



David Hamel and His Excellency Governor General David Johnston. Photo courtesy of Gerri Doherty.

himself at the Perley and Rideau Veterans' Health Centre: Francois Savard and David Hamel.

There was pomp and circumstance, and a piper of course, not to mention cakes (no ale) and brownies, as Governor General Johnston and Sharon Johnston came to the large long-term care home for veterans and other seniors on Wednesday, April 26. They were there to honour two of the 400-odd volunteers who give the Perley Rideau its ability to enhance the care and support of some 250 veterans and 200 other seniors.

First up on the stage to have the Governor General pin on him the Sovereign's Medal For Volunteers was Francois Savard.

Mr. Savard, 92, was honoured for 24 years of volunteering his time at least twice a week to meet and chat with veteran residents of Perley

Over Ottawa and over all of Canada, countless Canadians won medals and recognition during National Volunteer Week (April 23-29) for their volunteering services to other Canadians. Proudly among them, two Alta Vista residents were honoured by Governor General David Johnston

Rideau and, every week, to take some of them to Roman Catholic church services.

Mr. Savard is known to readers of VISTAS (April 2017, Page 21 – vistas-news.ca) for an item of **Our People** about his regular visits with Mr. William Cosway, both very young navigators of Allied aircraft bombing of Germany (Savard) and the Japanese in Burma (Cosway) in WWII. He also was for 10 years the business manager of this volunteer community newspaper.

Mr. Cosway sat at the table of Mr. Savard, along with a Savard son and other relatives, for the presentation. Mr. Savard and Mr. Cosway have become, as volunteers and residents do become, "great buddies," to quote Frank (as he's more popularly known) Savard.

David Hamel, just short of 80, an aeronautical engineer in his 36 years with the Air Force, told VISTAS that nothing in that specialty, technically at least, educated him for his 19-year vocation at Perley Rideau. Out of wood, he builds trucks and trains, airplanes, bird houses, a magazine rack, once for little girls a cradle that he still speaks of fondly.

These are toys that he makes in kits of 12, for residents in the Creative Arts program to assemble and paint. They bring the joy of making things to the residents of varying degrees of frailty and capability. Mr. Hamel makes for them the kits, out of his head and not from someone's drawings. He tells VISTAS that the former engineering life does help by instilling in his woodworking "discipline and systematic attention to detail."

For Mr. Hamel's wife, Florence, sitting at his table with their grandson, Pascal, the honour for her husband is great, as is something else in his 19 years of walking the 10 minutes from their home to the Perley Rideau. "It gets me out of our house," he jokes.

The Sovereign's Medal for Volunteers is an official Canadian honour, a round silver medal with the Queen on one side and two interlaced hearts on the other, on a ribbon of the vice-regal colours of blue and gold. The two hearts, generosity and sharing, are what volunteering is about.



Frank Savard and His Excellency Governor General David Johnston. Photo courtesy of Gerri Doherty.

## INDEX

<i>Bookworm's Delight</i>	13	<i>Health</i>	9
<i>Classified Ads</i>	35	<i>Library</i>	22, 23
<i>Community Calendar</i>	34	<i>Our People</i>	20-21
<i>Computer Tricks and Tips</i>	19	<i>Schools</i>	26, 30, 31, 32
<i>Distribution of VISTAS</i>	4	<i>Science and Technology</i>	17
<i>Editorial Musings</i>	2	<i>Sustainable Eastern Ontario</i>	29
<i>Family Matters</i>	5	<i>Word Search</i>	35
<i>Film Review</i>	16	<i>Your Finances</i>	15

Look for this little Father's Day picture hidden somewhere in the June VISTAS.



VISTAS STAFF

Co-Editors: **Marcia Gosse** 613-731-2281  
E-mail: Editor@vistas-news.ca  
**Christine Inrig**  
E-mail: Editor@vistas-news.ca  
Advertising Manager: **Jim Doherty** 613-523-2487  
E-mail: Advertising@vistas-news.ca  
Business Manager: **Catherine Fyfe**  
E-mail: BusinessManager@vistas-news.ca  
Distribution Manager: **Ernie McArthur** 613-521-4658  
E-mail: Distribution@vistas-news.ca

INFORMATION/SUBMISSIONS

Website: vistas-news.ca  
E-mail: info@vistas-news.ca  
Mailing Address: 271 Mountbatten Ave. Ottawa, K1H 5W2  
Circulation: 12,200 copies

DEADLINE for article submissions & community events:  
15<sup>th</sup> of the month prior to publication. E-mail: Editor@vistas-news.ca.

ADVERTISING

Ads should be submitted to the Advertising Manager, in electronic format copy / check for available ad sizes / basic advertising rates and approximate size as follows:

Full Page	\$250.00	(10" W x 13" H)
Half Page	\$140.00	(10" W x 6" H)
Quarter Page	\$ 90.00	( 5" W x 6" H)
Business Card	\$ 30.00	

Classified ads are \$10 (maximum 25 words).  
Accounts are due on publication.  
DEADLINE for ads: 15th of the month prior to publication.  
E-mail: Advertising@vistas-news.ca.

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.

VISTAS Needs Volunteer Carriers

- Anoka, 34 papers  
Bathurst, 19 papers  
Billings (Fairbanks to Alta Vista), 35 papers  
Bloor, Penhill, Crestwood, 56 papers  
Chomley, 40 papers  
Collins, 34 papers  
Courtice, 40 papers  
Erie, 26 papers  
Fairmeadow, 41 papers  
Ferncroft, 45 papers  
Florida, Atwater, 40 papers  
Grasmere, 39 papers  
Heron Road (Alta Vista to Greenbelt), 13 papers
- Livingston, 28 papers  
Manor Hill Private, 26 papers  
McRobbie & Clontarf, 16 papers  
Micmac & McQuaig, 38 papers  
Mimosa, 30 papers  
Pixley, Renova, 125 papers  
Portal (west of Cavendish), Applewood & Cunningham (west of Alta Vista), 23 papers  
Prospect, 40 papers  
Roger (Alta Vista to Fairbanks), 23 papers  
Station Boulevard, 40 papers

VISTAS Vision

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

Editorial Musings

Summer Reading Club?

One of my book clubs this year has been making its way through an old high school text of short stories. *Short Stories: Characters in Conflict*, edited by John E. Warriner is available, used, for a small price on Amazon.ca.



There were only three of us in this particular book club and each of us took one of the next three stories, in order from the book, wrote discussion questions and passed them on to the other two club members. We are now at our last three stories and will be sorry to see this book finished. We do, however, have our next book of short stories chosen. It will be *The World's Greatest Short Stories*, edited by James Dailey.

*Characters in Conflict* has stories such as *The Most Dangerous Game*, by Richard Connell, *The Birds* by Daphne du Maurier, *The Bridge* by Nicolai Chukovski, *The Scarlet Ibis* by James Hurst, *All Summer in a Day* by Ray Bradbury, *The Lady or the Tiger* by Frank R. Stockton, *Harrison Bergeron* by Kurt Vonnegut, and *By the Waters of Babylon*, by Stephen Vincent Benét. For each of the stories in the book, there is a short bio of the author, a section about the art of the storyteller, and a discussion about the facts and ideas in the story. Each of us did come up with our own questions and often added a creative opportunity for the group. It could have been something as simple as "Write a paragraph describing who the character may become in ten years time" or "Do a small creative art project that has something to do with a particular paragraph in the story."

The stories in this anthology provided us with great discussion, and we followed our book club each time with a potluck lunch and tea. Another book club I attend meets in the evening and they love their glass of wine with each month's book.

A lot of activities grind to a halt in the summer time, but isn't reading one of the activities that revs up to help us enjoy the long days and warm weather?

Perhaps you will decide to read some books by our local authors. I was pleased to read a thriller recently, *Some People Deserve to Die*, by Colin Knight, an Alta Vista resident. I spoke with him at Chapters where I purchased two of his books and found he was a neighbour. Allison Van Diepen is an Elmvale Acres writer who writes for young adults. Her stories are engaging and her characters interesting and believable. Both of these authors' books can be found at the library or at Chapters.Indigo.ca.

Enjoy your summer reading and think about starting a neighbourly short story club or book club. It's something to look forward to and provides opportunities for great discussions.

Have a safe summer, get some exercise and read some good books! Let us know (editor@vistas-news.ca) if you've read a book that captures your imagination and that you think we might also enjoy!

May summer blessings surprise you!

GIBBON'S PAINTING & DECORATING

Local House Painter – Bonded  
With 27 years experience  
(Interior/Exterior)  
Customer satisfaction

ALWAYS GUARANTEED

For a free estimate please  
call Rory 613-322-0109

Book now for your painting needs



# Heroes of Heron Emergency Food Centre (HEFC)

By Lynn Sherwood

Our Heroes this month, Ken and Vae Rankin, are with us in memory only. Ken passed away in 2014 at the age of 94; Vae died in February of this year at the age of 92. Every spring for over twenty years they proudly brought fresh rhubarb from their home garden to HEFC to share with people experiencing food insecurity, followed throughout the summer by other fresh vegetables including tomatoes, zucchini, and cucumbers. Long-time members of St. Timothy's Presbyterian Church, their kindness and generosity is remembered fondly by staff and volunteers at HEFC. They have left an abiding legacy through their pleasure sharing the work of their hands, knowledge gained in the days when everyone lived on a farm, grew their own food and shared what they did not need. We thank friend of HEFC, David Gowdy, for his photo of this wonderful couple.

Fresh fruit and vegetables are an essential component of a nutritious diet, but are also relatively expensive and may often become real treats for families on a restricted income. The basic 'package' supplied by HEFC, 3 days of food once a month, includes items such as tuna, pasta, margarine, chick peas, all items which will fill empty stomachs and are easy to store for extended periods. Storage of fresh produce at our facility for more than a day or so is simply not possible. We are able to provide 2 potatoes, 2 carrots, 2 onions and 1 banana per person in our food packages. Extras, including green leafy vegetables and other perishable produce, are available only when we receive direct donations from the community.

Aware of the importance of fresh produce for a nutritious diet, the Ottawa Food Bank has recently initiated a Community Harvest Program which accepts donations of fresh produce from home gardens, local farmers, and the market at Lansdowne Park. Additionally, the Ottawa Food Bank has been donated 7 acres of land at Black Family Farm where produce is grown for distribution to 112 organizations through the Food Bank. In 2016, because of the reduced harvest in this area, donations of fresh produce were reduced by 13%. The generosity of local Heroes like Vae and Ken is truly important for clients of HEFC, who generally live in small town houses or apartments where it is impossible to grow your own vegetables.

Now that spring, the season of growth, is upon us we want to remind all you home gardeners that we have a place for your zucchini. Also we can use your carrots, tomatoes, apples, kale and any of your surplus home grown bounty.

All donations are much appreciated. Additionally, we want to remind you about our annual Walkathon on the fourth Saturday in September – this year, September 23. Look for further details in the September VISTAS.

Check out our new Facebook page at Heron Emergency Food Centre @hefcottawa.

Heron Emergency Food Centre is located at 1480 Heron Road, and is open 4 days a week to provide emergency food to folks in need in Ottawa South.



Ken and Vae Rankin, Photo courtesy of David Gowdy

Please contact us at 613-737-9090 or hefc-info@rogers.com if you have stories or photos to share, which will help us with our history project. Of course, we always accept donations of time, food or cash.

## JUNE WISH LIST

Tuna, peanut butter, canned vegetables, canned tomato sauce, pasta, canned soup, chick peas, kidney beans, cereal, and school snacks for children.

*Note: Correction to HEFC article on page 3 of the May issue of VISTAS: Jean Thompson has been a faithful member and volunteer at St. Thomas the Apostle Anglican Church for over 50 years, but it was written that she went to St. Timothy's Presbyterian Church. Also, she grew up on a Saskatchewan farm, not Ontario.*

## HAPPY FATHER'S DAY

## Sing Ottawa en chœur: A Choral Celebration of Canada

By Nadine Dawson

If you cannot name a single Canadian composer of choral music, you are not alone. And yet, Canadians have been writing vocal music as a form of artistic expression for generations. Music, especially music performed with the intimacy of the voice, stirs a deep connection with the human experience, its triumphs and sorrows, playfulness and reverence. Indeed, choral music sings of what it is to be alive.

Thanks in part to funding from both *Ottawa 2017's Arts, Culture and Heritage Program*, and *Ontario 150*, Ottawa will host a choral festival re-acquainting Canadians with our musical landscape.

Presented by the Cantata Singers of Ottawa, the Capital Chamber Choir, and the Ottawa Regional Youth Choir, *Sing Ottawa en chœur* features a joyful weekend of choral music.

Launching the festival on Friday evening will be a concert by **Studio de musique ancienne de Montreal**, containing choral works from French-speaking North America. This concert features the earliest piece of classical music composed in Canada, "la Prose de la Sainte-Famille," as well as the world premiere of a specially commissioned work by Quebec composer, Maurice-Gaston du Berger, which depicts the explorations of Champlain.

Saturday begins with *Creating Canadian Music*, a panel discussion with composers and leaders in commissioning new works. The day's afternoon con-

cert, *Ottawa in Song*, will be presented by the **Cantata Singers of Ottawa**, and features music representing the cultural origins of the people who live and work in Ottawa. In the evening, the **Capital Chamber Choir** presents *Contemporary Choral Music from Ottawa, Ontario, & Canada*.

Sunday starts off with *Inspiring the Next Generation*, a panel discussion featuring educators and musicians working with children and youth. The **Ottawa Children's Choir** and the **Ottawa Regional Youth Choir** showcase the diverse musical traditions of Canada in an afternoon concert of music from coast to coast.

Closing the festival will be a Sunday evening concert in which *you* are invited to perform! *Canada Celebration 2017* will feature a massed choir, accompanied by a professional orchestra, showcasing Canadian music from the last 150 years. Along with the crowd-pleasing perennial favourite, Handel's "Hallelujah Chorus", and a rousing version of "O Canada", two pieces will be premiered: contemporary local composer Andrew Ager's "From Far and Wide" and Clarence Lucas' "Dies Irae", which was written in 1942, preserved in Library and Archives Canada, but never before performed.

Everyone who loves to sing is encouraged to participate in this final festival concert.

Canadian composer, Healey Willan, said: "Music has been my chief delight, and if at any time I have been able to share that delight with others, I am content."

*Sing Ottawa en chœur* takes place in downtown Ottawa from June 23 to 25. To purchase tickets, sign up to sing in the final concert, or find out more about the festival, visit the website: [www.singottawaenchoeur.com](http://www.singottawaenchoeur.com). Children under the age of 18 are admitted free to all events.



# Distribution of VISTAS

<b>Distributors</b>			
Bruce Burgess	Patrick Beauregard	*Suzanne Carr	Denton
613-738-6450	Dorothy Belter	Jackson Castell	Bruce Denyes
Jim Doherty	*Robert Belter	Kate & Emma	Gerri Doherty
613-523-2487	Jane Berlin	Chacksfield	*Jim Doherty
John Frankland	Frank Berlin	Phil Chartrand	Katie Donaghy
613-523-5572	*Sharon Bernard	Fiona Clifford	Mary Donaghy
Sharon Kruder	Joanna Binch &	Paula Clifford	Michael Donaghy
613-731-4654	Family	Amy Connelly	*Jim Donaldson
Lynne Peterman	Sheila & Norm Black	Jo-anne & Charles	Rena Donnelly
613-731-9108	Tristan Boivin	Crisp	Fran Doy
	Heather Bonas	Linda Cunha	Carolyn Dunlop
	Julie Breau	Maureen Daley	Ryan Ferrer
<b>Team Captains* and Carriers</b>	Roma Broadfoot	Carol David &	Valerie Ernst
Paul Adams	Merle Brown	Students	Fontaine
Brian Arvisais	Susan Bubb	Michel David	Alice Foerstel
Nanci Askwith	Tuan Bui	Sharon Davis	John Frankland
Cynthia Ball	*Bruce Burgess	Michel René	Joanne Garton
Maria Beaulne	Charlotte Burgess	de Cotrat	Terry Gaw
	James Calkin	Anthony & Gretchen	Nicholas Genest

Anne-Marie Gervais	Robert Leitch	Wendy Parkes	*Samira Thompson
Elizabeth Gibson	Donna Leroux	*Lynne Peterman	Thompson
Sam Griffin	Marg Levalliant	*Rodney Pitchers	Richard Turcotte
Robert Hawkins	Eva Link	Arianne Potvin	Barb Vanbaal
Cathy Healy	Aidan & Elizabeth	Dale Powell	David Vandine
Duncan Henley	Maloney	Lesley Raven	Charles Vincent
& Arlo Baird	Dan McCarthy	Robert Read	James Waddell
Eric Henry	*Bruce McLelland	Terry Reeve	Andrew Walsh
Julie Hiscock	John McCrea	Julien Robinson	Margaret Walsh
Cathy Hollands	Ruth McFie	Joanne Rodgers	*Brian Watson
Karen Jackson	Marian McGahern	Mariana	Sandra Weedmark
C & B Jeffrey	Erin McNerny	Rodriguez	Gwynn Weese
Barbara Jensen	Julianne	Valentina	Karina Welch
Pearl Jutzi	McNamee	Rodriguez	R & H Westington
*Sharon Kruder	Larry Mercer	Kristina Rudnitzki	Janet White
Christel Kurz	Thaddeus Mordon	Roz Sanderson	Gertrude Wilkes
Alex Lacasse	Michael	Michael Schwartz	Lynda Woodhouse
Fred Ladouceur	Moynahan	André Séguin	Doug Woodside
Claudette Lalonde	Judith Neal	Mary Lou Sparks	Paul Woolner
John Lankester	Graham Neale	Robert Squires	Tasha Worgan
Diane Laplante	*Deborah	Réal St. Amand	Roger Wyllie
Ruth Leamy	Newhook	Mr. & Mrs. Stead	Yeadon Family
John Leger	Jacqueline	Dwight Stewart	Catherine
Teresa LeGrand	Newton	Ann Taylor	Znotinas
	Joanne Paré	*Barry Thompson	

## Safety on Pleasant Park Road

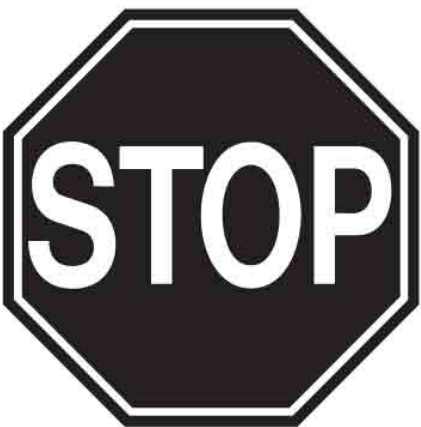
By Francine Beaupré

Please slow down and stop at the intersections! This is the message Pleasant Park residents are giving drivers who are speeding and rolling through stop signs. Sixteen families living on Pleasant Park between Haig Drive and Delmar Avenue are displaying their **Slow Down For Us** signs on their lawns to emphasize the importance of abiding by the 50 km speed limit for the



safety of children, adults and seniors. They have posted **Stop For Me** signs at each of their intersections to alert motorists that a full stop is necessary at all times, giving pedestrians priority to cross.

Francine Beaupré, coordinator of the **Slow Down on Pleasant Park** project states that the need to increase our vigilance of speeding drivers is becoming more important as more and more cars cut through the community on their way to work. Crossing streets for children going to school is such a hazard that parents are obliged to walk with them.



A meeting was held on May 11 between residents and Councillor Jean Cloutier, his staff, and representatives from the traffic department to look at various options to calm the speeding of motorists. Several solutions were put forward including permanent speed boards, flexible markers between Dorval and Delmar and a review of the intersections for a traffic count. In particular, the school zone, which is 50 km per hour, was discussed to address the concern of parents. Residents were asked to report any incidents of speeding directly to the police department who will determine if officers need to increase their surveillance. Every phone call is important and documented.

Residents are pleased with these first steps towards a safer neighbourhood. They invite other residents on the street to join their efforts and share their ideas about increasing the safety of our roads. They can reach Francine Beaupré to join our email distribution list at francinebeaupre@rogers.com.



A warm welcome awaits.  
**St. Timothy's  
Presbyterian Church**  
2400 Alta Vista Drive

**Sunday Worship at 10:00 a.m.**  
St. Tim's is a family of God's people, drawn from many cultures, countries, church backgrounds and walks of life.  
**Please join us.**

**Sunday School; Ample parking; handicapped accessible**  
We are located on OC Transpo route 8 (between Heron and Randall)  
(613) 733 0131

Minister: Rev. Dr. Floyd McPhee    sttimothys@on.aibn.com  
Website: www.sttimsottawa.com



**What's On At St. Thomas'**

**Saturday, June 10  
Parking Lot Sale  
8:00 a.m. to 1:00 p.m.  
Spaces still available  
Contact Jim Doherty at  
613-523-2487  
or the church office**

**Please contact the Office for  
more information about the  
above and other events  
613-733-0336**

**Service Times for  
July & August**

**Sundays**  
8:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist



**St. Thomas the Apostle Anglican Church**  
2345 Alta Vista Drive. Ottawa, ON K1H 7M6  
613-733-0336    www.stthomasaltavista.ca





# Family Matters

## Despair and Addiction

By Walter Clare

*(Walter Clare is the Executive Director of Serenity Renewal for Families, an Alta Vista Charity, which provides educational programs and counselling for people struggling with addiction, their children and families. To learn more or to donate to families needing help, call 613-523-5143 or visit [serenityrenewal.ca](http://serenityrenewal.ca).)*

Mortality caused by drugs, alcohol, and suicide have been called ‘deaths of despair’ by Princeton economists Anne Case and Angus Deaton. Failed marriages, family dysfunction, lost job opportunities and communities and families broken by addiction are direct contributors to the recent rise in the number of deaths of despair.

Deaths of despair are increasing for both men and women with high school degrees or less, in all parts of the U.S.A. United States Attorney General, Jeff Sessions, recently said, “We need to confront the heroin and opioid crisis. 140 Americans die from drug overdoses each day.” More than 200,000 Americans have died as a result of opioid abuse. Increases in deaths of despair are highest among white males and females age 45 to 54.

Canada is the world’s second-largest per capita consumer of opioids. Case and Deaton note that although the rate of increase of deaths of despair in Canada is less than the United States it is still, nevertheless, “substantial.” Recently, Prime Minister Justin Trudeau said, “The impact has been devastating. Families ripped apart. Communities forever altered. Loved ones lost too soon.” Yes, we must despair. However, in this despair, we can also lose perspective.

Addiction takes root in the physical and emotional pain experienced by individuals, families and communities. Case and Deaton provide us with insight into this much larger story. The story is complex but easily understood for those who will take the time to pull back the covers and look.

Deaths from alcoholism, drug abuse and suicide align with the experiences of people who are being left behind. Despair occurs when: we lack connection or feel lost, we lose the sense that our lives have value, family and community are alienated, and we lose connection with our better self.

In shining a light on deaths of despair, the study also draws our attention to the importance of structure. Family and community provide



the original framework for structure. Education enables the expansion and growth of reliable structure. Job success and income offer a means of holding the structure together. Yet we know jobs are more than a source of income. A job well done provides a sense of meaning and purpose for the individual and the community. We belong when we are fully engaged in the structures of family and community. A meaningful vocation becomes part of our positive identity.

What happens when everything breaks down? Entire communities are devastated by economic downturn, factories close, jobs are lost and incomes disappear. The financial stress affects all members of the family. Family structures unravel and despair permeates the community, families and all its members. Children drop out of school, relationships fail and over time despair infects all of our actors and structures.

Increasing numbers of individuals, families and communities are falling into this ever growing pit of despair. It is not just the immediate drug users and alcoholics who suffer the sting of alienation. It impacts families and communities. Young single mothers, children and infants are left behind. For some, especially children, the lack of hope becomes life and character shaping.

As we focus our attention on trying to fix the opioid crisis, we may miss seeing how a next generation of despair is already being pooled. They are forming an even larger wave of despair.

At Serenity Renewal for Families, we believe addiction must be understood as multi-generational. Not nearly enough priority is given to prevention. Addiction attacks the entire family. In our next VISTAS column, we will discuss how families and children can be helped to avoid the long-term despair caused by addiction.

## Walk for Alzheimer's

by Debbie Seto, Communications Manager,  
The Dementia Society, [dseto@asorc.org](mailto:dseto@asorc.org)

Walk for Alzheimer's, held in support of the Dementia Society (formerly the Alzheimer Society of Ottawa and Renfrew County) on May 13<sup>th</sup> at Tunney's Pasture, raised over \$300,000 with the support of over 800 participants. The success of Ottawa's Walk was made possible with the generosity of its premier sponsor Collins Barrow Chartered Accountants, major sponsor Symphony Senior Living, and contributions from many community organizations.

All funds raised stay in the local community to provide support, education and resources to people impacted by dementia. For those who weren't able to make it out on event day, there's still time to give and make a difference as donations received until June 30 will add to the Walk for Alzheimer's total. Visit [www.alzheimerottawa.ca](http://www.alzheimerottawa.ca) or call 613-523-4004.

To learn more about the Dementia Society's programs, please visit [www.alzheimerottawa.ca](http://www.alzheimerottawa.ca) or call 613-523-4004 in Ottawa or 1-888-411-2067 in Renfrew County.



*Walk for Alzheimer's: there were thousands of donors, and over 100 event volunteers.*





## THE OTTAWA TENNIS AND LAWN BOWLING CLUB

*Your collage in the city*

- |                                  |                             |
|----------------------------------|-----------------------------|
| 18 HAR-TRU TENNIS COURTS         | JUNIOR TENNIS PROGRAMS      |
| OUTDOOR SWIMMING POOL            | COMPETITIVE SUMMER TRAINING |
| 10 BEACH VOLLEYBALL COURTS       | FULL DAY SUMMER CAMPS       |
| FREE ROUND ROBINS                | ADULT GROUP CLINICS         |
| ROYAL OAK PUB OPEN TO THE PUBLIC | TENNIS LESSONS FOR ALL AGES |
| DRINK & FOOD SPECIALS            | FACILITY RENTALS            |
|                                  | POOL-ONLY MEMBERSHIPS       |

136 Cameron Ave (Next to Brewer Park) | [www.otlbc.com](http://www.otlbc.com) | 613-730-7207   

# Spring is coming!

## Will your home stand out?

CALL TODAY!



**Maureen WALSH**  
SALES REPRESENTATIVE

**Lindsay SPIRES**  
SALES REPRESENTATIVE

Call or Text us! • Maureen: 613.725.5760 • Lindsay: 613.601.5444 • Office: 613.733.9100

**SOUTH OTTAWA'S INDEPENDENT PAINT DEALER!**

# Rubin's PAINT

**Benjamin Moore®**  
Paints

FULL LINE BENJAMIN MOORE DEALER



QUALITY TOOLS

ECO PRODUCTS

CUSTOM PAINT SPECIALIST

EXPERT SERVICES FOR OVER 60 YEARS

**Corner of Bank & AltaVista**

2649 Alta Vista Drive  
Serving Ottawa Since 1952

**613-521-3636**



## Crafts, games and live entertainment!

**Free BBQ and drinks!**

**Bouncy castle!**

**Magic show!**

**Dunk tank!**

**2017 CIBC OTTAWA**

**Canterbury Canada 150**  
July 1, 2017 Noon - 4 pm, 2185 Arch St.  
**Fun for the whole family!**

**Alta Vista Baptist Church**

**Jean ALTA VISTA CLOUTIER**



**Canterbury Community Association**  
"Working Together With The City Of Ottawa For The Community"

**ENBRIDGE**

**Urbandale construction**





## It's Time for an Awesome Weekend!

By Teresa LeGrand

What makes Alta Vista such an awesome place to live? Well, the Awesome Alta Vista Weekend for starters. Organized by the Alta Vista Community Association (AVCA), the annual community picnic has been a highlight for 27 years now. Several years ago, the picnic was joined by the giant community garage sale, making it an Awesome Alta Vista Weekend.

This year the garage sale takes place on Saturday, June 10, followed by the picnic on Sunday, June 11. Last year, more households than ever before



participated in the community garage sale. Unfortunately, most had to stay in their garage (or carport) because it was a very rainy day. Fingers crossed for sunny weather this year (although it is a rain-or-shine event), and an even better turnout.

The 2017 edition of the garage sale is bound to be bigger with the participation of the Riverview Park Community Association (RPCA). They have decided to join

with AVCA and align with our dates, instead of hosting their own sale on a different weekend.

### AVCA's online map is a hit

If you are having a garage sale on June 10, remember to register your sale by sending an email with your address to [altavistagaragesale@gmail.com](mailto:altavistagaragesale@gmail.com). This gets your house listed on our Google map. Hundreds of website visitors use the map to plan their route and find their way around the neighbourhood during the garage sale.

Visit [AVCA.ca](http://AVCA.ca) and go to the events page=>garage sale to find the map and the link to the map on the page.

AVCA provides the event publicity and map as a community service. In exchange, we encourage garage sale vendors to become members of the community association and consider making a donation to the Heron Road Emergency Food Centre or another charity. The suggested donation is 5% of garage sale proceeds. It's easy to donate – just go to [HEFC.ca](http://HEFC.ca) and use the "Canada Helps" button to donate securely with PayPal, credit card or online debit/Interac.

If you are going to donate some of your sale's proceeds, please let AVCA know. After the sale, just send a quick email to [news.avca@gmail.com](mailto:news.avca@gmail.com), or let us know via the contact page at [AVCA.ca](http://AVCA.ca). We will track the total and report back to the community later in the year. We won't report any personal information without authorization, but you can take the credit if you'd like.



One final note about the garage sale: some of the members of the Alta Vista Gardeners List will be holding plant sales. This year's perennial exchange was a soggy affair, and the wet ground made for difficult early digging. As a result, there should be a lot of garden plants on offer at locations scattered throughout the neighbourhood.

### This year's picnic theme: ACTION PACKED!

The day after the garage sale is the volunteer-run community picnic. Fun for the whole family! This year showcases some of the great local action sports and activities available in the Alta Vista area. Here is a sample of the confirmed attractions:

- Swordplay Ottawa will present medieval swordplay demos hands-on combat training.
- Dingerz Pitching and batting centre will host a pitching contest and check your speed with a radar gun.
- The Canada Science and Technology Museum will be there with their "Museum on the go!" ScienceMobile. Take part in fascinating experiments and participate in a science relay with the #ScienceMobile team.
- The Ottawa Public Library is bringing their mobile library and will have story time for the little ones.
- Arts & crafts with Arts Express.
- And of course everyone's fave: HoopHead!
- Plus: Little Ray's Reptiles, bouncy castle, wagon ride, BBQ, Zumba, World Changing Kids, live music with Fiddleheads, bike raffle, and more!

Share your Awesome Alta Vista Weekend Experience on Twitter with us @AltaVista\_OTT using the hashtag #awesomealtavista.

## Billings Estate Celebrates Father's Day

By Jonathan Stokes

This year's Father's Day Antique Car Show at Billings Estate will put the spotlight on historical emergency vehicles.

Old fire trucks, police cars, ambulances and even a hearse or two as well as a number of antique and vintage vehicles ranging from the Brass Era 1910s to the Easy Listening 1970s and 1980s will be on display Sunday, June 18.

Antique Cars and Father's Day have been a fixture at Billings Estate for over 30 years.

I attended my first show there as a spectator in 1988 and by 1991 was a participant in my then recently purchased 1966 Studebaker. Since then many old cars have come and gone from my driveway and I have managed to display every year the show was running.

A little hiccup occurred in 2008 when the Antique Auto Club of Ottawa, the organizers of the show, closed its doors and, as a result, the show was a non-starter. Some very enthusiastic Vintage Car people stepped up to the plate, and the following year it was full speed ahead with a large crowd of participating vehicles. We have been a constant at Billings Estate on Father's Day ever since.

Approximately 45 vehicles are expected to be there, coming from as far away as Cornwall and Pembroke. If you have an old fire truck or police car in your garage, bring it!

The Billings Estate volunteer organization always puts on a great barbeque and there are many activities and events planned for the entire family – including good old Dad!

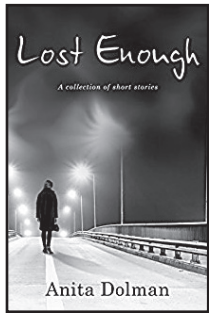


Rabbi Bulka and Jonathan Stokes at the 2016 Billings Estate Antique Car Show with a 1963 Chevrolet Nepean Police Cruiser.



## Lost Enough

*Short Stories and Flash Fiction filled with the diversity of the Canadian spirit.*



Anita Dolman is an Elmvalle (Urbantale) resident. Her debut book, *Lost Enough*, is a collection of short stories, and was released April 6 by Morning Rain Publishing.

The book's official launch took place at Black Squirrel Books (Bank Street south of Sunnyside) at the end of April. *Lost Enough* is available to order in electronic and print versions, through Amazon and Chapters/Indigo, as well as via independent bookstores, and is stocked locally at Perfect Books and Stonewall Wilde's, and Black Squirrel Books.

Anita Dolman is a poet, fiction writer, and professional editor, as well as a contributing editor for *Arc Poetry Magazine*. Her poetry and fiction have appeared in journals and anthologies throughout North America. Dolman was a finalist for the 2015 Alberta Magazine Award for fiction.

### WireService.ca Media Release (03/27/2017) COBOURG, ON

Love, life, dreams, illusions...this literary collection brings to light these elements, framing the complexity of human emotions within our day-to-day lives. The simple writing style, set against a tangle of controversial topics, highlights our need for human interaction in a world that is slowly drifting apart.

Written with style and elegance, this collection will take you on a journey of discovery. Anita Dolman's poetry and fiction have been published throughout Canada and the United States, including in *Matrix Magazine*, *Triangulation: Lost Voices*, *Grain*, *The Antigone Review*, *On Spec*, *Geist* and *PRISM international*. She is the author of two poetry chapbooks, *Where No One Can See You* (AngelHousePress, 2014) and *Scalpel, Tea and Shotgun* (above/ground press, 2004), and is a contributing editor for *Arc Poetry Magazine*.

(Excerpts from Wire Service Canadian Free Press Release & Media Distribution Service and from the author, Anita Dolman:  
<http://anitadolman.blogspot.ca/>)



- New Expanded Location.
- Complete eye health exams (All ages, 6 months to Seniors)
- Designer Frames, On-Site Lab and Contact Lenses.
- Laser Eye Surgery Consultations and follow ups.
- Evening Appointments available Monday & Thursday.

**2310 ST. LAURENT BLVD. SUITE 311**

ON ST. LAURENT BLVD.  
BETWEEN CONROY RD & WALKLEY

**Dr. Fred Campbell  
Dr. Sara Anstey  
Dr. Sameer Dedhar**

**613-247-20/20  
[www.eye-care.ca](http://www.eye-care.ca)**

**Serving  
Alta Vista  
for over  
30 years!**



**6 Garand Place**



**764 Canterbury Avenue**



**2471 Alta Vista Drive**



**624 Chadburn Avenue**



**254 Smyth Road**



**Paul McCunn**  
Bilingual Sales Representative

**613.733.9100**

**[www.PaulMcCunn.com](http://www.PaulMcCunn.com)**



**ROYAL LePAGE**  
**Performance Realty**  
Brokerage, Independently Owned and Operated

**Trusted for Service...Respected for Results!**

**1500 Bank St., Ste 201,  
Ottawa, ON K1H 7Z2**



# Health

## Atrial Fibrillation Volunteers Needed for Heart Institute

by Anna Clarke, BSc, University of Ottawa Heart Institute

An exciting research project is underway at the University of Ottawa Heart Institute. It concerns an innovative exercise training program for patients with atrial fibrillation. Atrial fibrillation is an electrical disorder of the heart which is characterized by a fast, irregular heart rate and affects approximately 350,000 Canadians. This number is expected to grow as the prevalence of atrial fibrillation increases with age and Canada has an aging population. Currently, anyone over the age of 40 years has a 26% chance of developing this disorder. Atrial fibrillation is associated with substantial morbidity and mortality and its related symptoms are disabling and highly variable. These patients are normally managed with medications, yet they are desperate for better treatment options.

To meet this need, Dr. Jennifer Reed, Associate Scientist in the Division of Prevention and Rehabilitation has decided to examine the impact of different levels of exercise training on the cardiovascular health and fitness in patients with atrial fibrillation. Dr. Reed has recently received over \$500,000 from the Canadian Institutes of Health Research, Heart and Stroke Foundation of Canada and Ministry of Health Innovation Fund to pursue this research. Her team is now recruiting up to 100 individuals with persistent or permanent atrial fibrillation from the greater Ottawa area. Participants will have their health measures taken, complete questionnaires, and participate in one of two 12-week exercise training programs. The results will provide clinicians and patients with important information for new treatment strategies to improve quality of life, alleviate symptom burden and reduce exercise intolerance amongst patients living with this condition.

Pilot work leading to this project has previously been featured on CTV News (please see clip below):

[http://ottawa.ctvnews.ca/video?clipId=803368&binId=1.1164511&playlistPageNum=1#\\_gus&\\_gucid=&\\_gup=twitter&\\_gsc=SjtKyGd](http://ottawa.ctvnews.ca/video?clipId=803368&binId=1.1164511&playlistPageNum=1#_gus&_gucid=&_gup=twitter&_gsc=SjtKyGd)

If you think you may qualify to take part in this study, please contact Anna Clarke at the Heart Institute, 40 Ruskin Avenue, Ottawa, telephone: 613-696-7000 ext. 15944 or email [aclarke@ottawaheart.ca](mailto:aclarke@ottawaheart.ca).

## Response to May Editorial

I agree with your Editorial in the May 2017 Vistas concerning the poor condition of our roads and sidewalks. We have lived in Alta Vista for 27 years and I have never seen our streets in such poor condition. The City needs to repave our streets and redo our sidewalks on a more frequent basis. Simply fixing potholes is no longer a solution. We're beyond that. Admittedly, this is more than just an Alta Vista problem. Many of Ottawa's roads are falling apart. What started out several years ago as simply an eyesore is now a safety issue for motorists, bicyclists and pedestrians alike.

I have communicated in the past with Councillor Cloutier, and he understands the problem. He agrees, for example, that navigating Kilborn Avenue is an ongoing challenge. Nonetheless, I don't see any plan by the City to restore proper funding to the roads department. Last year, I sent a similar letter to Mayor Watson's office. Unfortunately I simply received back an email highlighting that the City is augmenting its pothole repair program. If the City was more capably redoing our physical infrastructure on a more regular basis, we wouldn't have to try to fix so many potholes!

Our Councillors love to spend our money on a multitude of programs and services – the value of which is sometimes questionable. However, one of the most basic priorities of any city is to maintain its roads and sidewalks. I believe that in the upcoming 2018 municipal election campaign, we need to hold the contenders' feet to the fire and demand how they will make road and sidewalk reconstruction a priority. They will then later be judged on whether their words translated into action.

Bruce Wolfgram, Dorset Drive

South-East Ottawa  
Community Health Centre  
Every One Matters.



Centre de santé communautaire  
du sud-est d'Ottawa  
Chaque personne compte.

## South-East Ottawa Community Health Centre Update

South-East Ottawa Community Health Centre (SEOCHC), located at 1355 Bank Street, Suite 600 is a non-profit organization that provides a range of services to clients, including primary health care, social services, home support and community development. We have professional teams of physicians, nurse practitioners, nurses, social workers, nutritionists, early childhood educators, counsellors, chiropractors and others. We offer programs and services for children, youth, seniors, adults and families, all at low or no cost.

Come and learn about the programs and services offered by the Centre at an information session to be held on Thursday, June 8 from 7 - 8 p.m. at Rideau Park United Church, 2203 Alta Vista Drive. For more information, you can contact Judy Paré at 613-523-0098. Light refreshments will be served and door prizes will be drawn.

Did you know that June is the 33<sup>rd</sup> Annual Senior's month? The theme is "Living Your Best Life!" Come celebrate Senior's month and learn about all the programs and services available to seniors at our Open House, on June 14 from 1 - 3 p.m., 1355 Bank Street, 6<sup>th</sup> floor. Make new connections and enjoy some snacks. We look forward to seeing you!

For a complete list of the many programs and services offered by our Centre, visit our website at [www.seochc.on.ca](http://www.seochc.on.ca) or contact us at 613-737-5115. You can also follow-us on Twitter and Facebook.

Some of the programs offered at or from 1355 Bank Street, 6<sup>th</sup> Floor, in the next few months include:

- Cooking and Grocery Shopping for one: Join us on May 31<sup>st</sup> from 12:30 – 3 p.m. for an interactive presentation where we will cook our own food. Meet at the Centre to take the bus together to Loblaws Southkeys, upstairs. Only 15 spots available.
- Outdoor Activities: each week a fun new outdoor activity in Windsor Park, near the Centre. Wednesdays from 9:30 - 10:30 a.m. Activities are Tai Chi, Badminton, Pickle Ball and Urban Pole Walking. Bring water and dress for exercise. All equipment will be supplied.

Registration is required for these programs: 613-727-5115 ext. 2323.

*The answer I found is you stay away from the people who make fun of you, and you join these ad hoc groups who understand your craziness.*

Ray Bradbury

## Donna Edwards House Portraits

613 233 4775

www.  
donnaedwards  
houseportraits  
.com





# Jean CLOUTIER

## Getting Ready for Rail

### A change is on the way -June 2017!

Bus routes are being renumbered across the city as part of the transition to the O-Train Confederation Line. **June 25, 2017** will mark the introduction of three route number changes for Alta Vista, as we embark on a journey towards the implementation of a reliable, efficient, easy, safe, clean, and convenient transit system.

### Where are we now?

- The Temporary Bus Loop at Hurdman Station was first introduced to ensure safe interaction between ongoing construction work, the station and transit services (especially during key station construction activities).
- The MUP realignments currently in place at Hurdman station will remain through to 2018.

### What to expect June 2017:

- The Hurdman bus loop will move to its permanent configuration on the west side of Hurdman station.

To stay up to date on coming changes, visit **OcTranspo.com**.

Current Route	2018 Route	Change
148	48 Elmvale – Hurdman	Route Renumbered
149	49 Elmvale – Hurdman	Route Renumbered
41	291 Walkley – Hurdman	Route Renumbered

## It's a Celebration!

### Canada 150 Maple Groves

In celebration of Canada's 150th birthday, each Ward will receive 150 native Canadian maple trees.



Please join me and Mayor Jim Watson to break ground for Alta Vista's 150 maple grove legacy project to be held **Monday, June 5th, 11:00am in the NCC greenspace near the pathway on Riverside Dr. at Pleasant Park Dr.**

## Marking Canada's 150th Anniversary!

Be a part of the celebrations for our country's 150th anniversary while experiencing the taste and culture of Alta Vista.

The Canterbury 150 Festival will take place **July 1st at the Canterbury Recreation Complex from 12-4pm** hosted by the Canterbury Community Association (CCA).

Attendees will enjoy a BBQ, live music, magic show, games, photo booth, dunk tank and more. The day will be filled with fantastic festivities and lots of fun for the whole family!

For more information or to volunteer for the event please email: **president@cca-acc.ca**.

## Presenting the Jim Tubman Chevrolet SENS RINK!

With the stage set, name chosen, ground broken and construction started, the Jim Tubman Chevrolet SENS RINK will soon stand just south of the Canterbury Pool.

The installation of the new versatile multi-purpose, year-round outdoor covered refrigerated rink is expected to be completed in December 2017. The Jim Tubman Chevrolet SENS RINK will truly be a state-of-the-art facility with limitless potential.



From left to right: Anne Harcourt, President of Jim Tubman Chevrolet, Mayor Watson, Danielle Robinson, President and CEO of the Ottawa Senators Foundation, and John Marshall, President of the Canterbury Community Association joined me for the name unveiling ceremony on May 10th.



## Neighbourhood Office Hours Bringing City Hall to the people of Alta Vista

I will be holding neighbourhood office hours at **Hawthorne Park (2139 Tawney Rd.) on Saturday, June 24th from 2-3:30pm, weather permitting.**

Stop by with your questions, comments and concerns, or just drop by for a quick "hello".

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

**Conseiller / Councillor Jean Cloutier**



# Popular Misconceptions in Family Law

By Steven A. Neal, Lawyer

One common misconception about family law in Ontario is that unmarried couples – those living in ‘common-law’ relationships – have the same rights as married couples. In other words, that Ontario recognizes common-law ‘spouses’. This misconception may be rooted in popular culture, evolving social mores, or the varied legal regimes across Canada’s provinces and territories.

Some provinces, such as Saskatchewan, recognize common-law couples as spouses with the same rights as married couples, including property rights. However, in Ontario, the *Family Law Act* defines a spouse primarily as “either of two persons who...are married to each other.” It does not provide room for couples who are merely cohabitating.

The impact of this definition is that the division of family property, including the matrimonial home, applies only to married couples. Those who live common-law are not required to follow the property rules laid out in the *Family Law Act*. Unfortunately for cohabitating couples, this can result in even more uncertainty and complexity than it does for married couples.

While a cohabitating partner cannot make a claim for a division of family property under the *Family Law Act*, they can claim what is called a resulting or constructive trust. This can occur where one partner transferred property to the other without payment or consideration, and can include situations where one partner contributed to the renovation, upkeep or improvement of the shared home. These types of claims are more complex, require additional evidence and, unless settled, must be resolved at trial. Because of this, it is not true that living common-law means there are no family property issues to consider.

One aspect of family law which is largely consistent across Canada is child custody and support. Where children are concerned, the law deals in ‘parents’ and not ‘spouses’ as the key legal term. Further, the most important consideration where children are concerned is the best interests of the children. Child support itself is governed by federal law that applies equally across Canada and parenting is a responsibility that doesn’t go away on separation.

An additional twist in Ontario family law is that ‘spousal support’ – also known as ‘alimony’ – can be awarded for common-law couples. The part of the *Family Law Act* which deals with support uses a different definition of ‘spouse’ resulting in more potential confusion. The multiple definitions and piecemeal approach to common-law relationships in Ontario law is itself a further source of misconceptions.

In any event, the wisest course of action when you have a family law problem or question is to seek legal advice from a qualified lawyer in your area. This is especially true if you are contemplating a major life change, such as cohabitation, marriage, or separation.

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



Group Classes  
Private Lessons

Friendly, Professional & Certified Instructor

**gotta dance**  
BALLROOM & LATIN STUDIO

613-293-5676

www.gottadanceottawa.com  
info@gottadanceottawa.com

Lessons held at:  
414 Pleasant Park Road, Ottawa  
(In the Pleasant Park Baptist Church)

Learn to Cha Cha, Rumba, Jive, Samba, Waltz, Tango, Foxtrot and more

# GLAD Cleaning the Capital Sweeps through Alta Vista

By Jean Cloutier, City Councillor for Alta Vista

Each year, as the seasons change, the City kicks off a *Cleaning the Capital* campaign. The campaign is a city-wide clean-up where residents come together to work towards a clean and green city through litter pickup and graffiti removal projects.

Cleaning the Capital originally began in 1994 as a springtime clean-up, and marks its 24<sup>th</sup> year as Canada marks its 150<sup>th</sup>. The great success of the spring cleanup spurred the launch of the fall campaign in 2006.

Holding true to Ottawa’s spirit of unity and collaboration, many community groups came together for this year’s springtime cleanup. With over 912 projects city-wide, 57,361 participants, and 61 graffiti removal projects, it’s safe to say that the 2017 GLAD Cleaning the Capital campaign was a great success!



I would like to extend my deepest gratitude to the more than 40 groups made up of Alta Vista’s schools and youth groups, community agencies and associations, families and friends. These groups participated in the springtime 2017 GLAD Cleaning the Capital campaign and dedicated their time to making our community a cleaner place. The efforts of dedicated residents like you are an important part of maintaining a safe and healthy community - vital factors to the formation of a thriving neighbourhood.

This environmentally conscious campaign brings neighbours together and fosters community pride while cleaning up parks, bus stops, woodlots, ravines, shorelines, green space and pathways, enjoying the outdoors and creating an environment where the community is able to fully enjoy our parks and streets.

I look forward to the fall campaign and hope to see our neighbours continuing to care for and cherish our beautiful Alta Vista and our City as a whole.



*Paula*  
**moloney**  
love your home

**CUSTOMIZED SERVICE  
PROVEN RESULTS**

**613-563-1155**  
pmoloney@remaxottawa.com  
facebook.com/moloneypaula  
PAULAMOLONEY.COM

Most Productive Agents in Canada

Twitter Facebook YouTube



# LOCAL BUSINESSES



## ADAMS PLUMBING

*Specializing in the older home*

Russell Adams  
Plumber

John Adams  
Master Plumber

613-226-5685

## L.S. MOORE & SONS

- DECKS (Repairs & Refinishing)
- PAINTING (Interior & Exterior)
- Renovations - Carpentry
- Wallpaper Installation/Removal
- General Repair & Home Maintenance

Commercial & Residential



613-521-3911

Free Estimates perrymoore2001@rogers.com Established 1935

Rainbow Kidschool



Carleton Preschool

...children learning through active investigation.

**A bridge of opportunity**

Morning & Lunch Preschool Program  
ages 2.5 to 4 years

Afterschool Program  
children 4 to 11 years

63 Evelyn Ave. (off Main St. near Pretoria Bridge)  
www.rainbowkidschool.ca Tel: 613-235-2255



## KILBORN PHYSIOTHERAPY CLINIC

1385 BANK STREET, SUITE 510, OTTAWA, ONTARIO K1H 8N4

SUE REIVE  
B.Sc.P.T., M.C.P.A.

PART A MANUAL THERAPIST

TEL: (613) 523-8033  
FAX: (613) 523-1074



**MURRAY'S  
RESIDENTIAL  
PAINTING**  
613-590-9732

www.murraysresidentialpainting.com

## A New Way to find and make Senior Living decisions

Meet with a knowledgeable Senior Living Advisor.  
Save time and get specific recommendations based on your individual needs, preferences, budget and availability..

- Retirement Communities
- Assisted Living
- Respite/Convalescence



**Solva Senior Living**  
Senior's Housing Counsellors

**FREE HELP MAKING IMPORTANT SENIOR LIVING DECISIONS**

613-421-6073 solvaseniorliving.ca 100% free and local service



## Seniors' Month & Age Well Celebration

Saturday, June 17 • 10AM-3PM

Nepean Sportsplex, 1701 Woodroffe Ave.

Free Entry. Free Parking.

45+ exhibitors • Human Library

www.agewellsolutions.ca



H  
A  
P  
P  
Y  
  
S  
U  
M  
M  
E  
R

**www.walkintubscanada.com**

**FREE! Power Drain** On selected models until  
March 31/2017



**BBB  
accredited**

call today 613-299-5522

*Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.*  
Pope John XXIII



# Bookworm's Delight

By Judith Evans

## The Secret Garden

By Frances Hodgson Burnett

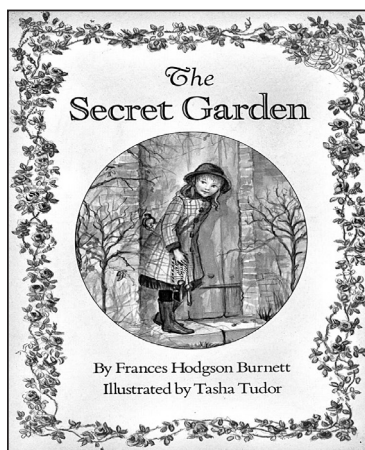
(Available from the Ottawa Public Library)

In this old classic, we find Mary Lennox living in India with parents, both of whom are very busy with grown-up affairs, leaving their daughter in the care of her ayah (or nurse). When she is 9, a cholera epidemic sweeps the area, leaving many people, including her parents and her ayah, dead. Mary is caught in all the confusion and ends up alone, uncertain about who is to care for her now. Eventually, someone takes charge and she is taken on board a ship to England and to London, where she is met by Uncle Archibald's housekeeper, Mrs. Medlock.

On the long train ride to her uncle's home, Mrs. Medlock describes this place to Mary. She makes Misselthwaite Manor very forbidding, saying it was on the edge of the moor and very large, but that many of the 100 rooms were kept locked and the gardens and grounds had been left to grow wild. Mary also learned that her uncle had become a recluse since the death of his much-loved young wife – which made the place sound even more dreary.

After the grim welcome from Mrs. Medlock, Mary is greeted the next day by a much more cheerful person, Martha, the housemaid, who is full of descriptions about the wonders of the world around the manor. Although Mary greets her with her usual air of bad-tempered entitlement, Martha doesn't care a fig and carries on chatting merrily in the local English dialect which is difficult for someone from India to understand. With a bit of effort on both sides, they begin to understand each other and Mary learns about the mysterious locked-up garden and about Martha's younger brother, Dickon, a budding naturalist.

And then there is a mystery for Mary to solve! She hears someone crying in the night but everyone she speaks to, tells her it is just the wind. Mary is certain that they are all telling fibs and vows to find the person who is so sad.



Jumping ahead a little so you don't get confused with characters popping in and out, Mary continues to hear the crying at night and finally decides she will investigate. Following a winding path of hallways, she soon comes to a door where she can definitely hear the voice of a young person in tears. She opens the door and finds, lying in the bed, a young boy! After assuring each other that neither of them is a ghost, the boy introduces himself as Colin, her cousin. He explains that he is an invalid and spends most of his days in his room. Mary tells him about the secret garden and that he mustn't tell anyone about it because the grown-ups would spoil the secret. They go on to consider the possibility of Colin's being taken in his wheelchair to visit the garden some day.

Mary has been busy exploring outdoors too and with the help of a friendly robin, she discovers a key that was buried in the general garden. She's sure it's the key to the secret garden and searches through the vines covering the wall until she finds the door. With little trouble, she unlocks the door and finds herself in the garden where signs of the coming spring are starting to appear.

Soon after, she finally meets Dickon and she is enthralled by his ability to attract wild animals and birds to him. She is even more charmed when he tells her how much her robin friend likes her.

The two of them explore the garden and Dickon teaches Mary how to tell if a tree is still alive even before the leaves come out. The two of them work hard to tidy up the garden and every day Mary reports to Colin about their progress.

The climax of the book – well, there you go, now you'll have to read the book to find out about the ending and to enjoy all the author's wonderful descriptions of the garden coming to life again after 10 long years. The number of plants, trees, birds, and animals who have made a home in the safety of the four walls is quite amazing.



This is the actual 1959 Cadillac that belonged to the Billings family when they owned the estate. The picture was taken at the 2016 Billings Estate Father's Day Antique Car Show. The car will be back again this year on display. (See story on page 7.)

# THE BELLA VISTA

Since 1973

**JOHNNY VEGAS WITH EDDIE BIMM**  
Appearing at

**THE BELLA VISTA**  
RESTAURANT & SPORTS BAR

Friday, June 23  
7pm - 11pm  
No Cover Charge  
Sinatra and Friends!

**RESTAURANT & SPORTS BAR**

*Specializing in Canadian and Italian Cuisine.*  
*Home of Ottawa's Finest Pizza for over 40 years!*

---

**TAKE OUT • PICK UP • DELIVERY**

**613-731-9841**  
2645 Alta Vista Dr. (Vista Centre)  
**FREE PARKING**





**HOURS:**  
 Mon-Thurs: 9AM - 10PM  
 Fri-Sat: 9AM - 11PM  
 Sun: 9AM - 10PM  
**Open 7 days a week**  
 Delivery after 5:00pm  
 \*\*Minimum order of \$ 15.00  
 Delivery charge \$ 2.00\*\*  
[www.bellavistarestaurant.ca](http://www.bellavistarestaurant.ca)  
**Gluten Free Pizza Available!**

**"Ottawa's #1  
Pizza"**  
 as voted by the  
 Ottawa Sun's Pizza  
 Contest.

**SENS GAME NIGHT**  
**50% OFF**  
**ALL APPETIZERS (After 5:00pm)**



# 2017 Ontario Budget Health Care Highlights

*By John Fraser, MPP Ottawa South,  
1828 Bank Street, Ottawa ON K1V 7Y6*

*T: 613-736-9573 | F: 613-736-7374 [jfraser.mpp.co@liberal.ola.org](mailto:jfraser.mpp.co@liberal.ola.org)*

The 2017 budget is a balanced one, the first balanced budget since the global recession. A balanced budget means more funding for the programs and services people rely on most, like health care, education and economic investments.

In our new Budget, we are proposing **OHIP+: Children and Youth Pharmacare** which will cover the cost of 4,400 prescription medications to all children and youth age 24 and under, regardless of family income. No deductible. No co-pay. Just present your health card and a prescription and get your medication.

This new program will improve access to more than four million children and youth, resulting in a healthier, more productive population.

OHIP+ represents the biggest expansion of medicare in Ontario over the course of a generation and a major leap towards universal drug coverage for people in the province. Ontario is once again leading the way as this program is the first of its kind in Canada. If the budget is passed, OHIP+ would start January 1, 2018.

As well, we are investing \$9 billion over 10 years in new hospital capital funding and \$518 million in new operational funding for hospitals (a 3% increase). We are providing a \$7 billion booster shot to health care, including improving access to care, access to mental health and addiction services, and enhancing the patient experience.

The budget also contains a \$1.3 billion investment to further reduce wait times; a \$250 million investment for home and community care programs and \$100 million over three years for Ontario's new dementia strategy.

For all Budget 2017 details, please go to this link: <https://www.ontario.ca/page/budget-2017>

Here to help!

Please feel free to contact me at my community office if there are any provincial issues for which I can assist you. My staff and I will always do our best to help.



**John Fraser, MPP**  
Ottawa South

## Community Office

1828 Bank Street  
Ottawa, ON K1V 7Y6  
T: 613-736-9573 | F: 613-736-7374  
[jfraser.mpp.co@liberal.ola.org](mailto:jfraser.mpp.co@liberal.ola.org)





# Your Finances

By Bob Jamieson, CFP

(Edward Jones, Member Canadian Investor Protection Fund)

[www.edwardjones.ca/bob-jamieson](http://www.edwardjones.ca/bob-jamieson)

## Take Stock of Your Daily Routine for Investment Opportunities

Some investors find the thought of investing in the stocks of individual companies somewhat intimidating. After all, how do you possibly decide which companies, out of literally thousands, to choose?

A good place to start is by taking a closer look at the products and services you use in your own daily routine. Is this anything like your day?

At 6:30 a.m., the alarm clock rings, interrupting your peaceful slumber. Reluctantly you roll out of bed and head for the bathroom. Turning on the shower, you relax under the stream of hot water (heated by Enbridge). After drying yourself with a clean towel washed in Tide (Procter and Gamble), you brush your teeth with Crest (Procter and Gamble), and put on your socks (Gildan) and other clothes.

For breakfast you make yourself a slice of toast (George Weston) and pour a glass of orange juice (Tropicana - Pepsico). You then make a cup of coffee (Folgers - Procter & Gamble), to enjoy on your drive to work.

At work, you turn on your computer (Apple), you start creating a Power Point presentation (Microsoft) for the meeting scheduled later in the week. You remember a book you were going to purchase, so you go online to the store (Amazon) to order it, and then pay electronically (PayPal).

Lunch time arrives and you enjoy a lunch made from the food bought yesterday at the local grocery store (Loblaw). You then decide to take a walk to the bank (Toronto Dominion) and pay some bills. On the way home from work, you realize you need to stop and fill up the car with gas (PetroCanada). Your cell phone (Rogers) then rings. It is your spouse, who informs you that your son has scraped himself while playing and asks you to drop into the local drug store (Shoppers - Loblaw) to pick up some Band-Aids (Johnson and Johnson).

On the way home from the drug store, you are stopped at a rail crossing due to an oncoming train (Canadian National Rail). While you become impatient because of the length of time you are delayed, you marvel at how long the train is and the amount of goods it must be carrying.

During dinner, you discuss the renovation project you are planning for the basement and the materials you will need to buy this weekend (Home Depot). You also make a note to return a call to your insurance agent who left a message earlier in the day, reminding you it is time to review your insurance policy (Manulife). Before bedtime, you enjoy a large glass of filtered water (Brita - Clorox).

These are typical of the goods and services the average Canadian uses every day. Companies whose stocks can be purchased publicly provide many of these products. Of course, your loyalty to a particular product doesn't guarantee that company's success, but it does provide a good starting point in your search for an attractive stock investment. By discussing the company with an investment professional, you can determine if the stock provides an attractive investment opportunity or if another company might better suit your investment needs.

If you would like to discuss investing in individual stocks, or other opportunities, please give me a call at 613-526-3030.

## Hot Days Make for Hot Cars – Take Care!!

By Emile Therien, Public Health & Safety Advocate

On days that seem almost mild as well as the summer days of searing heat, the passenger compartment of a car can turn into an oven, with potentially deadly consequences.

According to the Canada Safety Council, in the confined space of a car, temperatures can climb so rapidly that they overwhelm a child's ability to regulate his or her internal temperature. In a closed environment, the body, especially a small body, can go into shock quickly, and circulation to vital organs can fail.

According to Dr. Oded Bar-Or, a pediatrician and director of the Children's Exercise and Nutrition Centre at McMaster University in Hamilton, Ontario, extreme heat affects infants and small children more quickly and dramatically than adults. Because of their size, their core temperature can increase three to five times faster than that of an adult. Heatstroke, or hyperthermia, occurs when the body's core temperature reaches 40.5° C.

Dr. Bar-Or's unprecedented study was funded by General Motors of Canada. It found that within 20 minutes the air temperature in a previously air-conditioned small car exposed to the sun on a 35° C day exceeded 50° C. Within 40 minutes the temperature soared to 65.5° C. Leaving a window slightly open, or "cracked," did little to prevent the temperature from rising to a level that is dangerous for children, vulnerable adults and pets.

Many parents and caregivers are simply not aware of this risk. The Canada Safety Council says never leave children unattended in vehicles, and always to keep cars locked while in garages or driveways to prevent children from playing in them.

More than 500 children have died in hot cars since 2008 in the U.S. No Canadian data are available. But in Canada, based on the American numbers, the Canada Safety Council estimates an average of four to six of these deaths occur each year.

The Canada Safety Council says it is never safe to leave a child alone in a vehicle, even for a few minutes. Vehicles are simply not a place for children to play or to be left unattended.



**[www.bathlinersplus.com](http://www.bathlinersplus.com)**  
**Our Acrylics are 2x thicker and 400% more scratch proof than others**

**bath liners/showers installed for as little as 25\$/month**  
**Don't delay, call today 613-299-5522**

**EAVESTROUGH CLEANING**

**WINDOW CLEANING**

**MINOR REPAIRS**

**SOFFIT, COVERS**

Free Estimates

All Work Guaranteed

**(613) 852-0425**





## Film Reviews

By Tony Wohlfarth

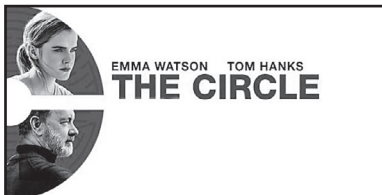
*Tony Wohlfarth is an Ottawa-based freelance film writer. He covered the 2016 and the 2017 Tribeca Film Festival in Lower Manhattan.*

### The Circle

What if the corporation where you work knows everything about you? That intriguing question is the idea explored in *The Circle*, an adaptation of the Dave Eggers' sci-fi novel of the same name. *The Circle* boasts a stellar cast – led by Tom Hanks as Eamon Bailey and Emma Watson as Mae.

The film opens as Mae works (through a temporary help agency) at a call centre job, collecting bills for the water company. The work is dull, and she has no health insurance. The highlight of her day is an outing with her friend Mercer (Eller Coltrane). Her friend, Annie (Karen Gillan), calls to say she got her an interview for a position in Silicon Valley.

The interview portends what is about to happen. Is Mae a team player? What does she like to do in her spare time?



Mae is now working at *The Circle*, a massive high tech company in the valley (which looks like the main campus of Apple, Google or Facebook). The company provides for everything including meals and yoga classes, and it is all consuming. Mae joins the customer relations manage-

ment team, but she is ambitious to move up. Attending her first team meeting, she hears Eamon update staff, and Mae is hooked. The scenery changes for the better, and the sun comes out. Literally. Soon, Mae's feelings, her private life, her social media profile, and her personal life are all being tracked by her employer's algorithms. Global surveillance is at the core of the company's business. Mae's moral compass is about to be tested.

If this premise sounds intriguing, you will enjoy *The Circle*.

What does not work in *The Circle*? The dialogue is weak, as is the character development. *The Circle* exploits some obvious cinematic techniques in a way that is sophomoric. Does the film work? Most of the critics say a resounding no. Rotten Tomatoes, for example, gives the film a rating of 4.3/10. Not even enough to be hired @ *The Circle*. Ironical or what? *The Circle* works as a dystopian novel, so what went wrong? It is an intriguing question, as Eggers co-wrote the script for the film.

*The Circle* is directed by James Ponsoldt. Ponsoldt came to fame in 2013 with his first feature film, *The Spectacular Love*, about teen romance, which won a Jury Prize at the Sundance Film Festival.

*The Circle* was filmed on location at the Art Center College of Design in Pasadena, California for a budget estimated at \$18 million US. It had its world premiere at the 2017 Tribeca Film Festival, and was released theatrically on April 28. The running time is one hour and fifty minutes. A trailer at: <https://trailers.apple.com/trailers/independent/the-circle/>, *The Circle* screens at The ByTowne Cinema in Ottawa, with numerous dates beginning on June 11.

### Obit

How does one talk about a lifetime in 500 words? That is the subject of Vanessa Gould's intriguing documentary featuring the professional work of the team of writers at the New York Times who prepare death notices.

Most of the articles are written after the person has passed away. The film shows us the process as it unfolds – all subject to tight deadlines. Typically, the writer calls a family member, asking them to confirm intimate details of the life of their loved one, including cause of death (if known). What impressed me was how the research is conducted and how professional and sensitive these conversations are. It cannot be easy to make these inquiries, and yet the team members do so with incredible skill and sensitivity.

Many daily papers approach death notices as revenue ads written by the descendants and they can be formulaic. Not the NY Times. Their death

notices are written by professionals, who do their research. As a result, they are informative, insightful, and deal with issues which make them unique.

*Obit* also gives us a rare glimpse into the photo archives of The Times, where photos are stored of thousands of people for whom an obit in the paper will - one day - be written. Some of the obituaries are of famous people e.g. Farah Fawcett, Michael Jackson. Others are anything but household names. Each is handled with dignity and compassion.

Seeing how death notices are written sounds about as interesting as watching paint dry. You know what? Park this idea. This is one of the most interesting films I saw last year. Full disclosure – I am a NY Times subscriber, and I always read the obits.

The director, Vanessa Gould, is a 43-year-old New York documentary filmmaker. Her first film, *Between the Folds*, won a Peabody Award in 2010.

*Obit* had its world premiere at the 2016 Tribeca Film Festival. It is currently screening at the ByTowne Cinema in Ottawa, beginning on June 3. The running time is one hour and thirty-three minutes. An official trailer can be seen at: <https://www.youtube.com/watch?v=RVafxOpEReM>.



**NOURA'S**  
*Exquisite Original Jewellery*

*Custom Jewellery Design*  
We Transform Your Old Pieces Into  
New Works Of Art!

**All Repairs Done On Site - Quality Workmanship - While You Wait**

**A Great Gift for Father's Day**  
*Biggest Sale of the Year!*

**40% OFF**  
ALL SEIKO & CITIZEN WATCHES  
Valid with this coupon only, until June 15, 2017.

**613-680-8883 | www.nouras.ca**

**SEIKO PULSAR 2651 Alta Vista Drive # LORUS CITIZEN**  
Located in Vista Plaza, at Bank & Alta Vista



**Steven A.  
Neal**

*B.A. (Hons), J.D.*

P. 613.737.4140

F. 613.737.7903

1719 Bank St.

Suite 305

Ottawa, ON

[steven.neal@live.ca](mailto:steven.neal@live.ca)

Buying your first home? Downsizing? Want to protect your loved ones with a well-crafted will? Need help navigating probate? Separating? Need help with a child support or custody dispute? Call today for your free consultation!

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





## Science and Technology

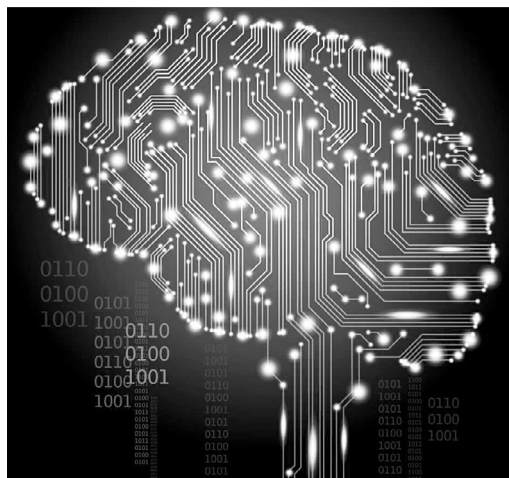
By Andrew Rader, Ph.D.  
www.andrew-rader.com

Andrew is working as a Mission Integrator at SpaceX in California. He has experience on dozens of space missions. In 2013, he won Discovery Channel's #1 competitive television series *Canada's Greatest Know-it-All*.

### The Rise of Artificial Intelligence, Part II

One way to stay competitive in the age of automation is to merge with it. Instead of turning over our systems to computers, we may instead choose to augment human capabilities by incorporating elements of machine intelligence. A direct neural interface could cut out the sluggish keyboards and mice of today and allow us to combine the creativity of the human brain with the processing power of computers. This might allow us to solve mathematical problems very quickly (literally a calculator in your brain), or remotely control a swarm of robot drones. Neural interfaces have been used for years to restore basic motor control for paralyzed patients, or enable communication for patients with brain injuries. This also works in the other direction, with computers sending signals back to the brain: a paraplegic man was recently fitted with a prosthetic hand that he could not only control, but also feel when he was being touched. Yet for all our advances, neural interfaces are still in their infancy. We have a hundred billion neurons in our brain, and so far we've managed to connect to less than a hundred.

The potential benefits of artificial intelligence are huge. Everything we've ever developed has been the product of human intelligence. We can't even predict what might be unlocked by artificial intelligence, which might approach problems not only with immense power but also with a different perspective from our own. It could mean an end to disease, hunger, and poverty – but the stakes are high. We're wading at the edge of a vast unexplored ocean. If an artificial intelligence has the ability to reproduce itself, it might evolve out of control and there's no telling what it would do. It would be an utterly alien intelligence, sharing none of our goals, desires, or motives. This actually might be a



good thing, because it might not even want to take over, no matter how advanced it got. Humanity's desire for power stems from an evolutionary competition for survival. We struggle for land, mates, property, and resources. It's not clear that an artificial intelligence would see humans as an adversary, since what would we be competing over? Surely not traditional sources of human conflict.

Even if an artificial intelligence bore us no explicit malice, unforeseen consequences could be disastrous. As suggested by Elon Musk, an intelligence controlling a hedge fund could decide to maximize its portfolio by shorting consumer stocks, buying long on defense stocks and then starting a war. The dangers posed to humans would probably be incidental side effects rather than explicit intent. As in the story of the proverbial Monkey's Paw, it's tough to prepare for all possible eventualities. If you program a self-driving car never to run a red light, it might try to hack into the traffic system and change the light green. It would be hard to make a robotic system truly feel responsible for the consequences of its actions. We generally don't take precautions to avoid an ant hill, but sometimes we step on them because they're in the way. It's not that we bear ants any malice, it's that we just don't notice or much care.

Since we can't program for every eventuality, it might be better to teach robots as we teach children. Instead of trying to give them long lists of rules to follow, it might make more sense to provide some general guidelines and specify the end objective. In reality most human interactions with the world are essentially pre-programmed anyway. Instead of thinking through every situation, we use instinct, experience, and rules of thumb. This is why we teach children the Golden Rule: do unto others as you would have them do unto you. In the case of robots, we'd have to resort to the Golden Rule, 2.0 (a.k.a., the "Platinum Rule"): treat others as you think they'd want to be treated. This at least corrects for assuming everyone wants to be treated in the same way, but it does leave room for error – and anyway, human values aren't always completely consistent in the first place. But it's a start.

### Interested in Aging Well?

By Jennifer Moir, BA (Hons) CHS, CRTS, EPC, Owner

The possibilities at Seniors' Age Well Celebration look good! At age 80, global, solo cyclist André Marier makes you think differently about retirement and limitations. Val Willis, age 96, will ignite your inner spirit with her outward look on life and her commitment to embracing new people, and new ideas. Dan Cowan, of the Alta Vista neighbourhood, galvanized a family's imagination and when together, they crowd-funded the restoration of their great-great-Grandfather's 1956 Cadillac. These are just three of the five inspiring Human Library participants that will be featured at the June Seniors' Month and Age Well Celebration. The event will be taking place on Saturday, June 17, 10 a.m. – 3 p.m., Halls A and B at the Nepean Sportsplex, 1301 Woodroffe. Entry and parking are free.

The celebration on June 17 brings together some fascinating, real life examples of people who are aging well in very different, and unique ways, as well as exhibitors and vendors who offer services, products and opportunities to lead a long, fulfilling life and maintain independence.

In addition to speaking with the Human Library participants, visitors to the show will learn about the CAA's Solo-Travel program, Fitminds, and Chartwell's brain health programs, Age Well Solutions' care navigation and senior housing services, and what the Canadian Medical Association is doing to promote a national senior care strategy. As well, there will be boxing and home fitness programs for the fifty-five plus, matchmaking services and relationships, grandparenting, housing and home maintenance, the Canadian Association of Retired Persons, and much more.

For more information on the Human Library participants and a full listing of exhibitors, visit [www.agewellsolutions.ca](http://www.agewellsolutions.ca).

# Chris Ellis

**Public School Trustee**  
**Alta Vista/Rideau-Rockcliffe**  
**Zone 6 Ottawa-Carleton District School Board**



[www.SchoolZone6.org](http://www.SchoolZone6.org)

613-818-7350 - [Chris.Ellis@ocdsb.ca](mailto:Chris.Ellis@ocdsb.ca)



# Why to Rethink Lawns

By Jay Ladell

Jay Ladell is an award-winning landscape designer, industry certified-installer, member of Landscape Ontario, and owner of Ladell Landscaping & Gardens.

Send your topic ideas to [ladell@landscapeottawa.com](mailto:ladell@landscapeottawa.com) or visit: [www.landscapeottawa.com](http://www.landscapeottawa.com).

Gardens can be easier to manage than lawns and have more to offer our environment, so why are we missing out of what our home landscapes can be?

In our culture, little by little, I see a movement away from lawns in every front and back yard. We are developing a new more diverse way of looking at our properties, so why are we still attached to our lawns?

Look at any new development in town and you'll see acreage upon acreage of new sod put down. We have this pseudo pastoral view, because it's not a true pastoral view, of what our yards should be – an 18<sup>th</sup> Century vision of what nature is supposed to look like based on the sheep fields of England. But that is not Ottawa, where we face everything from snow for much of the year to serious summer droughts.

One of the reasons we fell in love with grass was because it is cheap and you don't need much knowledge to maintain it. And developers love lawns because they can throw down the carpet in a day and water the heck out of it. Then when a buyer views the housing development they see green everywhere instead of a construction site. And their conclusion? "Oh, this is new and clean. This is an unfettered, clean, safe neighbourhood."

Cheap, green and easy to maintain. That's the conclusion. But people often underestimate lawn work and its environmental impact. Lawns require huge amounts of water to get established and have to be maintained during common July droughts. A couple of years ago, a serious drought left significant dead and parched lawns in my neighbourhood. The next year, half my neighbours were top dressing and seeding and working hard to get their lawns back, only to have the grubs come and eat everything. I can imagine their frustration!

We need to progress to what our environment can and should be in our climate.

This region was originally forested space. We're talking about ancient growth forests, the kind of environment that so many seek on weekends while out on their nature walks. And that's what this environment actually wants to be. I understand that we won't be planting giant ancient trees in urban back yards, however we can make our landscapes more diverse.

While there are some gardeners out there who know about plants, many find gardens a complete mystery. There is the person who works nine to five and comes home and just needs something easy to take care of at the end of the day. Gardens frighten them on many levels – I don't know what to do with this plant, I don't know what that plant does. I don't know how to divide them.

Yes, trees take a long time to grow, but there are other things that we can put in their place that are healthier for the environment than grass and grow a little faster than trees and are very low maintenance and aesthetically interesting and pleasing.

Yes, some knowledge is always required. But there are many simple options available. It's almost like a pet. You can have a low maintenance pet or a high maintenance pet and for most of my clients, I'm going to give them a low maintenance landscape.

Take a shrub garden, or shrub bed. There are many shrubs and perennials that require simple care. It's literally a matter of making sure they are not diseased and doing the odd pruning here and there. That's it. And if the rare disease strikes, solutions are usually simple. For



Photo courtesy of Jay Ladell

some blights, shrubs are simply replaced with another shrub from a different family. Sucking insects are also easily managed by spraying a soap solution to suffocate them.

I want to help clients manage the fear factor. Here's an analogy. You might not know everything your browser can do, but you still use the internet. We still go both feet in and use emails and twitter and social media. How much do we really know about the back end? You go in, you try it out and you learn little by little.

And, yes, I get clients who seek a no maintenance yard, and while that is doable by paving the whole back yard, the main message I really want to share is that you can have a beautiful garden that takes up less time than your lawn does now.

And then there is the bigger part of this picture. Moving beyond lawns will also have a positive environmental impact. As one example: we all know about song bird decline. We have an opportunity to provide more habitats within cities where they can drink and bathe by creating gardens that give back to nature.

*What should young people do with their lives today? Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured. Kurt Vonnegut*



## ***I KNOW OUR NEIGHBOURHOOD*** ***FEATURED LISTINGS!***



**1842 Beattie Ave.  
Playfair Park  
MLS # 1045441  
\$549,000.00**



**276 Queen Mary St  
Overbrook  
MLS # 1034702  
\$349,000.00**

***Specializing in the Alta Vista Area, Ottawa  
South Area but is knowledgeable and works  
in all areas of Ottawa including the suburbs.***

**JUDY STEPHANIUK  
SALES REPRESENTATIVE  
613-783-9100  
613-297-2586  
Email: [judys@royallepage.ca](mailto:judys@royallepage.ca)**

**ROYAL LEPAGE**  
Performance Realty  
Brokerage, Independently Owned and Operated



*One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feelings. The curriculum is so much necessary raw material, but warmth is the vital element for the growing plant and for the soul of the child.* Carl Jung

www.BankDentistry.com 613.241.1010



**Bank Street DENTISTRY**

**New Patients Welcome**  
Emergency patients seen promptly!  
Implant and Prosthetic, Family and Cosmetic,  
Children's and Preventive Dentistry



Dr. Nasrin Saba DDS  
1189 Bank Street,  
Ottawa, ON, K1S 3X7  
Onsite Parking ☺  
Phone: 613.241.1010; Fax: 613.241.0808  
Email: info@bankdentistry.com



**Kathy Turner**  
**K. Turner Transitions**  
Certified Relocation & Transition Specialist  
For Seniors  
*choice • care • commitment*

**Are you thinking of moving but the process looks too overwhelming?**

**We will complete your transition and move from start to finish!**

- No Fee in-home consultation
- Transition coaching and advice
- **Complete moving services**
- Downsizing, staging, and estate services
- Organization of home prior to and after transition
- Follow-up support services after transition
- Point of contact for preferred transition service professionals
- Home design and barrier-free concepts to Age in Place
- Fee structure is based on the individual needs of each client

Kathy Turner  
kathleenturner@rogers.com  
www.kturnertransitions.com  
1533 Caton Street  
Ottawa, ON K1H 6J3  
tel: 613.733.4060  
cell: 613.859.4557

## Computer Tricks and Tips

By Malcolm and John Harding, of Compu-Home

### A Gathering of Geeks? Certainly Not!

If you want to find a prime example of Ottawa's underappreciated volunteers, you don't have to look any farther than The Ottawa Personal Computer Users' Group (OPCUG). Working largely through the Ottawa Public Library's Community Events Initiative:

<https://tinyurl.com/l8s5xan> enthusiastic and knowledgeable members of the OPCUG have presented nearly 500 information sessions over the past few years on subjects ranging from Windows, to Email, to Security, to Software, to Consumer Awareness, to Publishing Digital Photos – and the list goes on and on. The lucky people attending these sessions have ranged from very basic users to experienced professionals, and they have all come away knowing that they are now able to get more enjoyment and productivity from the use of their computers and portable devices.

Public Relations Director, Jeff Dubois, proudly related to me that one of the most stellar examples of the dedication of these OPCUG members is current President, Chris Taylor, who was recently awarded a richly-deserved **City Builder Award** by Mayor Jim Watson, in recognition of the hundreds of workshops that he himself has presented!

The OPCUG meets on the second Wednesday of the month from September to June at the Aviation Museum. The doors open for a social time at 7 p.m., the main presentation starts at 7:30 p.m., and there is a Q&A following. Believe it or not, even though the membership dues are only \$25 per year, the group does not insist that you must be a member to attend. Although you will not encounter many teenagers (who seem to get their techie fix through other means), there is otherwise a rich cross sample of young and mature, experienced and not. Jeff Dubois told me that a healthy sign of the times is that the number of women who are members has increased in recent years. Membership is currently at approximately 120 members and there are some meetings with standing room only! I can tell you from firsthand experience that a new face is immediately made to feel very welcome. The activities are not solely devoted to technology. There are pizza nights, harness racing events at Rideau Carleton, and over the years the OPCUG silent auctions have raised many hundreds of dollars for the Ottawa Food Bank.

No matter what your background or level of interest, it is well worth your time to have an in-depth look at [www.opcug.ca](http://www.opcug.ca) so that you can find more details about just how much this club can offer.

Although the OPCUG is noteworthy, it is not the only group in the region. There are many more clubs – often with a very specific focus – that are maintaining and sharing interest and expertise;

[www.webruler.com/mark/computer/user.htm](http://www.webruler.com/mark/computer/user.htm) is a website that contains links to the websites of many of these groups. In addition:

- The 50+ Computer Club at the Ottawa Public Library  
<http://tinyurl.com/lxs3mc9>
- Future Kids Ottawa [www.futurekidsottawa.com/](http://www.futurekidsottawa.com/)
- Nepean Computer Club & Discussion Group  
<https://tinyurl.com/mge4n97>.

If you have experience with another technology-oriented group in the area, we would be delighted to hear about it, and will share your suggestions in future columns.

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



Kathy Turner  
kathleenturner@rogers.com  
www.kturnertransitions.com  
1533 Caton Street  
Ottawa, ON K1H 6J3  
tel: 613.733.4060  
cell: 613.859.4557







# Our People

By Courtney Tower

## Chris Rowe: Fearless, Capable Leader!

Chris Rowe and a child are bringing up the rear of chattering school children crossing the street, and the little girl is reluctant to move on. So Chris does an impromptu skip-and-a-hop dance, a little buck and wing, to make it all fun. It works. There's a grin. They move on. The shepherding of 130 or so kids from Junior Kindergarten to Grade 6, from Sainte Geneviève Catholic school over Arch Street to the Canterbury Community Centre, is complete: school's out and for these children it's the start of a new part of their day.

So it goes, every week day of the school year. Parents who may work in offices or on construction, the single parent, or the Mom and Dad both working, families who may at home speak English or French or an Asian or African tongue, entrust their children to be safe, entertained, and stimulated, at the Community Centre until it's time to pick them up.

"Yes, it's a form of daycare, I guess. We basically watch the children, but occupy them, keep them active in body and mind and spirit, until their parents can arrive," says Rowe, an evident child himself, at 32. He is the fount of energy who runs the Centre's *After School Program*.



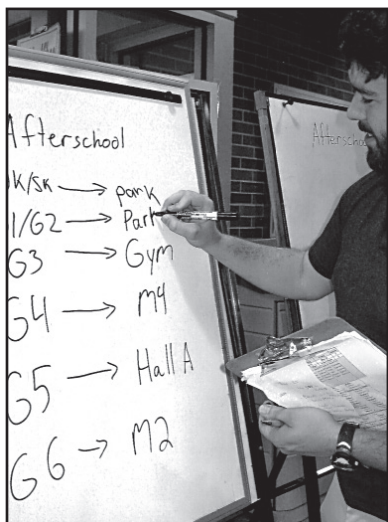
Chris Rowe bringing up the rear of Grade Five children crossing the street behind instructor Keyana Lakha-Doobay, an anthropology student at Carleton University.

Once safely across, and with kids joining them from Arch Street public school next door and Pleasant Park school (by bus), the further fun begins.

Chris and his band of helpers take the children straight through the Centre and out the back door, over the big parking lot, to a large piece of open grassland that contains two ball diamonds and some other facilities, but mostly space for the kids to run free. They get to play as the spirit takes them, to run and shout to each other in English and French, freedom after the hours indoors.

On this rain-spitting day the children soon file back into the Centre, taking over six rooms according to their ages. Two of Chris' leaders rapidly haul out mats to recline on for Grade Sixes who want to watch a movie.

Others race about in indoor games, or stretch and bend through fitness exercises in the gym room. Still others are soon engaged in making craft things. In another room, they sit quietly (for a while) while their leader reads them stories.



Chris Rowe charting the six rooms for the children.

So it goes, a community centre alive with children until parents pick them up or, only by previous arrangement, until some walk home. It's over by 5:30 p.m., but there can be unavoidably tardy parents and Chris or a leader stays on until the parent does come. All parents have Chris' cellphone number to advise if a child is not coming that day, or if the parent will be late. Chris Rowe is the endless-energy young man with a remarkable rapport with kids and parents, who manages it all. He interviews and chooses the 30-odd university and college students who are his ever-changing staff. They are students usually who want to work with children in future careers, and who now want to earn \$12.50 and \$13.75 an hour each short day and to beef up their resumé.

The after school youngsters pretty well take over the community centre during their time. Before they move in, however, adults are moving out.

In the capacious gym room, women of all ages are packing up a session of martial arts-and-meditation. In the equally large room across the way, a host of seniors ends regular bridge sessions and Chris' staff piles up their tables and chairs. Elsewhere, amazingly athletic table tennis players, who must be from, say, 50, to well over 70, are playing truly ferocious ping-pong. One watches them in wonder.

After school, and in the evenings, or on weekends, young and older residents come in for fitness, for the wide range of martial arts-meditation affairs, for dancing classes ranging from the tango to hip-hop and to ballroom gliding and twirling.

All of that, for about 2,500 persons a year who take the events offered, is run out of a cubbyhole office with Chris in it, his boss, Linda Searle, and Samantha Chicoine, 20. Samantha assists Linda and Chris. She also manages to be head lifeguard and to teach Aqua Fitness (water aerobics) at the swimming pool in this complex (which also has the Brian Kilrea hockey arena.)

Linda, 56, in earlier life an accountant, from one computer and a copier runs all of the programs, keeps track of the modest monies charged for each program and of the bills, plus the compensation paid to workers. She axes failing programs. She tries out fresh ones, from lessons in cartooning which is drawing kid and adult enthusiasts, to the newest versions of yoga-based programs.

"People love yoga," Linda says.

Older people also love trying to keep fit, she notes, like the 150 persons enrolled in the Fifty-Plus Program. It contains several fitness programs according to the persons' physical and medical conditions, Linda says.

"I guess my work in essence is keeping going, with instructors of skill and empathy, the loved and enjoyed programs we have had here for many years, and always being on the alert for new ones," she says.



Left to Right: Samantha Chicoine, Chris Rowe, Linda Searle



One of those newly tried and catching on is another under Chris Rowe, for children who are schooled at home.



*Here, all are equal, and the goal is fun, and the source is pure energy. Photo courtesy of Gerri Doherty*

"In our area, there are perhaps 50 or 60 families which for one reason or another the parents home-school their children, out of about a thousand in the whole Ottawa area," Chris says.

"These kids come to the Centre for play and socializing with other children," he says. "We offer physical education, craft and science and tech options that they can't do at home. We run it as a school would and follow, as we must, the Ontario curriculum," says Chris, a qualified primary level teacher himself.

The energy expended is breathtaking. Chris, for instance, above his After School and Home School activities, also teaches Aqua Fitness in the Canterbury pool and, across the city, at the Dovercourt Community Centre. He plays in a band and curls. Hard to believe he found time to be married to another teacher, in February.

Linda's multifarious work running the show is seemingly not enough for her: she's a fitness instructor there as well. Samantha is active at the pool.

It all should make one think that, maybe, a Fifty-Plus (and then some) person should adopt a similar regime. Ah, but then, a glass of wine and a book on the back deck beckon. All that energy output can be exhausting.

## COMPUTER HELP IN YOUR HOME

### WE COME TO YOU TO FIX COMPUTER PROBLEMS.

**Compu-Home** is a highly regarded family business located right near you. Service is honest, reliable, affordable and prompt.



**613-731-5954**

### HOW CAN WE HELP YOU?

- Computer slowdowns
- Problems with Internet connections
- Spam, spyware and security programs
- Setting up and maintaining home and office networks
- Printer problems
- Helping plan, purchase and use new computer equipment
- Transferring and backing up data
- Using new digital cameras
- Coaching

**Compu-Home**

**613-731-5954**

info@compu-home.com  
Malcolm and John Harding

# Canada's Next Generation of Young Artists

By Molly Dodds

(OMS Montessori, 335 Lindsay Street, Email: info@omsmontessori.com, Tel: 613-521-5185 – Gordon Harrison Canadian Landscape Gallery in Ottawa 495 Sussex Drive, Email: info@gordonharrisingallery.com, Tel: 613-746-6853)

On Sunday, April 23, 32 students from OMS Montessori had the unique opportunity to experience "life as an artist." With the talented guidance of Gordon Harrison, a renowned Canadian Landscape artist, these students were given the opportunity to participate in their very own art exhibit entitled, "From Sea to Sea."

"(This project) was created in order to give back to the community, to inspire young people to discover the colours of Canada and to make time in their busy life ahead of them for art, as art really changes how you look at life. These little young artists were ready for the task and we're so looking forward to it; I could tell in their facial expressions as they saw the colours, their eyes lit up and on they went with their brushes and with their paintings," said Gordon Harrison, as he reflected on this experience.

The journey for these students was initiated months ago, through an application process set-up to inspire artists who have a curiosity or interest in art. Once 32 students were selected, we organized a personal visit to OMS Montessori by Gordon Harrison. He displayed over 50 pieces of his artwork for students to choose from to use as inspiration for their own art piece.

The second experience was to join Gordon Harrison in his studio, at the gallery, and view works at the National Art Gallery in Ottawa. The day concluded with their paintings complete and ready to be framed. Lunch was provided by Gordon Harrison, and our students were in awe and wonder of his talent, artwork, and passion for his craft.

The art auction took place on Sunday, April 23. Students, staff and parents of the OMS Montessori community gathered to support the students' work at Gordon Harrison's gallery on Sussex Drive. The exhibit, held in the form of an auction, raised a total of \$1,000 for OMS Montessori art initiatives. While most of the paintings were sold to the parents of the students, some paintings received the attention of outside buyers from as far as Japan and the West Coast of Canada and created a fun bidding competition within the auction audience.

"One expression we often use is head, heart and hands; for the students are never just given something to do that involves just the head or abstract thoughts but involves the hands! Students embraced the Colourist aspect of Gordon's work and applied their oils, engaging themselves in focused attention to detail to create the lovely canvasses that were on display in "From Sea to Sea" said Beth, OMS Montessori's art teacher who helped organize and make this event the success that it was.

- "Art inspires children to share their perspectives in a unique and often more comfortable manner. The incredible depth of our students' paintings, and observing how Gordon's teaching impacted the experience, led to a fully engaged *art inspiration* journey for all," said Greg Dixon, Director of OMS Montessori.
- Calliope, an OMS Montessori student, accepted the role of auctioneer and, with her energy and youthful persistence, helped to increase each bid to the maximum amount.
- "I feel like I am a better artist now. Gordon Harrison helped me realize that I shouldn't hesitate; I can be creative and use any colours I want," said Anna Lois LeDrew Fuller, OMS Montessori student and young artist.

Gordon Harrison's Art Inspiration Project aims to inspire Canadian youth to pursue their artistic ability and discover the beauty of Canada's natural landscape. OMS Montessori is greatly appreciative of the multitude of memories that Gordon created for our students. Those are memories which will last a lifetime.



*Gordon Harrison with the students and paintings ready to be framed. The OMS Montessori students were in awe and wonder of his talent, home of artwork, and passion.*



# Alta Vista Public Library

*The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call 613-580-2424, ext. 30426. / La bibliothèque Alta Vista est située au 2516, promenade Alta Vista. Pour de plus amples renseignements, veuillez composer le 613-580-2424, poste 30426.*

*(Closed on July 1 / Fermée le 1er juillet)*

*(Registration for programs starts on June 14. / L'inscription des programmes commence le 14 juin. / Registration for all programs requires a valid OPL library card for each registrant. / Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO.)*

## STORYTIMES / CONTES

### Babytime

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

**Summer Session:** Mondays, July 3 to July 31, August 14, 10:30 - 11 a.m.

### Family Storytime

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

**Summer Session:** Tuesdays, July 4 to August 15, 10:30 - 11 a.m.

## SPECIAL PROGRAMS / PROGRAMMES SPECIAUX

### Lego® Block Party

Create and build with Lego®! Ages 6-12. No registration required.

Fridays, July 7, July 21, 2 - 4 p.m.

## 2017 TD SUMMER PROGRAMS – PROGRAMMES D'ETE TD 2017

### “Get Your Summer Read On Day”

Bring your favourite stuffed animal and join us for stories and treats by the campfire.

All ages welcome. No registration required. Saturday, June 17, 2 - 4 p.m.

### Innovate and Create!

Participate in a history of invention. What will you create? Ages 7-12. Registration required. Wednesday July 5, 2 - 3 p.m.

### Red, White and WOW!

Paint the town red and white! Ages 4-6. Registration required.

Thursday, July 6, 10:30 - 11:30 a.m.

### Rag and Bone Puppet Theatre presents Snippets 150

Join Rag and Bone Puppet Theatre as they bring your favorite Canadian songs and stories to life in celebration of Canada's 150th birthday as part of the AOE Neighbourhood Arts 150 project. Each performance is tailored to the surrounding neighbourhood and will feature guest readers and lots of audience participation.

Ages 4-12. Registration required.

Wednesday, July 12, 10:30 - 11:30 a.m.

### Craft across Canada

All aboard for a marvelously messy adventure. Ages 4-6. Registration required.

Thursday, July 13, 10:30 - 11:30 a.m.

### In Sheep's Clothing

Using the Canadian Children's novel Amos's Sweater by Janet Lunn as a starting point, children will have the opportunity to learn how a sheep's wool went from sheep to sweater during pioneer times. Children will have a chance to try a couple of the steps along the way before making their own wooly take-home craft. Ages 4-6. Registration required.

Wednesday, July 19, 2 - 3 p.m.

### From Eh to Zed

Read your way across Canada. Ages 4-6. Registration required.

Thursday, July 20, 10:30 - 11:30 a.m.

### Walk on the Wild Side

Would you survive in the Canadian wilderness? Ages 7-12. Registration required.

Wednesday, July 26, 2 - 3 p.m.

### Home is Where the Art is

Get creative and express yourself. Ages 4-6. Registration required.

Thursday, July 27, 10:30 - 11:30 a.m.

## New Summer Hours

Monday To Friday

7:30 am to 9 pm

Saturday

8 am to 9 pm

Closed Sunday

Available Sundays for  
private functions.



Created in special batches using only natural, high quality ingredients. It costs more to make but the difference is easy to taste.



Buy One Scoop  
Get Second Scoop Free

Coupon good until June 15th



Join us on our patio



# Alta Vista Public Library

(Closed on August 7)

## STORYTIME / CONTE

### Babytime

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

**Summer Session:** Monday, August 14, 10:30 - 11 a.m.

### Family Storytime

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

**Summer Session:** Tuesdays, August 1 to August 15, 10:30 - 11 a.m.

## SPECIAL PROGRAM

### Lego® Block Party

Create and build with Lego®! Ages 6-12. No registration required.

Friday, August 4, 2 - 4 p.m.

## 2017 TD SUMMER PROGRAMS

### Campfire Tales

Gather around for stories, folktales and Canadian legends. Ages 7-12. Registration required.

Wednesday, August 2, 2 - 3 p.m.

### Canadian Canines Program

Witnesses claim to have seen and heard wolves in Gatineau Park and its surroundings. Were they wolves or coyotes? Or hybrids? Do these animals make the Park and this area their home? Come take part in an investigation and follow the clues to find out the truth! Ages 10-12. Registration required.

Thursday, August 3, 2 - 3 p.m.

## East Coast Cool to West Coast Wild!

Choose your own adventure as we travel across Canada. Ages 7-12. Registration required.

Wednesday, August 9, 2 - 3 p.m.

## Busy Little Beavers

Have fun with our animal friends. Ages 4-6. Registration required.

Thursday, August 10, 10:30 - 11:30 a.m.

## Light up the Night

Celebrate Canada 150 with firework crafts and activities. Ages 7-12. Registration required.

Wednesday, August 16, 2 - 3 p.m.

## Closing Ceremony

Join us for the TD Summer Reading Club 2017 wrap-up! No registration required.

Thursday, August 17, 2 - 3 p.m. (Check time)

# LiveWorkPlay

By Candice Tipton (Telephone: 780-413-9285 / [www.anaid.com](http://www.anaid.com))

We have recently filmed a documentary web series pilot in Ottawa called JUST LIKE US. It follows people who live and work at a local Ottawa company called LiveWorkPlay, which is an organization that supports people with intellectual disabilities. This is caregiving, but not as you know it! Watch what happens when unconventional support workers and life coaches work alongside people in need of care. It is an important message of inclusion in the community.

JUST LIKE US needs Ottawa's help so that we can expand the project to a full series that would be entirely filmed in Ottawa. Please consider sharing it on your social media channels. Watch the stories for caregivers at [www.storiesforcaregivers.com](http://www.storiesforcaregivers.com).

Look on Facebook at Connections: Caregiver Stories or watch JUST LIKE US at: <https://www.storiesforcaregivers.com/project/show/id/73?fbt=1>.



## Retirement: Live it on your terms.

The idea of retirement is not the same for everyone.

Maybe you plan to start a second career or work part time. Or maybe you look forward to volunteering or enjoying your favourite hobbies. But whatever your idea of retirement is, do it on your terms.

To help you do this, let's sit down and talk. This will help us better understand what you want to do in retirement and develop the right retirement plan to help you get there.

**Don't wait. Call me today to get started on your retirement.**



**Bob Jamieson, CFP®**

Financial Advisor  
2211 Riverside Drive, Suite 100  
Ottawa, ON K1H 7X5  
613-526-3030

[www.edwardjones.com](http://www.edwardjones.com)  
Member - Canadian Investor Protection Fund

**Edward Jones**  
MAKING SENSE OF INVESTING

## Create beauty in your own backyard



**Ladell**  
LANDSCAPING & GARDENS

Award-Winning  
Low-Maintenance  
Landscaping  
Design & Build

**613.526.5251**

Awards  
of Excellence

landscapeontario.com  
Green for Life

[WWW.LANDSCAPEOTTAWA.COM](http://WWW.LANDSCAPEOTTAWA.COM)



# Celebrating Canada's Big Day

By Mayor Jim Watson



We have been working hard to bring Canada's 150<sup>th</sup> anniversary celebrations to the Nation's Capital and kicked off 2017 by lighting up the Cauldron at City Hall and the Centennial Flame with a First Nations sacred fire.

Since then, the celebrations have not stopped and we've had an incredible first half of 2017:

- Delectable culinary experience with Fire and Ice, a four-course gourmet dinner served in a tomato greenhouse;
- Thrills and spills during Red Bull Crashed Ice, the National Skating Championships and the Davis Cup;
- Moving concerts and memorable performances during JUNO Week and at the JUNO Awards; and
- Diverse world-class cultural events showcasing Canada's multicultural and welcoming spirit during numerous *Ottawa Welcomes the World* events held at Lansdowne Park.

But the celebrations would not be complete without throwing Canada a grand and impressive birthday party on July 1<sup>st</sup>, 2017!

Once again, Ottawa's Canada Day celebrations will start bright and early with my Annual Canada Day Celebration for Seniors, and will continue throughout the afternoon with special Canada Day events taking place in all corners of the City, from Beacon Hill to Vernon and, of course, in Ottawa's urban core.

Don't miss these free Ottawa 2017 signature events:

- Inspiration Village, an ephemeral hub and the site of a succession of special exhibits and performing arts events in Ottawa's historic ByWard Market, each one showcasing Canada's provinces and territories; and

- Kontinuum, an immersive multimedia production unfolding in Ottawa's future Lyon Light Rail Transit (LRT) station.

July 1<sup>st</sup> will also mark the opening of the National Art Centre's beautiful new entrance and atrium. To celebrate this important milestone, the NAC

will offer a full day of free concerts, programming and activities. After your stop at the NAC, enjoy free admission for the whole family at all National Museums and National Galleries in the Nation's Capital.



Canada Day Celebrations, Photo Courtesy of Ottawa Tourism

The 2017 Canada Day celebrations will culminate with concerts, special performances and fireworks on Parliament Hill, where thousands of residents and visitors will unite in true Canadian spirit and pay homage to our great country. But the festivities will not stop there.

The 2017 Canada Day celebrations will culminate with concerts, special performances and fireworks on Parliament Hill, where thousands of residents and visitors will unite in true Canadian spirit and pay homage to our great country. But the festivities will not stop there.

The Nation's Capital will be the site of continuous sesquicentennial celebrations for the rest of 2017, and we will continue to dazzle and inspire residents and visitors with free events such as La Machine, and ambulatory urban theatre on the streets of downtown Ottawa, the lighting and illumination of Chaudière Falls showcasing Indigenous heritage and the continued celebrations of nations from around the world during *Ottawa Welcomes the World*.

Check out [www.Ottawa2017.ca](http://www.Ottawa2017.ca) for more information.

## AQUA DRAIN

SEWER SERVICES INC

### 24 HR EMERGENCY SERVICE

- Pipe locating
- No-dig technology
- Plumbing repairs
- Drain cleaning/thawing
- Camera inspection
- Hydrovac/combo trucks

P.O. Box 41081, Ottawa, ON K1G 5K9

Tel 613-731-5500

Fax 613-822-0463

Toll free 1-866-809-1504

[www.aquadrain.ca](http://www.aquadrain.ca)





# An Adventure in Thailand

By Sutida Marie Turcot

For those of you just tuning in, I traveled to Thailand at the end of April 2017 with my two young sons to spend a year here immersed in Thai language and culture. I am half-Thai, half-Canadian (of the French-speaking variety).

So we made it to Thailand! We've been here for just over three weeks now. We spent some time in Bangkok reconnecting with family, etc. and have now been in Phuket for about a week.

It has taken me a while to decide what to write here for you. Should I outline our saga of a journey when our second plane was delayed 4.5 hours and we needed to be rerouted to an airport which required us to go through baggage claim and re-check-in, only to go on board our third flight out of three flights, and to sit at the gate for about 2 hours because of mechanical delays? Should I talk about Bangkok and how the boys and I adjusted to the incredible heat?

I have decided upon the present. Better go with what just happened.

Today was the boys' first day of school. Thai schools run from mid-May to March. March and April are the hottest months here and school is off. After a lot of time spent in researching and reconsideration upon being here on the ground, we decided on a school for the boys. They are in the all-Thai program at a private school here in Phuket.

This morning they happily got dressed up in the uniforms with big smiles. They got off to school just fine. Phew! Of course I thought of them all day.

I went to pick them up early and heard stories and chatted with teachers. There are many many differences of course between schools in Canada and Thailand and my eldest (who has attended almost two full years of public school in Ottawa) listed a number right off the bat. He noticed that while there is physical education every day in one form or another in Ottawa, this is not the case in Thailand. Though the school has a large pool where each classes gets a little swimming lesson once a week, physical education classes also happen sporadically. He also noticed that there was no playing in the classroom all day. Whereas public schools in Ontario have moved toward "experiential learning", Thailand has a focus on rote-learning, mathematics, reading and writing (including good handwriting). These were all differences I expected. And, in revisiting these differences, I think of the many people from all over the world who have traveled to Canada to live as Canadians. How many must be absolutely appalled that students don't take off their shoes before entering a classroom? Or that students don't get much more homework than they do? Or that a teacher cannot lay a hand on a child let alone inflict corporal punishment?

The best coping mechanism when dealing with difference, particularly when travelling and dealing with cultural differences, is simply to identify these things as "different". That is to say, to not place judgment and label as "better" or "worse" but to say, "Yes, this is different and this is the way it is here." It is not to say that I do not advocate for my boys. In fact, in the past three weeks I have done enough advocating for the boys to last a year in Canada!



"Yes, they are Thai."  
"No, please don't spout the few words of broken English"

you know at them because English is their third language anyway." "No, you are a stranger, please do not try to take a selfie with my son(s) without asking my permission." "Yes, thank you for asking permission for a selfie with little blond humans, but no, you may not do it." "Please don't send home homework for my four-year-old." "Please help my sons use the wet washrooms with the squat toilets that they've never used before." "Please use methods of discipline that don't involve touching my boys." Etc., etc.

Though the boys have in effect lost a summer holiday this year, I can assure you that our three weeks leading up to day one of school today have been packed with fun and discovery. I'm particularly glad we got out to two different beaches this past weekend. Phuket is an island and surrounded by beautiful beaches. Hopefully all that playing in the sand and sea will help the boys get through this first week of school and differences faced solo. I predict that my bedtime stories this week will revolve around characters

who find solace in identifying differences while leaving judgment to one side – and how the happiest people see each day as it is and don't live their lives looking forward to the next weekend or holiday. All the same (and don't tell them I said so), "thank goodness for weekends and beaches!"

## PSYCHIC DIANA'S FORTUNE TELLING, SPIRITUALIST, HEALER



**Signora Diana**  
Card, Palm Reading  
and Tarot Card Reading



READINGS  
REGULAR  
\$100, NOW  
\$25, UNTIL  
JULY 31

Diana has the Secret and the  
Spiritual Power to help in

•LOVE•HEALTH•HAPPINESS•  
•MARRIAGE•FAMILY•BUSINESS•

FOR AN APPOINTMENT CALL:

**613-822-7222 or 613-680-1717**

PSYCHIC  
DIANA'S

TRULY GIFTED  
CAN REUNITE FAMILY  
AND LOVED ONES



## For Sale in Your Neighbourhood



299 Billings Avenue  
Faircrest Heights  
\$1,269,000

**Lena Maione**

Sales Representative

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

[lana@lenamaione.ca](mailto:lana@lenamaione.ca)

613.231.4663





ARCH STREET PUBLIC SCHOOL



Students Demonstrate their Basic Soccer Skills

By Patrick Rusheleau

Once again this year, students of Arch Street Public School participated in the Knights of Columbus’ annual Soccer Challenge, which has been held every May for the last five years on their Arch Street School’s soccer pitch.

On Thursday, May 18, over 65 of the school’s young people enthusiastically participated in the Soccer Challenge competition which is designed to allow players to demonstrate the most basic soccer skill – the penalty kick.

This much anticipated and enjoyed competition is open to all boys and girls in the Alta Vista Elmvale Acres community, ages 9 to 14 years of age. Each player is allowed 15 shots at the goal from the penalty line (12 yards from the goal). The goal is physically segmented in quadrants with each quadrant, depending upon its location and difficulty of achievement, possessing a different value.

At the conclusion of this annual Soccer Challenge program, all participants received a Soccer Challenge “Participation Certificate.”

The annual Soccer Challenge is sponsored by English speaking Council 13701 of the Knights of Columbus, based at the Saunderson Drive Resurrection of Our Lord Catholic Church, here in Alta Vista.

*I believe that imagination is stronger than knowledge. That myth is more potent than history. That dreams are more powerful than facts. That hope always triumphs over experience. That laughter is the only cure for grief. And I believe that love is stronger than death. Robert Fulghum*

DESIGN • BUILD • MAINTAIN

# HANSEN

LAWN & GARDENS LTD. SINCE '88

DESIGN – YOUR LANDSCAPE  
BUILD – YOUR DREAM YARD

Increase the value of your home... Call us today!

Let us design and build your investment, bringing to life the yard of your dreams! We provide full expert landscape design and build services.

**Design – Gardens and landscapes  
Build – Patios, decks, driveways, retaining walls and all of your landscape dreams!**

Serving the Ottawa community since 1988... Why? ...Because we believe you deserve it!

   /HansenOttawa **T: 613.260.8175**

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



Member of Parliament | Député

David McGuinty

Ottawa South | d'Ottawa–Sud



HARD WORK, DEDICATION, PUBLIC SERVICE | TRAVAIL ACHARNÉ, DÉVOUEMENT, SERVICE À LA POPULATION

My office provides information on the services offered by the Government of Canada, including:

- » The Canada Pension Plan / Old Age Security
- » Guaranteed Income Supplement
- » Immigration Matters
- » Citizenship Inquiries
- » Canadian Passport / Consular Affairs
- » Business Opportunities / Grants & Funding
- » Student Loans / Taxation Issues

If I can ever be of assistance to you, on any federal matter, please do not hesitate to contact my office.

Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:

- » le Régime de pensions du Canada / la Sécurité de la vieillesse
- » le Supplément de revenu garanti
- » les demandes de renseignements relatives à la citoyenneté
- » les questions d'immigration
- » le passeport canadien / Affaires Consulaires
- » les occasions d'affaires / les options de financement
- » le prêt aux étudiants / les questions sur l'impôt

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

David McGuinty, MP | Député

Constituency Office | Bureau de Circonscription

1883 Bank Street  
Ottawa (Ontario) K1V 7Z9

Tel | Tél: (613) 990-8640  
Fax | Téléc: (613) 990-2592

Email | Courriel: david.mcguinty@parl.gc.ca  
Web Site | Site Web: www.davidmcguinty.ca





The Alta Vista Community Association invites you to the  
**27th Annual  
 Alta Vista Community Picnic**

Billings Estate National Historic Site, 2100 Cabot Street  
**Sunday, June 11th, 2017 - 11am - 3pm**



Entertainment for the whole family!

**\$5 per person, \$10 per family**

**ACTION PACKED** is this year's theme! Come and join us for some awesome sports and activities!

For more information go to [WWW.AVCA.CA](http://WWW.AVCA.CA)

Wagon Rides Archery Swordplay Little Ray's Reptile Zoo BBQ   
 Live Music Bouncy Castle Story Time Zumba Pitching Contest

Warm thanks to our many faithful sponsors!



**OTTAWA SWORDPLAY**  
 REAL MEDIEVAL SWORDPLAY. REAL HISTORICAL EUROPEAN MARTIAL ARTS



WORLD-  
 CHANGING  
 KIDS



Ottawa Public Library  
 Bibliothèque publique d'Ottawa



Jean ALTA VISTA  
**CLOUTIER**



**JOHN FRASER**  
 Your Community MPP  
 Votre député communautaire



Museum on the go  
 CANADA SCIENCE AND TECHNOLOGY MUSEUM



RBC Royal Bank



David McGuinty  
 Member of Parliament—Ottawa South  
 Député Ottawa-Sud



**ARNETT**  
 TRACY ARNETT REALTY LTD. BROKERAGE  
 159 Gilmour Street, Ottawa, Ontario K2P 0N8  
 TEL (613) 233-4488 FAX (613) 233-4788

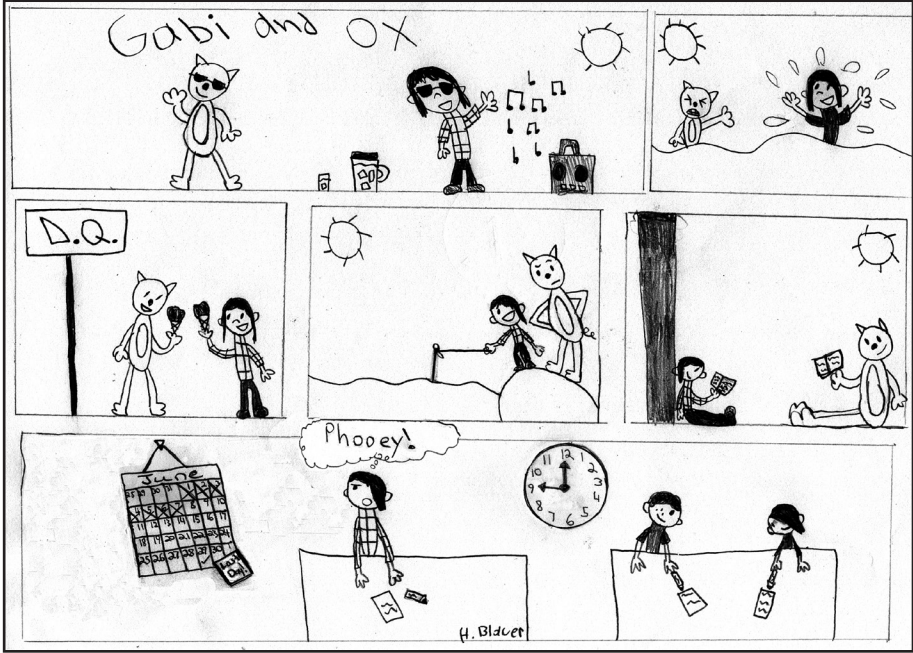


And don't forget the Awesome Alta Vista Garage Sale - Sat. June 10th  
 To register, please email [altavistagaragesale@gmail.com](mailto:altavistagaragesale@gmail.com)



# Gabi & Ox

Submitted by Hannah Blauer



# PHARMASAVE®

## CYRIL PHARMACY

1795 Kilborn Ave. Ottawa  
(613) 680-1772

Come See The Difference At Your Neighbourhood Pharmasave

### Stop By or Visit Cyril Pharmacy Today!

- All Drug Plans Accepted
- Free Local Delivery\*
- Free Blood Pressure & Blood Sugar Monitoring
- Compliance Packaging (Blister Packs)
- Bilingual Service
- Prescription Refill Reminder Service
- eRefills

Open Monday to Friday 9am—7pm • Saturday 10am—4pm

\*Some restrictions apply, see store for details



Easy  
Prescription  
Transfers!

# \$5 OFF\*

Your next purchase of \$15.00 or more on Pharmasave Brand Item

\*Redeemable at Cyril Pharmacy Pharmasave only.

# Shakespeare Summer Camp in July at the Billings Estate

“They do not love that do not show their love.”  
William Shakespeare, *Two Gentlemen of Verona*

By Heather Jamieson

Billings Estate will be the backdrop for themes of cross-dressing, friendship, infidelity and love as participants in July’s Shakespeare Summer Camp bring *Two Gentlemen of Verona* to life.

Now under the auspices of Rag & Bone Puppet Theatre, the long-running Shakespeare camp, originally run by Salamander Theatre for Young Audiences, provides the opportunity for campers between the ages of 10 and 18 to spend three weeks immersed in one of the renowned playwright’s earliest plays.

The camp is centred on acting skills for both experienced and novice actors, as well as stage combat, voice work and singing. This is the third year the camp will be under the direction of Rosemary Nolan, assisted by musician, David DaCosta. Rosemary was mentored by the camp’s founder Eleanor Crowder.

Unless adverse weather forces them to work under a tent, the goal of the camp is to rehearse and perform outdoors, as was done in the days of Shakespeare. It is also a great way to escape technology and be outside for three weeks “without screens,” adds Rosemary.

A graduate in math and drama from Queen’s University, Rosemary was 10 when she first attended the camp. It was a perfect fit, says her mother, Kathy MacLellan, co-artistic director of Rag & Bone with her husband, John Nolan. Kathy grew up on Cabot Street, steps from the Billings Estate Museum and loved sending her daughter to camp in her old neighbourhood.

“Rosemary was a shy, bright, imaginative child who loved language and theatre,” says Kathy. “At Shakespeare camp, she finally found a place where she felt she belonged, and she loved spending summer after summer with a group of fantastic, like-minded peers.”

“I made some amazing friends,” agrees Rosemary. “People who I could really talk to, who were witty and smart and kind and fun.”

She recently attended the wedding of a couple who met at the camp, so clearly she was not the only one who made life-long friends. Other previous campers have gone on to careers in professional theatre, education, law and medicine.

The camp runs between July 4 and July 21, from 9 a.m. to 4 p.m., and will present three performances of *Two Gentlemen of Verona*: July 20 at 7 p.m., July 21 at 2 p.m. and 7 p.m.

Camp registration is \$800, with GST only applicable on campers 16 years of age and older. A sibling discount is also available. For information: visit [http://www.ragandbone.ca/Pages/shakespeare\\_camp.html](http://www.ragandbone.ca/Pages/shakespeare_camp.html) or call Rag & Bone at 613-824-5972.



Costumes are an intricate part of the summer camp session.



# Sustainable Eastern Ontario



## The Terribly Important Problem of Other People: Or, the Importance of Working Together

By Kathryn Norman

Who hated group projects in school?

Odds are good, most of you did. That's okay. I did too. Having to coordinate with other people, have part of your grades depend on their effort, and not being able to just do your work whenever and however you wanted to were pretty much the worst. Sometimes we were surprised and it turned out better than we thought, but rare indeed is the person who heard "working in groups" and thought "oh boy, I love group work."

Working together in groups may have been a terrible plan in school, but here's the thing: it's a great idea in real life.

There are a few main differences between the sort of group work we all hated, and the sort that makes a real difference in the world. First of all, there's choice. Students don't have a lot of leeway on what problems they are assigned and who is assigned to work with them. There are some valuable lessons about life there I'm sure, but humans like choice. Secondly, there's outcome. We're not trying to get a good mark on something that seems crucial now but will have very little impact on anyone or anything after we leave school. We're trying to be good people, create livable, sustainable communities, deal with major problems in our lives, correct injustices and, like Bill Nye, save the world.

This is good news because it means we're working on problems we're deeply affected by, and we can do it in ways we're good at. The bad news is that these are hard problems. How do you save the world? I don't know, and you should be suspicious of anyone who claims to have an easy answer to that question. You're just one person, you've got things to do and obstacles to overcome. Climate change, habitat loss, ocean acidification, invasive species – these are complicated problems. You might care passionately about them, you might do all you can as an individual to minimize your contribution to them, but ultimately you know that you can only do so much.

That's okay though, because it's not just your job. No one can do everything, but everyone can do something.

## The Ottawa Sunset Singers

The Ottawa Sunset Singers are a dynamic and energetic choir of 15 retirees from the Ottawa area under the direction of Roxanne Goodman. Collectively, the group sings out of their individual desire to reach people through song. They entertain for the enjoyment of others and also take pleasure in doing a fantastic job wherever they are privileged to shine. Making others feel good makes the choir members feel great!

With 5 years under their belt as a group, the choir has been holding annual shows in support of a charitable cause that changes each year. Singing, dancing, whistling and the occasional Kazoo playing are all the things you can expect to experience at a Sunset Singer show. They call themselves the Sunset Singers not because the sun is going down, but because it always rises after it does. They want the general public to know that they plan to continue singing as long as it's there.

The **Ottawa Sunset Singers** are putting on their annual concert and you are invited to join us! Come and enjoy an evening of Canadian music in celebration of our 150th year.

Proceeds from the concert will be distributed evenly to the following charitable organizations:

Where I work, Sustainable Eastern Ontario, we're very big on collaboration. Check out our website, [www.SustainableEasternOntario.ca](http://www.SustainableEasternOntario.ca), and you'll pick up on that pretty quickly. There are many reasons we think working together is a good idea. Some of them are philosophical, but many are practical and centre around just being more efficient.

For example, if you're a small group passionate about say, supporting local businesses, it doesn't make sense that in order to work on this issue you need to find your own office, hire a bookkeeper, invest in a bunch of expensive office equipment. So we offer shared office space and many different groups share a meeting room, printer etc. This leads to some great collaborations that otherwise wouldn't happen, just because you end up with people from different but related backgrounds in the same space on a regular basis.

We also think collaboration is important because some of the problems faced in the environmental sector are really complex, and no one group has the insight, capacity or influence to solve the entire thing. One group might have a lot of insight, however, while another knows of a way to access the needed capacity. If I can solve 30% of a problem, you can solve 20%, and we can find someone else who has the capacity for the remaining 50%, then we've solved a problem that any one of us alone wouldn't have been able to.

Individual efforts are so important and it's not my intention here to diminish them. Rather, my goal is to place them within a coherent whole. Working together is sometimes frustrating. There are misunderstandings, conflicting goals and methodologies, inefficiencies and bureaucracy. But that's okay. People are complicated and life is complicated, not everything is going to run smoothly. Of course we should do what we can to communicate clearly, anticipate problems and avoid duplication of efforts, but remember that even with these frustrations, working together can accomplish great things that just aren't possible working alone.

There's an African proverb that says "If you want to go fast, go alone, if you want to go far, go together," and this sums it up nicely. Sometimes you need to go fast, and that's okay. Sometimes you need to go far, and that's okay. Sustainability is mostly a long journey, rather than a fast one (although there are some speedy bits here and there!) At Sustainable Eastern Ontario we try to connect as many people as possible on this long journey. If you're interested in going far, as a group or a concerned individual, give us a shout.

*Kathryn Norman is the Program & Communication Coordinator at Sustainable Eastern Ontario, a non-profit with offices in Hintonburg and Alta Vista. She can be reached at [kathryn@SustainableEasternOntario.ca](mailto:kathryn@SustainableEasternOntario.ca).*

- Wild Bird Care Centre (Ottawa)
- Roxanne Goodman's Confidence Booster (summer session for young girls)
- Harmer House (Outreach Adult Day Program)

Audience members will be able to donate to one of the above charities.

The concert will be held at 7 p.m. on Friday, June 23 at the CentrepoinTE Theatre Studio. Tickets are: \$20 General Admission, Children 12 and under are free.

A silent auction will be held at intermission in the lobby just outside the studio. Items will be on display before the doors open starting at 2:30 p.m. Successful bidders will be posted in the lobby following the show, along with directions on how to pick up and pay for their items.

Patrons should retain their ticket stubs for door prizes, and winners will be announced after intermission.

We are looking forward to sharing the evening with you! Please contact Jacqueline Mitchener for presale tickets (613-225-2466).



ARCH STREET PUBLIC SCHOOL

## 2017 Annual Substance Abuse Awareness Poster Contest

By Patrick Rusheleau

Anyone reading our local Ottawa daily newspapers, or listening to local radio or television must certainly be conscious of the problem of rampant abuse of drugs and alcohol in our community, especially among our youth.

Over the past several years many Ottawa organizations, businesses, schools, churches, synagogues, and individuals have donated increasing amounts of time and money to help fight against this ever present epidemic of substance abuse.

One way to attempt to rectify this worldwide problem on a local level is through the spread of information. Increasing public awareness concerning the dangers of drug and alcohol has garnered significant results among some segments of our Ottawa young people. But there is much work left to be done in getting the message out.

For the sixth consecutive year the local Alta Vista council of the Knights of Columbus, in partnership with a local elementary school ran a Substance Abuse Awareness poster contest at Alta Vista's Arch Street Public School, one of several local educational institutions which now has imbedded a Substance Abuse Awareness program in their school's curriculum.

The Substance Abuse Awareness Poster Contest run by the Knights, which ran from January to April 2017, provided the youth of our community with an opportunity to be creative and to pro-

mote local awareness among our young people of the major social problem which exists involving alcohol and drug abuse.

The winner of the Knights of Columbus 2017 Substance Abuse Awareness Poster Contest was 12 year old Laura Peterson, a grade 6 student at Arch Street Public School. For her efforts, Laura received a \$50 cash prize and a Winners certificate to proudly hang on her wall at home.

The Knights of Columbus are a family orientated men's fraternal organization with over 1.9 million members world-wide. The English speaking council of the Knights of Columbus has been serving the Alta Vista/Elmvale Acres community since 2004.



Orangetheory® / KEEP BURNING  
FITNESS

THE WORLD'S BEST 1 HOUR WORKOUT IS  
IN YOUR NEIGHBOURHOOD

CALL TODAY FOR YOUR  
FREE SESSION

SMARTER WORKOUT—  
FASTER RESULTS.

<http://oranjetheoryottawa.ca/>

613-800-0860

1001 Dazé St @Southkeys



# Champlain Local Health Integration Network

*The following are the highlights of the Champlain Local Health Integration Network Board of Directors meetings held in Ottawa on April 26.*

## Champlain Home-Care Demand Study - Information

The Champlain Community Care Access Centre (CCAC) coordinates and delivers a range of home and community services across the region. In recent years, the demand for these services has been greater than the available funding could provide. To help manage the demand for its services, the CCAC has sought ways to improve efficiency and prioritized higher-need clients. Despite these efforts, an increasing number of people have been waiting to receive home care services.

To understand root causes and identify what it would take to address the growing demand, the Champlain LHIN and Champlain CCAC commissioned a study into the issue. Between November 2016 and February 2017, a LHIN-CCAC joint working group guided the work of external consultants. The consultants provided the LHIN with its report of findings, *Meeting Home Care Needs in the Champlain LHIN – Estimating & Managing CCAC Service Demand*, and Colin Preyra (lead consultant) presented highlights of the report to the LHIN Board. The report's key findings included:

*There is substantial unmet need for home-care services in the Champlain region, and it is primarily due to inequitable funding. Currently, the LHIN receives \$240.5 million to fund home care services. If the Champlain LHIN were funded for home-care using a population-based model, it would receive an additional \$31.5 million as its share of provincial home-care investments. If the funding shortfall was addressed, potentially 6,000 more home care clients would receive home-care services.*

*Higher costs for contracted patient care services in Champlain also contribute to unmet need. For example, the Champlain CCAC pays 14% more than the provincial average for nursing services based largely on agreements with contracted service providers that were negotiated over 12 years ago. Higher rates mean that fewer services can be provided.*

*The Champlain CCAC is very efficient in administrative costs. In fact at 7%, its administrative costs are less than the provincial average. "In our analysis, the Champlain CCAC is as efficient as the other CCACs, and more recent data shows it is more efficient," said Mr. Preyra.*

*The Champlain CCAC is also efficient in its care model and case management model, and has adopted innovative solutions to try to meet demand and reduce costs. For example, compared to any other LHIN across the province, the Champlain CCAC provides more nursing visits in clinics than the rest of the province, (19%, while provincial average is 14%). When patients are seen in a clinic setting instead of at home, the cost is about 50% less because nurses are saving the time needed to travel and set up.*

*Community support services, which play a critical role in home care by substituting and complementing CCAC services, are also under-funded in Champlain relative to other regions: 25% per capita less than would be expected.*

## Performance Indicators

*The Champlain LHIN achieved targets for hip replacement wait times, wait times for first home-care nursing visit received within five days of receiving the requisition, and repeat hospital re-admissions for certain chronic conditions. Of meeting the target on the indicator related to chronic conditions, Mr. Schnarch said: "This is a great accomplishment for the LHIN, because it is such a vital health-system metric. It touches on hospitals, of course, but also home and community care, primary care, and most importantly, the connections among them working as patients transition out of hospital."*

*The indicator furthest from its target was for MRI scans (45% of the way toward the target). While performance on the MRI scan wait-time indicator is a little better than the provincial average, no LHIN is close to the target. Even so, it is important to note that people who need scans most urgently get them first – in fact, in Champlain, 97% of people with the most urgent need get same-day scans as a result of triaging. However, those with the least urgent*

*need for scans make up the largest part of the demand, and only 25% are seen within the 28-day target. Strategies are being developed in this region to reduce waits for this group.*

## Sub-Region Populations

For the first time, data was presented that compared performance across Champlain's five sub-regions. It showed that where you live makes a difference. Compared to the region's overall average:

*Western Ottawa, Eastern Ottawa and Eastern Champlain residents make fewer repeat emergency department visits for mental health issues and problematic substance use, while Central Ottawa residents make more of these repeat visits.*

*Eastern Ottawa and Eastern Champlain residents are less likely to be waiting in hospital for a more appropriate care setting, and Central Ottawa residents are more likely to be waiting.*

*People in Western Champlain and Eastern Champlain are much more likely to visit the emergency department for less urgent conditions. These findings may partially reflect the unique role that hospitals play in small, rural communities*

*Satisfaction with health care that is provided in the community is close to 90%, and does not vary much among sub-regions.*

## CANTERBURY HIGH SCHOOL

# "No Strings Attached" A Farewell Concert

*By Anant Maheshwari, Canterbury Strings Grad '17*

On June 9, 6 p.m. at the Canterbury High School Library, the graduating strings class will present "No Strings Attached," a farewell concert featuring live movie music, an exciting raffle, and delicious food!

Located in the southeast sector of Ottawa, 900 Canterbury Ave., Canterbury High School is a hub of creative activity for over 1,300 students. It is a school with a 40-year tradition of excellence made up of students from our local community and students who have auditioned for the specialized Arts Canterbury program. The students are motivated, creative, energetic and committed to their studies, their school, and their community.

After a very successful year featuring sellout performances in the local Barrie-Alexander Auditorium, a collaborative concert with the National Arts Centre Orchestra, and a 95% mark at the Kiwanis Music Festival, the graduating strings class offers one final farewell concert to the public, showcasing the hard work and dedication of their past four years in the program.

This concert will feature live movie-themed music (Star Wars, Aladdin, Pirates of the Caribbean, and Harry Potter, just to name a few), alongside delicious food catered by the students, and a raffle with over \$1,000 in prizes. The money raised through ticket funds and the raffle will go back to the Canterbury Music Program, empowering future students to have the same musical opportunities as these featured students.

As all great experiences must come to a close, this concert marks the end of these students' time in the CHS music program. From studying music performance both in Ottawa and abroad, to Political Science at UBC, to Geological Engineering at Queen's University, they will each now take the next step in the pursuit of their dreams. No matter where their lives take them, these students will always cherish the time they have spent together, making music.

Come out and support these students, as they musically bid farewell to the Alta Vista Community and Ottawa public, thankful for the wonderful support they were given throughout their time at Canterbury.

Tickets are available at [chsmusic.ca](http://chsmusic.ca), as well as at the door. Connect with the concert pages on Facebook (Strings Grads 2017), and Instagram ([stringsfarewellconcert](https://www.instagram.com/stringsfarewellconcert)).



**NO STRINGS ATTACHED**



**ST. PATRICK'S HIGH SCHOOL**

# 2017 Youth Citizenship Essay Contest

*By Patrick Rusheleau*

Students in local public, private and parochial schools are annually invited to participate in the Knights of Columbus sponsored Youth Citizenship Essay Contest. Students are encouraged to write a 500 to 750 word essay on a prescribed essay contest theme.

The object of the 2017 Youth Citizenship Essay Contest was to give students an opportunity to define this year's essay theme, "The importance of religious freedom in contemporary Canadian society."

During the January to April period of the 2017 academic year, approximately forty-nine St. Patrick's High School's grade 10 students participated in the 2017 essay contest. Of these forty-nine essays, nine essays were ultimately chosen by school authorities to participate in the Knights' final essay elimination contest, where these nine essays were judged on the basis of content, grammar and style by a panel of ten judges.

The #13701 Knights of Columbus English speaking council serving the Alta Vista and Elmvale Acres community has been sponsoring their Youth Citizenship Essay Contest since 2010.

The contest's ten-person judging panel, drawn from many walks of life and professions, chose an essay authored by 15 year old grade 10 student, Johnathan Causley, as its 'First Place' contest winner.

Johnathan will receive a \$100 cash prize and a Winners certificate attesting to his accomplishment.

The local English speaking council of the Knights of Columbus, which sponsored the essay contest, is based at the Saunderson Drive, Resurrection of Our Lord Catholic Church.

## **The Importance of Religious Freedom in Contemporary Canadian Society**

*By Johnathan Causley*

There are many countries around the world that don't have religious freedom. We in Canada are lucky to have the choice of many religions. Religious freedom is very important and human beings need religion to function. First of all, religious freedom connects people, second

it gives people hope, and finally without it there would be moral chaos. This essay will show you just why religious freedom is important.

First of all, religious freedom connects people. For example the first thing it does is it gives people a place to go where they can meet people who have the same beliefs as them. Secondly people go to church to connect to the person they love by getting married in front of all of their friends and family. Finally in the movie Romero the people who were oppressed went to the church to connect with the other people who were oppressed to get by during the hard times. To sum up religious freedom gives people a place to connect with other people.

Secondly, religion gives people hope. For example in the movie Romero the people who were being oppressed looked at the church as symbol of hope. Many times in the movie when the government attacked the people the first thing they did was run to the church for help. Secondly, in the story of Jesus the people saw Jesus as hope. In Luke 18:35-43 a man who was blind approached Jesus hoping to be given sight then Jesus gave him sight causing the people to praise God. Lastly, when something bad happens in someone's life they go to church. To sum up, taking away someone's religious freedom is the same as taking away someone's hope.

Finally, without religious freedom there would be moral chaos. Firstly, in the past a man named Adolf Hitler was the leader of Germany but he disliked Jewish people so he first banned them from practicing their religion then later on threw them into camps and killed millions of Jewish people, doing so he caused panic and chaos. Secondly, currently the President of the United States has issued an immigration ban for Muslim people who have spent years trying to get into United States to get away from their country. The immigrants now have nowhere to go besides back to their war torn country. Finally, in the country of North Korea the people see their leader as God because that's what they were taught, they wouldn't be able to live properly outside of their country since they are used to not having any freedoms. Taking away religious freedom could lead to the government taking away all of your freedoms. To sum up, in a world without religious freedom there will be moral chaos as has been proven in the past.

In conclusion no one should be able to take away religious freedom. To review religious freedom connects people, it gives people hope, and without it there would be moral chaos. Religious freedom is something humans require since religion has been around for thousands of years and if it wasn't something humans required there wouldn't be religion in the first place.

## **HESN's New Blog Series to Highlight Ottawa's Amazing Coaches**

*By Mia Diedrich, House Edge Media, mia@houseedgemedial.com*

House Edge Sports Network (HESN) launches new blog series, 'Coaches in the Community', to highlight the dedicated and hard-working coaches in the Ottawa area.

House Edge Sports Network (HESN), a sports media and recruiting organization designed for athletes and aspiring media professionals, has launched a new blog series that features coaches in the Ottawa area. A new 'Coaches in the Community' article will go live every Monday. This blog series will bring forward various coaches in the area from a variety of different sports, team and divisions. Our goal is to give coaches recognition for all of their hard work.

The first blog post of this series launched featuring Cumberland Panthers Football coach, Peter Diedrich. 'Coaches in the Community' will give recognition to these coaches but more importantly it promotes

the sport to youth. HESN strongly believes in the importance of sports for youth because of its direct link to not only a healthy lifestyle but also, the development of teamwork, leadership and social skills.

About HESN: House Edge Sports Network (HESN) is a sports media company based in Ottawa. They offer services such as:

- athlete prospect ratings & rankings;
- player highlight videos;
- player statistics management;
- NCAA certified combine testing;
- layer evaluations;
- performance coaching & goal setting; and
- elite level off-season training

As the first and only athlete support system / toolkit, we are proud to help youth reach their dreams, goals and aspirations in sport and life.

Check out the first two instalments here:

<http://www.hesn.co/blog/coaches-in-the-community-peter-diedrich>

<http://www.hesn.co/blog/coaches-in-the-community-steve-johnston>



# Ottawa Could Be Canada's Greatest Sanctuary City

*In April, Ottawa City Council held an information review, respecting a move to designate Ottawa to be a sanctuary city. Called "largely-symbolic" by some, a sanctuary city ensures all residents have access to municipal services, regardless of immigration status, without fear of deportation. Supporters hope the designation will include a plan for training of city staff.*

*Canadian sanctuary cities so far include Toronto, Hamilton, London, Montreal and Vancouver. Motions remain before Winnipeg, Saskatoon and Regina.*

*Here is my public plea to make Ottawa -- my city -- a sanctuary city.*

Dear Mayor Jim Watson and Ottawa City Councillors:

I am a single mom of three and I reside in Ottawa South. Our neighbourhood is vibrant and diverse - that's what I love about it. Two of my kids attend local area public schools and my oldest is a student at Carleton University.

I am an activist, a feminist, a lawyer and a few years ago co-founded a non-profit community Muslim organization, Universalist Muslims, whose goals include spreading harmony and peace by connecting individuals and groups of various schools of thought, and advocating for universal human rights inside and outside the mosque, including LGBTQ rights and the right of women to self-determination.

I learned about the motion to make Ottawa a sanctuary city from Rabbi Elizabeth Bolton, whom I have had the honor of getting to know through our interfaith community service. Because of her, I attended a Faith Leaders Roundtable meeting, with friend, Farhat Rehman of the Canadian Council of Muslim Women, to learn more about this initiative.

I am grateful to have attended. There I learned that in today's climate of fear and suspicion, undocumented individuals, right here in Ottawa, who need our help and the services of our great city, including ambulance, police, fire stations, women's shelters and even schools, may not be able to access those services, because of their concern that they may be required to provide personal information to city officials and then risk being deported.

Not only is lack of access to city services unfair to those individuals (many of whom pay taxes) but as well it places a burden on all of us by risking the order and welfare of the rest of the city's population, when those services are not available.

It means that the perpetrators of crimes against undocumented individuals may escape justice. It means undocumented women facing domestic violence may not have access to shelters. It means undocumented individuals and their families may not receive required emergency medical treatment. It means fires on the premises of undocumented individuals could spread, causing damage and injury. The consequences are far-reaching for all of us.

What's more, the fear that has arisen on the part of undocumented individuals has originated from anti-Muslim sentiment that has spread like cancer throughout the west.

And this is unjust.

Firstly, those undocumented individuals and their families, escaping war and oppression, are the victims of terrorism seeking safety. They are not terrorists.

Secondly, such bigotry and hatred, when unchecked, affects not only asylum seekers but Canadian citizens and legal permanent residents and their families, who contribute to the harmony, peace and economic welfare of all our communities.

It has been said that making Ottawa a sanctuary city is a merely symbolic gesture, which has no real effect and as a result, may not even be worthwhile.

If this is your position, I urge you to reconsider.

Making Ottawa a sanctuary city, not only implements policies to allow residents access to services without fear, but the greater effect it bears is profound. Being a sanctuary city creates an exemplary and welcoming vision of who we are, us Ottawans, as a community.

It affects how we are viewed by the rest of the world, as well as, and more importantly, how we are seen by our own citizens -- particularly by our own Ottawa youth.

Ottawa as a sanctuary city reveals to the world that Ottawa is passionate to sustain a community built on harmony, social cohesion, peace, human dignity and respect for all, regardless of ethnicity and faith. It also sends a message to the world that Ottawa does not tolerate bigotry but embraces diversity with compassion.

And most importantly, it sets an example to our youth -- of all faiths and backgrounds, from all neighborhoods and economic levels -- that their city stands in solidarity with them, regardless of where they may have come from and no matter what their religion. It sends them the message that they are Ottawans - making it harder for anyone else to tell them otherwise.

As a mother, I want my children and their fellow classmates at their schools -- one of which is a public high school composed of a school population estimated to be 70% Muslim -- to know and feel that they are integral to the future of this city and that we, the grown-ups, will not allow bigotry and hatred to stand in their way.

I humbly ask you to make our city -- Ottawa -- a sanctuary city.

Thank you.

Shahla Khan Salter

Follow Shahla Khan Salter on Twitter: [www.twitter.com/UniversMuslims](https://twitter.com/UniversMuslims).

## Master Piano Recital Series

*By Ronald Graham*

On Friday, June 2 at 7 p.m., the **Master Piano Recital Series** at Southminster United Church (<https://masterpianorecitalseries.com/>) concludes its 2016/17 season with a presentation of eminent Vietnamese-Canadian pianist, Dang Thai Son, gold medalist of the 1980 International Chopin Piano Competition. Mr. Dang (Vietnamese custom places the family name first) has been an international sensation since the great Sviatoslav Richter chose him to replace the elder, ailing artist for a solo appearance in Japan in the early 80's. He's a prolific performer, recording artist, teacher, adjudicator and cultural ambassador. His June 2 concert is a rare MPRS-exclusive presentation of one of the current living legends of the classical piano world, playing a spectacular program of works by Chopin, Liszt and Schubert. Details: [www.MPRS.ca](http://www.MPRS.ca). Tickets from \$10 - \$50 are available at [www.eventbrite.ca](http://www.eventbrite.ca).

The following Thursday, June 8 at 7:30 p.m., by popular demand, Ronald Graham will be presenting a repeat performance of Pergolesi's *Stabat Mater*, featuring soprano, Susan Elizabeth, and mezzo-soprano, Lydia Piehl, coupled with Vivaldi's *Gloria in Excelsis*, sung by Rideau Chorale.

This concert pairing of two fabulous vocal/choral works of the Italian high baroque will feature a string orchestra and organ continuo directed by me, Roland Graham, from the harpsichord. This concert will be accessible to absolutely anyone, people of all ages, families and children, whether 'musically-informed' or not, so please share the word with friends and family in the community. Tickets from \$10 - \$25 are available at [www.eventbrite.ca](http://www.eventbrite.ca). For more information, call 613-263-0637.

*Southminster United Church is located at 15 Aylmer Ave, at Bank Street and the Rideau Canal. The building is wheelchair accessible and serviced by OC Transpo routes 1 and 7. Doors open 45 minutes before showtime.*

## Music and Beyond

Music and Beyond, the classical music and multi-disciplinary arts festival is delighted to release its full schedule for 2017, presenting over 75 concerts and events from July 4 to July 17 featuring a wide range of world-renowned artists! With special events to mark the celebration of Canada's 150<sup>th</sup>, Music & Beyond will celebrate classical music and art in all its forms, launching with a big splash on July 4<sup>th</sup> with its opening gala that features the astonishingly gifted **Sarah Chang**, one of the foremost violinists of our time.

There will be an incredible range of programming, blending music with visual art, dining, wine, comedy, history, theatre and much more.

For the full program please visit the Music and Beyond Website: <https://musicandbeyond.ca/>.



# COMMUNITY CALENDAR

**Sing Every Thursday afternoon. Join VOCA SOL!** Perfect for seniors or any adults who can come during the day. No musical training necessary; this choir is all about FUN! Come to Wesleyan United Church, 58 Grosvenor Avenue (OOS), 1:30 - 3 p.m. every Thursday. Cost: \$150 per six-month membership (subsidies available). Contact: Lee Hayes at [info@leehayes.ca](mailto:info@leehayes.ca).

**Emmanuel United Church, 691 Smyth Road,** is looking forward to **welcoming Foster Family Farms Fresh Fruit & Vegetable stand** in mid-June. We look forward to our neighbours in Alta Vista stopping by to get some fresh produce!

**The Harmony Club for Seniors 60+ meets on Wednesday, May 31 at Rideau Park United Church, 2203 Alta Vista Dr. from 1 - 2 p.m.,** a speaker from the Competition Bureau will talk about "Scams Affecting Seniors." All seniors are welcome. The church is wheelchair accessible. The Club is run by volunteers. This will be the final meeting of the season. More information, 613-733-3156 ext. 229.

**The Ottawa Humane Society Auxiliary** welcomes new members to help raise money to support the animals. Join us at our monthly business meeting **1:30 - 3 p.m. Thursday, June 1 at the animal shelter, 245 West Hunt Club Rd.** behind Hunt Club Nissan. All are welcome. For more information, call Linda at 613-823-6770 or go to [facebook.com/OttawaHumaneSocietyAuxiliary](https://facebook.com/OttawaHumaneSocietyAuxiliary).

**Chicken Barbecue Dinner - St. Aidan's Anglican Church, 934 Hamlet Rd.,** will be hosting a chicken barbecue dinner on **Thursday, June 1, serving from 5 - 6:30 p.m.** Tickets are \$13 for adults, \$6 for children 6-12 and free for children under 6. Tickets are available at the church office 613-733-0102 or by email [staidans@bellnet.ca](mailto:staidans@bellnet.ca) and must be purchased or reserved in advance.

**Billings Lodge Annual Yard & Bake Sale, 1180 Belanger Ave.** (Call for further information, and ask for Janet Cooper 613-737-7877.) **Saturday, June 3 from 8 a.m. - 1 p.m.** 50/50 Draw. Everyone is welcome to attend to help make this a continued success for the residents.

**Annual Native Plant Sale - June 3 - 9:30 a.m. to 12:30 p.m.** Location: **Fletcher Wildlife Garden, off Prince of Wales Drive, south of the Arboretum.** Help pollinators and butterflies attract birds to your backyard. We'll show you which native plant species are favourites with wildlife at the Fletcher Wildlife Garden,

and which species will do well in your growing conditions. We have milkweeds for monarchs, asters to suit any garden location, goldenrods, blue-eyed grass, bergamot, beardtongue, a few native grass species, and hundreds of other species from our own garden. Watch our website [www.ofnc.ca/fletcher](http://www.ofnc.ca/fletcher) for a list of species for sale later this spring.

**The Ottawa Humane Society Auxiliary** will be selling homemade baked goods, original crafts, plants, gardening magazines, jewellery, books and other treasures at its **Spring Sale Saturday, June 3, 10 a.m. to 3 p.m. at the animal shelter 245 West Hunt Club Road behind Hunt Club Nissan.** Admission and parking are free. For more info call 613-823-6770 or go to [facebook.com/OttawaHumaneSocietyAuxiliary](https://facebook.com/OttawaHumaneSocietyAuxiliary).

**Art Lending of Ottawa** presents its summer exhibition of visual arts. Lease, lease to purchase or purchase original fine art at reasonable prices. Local artists. Large selection of works. **Saturday, June 3 (10 a.m. - 5 p.m.)** RA Centre (Outaouais Room, east entrance) 2451 Riverside Drive. Free admission. Free parking. [www.artlendingofottawa.ca](http://www.artlendingofottawa.ca).

**St. Timothy's Open House, Saturday, June 3, 12 to 2 p.m.** Please join us at our Open House. There will be displays, videos, tours, short talks as well as free hot dogs, drinks and gifts to share.

**June 3 and 4 - Model Train Show at Nick Smith Centre, 77 James Street, Arnprior from 10 a.m. to 4 p.m.** Free admission. Over 18 operating model railway layouts.

**An evening of hits from the 30's to the 70's** will be performed on **Friday June 9, 7:30 p.m.** by **Andrew Ager on a vintage Electone organ at Rideau Park Church, 2203 Alta Vista Dr.** Come hear an hour of popular tunes. A free-will offering will be accepted at this not-to-be-missed event.

**Parking Lot Sale and BBQ on Saturday, June 10 from 8 a.m. to 1 p.m. at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive** (beside Fire Station). Mark this date on your calendar! Spaces now available for \$20 which includes table. Treasures and books welcomed for BAC men's tables from which proceeds go to charity. Call Jim at 613-523-2487 or church office weekday mornings at 613-733-0336.

**Garage Sale, Book Sale and Barbecue - Saturday, June 10, 8 a.m. - 1 p.m.** While scouting the neighbourhood during the **amazing Alta Vista Garage Sale**, please stop by **Rideau Park United Church, 2203 Alta Vista Drive**, and enjoy the following: garage sale - peruse many household items all in one spot; book sale - choose your summer reading from a wide selection of pre-owned titles; and a barbecue - stop for some refreshments - hamburgers, hot dogs, sausages and drinks - and for a rest from your shopping!

**Ottawa South Women's Connection "RSVP Ministries"** will be hosting their next event **Thursday, June 15 from 9:30 - 11 a.m. @ Fred Barrett Arena, 3280 Leirrim Road** near Bank St. Our Feature will be "Vintage Bridal Fashions" Music: Joyce Poulin, Faith Story by Julie Eby. Refreshments, door prizes and child care available. Women connecting with God, each other and their community. Come Join Us!! Admission \$6. Contact 613-801-8758 for info.

**Come to Rideau Park United Church, 2203 Alta Vista Drive, on Friday, June 16, at 7:30 p.m.** for a delightful evening of **music sung by soloists and friends of the Rideau Park Chancel Choir.** There will be a surprise guest performer. A free-will offering will be accepted at this not-to-be-missed event.

**The Ottawa Humane Society Auxiliary** will be hosting a garage sale to raise money for the Ottawa Humane Society animals. **Saturday, June 17 from 9 a.m. - noon; 59 Larkin Drive.** For more information, call Linda 613-823-6770 or go to [facebook.com/OttawaHumaneSocietyAuxiliary](https://facebook.com/OttawaHumaneSocietyAuxiliary).

**Camp Awesome 2017, August 21 - 25:** This week-long Christian day camp program, sponsored by the Ottawa Presbytery of the United Church, takes place at **Rideau Park United Church, 2203 Alta Vista Drive**, and serves children aged 4-12 years. Led by trained staff, activities include games, crafts, drama, singing, water fun and learning about important topics. **The camp runs each day from 10 a.m. - 3 p.m.** Children bring their own lunch. Cost per camper is \$75 if you register on or before June 14 and \$85 after June 14. Optional childcare is available each day both before and after the camp for an additional fee. For more information and to register online, go to the Camp Awesome link on the church website, [www.rideaupark.ca](http://www.rideaupark.ca). Early registration is strongly encouraged and has already started. More information: 613-733-3156 ext. 225.

*Elegant Strategies*  
for your home

Nancy McPherson, BA (Hons), CCSP®  
613-286-5414  
[nancy@elegantstrategies.com](mailto:nancy@elegantstrategies.com)  
[www.elegantstrategies.com](http://www.elegantstrategies.com)



**Certified Colour Consultant and Certified Staging Professional**

**"Making the most of your home"**

**Home Staging** – show your home to its best Advantage when selling

**Colour Consulting** – refresh your living space Without fear

**Room Makeovers** – enjoy your home every day

**Easy Organizing** – maximize your time and Increase your home's efficiency

**Long-time local resident**



## C L A S S I F I E D A D S

**BRENNAN BROTHERS LTD.** Finish basements, bathrooms, kitchens, drywall, painting, all flooring, all roofing, repairs, doors & windows, decks, build houses. We do stipple ceilings and repair them. **10% Summer discount.** Free estimates, guaranteed workmanship **613-733-6336.**

**CLEANING – MATURE EUROPEAN LADY** willing to clean your home. Excellent references. Police check. Please call **613-249-8445.**

**FOR SALE:** Camplite Folding Camper. Seats 6 with foldout dining area. With extras. Great bargain. Also, a Folbot kayak for 2 in good shape. Call Len at **613-733-7007.**

**GAEL, 16 YEARS OLD, BILINGUAL, MATURE BABYSITTER.** Did the Red Cross babysitter and bronze courses. Doing the National Life Saver course. Also available for light duty work. Call **613-523-6686.**

**HANDYMAN** will do plumbing, carpentry, drywall, electric repair. Kitchen, bathroom, renovation, tile work. Excellent references. Police check. No HST. Please call Peter at **613-797-9905 or 613-249-8445.**

**HANDYMAN DAN,** \$20 hourly rate (\$50 minimum charge). Let me do your to-do-list around the house. Have own tools and truck. **Handymandan77@yahoo.com** or phone **613-501-7761.**

**JAMIE NININGER** Alta Vista native. Painting, (interior/exterior), plumbing, decks, patios, flooring (ceramic, wood, laminate), playrooms, vanities, faucets, countertops, etc. Call **613-852-8511 or 613-733-1951.**

**MODESTI MASONRY** established in 1965. Chimney re-pointing, parging, flagstone, all masonry needs. Our reputation is quality. **613-293-6002.**

**LAWNMOWER / SNOWBLOWER / TUNE-UPS / REPAIRS.** Mobile service; we come to you. Lawnmower tune-up \$79.95. Tune-up for snowblower \$94.95 plus parts, tax and \$20 service charge. City-wide service. **613-747-2281.**

**PAINTING,** 20 years' experience. All types of plastering, painting interior/exterior, residential & commercial. Free estimates. We do stipple ceilings and repair them. **15% Summer Discount.** 2 year warranty on workmanship. **613-733-6336.**

## Sunny Day at Prose in the Park

Here is the forecast for June 10. 25 degrees Celsius and sunny, no rain. Bring your sunscreen to Prose in the Park! Ottawa's fair-complexioned mayor, Jim Watson, will open the festival at noon.

The Third Annual Prose in the Park Literary Festival will begin at 11 a.m. on June 10 in the Parkdale Park and finish at 6 p.m. This beautiful outdoor day of readings, panel discussions and book-buying is the high point of Ottawa's literary calendar. For details: [www.proseinthepark.com](http://www.proseinthepark.com).



## WORD SEARCH

Enjoy finding these "words"....

### Occupations

F	S	O	C	I	A	L	W	O	R	K	N	A	N	W
E	C	I	N	A	H	C	E	M	U	R	A	G	T	R
G	I	A	P	O	T	U	V	B	E	E	I	P	P	I
N	M	C	H	E	F	J	E	R	N	S	C	V	X	T
D	O	C	Y	Q	G	Y	T	P	E	S	I	R	F	E
Z	N	O	S	J	R	P	E	D	R	E	T	D	A	R
Q	O	U	I	R	E	W	R	L	P	R	E	E	R	D
U	C	N	O	E	V	O	I	G	R	D	H	D	M	L
E	E	T	T	B	I	B	N	M	E	R	T	I	E	Z
D	S	A	H	R	R	U	A	R	T	I	S	T	R	U
P	R	N	E	A	D	T	R	N	N	A	E	O	B	Q
F	U	T	R	B	U	L	I	S	E	H	X	R	T	Q
P	N	I	A	A	K	N	A	I	C	I	S	Y	H	P
I	A	Z	P	S	S	E	N	I	S	U	B	B	N	I
N	C	K	Y	Q	V	K	E	Z	T	W	Q	J	P	Q

We're thinking of our high school students heading off to further their education. What will they each choose?

ACCOUNTANT  
ARTIST  
BARBER  
BUSINESS  
CHEF  
DRIVER  
ECONOMICS

EDITOR  
ENTREPRENEUR  
ESTHETICIAN  
FARMER  
HAIRDRESSER  
INTERIORDESIGN  
LIBRARIAN

MECHANIC  
NURSE  
PHYSICIAN  
PHYSIOTHERAPY  
SOCIALWORK  
VETERINARIAN  
WRITER

Taste the freshness of summer at



**fosterfamilyfarm**

FEEDING THE NATION'S CAPITAL  
fruits • vegetables • produce

Visit one of our vegetable stands located at:

**2203 Alta Vista Drive** in the  
Rideau Park United Church parking lot  
or

**691 Smyth Road** in the  
Emmanuel United Church parking lot.

We will be open for strawberries mid to  
late June followed by our farm fresh  
vegetables until the end of season.

#### Hours

Monday to Friday from 10am to 6pm,  
Saturday from 9am to 5pm.  
Closed on Sunday.

Visit our website,  
[www.FosterFamilyFarm.ca](http://www.FosterFamilyFarm.ca)  
for other market locations in the  
Ottawa area.



# MOVIES 'N STUFF

1787 KILBORN AVE. JUNE 2017 738-1607

www.moviesnstuff.com

## JUNE 6:

### AFTERMATH

In this thriller based on a true story, Roman Melnik heads to the airport to meet his wife and daughter, only to see the plane crash due to an error by air traffic controller Jake Bonanos. Really bad luck for Bonanos! Arnold Schwarzenegger, Scoot McNairy.

### A CURE FOR WELLNESS

When an ambitious young executive is sent to retrieve his company's CEO from an idyllic but mysterious "wellness centre" at a remote location in the Swiss Alps he quickly concludes that the spa's miraculous treatments are not what they seem! Dane DeHaan, Jason Isaacs, Mia Goth.

### BEAUTY AND THE BEAST

A live action retelling of the animated classic which sees Belle taken hostage by a beast in his castle, but slowly learning to love him. Emma Watson, Dan Stevens.

### LAND OF MINE

In post-World War II Denmark, a group of young German POWs is forced to clear a beach of thousands of land mines under the watch of a Danish Sergeant who slowly learns to appreciate their plight. Rave reviews for this Danish film.

### A UNITED KINGDOM

In 1947 it was love at first sight for Seretse Khama, the King of Botswana, and Ruth Williams, a London office worker. With apartheid recently introduced in neighbouring South Africa, a biracial marriage could cause war in the region. David Oyelowo, Rosamund Pike, Tom Felton.

### THE YOUNG POPE

This well-received HBO mini-series follows the beginning of the pontificate of Lenny Belardo, alias Pius XIII, the first American Pope in history. Jude Law, Diane Keaton, Silvio Orlando.

## Also:

**I Am Dragon**  
**Voice From The Stone**  
**The Assignment**

## JUNE 13:

### NERUDA

A Chilean police inspector hunts down Nobel Prize-winning Chilean poet Pablo Neruda, who becomes a fugitive in his home country in the late 1940s for joining the Communist Party.

## FRANTZ

In the aftermath of WWI, a young German woman grieving the death of her fiancé in France meets a mysterious Frenchman visiting her fiancé's grave to lay flowers. Rave reviews for this French/German film.

### THE LEGO BATMAN MOVIE

There are big changes brewing in Gotham, and if Batman wants to save the city from The Joker's hostile takeover, he may have to drop the lone vigilante thing and try to work with others! Animated feature starring Will Arnett, Michael Cera, Rosario Dawson.

### GROWING UP SMITH

When an Indian family moves to America in 1979 with the hope of living the American Dream, their 10-year-old-son, Smith, falls head-over-heels for the girl next door. Well-received family comedy/drama.

## Also:

**John Wick: Season 2**  
**Dragonheart: Heartfire**  
**Bitter Harvest**  
**Table 19**

## JUNE 20:

### LIFE

Crew members on the International Space Station have found the first evidence of life on Mars. Is this the same life form that wiped out everything on Mars? Jake Gyllenhaal, Rebecca Ferguson, Ryan Reynolds.

### RAILROAD TIGERS

In 1941 China, a railway worker and his group of freedom fighters sabotage a Japanese train filled with desperately needed provisions. Can they manage to hold off the Japanese army and blow up a strategic railway bridge? Action/comedy starring Jackie Chan.

## JUNE 27:

### THE BELKO EXPERIMENT

In a twisted social experiment, 80 Americans are locked in their high-rise corporate office in Bogotá, Colombia and ordered by an unknown voice coming from the company's intercom system to participate in a deadly game of kill or be killed. John Gallagher Jr., Tony Goldwyn, Adria Arjona.

### BLACK BUTTERFLY

Paul's struggling with his screenplay when he offers Jack, a drifter, a place to stay at his mountain cabin with the nearby town dealing with a string of abductions and murders. When their isolated cabin loses power during a storm, they begin a jagged game of one-upmanship that will not end well. Jonathan Rhys Meyers, Piper Perabo, Antonio Banderas.

### D-DAY SURVIVOR (THE WAR I KNEW)

Private Johnny Barrows must grow up quickly when he becomes the only survivor of an off-target parachute drop on D-Day. Inexperienced, scared, and lost behind enemy lines, can he make it to safety? British film starring Paul Harrison, Guy Wills, Adam Woodward.

### TRAINSPOTTING 2

Twenty years have gone by when Mark Renton returns to the only place he can ever call home. Waiting for him are Spud, Sick Boy, and Begbie. Other old friends are waiting too: sorrow, loss, joy, vengeance, hatred, friendship, love, longing, fear, regret, diamorphine, self-destruction and mortal danger. Ewan McGregor, Ewen Bremner, Jonny Lee Miller, Robert Carlyle, Shirley Henderson, Kelly Macdonald.

### WILSON

A lonely, neurotic and hilariously honest middle-aged man reunites with his estranged wife and hopes for happiness until he learns he has a teenage daughter he's never met! Woody Harrelson, Laura Dern, Cheryl Hines, Judy Greer.

### DON'T HANG UP

An evening of drunken prank calls becomes a nightmare for a pair of teenagers when a mysterious stranger turns their own game against them...with deadly consequences.

## Also:

**CHIPS**

# FREE!

## MOVIE OR GAME RENTAL

Some restrictions apply. See store for details.  
Expires June 30, 2017 P17061

### ALONE IN BERLIN

In 1940 Berlin, Otto and Anna Quangel do not take the news of their son's death on the front lines very well! They decide to resist the Nazi regime with anti-Nazi propaganda. Soon the Gestapo is hunting "the threat". Emma Thompson, Daniel Brühl, Brendan Gleeson.

### MINE

It's bad enough that marine sniper Sergeant Mike Stevens must cross a desert scattered with land mines on his way to neutralize the leader of a terrorist cell, but now he's stepped on one of them and must stand in the desert sun for days awaiting help! Armie Hammer, Annabelle Wallis.

### THE PHENOM

Pitcher Hopper Gibson is sent down to the minor leagues for training, and begins sessions with an unorthodox sports psychologist. In the process, hidden conflicts with his overbearing father are brought to light. Johnny Simmons, Ethan Hawke, Paul Giamatti.

### ALTITUDE

FBI agent Gretchen Blair, flying back to DC, is shocked when her seatmate offers her millions if she can get him off the plane alive! When his ex-partners stage a violent hijacking, Gretchen finds herself in the fight of her life! Denise Richards, Dolph Lundgren, Jonathan Lipnicki.

### THIS BEAUTIFUL FANTASTIC

Bella Brown is a beautifully quirky young woman who dreams of writing and illustrating a children's book. When she is forced by her landlord to deal with her neglected garden or face eviction, she meets her nemesis, match and mentor in Alfie Stephenson, a grumpy, loveless, rich old man who lives next door and happens to be an amazing horticulturalist. Jessica Brown Findlay, Jeremy Irvine, Andrew Scott.

### POWER RANGERS

They're off to save the world when a group of high school students gain super powers! Dacre Montgomery, Naomi Scott, RJ Cyler.

# HUNDREDS OF MOVIES FOR THE COTTAGE FROM ONLY \$1.49!

VISIT OUR WEBSITE - MOVIESNSTUFF.COM