

Alta Vista reels as derecho strikes

By Ernie McArthur

Sitting on our back porch, watching the dark cloud approach, we had a close-up view of the hit. A curtain of torrential rain swirled in angry winds, that wind seemingly searching for objects to mix it up with and tear apart. The suddenness of this violence almost took the breath away, here and gone within minutes. Tree branches snapped and were blown about in seconds, one coming to rest against our porch screens. A City tree broke in two and took down our front yard fence. "It's coming down," we yelled, of another tree which lurched, came partly out of the ground, started to go, and then hung there, leaning precariously across our backyard fence, power and communication lines threatened. We had a weather warning on our phones, but this storm's severity still surprised us completely.

But lucky we were on that Saturday, 21st of May evening, not suffering any great harm. Not so fortunate was the family on Kilborn, just east of Blossom, where a huge front lawn tree came down, buckling the house roof and smashing the car parked in the driveway. And so many others in Alta Vista who lost their trees and saw their homes and vehicles damaged. And saddest of all, the five in this region who lost their lives.

And fortunate are we all in Alta Vista and Ottawa. Food in the stores and restaurants, running water, insurance, neighbours to help and comfort, Hydro Ottawa working non-stop to restore power, the City doing what it can to remove fallen trees and open up roads to traffic, Ottawa Police Services protecting our safety and security, and a free and open media to keep us informed. Ukraine this is not, where the suffering goes on and unbelievably grows worse. In Canada, in Ottawa, and in Alta Vista, most of us can pick up and comfortably continue on with our lives.

Details of this catastrophe are familiar. When the storm, or derecho, and its wind gusts of 120 km per hour (or some say more) had passed through, Ottawa was left with one hundred and eighty thousand homes without power, 4000 trees gone, everywhere power lines down, and as of this writing on Saturday morning, six days and counting for some still without power. Such meteorological violence. And is it becoming more frequent?

I am sure we will be hearing from some of you, with stories to tell of this storm, in the VISTAS September issue, but until then the VISTAS Board of Directors wishes safety and peace to its readers, and to all Ottawans affected by this storm. May you take comfort in knowing that your family, and your friends and neighbours, are with you. Let us pick ourselves up and have a happy summer.



Jane Berlin brought her grandchildren out to plant baby Butternut trees at the Grasshopper Hill/Kilborn park for the May 7 event. See story on page 24.



The Babbitt family, VISTAS carriers all. In front, Calan, 6; From left, Christopher, 9; Eilidh, 12; Mom Allison and Dad James. See OUR PEOPLE, page 12. Photo credit: Gerri Doherty

VISTAS STAFF

Content Editor:	Karen Johns	
	Email: Editor@vistas-news.ca	
Layout Editor:	Lisa Wilson	
	Email: Editor@vistas-news.ca	
Comments/Enquiries:	Courtney Tower	613-737-3835
	Email: ctower@sympatico.ca	
Advertising Manager:	Jim Doherty	613-523-2487
	Email: Advertising@vistas-news.ca	
Business Manager:	Catherine Fyfe	
	Email: BusinessManager@vistas-news.ca	
Distribution Manager:	Ernie McArthur	613-521-4658
	Email: Distribution@vistas-news.ca	

GENERAL INFORMATION

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

SUBMISSIONS & COMMUNITY EVENTS

Articles submitted for consideration for publication should be 800 words or less and emails and letters 500 words or less. Pictures submitted should be 300 DPI resolution.

DEADLINE:	15th of the month prior to publication.
Email:	Editor@vistas-news.ca.

ADVERTISING

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

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

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

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

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

Where is it?

ARTS AND CULTURE	27	OUR COMMUNITY	5-6, 13-18,
BOOKWORM’S DELIGHT	26		22-23
CLASSIFIED ADS	33	OUR COMMUNITY REPS	5, 7-8
FAITH NEWS	30-31	OUR ENVIRONMENT	10-11, 23-24
FAMILY MATTERS	20	OUR PEOPLE	12
HEALTH AND FITNESS	28	SCHOOL NEWS	36-37
JUST GOOD ADVICE	19	SCIENCE AND TECHNOLOGY	18
KIDS PAGE	40	SENIOR SPACE	24
LETTER TO THE EDITOR	3	UPCOMING EVENTS	41-43

EDITORIAL MUSINGS

Goodbye to our little firecracker, Lisa Wilson

By Ernie McArthur, VISTAS Distribution Manager

VISTAS says goodbye this month to its Layout Co-Editor Lisa Wilson as she moves into a new community role as President of the Board of Directors for Meals on Wheels. While this issue is her last in the layout area, we are pleased that she will remain on the VISTAS Board as a Member at Large, contributing to decisions about our newspaper. A new Layout Editor will fill her big shoes for the next issue in September.

In August 2019, Lisa stayed up all night getting her first VISTAS paper laid out and ready for print. While she became more adept and efficient in subsequent issues, the job required many long hours of challenging work. The volunteer role as VISTAS Layout Co-Editor came with little formal training. However, dynamo that she is, during the last days of each month Lisa set her jaw, and always got the paper laid out and off to the printer. And each month, our community benefited from the fine job she did in producing a newspaper of which we are proud.

I met Lisa for the first time in a Tim Hortons, a comfortable and convenient place for an interview for this volunteer position. Being somewhat uninformed about the technical aspects of a newspaper layout, I may not have given Lisa an accurate description of the job or the time required. However, having a computer background, Lisa was optimistic and, following discussion with the outgoing Layout Editor, she agreed to give it a go. It was Lisa’s determination that stood out as she committed to adding another volunteer role to her many other community involvements, and fitting the newspaper’s needs into her already busy schedule. I thought then of the old saying, “If you want a job done, ask a busy person,” and the Board of Directors was right when it confirmed her appointment. In her three years as Layout Co-Editor, Lisa continued demonstrating that “get it done” attitude, and get it done she always did.

Lisa produced VISTAS from her cottage home away from home during the pandemic, and also arranged and attended the Board’s many Zoom meetings, infusing them with her usual spark and good humour. On behalf of the VISTAS Board of Directors, and VISTAS readers, I wish Lisa the very best in her latest venture as a volunteer for our community. We have no doubt that she will serve that venture well.

See Lisa’s farewell to her position on page 15.

VISTAS Content Editor’s Addendum

Lisa couldn’t resist passing on this humour ...

Last Will & Testament

His nurse, wife, daughter and two sons are with him. He asks for two witnesses to be present and a camcorder in place to record his last wishes.

When all is ready he begins to speak:

“My son Sam, I want you to take the Ocean Reef houses.”

“My daughter Sybil, you take the apartments between mile markers 100 and Tavernier.”

“My son Jamie, I want you to take over the offices in the Marathon Government Centre.”

“Sarah, my dear wife, please take all the residential buildings on the bayside on Blackwater Sound.”

The nurse and witnesses are blown away as they did not realize his extensive holdings, and as Doug slips away, the nurse says: “Mrs. Boone, your husband must have been such a hard-working man to have accumulated all this property.”

The wife replies, “The fool has a paper route.”

LETTERS TO THE EDITOR

Wasteful destruction of repairable buildings a huge social and environmental problem

Re: Diocesan centre building unsuitable for housing refugees without an astronomical capital investment by Edna DuBroy, VISTAS May 2022

In response to Edna DuBroy’s letter about the former Diocesan Centre, I would like to respectfully question the assumption that the building – or indeed any older building – is beyond practical rehabilitation. One wonders why the owners allowed their property to deteriorate to such an extent, but I’ll leave that question aside. The premise that any homeowner would rather demolish than repair their building is perhaps the “wrong assumption.” The wasteful destruction of repairable, usable buildings is a huge social and environmental problem. Allowing a building to crumble until there is “no option” but to vacate and demolish and build new (24 Sussex is facing this issue too) is called “demolition by neglect” and is a failure of both individual responsibility and collective imagination. If the owners have no interest in fixing it, I hope they will sell it soon before the building deteriorates even further so that someone else might repair it and put it to good use.

Jan Schroeder

We deserve a voice in the future of Alta Vista

Increasingly, I’m hearing from politicians at all levels that the way to build more affordable housing is to limit public input into development projects. The idea is that developers could work more quickly and cost-effectively if they didn’t need to spend so much time responding to the concerns of residents. This notion is frequently referred to as “cutting red tape and NIMBYism.” And who would argue against cutting things like that – until you realize that we are the red tape and our desire to preserve our mature trees, for example, is NIMBYism.

This school of thought gained some traction at the provincial level earlier this year with the release of a report by the Ontario Housing Affordability Task Force (HATF). The task force was made up mostly of business interests, and some of its recommendations seem to reflect the frustration these parties feel as they face public opposition to their ventures. While I sympathize with this frustration, suppressing the voice of an important segment of stakeholders doesn’t seem like good public policy. We need solutions that unite us, not ones that divide us. We need better, more inclusive dialogue, not less dialogue that excludes divergent views.

I appreciate the serious situation we face with regards to affordable housing. The authors of the HATF report seem to think that we can’t be trusted to do the right thing. I disagree. Instead of an adversarial approach, which pits developers (positioned as champions of affordable housing) against communities (positioned as enemies of affordable housing), why not educate us about the housing crisis, reassure us that our needs will be considered as solutions are developed, and make us partners in the effort. This seems to me to be a much more powerful and constructive approach than silencing us.

I urge VISTAS readers to learn more about the HATF report and to take every opportunity to remind our elected representatives that our voice matters.

Lesly Bauer

VISTAS’ Delivery Schedule

2022	VISTAS Delivery Date
September Issue	September 2, 2022
October Issue	September 30, 2022

Distribution of VISTAS

Distributors

Bruce Burgess	Jim Doherty	Lynne Peterman	Don Lancot
613-738-6450	613-523-2487	613-731-9108	613-731-2800
Eileen Raven	Joseph Rikhof	Bill Woodley	Alex Sarabura
613-526-2763	613-834-0580	613-731-2243	613-890-1056

Team Captains* and Carriers

David Abboud	Bruce Denyes	Diane Laplante	Joseph Rikhof
Paul Adams	Gerri Doherty		Joanne Rodgers
Brian Arvisais	*Jim Doherty	Ruth Leamy	Mariana Rodriguez
Nanci Askwith	Katie Donaghy	Teresa LeGrand	Valentina Rodriguez
	Mary Donaghy		
Eilidh & Christopher Babbitt	Michael Donaghy	Robert Leitch	Michael Schwartz
	Jim & Trisha Donaldson		
Jack & Luke Baines	Fran Doy	Donna Leroux	André Séguin
Cynthia Ball	Gérard Dubé	David Lesley	Mary Lou Sparks
Maria Beaulne	Carolyn Dunlop		
Maria Beaulne	Rouba El Khatib	Marg Levalliant	Alexa and Macy Spires
Patrick Beauregard	Beverley Ensom		
Lynda Becker		Charlotte Lewis	Robert Squires
Dorothy Belter	Valerie Ernst Fontaine	Valerie Limbrick	Réal St. Amand
*Robert Belter	Gerald Francoeur	Eva Link	
Frank Berlin	Audrey and Paige Gagnon	Laurie Mackenzie	Joanne Stead
			Dwight Stewart
Jane Berlin	Tanya Garnham	Aidan & Elizabeth Maloney	Virginia Strachan
	Jacky Graham	Spasta Manolova	Ann Taylor
Marcia Blanchette	Lisa Gibson	Indira Marier	*Barry Thompson
Mischa Brodsky	Nicholas Genest	Dan McCarthy	*Samira Thompson
*Sharon Bernard	Anne-Marie Gervais	*Bruce McLelland	
Heather Bonas	Elizabeth Gibson	Denise McCann	May Turcot
Samuel Bourgeois	Robert Hawkins	Ruth McFie	Richard Turcotte
Carol Brazeau	Mike Hayes	Marian McGahern	
Julie Breau	Cathy Healy	Erin McNerny	David Vandine*
Cathy Brierley	Duncan Henley & Arlo Baird	Julianne McNamee	Charles Vincent
Merle Brown	Eric Henry	Nancy McPherson	Pam Waddington
			Ruth Walden
Tuan Bui	Brendan & Claire Hickey	Thaddeus Mordon	Andrew Walsh
		Martin Morier	
*Bruce Burgess	Julie Hiscock	Seemah Mullally	Margaret Walsh
Charlotte Burgess	Cathy Hollands	Phil Mullin	Henry Ward
James Calkin	Scott Inrig	Judith Neal	*Brian Watson
*Suzanne Carr	Karen Jackson	Graham Neale	
Joanna Binch	Lindsay Jacobi	*Deborah Newhook	Gwynn Weese
Kate & Emma Chacksfield	C & B Jeffrey	Ron Newhook	Karina Welch
Phil Chartrand	Barbara Jensen	Jacqueline Newton	R & H Westington
		Joanne Paré	
Dale Coburn	David Jones	Wendy Parkes	Janet White
Neil Cochrane		Lynne Peterman	Chris Wiebe
Amy Connelly	Ken Klippenstein	*Rodney Pitchers	Joe Woo
Gillian Cooper	Leslie Koenig	Cornell Popyk	Diane and Mike Woods
Katie Copp	Christel Kurz	Arianne Potvin	Doug Woodside
Cramer Family	Anna Lacroix	Mylo Pouliot	
Jo-anne & Charles Crisp	Tara Laderoute & Students	Damien Prelorenzo	
		Don Price	
Linda Cunha	Glenna Laflamme	Wendy Pullan	Roger Wyllie
Caitlin Creaser	Derek Lagace	Samuel Quiroz	Catherine Znotinas
Michel David	Tyler Lagace	Eileen Raven	
	Claudette Lalonde	Sue Raven	
Ryszard Dabkowski	Sally Lankester	Robert Read	
Quinn and Layla de March	Gary Lane	Jean-Francois Rene	
		Cedalia Ribero	

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



Contact Lena Maione for a personal real estate consultation.
Learn more at lenamaione.ca



704 Ellen Avenue



1945 Olympia Crescent



19 Adelaide Street



3586 Revelstoke Drive
\$1,895,000

Lena Maione, Sales Representative
292 Somerset Street West · Ottawa
(613) 422-8688 · lena@lenamaione.ca

ENGEL & VÖLKERS
LENA MAIONE

©2022 Engel & Völkers Ottawa Central, Brokerage. Each brokerage independently owned & operated. *To Realtor.ca



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

VISTAS Volunteer Carriers Needed

For West of Haig

- Bloor, Penhill, Crestwood, 56 papers
- Chattaway, 28 papers
- Chomley, 40 papers
- Dowler, 25 papers
- Mimosa, 30 papers
- Pixley, 60 papers
- Station Boulevard, 40 papers

For East of Haig

Arch	Goren	Raglan
Audrey	Haig	Russell
Avenue N	Halstead	
Avenue P	Hamlet	
Avenue Q	Haney	
Avenue R	Hastings	Saunderson (Smyth to Halstead)
Avenue S	Heaton	Shamir
Avenue T	Howland	Shelley
Avenue U	Hutton	Smyth (Dauphin to Russell)
Balharrie	Joliffe	Sonata
Banghor, Lemay	Keats	Southvale
Blackstone	Magnus	St Laurent (Walkley to Russell)
Botsford	Martha	Susan
Botsford South	Maywood	Tawney
	Elsett	Tupper
	Melfort	Monteith
Carnegie	Erinbrook	
Caverley	Fairdale	Nerta
Chadburn	Fife	Weston
	Fleming	Weyburn
Chaucer	Folkstone	
	Furby	Orchid
		Othello
		Pleasant Park
		Plesser
Connery	Gill	
Cornish	Glendevon	Pullen



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.

OUR COMMUNITY REPS

CELEBRATING THE HISTORY OF THE ABERDEEN PAVILION WITH A HERITAGE FESTIVAL AT LANSDOWNE

By Jim Watson, Mayor

Yes, the old Ottawa Ex is being revived for one day this summer!

After decades of being nothing more than a parking lot surrounded by crumbling infrastructure, we revitalized Lansdowne Park and made it a real people place with new sports teams, retail, restaurants – not to mention a tremendous amount of greenspace, trees, gardens – and even an apple orchard.

Lansdowne is a jewel in Ottawa's crown – and it's in no small part because of the wonderful heritage buildings we have preserved on that site and once again made available to the public.

Both the Aberdeen Pavilion and the Horticulture Building have become very popular venues.

The Aberdeen Pavilion is a one-of-a-kind structure that dates back to 1898, when it was built to welcome the Central Canada Agricultural Exhibition.

In the following years, it also served as a meeting point for soldiers heading to combat in the Boer War and World War I – but also as an ice pad where the original Ottawa Senators won the Stanley Cup in 1904.

That building has seen it all – and it remains today the only unsupported building of its kind in North America.

Unfortunately, after decades of neglect in the second half of the 20th century, the Aberdeen Pavilion was abandoned and taken over by thousands of pigeons before being condemned for demolition.

On July 2, 1992, Council voted to reverse that decision and to invest the funds required to save the building and to restore it to its former glory.

I was pleased to work with councillors Peter Hume and Joan O'Neill to put together a package to save and restore the pavilion.

I am proud that we've worked with the Central Canada Exhibition Association and a number of key partners to mark the 30th anniversary of that important day on July 2nd this summer.

For the occasion, we will host an old-fashioned exhibition at Lansdowne that will undoubtedly bring back some good memories for many residents who enjoyed the Ex – and probably create some new ones for those who weren't around at the time.

This one-day event promises to be a great time for guests of all ages, with a number of attractions that will be available free of charge.

These include an Ottawa Archives exhibit on the Ex, live entertainment in English and French throughout the day, buskers, local fair booths and food vendors, a classic automobile demo, a farmers' market, a petting zoo, and a TD Place "fun zone" that involves locker room visits with local athletes and mascots ... and much more!



I hope to see many of you out on July 2nd to celebrate the history of Lansdowne Park and the Aberdeen Pavilion from 9 a.m. to 3:30 p.m., beginning with a Freedom of the City ceremony at 9:30 a.m. featuring various dignitaries.

Please visit www.Ottawa.ca/AberdeenHeritageFair for more details ahead of this fun exhibition!

OUR COMMUNITY

Alta Vista Farmers' Market On-site Opening

Submitted by the Alta Vista Community Association

The new Alta Vista Farmers' Market will open on-site at St. Thomas the Apostle Church (2345 Alta Vista Drive) on June 25th and will run every Saturday from 9 a.m. to 1 p.m. until October 8th. Come and purchase local vegetables, apples, eggs, beer, honey and so much more. Some vendors will be there every week and others will fluctuate throughout the season.

The Alta Vista Community Association has organized some activities in concert with the market. Every Saturday morning, you can enjoy free yoga and/or fitness on the lawn of the church prior to the market opening (at 8:15 a.m.). There will be some kids' activities planned each week, including a horse and wagon ride on opening day, courtesy of Councillor Cloutier.

In addition to the onsite market, the online market will continue to operate, and you will be able to pick up your online order at the market. This is a great opportunity to supplement your market purchases with products like local meats that will not be available on-site. You can also purchase a CSA (community shared agriculture) subscription for 14 weeks and pick it up at the market. Online purchase information and market details can be found at www.altavistamarket.ca. We look forward to seeing you there!

THE ALTA VISTA MARKET

Every Saturday June 25th - October 8th
9am-1pm
St. Thomas Church 2345 Alta Vista Drive



Aladin Childcare Services offers childhood education and care programs to children from toddlers to school age, Monday to Friday, year-round, in Ottawa South.

We are situated at 2240 Russell Rd. and at Pleasant Park School. We also serve children from Marie-Curie, Sainte-Genevieve and St. Luke schools.

For more information, please contact us at info@aladin.services or look at our website at www.aladin.services.

OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood and Janet Hamelin

This month we are doing something a bit different – I have a co-author, Janet Hamelin, a teacher at St. Gemma Catholic School.

Nestled on a hill in the Alta Vista neighbourhood sits a vibrant and caring school community. St. Gemma Catholic School, our Hero for the month of June, serves 320 children from kindergarten to grade six. Over the past four years, St. Gemma has built a friendly and meaningful relationship with the Heron Emergency Food Centre. They have been running very successful Thanksgiving Food drives and Lenten Food drives. This past Lenten season the school community collected 430 pounds of food items with a value of \$1,200! The total weight of their Thanksgiving Food Drive was 800 pounds which, when valued at the Ottawa Food Bank rate of \$2.75 per pound, comes to a value of \$2,200. Harold Black, a reliable and caring volunteer at Heron Emergency Food Centre, is always happy to come and pick up a load of food from the School. The children look forward to helping Harold pack his car full of nonperishable food items.

In addition to the food drives, the school community has participated in Advent projects where they put together personal care boxes for families at HEFC. Some items that were included in the care boxes were toothbrushes, toothpaste, shampoo, conditioner, soaps, brushes and combs. These care boxes are always very well received by the clients at HEFC around Christmas time.

The students in the grade three classes also participated in their own Advent project this past year. Reading the book *Sally* by Chris Nihmey generated a meaningful conversation about supporting the less fortunate and marginalized people in Ottawa. The class decided that it would be kind and generous to act on this idea. The children collected three large bags full of new warm socks for the men, women and children who are clients of HEFC.



St. Gemma students around Christmas time

care for others in need. They look forward to continuing this great community partnership for years to come.

The staff, volunteers, and clients of HEFC greatly appreciate the reliable and caring support we receive from St. Gemma's. Now that we are emerging from the pandemic, HEFC faces new challenges. Everyone is aware of rising inflation – nearly 7% over last year at the time of writing. Not just housing costs, but the cost of food and gasoline has skyrocketed, and we are seeing unprecedented numbers of people turning to us for enough food to get through the month. We need and value the generosity of community groups including schools like St. Gemma's even more as the need continues to escalate in this new post-pandemic environment.

We are pleased to announce that we will be resuming our annual fundraiser, our *Walkathon Step Up and Step Out to Stop Hunger* this September. We will be starting from St. Thomas Anglican Church at 2345 Alta Vista Drive Saturday morning September 17. Registration will begin at 9 a.m., so mark your calendars! Details will follow in the September issue of VISTAS, or you can call us at 613 737-9090 for more information.

We are also pleased to announce that we will be hosting a booth at the new Farmer's Market at St. Thomas Anglican Church, on Saturday, August 27. Come and meet us there and find out more about the program at HEFC.

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

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

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

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

JUNE WISH LIST

We welcome cash and food donations including tuna, jam, canned vegetables, canned pasta sauce, canned soup, chickpeas, kidney beans, cereal, snacks for children and personal hygiene items.



St. Gemma students with Harold Black

"The Gospel values are taught and modelled throughout each school day at St. Gemma School," noted Janet Hamelin, a grade three teacher at St. Gemma. The Gospel values that were highlighted for these special projects were Love, Dignity of The Person, Justice and Community. The principal, teachers, support staff, students and families at St. Gemma Catholic school demonstrate the spirit of community, generosity and



The Honourable | L'honorable

David McGuinty

Member of Parliament | Député
Ottawa South | 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
- » les prêts aux étudiants / les questions sur l'impôt

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

The Honourable | L'honorable **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



Jean **CLOUTIER**

Dear Neighbours of Alta Vista,

I hope everyone is spending as much time as possible outside and enjoying the warm weather. As summer steadily approaches, please don't forget to stay hydrated, stay in the shade, and apply sunscreen. As the temperature outside continues to warm up and social gatherings become more frequent, please continue to be wary of COVID-19. The ongoing pandemic continues to be a threat to our more vulnerable communities and loved ones. I encourage everyone to enjoy and take advantage of the next few warmer months but stay safe while doing so.

As always, if my office can be of assistance to you in any way please do not hesitate to reach out.

Best Regards,

Jean Cloutier

Ottawa Parks

- Open 5 a.m. to 11 p.m. unless otherwise posted
- Don't litter
- Don't disturb or feed wildlife
- No smoking/vaping/alcohol
- Dogs on leash, unless in designated off-leash area

Transportation Master Plan



Ottawa has grown into a city of one million residents. Over the next 25 years, that number is expected to grow to more than 1.4 million. With that kind of growth, we need to revisit how people, vehicles and goods move through our city.

As we set the vision for our updated Transportation Master Plan, we have important decisions to make as individuals and as a city. While some might be easy, others will require more thought. We need to have substantial and meaningful discussions to ensure Ottawa becomes the most liveable mid-sized city in North America.

Transportation decisions affect all of Ottawa's residents and businesses. No matter if you walk, drive, cycle, bus, take the light rail transit or scoot, whether you ship products or have them delivered, or whether you own or share a car, how people and goods move through the city affects you. All the choices we make moving forward will require some give and take. Tell us what's important to you and how our transportation system can move us in the right direction for decades to come.

<https://engage.ottawa.ca/transportation-master-plan>

Take Care of Your Mental Health, too!



[OttawaPublicHealth.ca/COVIDMentalHealth](https://ottawapublichealth.ca/COVIDMentalHealth)

Conseiller / Councillor Jean Cloutier

OPINION

Newly-formed GRA will represent and defend interests of Guildwood Estates residents

By Lynne Davidson-Fournier, President, GRA



On May 7, 2022, members of the Guildwood Estates Community Group held their inaugural Annual General Meeting and chose a new official name: Guildwood Residents Alliance (GRA). They also voted on the purpose and elected the executive committee: Lynne Davidson-Fournier, president; Paul Hébert, vice-president; and Maureen Drouin, secretary-treasurer.

GRA, a bilingual organization, is known in French as “Alliance des résidents de Guildwood (ARG).” GRA is volunteer-based and membership is free. Its purpose is:

- Represent and defend the interests of residents of Guildwood Estates – including their health, safety and welfare – and enable community cohesiveness for the protection of residents’ quality of life and greenspace environment, when faced with issues of land planning and development and zoning, including the redevelopment of the Crown-owned surplus site located at 1495 Heron Road, Ottawa.

GRA has registered with the City to be able to participate more effectively, with timely notification, in the development approvals process, especially with respect to the redevelopment of the former Federal Study Centre at 1495 Heron Road, which is being planned by Canada Lands Company Corporation (CLC) for reintegration in the Guildwood Estates Community.

Review of government records

Concerning the surplus federal site at 1495 Heron Road, government records obtained by GRA show that the City declared, in February 2013, a “partial interest to develop part of the site for supportive housing in existing heritage buildings, or medium- to low-density affordable housing.” According to CLC, the City’s public purpose interest is still valid, but we’ve been told that no decisions have been made in this matter, and proposed housing units in those buildings are included in the projected density of 800 units for the site.

Government records also show that protection of the heritage character and repurposing of the former Campanile campus has been an important issue since 2013, first by Public Services and Procurement Canada who made “best efforts” to raise the heritage profile of the site with the City and even reached out in 2015 to Heritage Ottawa to help raise awareness and appreciation of the campus and then through the legal responsibility of CLC reflected in the wording of the purchase and sale agreement for the site. CLC has made the determination to retain nine of the former buildings and City staff has stated that an application will be made to designate the reduced campus as a heritage property under Part IV of the *Ontario Heritage Act*, subject to Council approval.



President Lynne Davidson-Fournier (at the microphone) and secretary-treasurer Maureen Drouin (sitting) at the May 7 AGM held outside due to COVID.

Buffer requested: WRENS Way Extension

GRA reconfirmed to CLC on May 11 its position on the preferred concept plan. GRA finds it extremely important to have the concept plan amended to provide a 30-meter buffer on the east side, extending from the edge of WRENS Way to Heron Road, to mitigate health risks associated with air and noise pollution caused by traffic on the new public road and to provide appropriate separation between the adjacent two-storey residential properties of Guildwood Estates and the public road and new development. The requested 30-metre buffer – designed to only allow pedestrian and bicycle access – would be similar to the 30-metre buffer (now a linear park) adjacent to the Finn Court 352-unit development built by Claridge Corporation at the former 1428 Heron Road.

The double-purpose buffer – used for stormwater management and as a leisure pathway – should be recognized as an extension of the adjacent commemorative WRENS Way, an environmentally sensitive area and protected greenspace with wildlife – designated as a “birding hot spot” with 118 recorded species of birds – and used regularly by many residents for their enjoyment. The latest Rideau Valley Conservation Authority assessment cited concern for the protection of the canopy and diverse bird population of this green space and its important contribution to the continuing health of the lower Rideau River watershed.



The 30-metre buffer adjacent to the Finn Court development at 1428 Heron Road. GRA is requesting a similar buffer.

Reduction of height and density requested by GRA

Considering that the heritage character of the reduced campus must be protected, that an unexpected addition of a French elementary public school requires a parcel of 3.5 acres and that an area of land must be dedicated to the widening of Heron Road, it is obvious that the remnant land available for redevelopment is limited. GRA finds that the proposed density of 213 units per net hectare and building heights of nine storeys do not maintain the character of the adjacent neighbourhood under the site reintegration process, and do not constitute “gentle accommodation” for Guildwood Estates and WRENS Way. GRA expects that CLC will take into account all the above-mentioned issues in the master planning of its value-added land redevelopment, and hopes to see CLC reduce its profit margin and lower the projected density. As well, GRA views its request for a WRENS Way Extension as reasonable and hopes its federal neighbour will grant it.

GRA is inviting interested Guildwood Estates residents to join GRA, by sending their name, address and email address to guildwood-alliance@rogers.com. Comments from members are welcome and GRA will keep members informed via email.



OUR ENVIRONMENT

Help trees in Alta Vista parks survive the Spongy Moth (formerly Gypsy Moth)!

By Gillian Cooper

Last year a lot of trees in Ottawa completely lost their leaves to the hungry caterpillars of what is now called the Spongy Moth. Unfortunately, it is expected that the problem will repeat in summer 2022.



Help our trees survive

The City of Ottawa has set up a detailed web page about this pest: ottawa.ca/en/living-ottawa/environment-conservation-and-climate/trees-and-urban-forests/tree-and-forest-health/spongy-moth-ldd. Here's what you can do to help your own trees and those in your local parks survive.

Pick off caterpillars or wrap trees in burlap

Caterpillars can be picked off and stepped on easily, but be sure to wear gloves and long sleeves because their spikey covering is very irritating. Another method is to wrap trees in burlap to trap the caterpillars. As often as possible during caterpillar season (mid-June to mid-July), remove the burlap and shake the caterpillars into a bucket of soapy water and let them sit for a while. Details can be found on City of Ottawa web page.

The City has provided burlap to local community associations for distribution to volunteers who will care for trees in local parks. If you live in the Alta Vista Community Association area, and would like to help, please email Contact@avca.ca.

Remove egg masses

Later in the summer, you will see egg masses on tree trunks. Scraping them into soapy water and leaving them there will reduce the number of caterpillars that emerge later. More details on the City web page.



Whatever you can do to reduce the number of caterpillars eating our trees will help them survive! Thanks for whatever help you can provide. Tree Cheers!



GIBBON'S PAINTING & DECORATING

Local House Painter - Bonded
With 32 years experience
(Interior)

I will do the small jobs the other paint companies don't want to do

Customer Satisfaction
ALWAYS GUARANTEED

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

SINCE 1967
RAINBOW KIDSCHOOL
NEW! FULL-DAY PRESCHOOL (FALL 2018)
MORNING PRESCHOOL
AFTER SCHOOL CAMPS • PD DAYS
RAINBOWKIDSCHOOL.CA

DELIVERING A BESPOKE
REAL ESTATE EXPERIENCE.

"Paula was the realtor who listed and sold our house...She was the kindest and most effective realtor we have ever dealt with - and we have dealt with realtors both buying and selling, in both the USA and Canada, many times over the decades... I believe she's not only an excellent realtor, but has become a good friend."

- David and Pattie

Thinking of selling? Call Paula 613-698-7654

Paula Moloney - Sales Representative
292 Somerset Street West
Ottawa - ON K2P 0J6
+1 613-698-7654
paula@loveottawahomes.com

ENGEL & VÖLKERS
PAULA MOLONEY

©2022 Engel & Völkers Ottawa Central, Brokerage. All rights reserved. Each brokerage independently owned and operated.

MEALS ON
WHEELS
LA POPOTE
ROULANTE
OTTAWA

Sign up
Affordable, healthy, home delivered meals
and a check-in by caring volunteers.

Volunteer
Join our team and make an impact in your
community

Donate
Help us to support seniors and adults with
disabilities stay healthy, independent and
food secure at home!

(613) 233-2424
mealsonwheels-ottawa.org
Nous sommes bilingues!

OUR ENVIRONMENT

FRIENDS OF PLEASANT PARK WOODS

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

What young child can resist picking dandelions? At some point in our lives, we have all picked some flowers or berries while out in nature. Pleasant Park Woods has been designated an “Environmentally Sensitive Area,” and picking or foraging in this forest disrupts its ecosystem. In the province of Ontario, plant foraging is only allowed on Crown Land. The City of Ottawa and the National Capital Commission (NCC) have laws to protect the greenspaces from foraging.

To understand the effect of picking plants, one needs to understand the natural cycle of that species. Some animal species rely on leaves, flowers and fruits of plants for their survival. Picking these plants decreases the resources available to them, and these animals may move somewhere else or have trouble surviving. As an example of the effects of foraging, while picking mushrooms one may not realize the damage that could occur to their underground system and affect their existence and further affect other species.

It can take seven to 10 years between germination and first flowering for wild leeks. They are very slow growing, and very vulnerable. They used to be plentiful in Pleasant Park Woods, but due to foraging they are now rare. While enjoying your walk in the Woods, watch out for insects on the flowers collecting nectar, see the caterpillars on leaves that are providing them with food, and watch the birds eating the fruits of the trees and plants. Remember the saying: “Take nothing but pictures and leave nothing but footprints.”



White Trillium; Photo credit: Peter Johns

“It is better to be a young June-bug than an old bird of paradise.” ~ Mark Twain

WRENS Way: New park sign installed on Kilborn Avenue

By Gillian Godwin

In 2018, a plan came together to rename the Heron Corridor. The idea stemmed from Jane Berlin’s awareness of the Greber Report and Prime Minister Mackenzie King’s desire that the greenspace surrounding Ottawa be a “Living Memorial” to all those that served Canada during the Second World War.

A competition was launched in 2019 and 5 panellists led by former Governor General David Johnston chose the winning entry submitted by Teresa LeGrand. WRENS Way is a charming name for this natural space but more importantly, it gives a nod to the women who also served at home and overseas.

The 2019 members of the AVCA Greenspace Stewardship Committee who championed this re-naming project, Jane Berlin, Lynne Peterman, Eileen Raven, Gill Godwin and Michael Kilpatrick, are delighted that the new park sign has finally been installed on Kilborn Avenue to mark this achievement. As you walk our greenspaces, take a moment and remember all those who served.





Group & Private Lessons

New-Style Latin Dance
(similar to line dancing)

Friendly, Professional, Certified Instructor

613-293-5676

nancycowan@outlook.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

Call or Visit website for class schedule
www.gottadanceottawa.com

NOURA'S
House of Expert craftsmanship

613-680-8883
www.nouras.ca

13-2651 Alta Vista Dr.
Located in Vista Plaza – Bank at Alta Vista

We buy gold
Highest possible price



OUR PEOPLE



The Babbitt Kids Banter and Tease The Belters Are Captain And Carrier



Volunteers Differently Deliver VISTAS

By Courtney Tower and Skylar Josephson

They never stop, Eilidh and Christopher, teasing each other with mostly kind, sometimes merciless, older sister and younger brother sparring, as they walk Alta Vista streets delivering the community newspaper, VISTAS. Their father, James Babbitt, saunters along behind them with Penny, their dog, providing quiet watch and backup for 12-year-old Eilidh and Christopher, nine.

They do agree that they disagree a lot. “We don’t get along well, do we?” Eilidh asked Christopher. “No. We don’t,” he swiftly replied. But Mother Alison says it’s all a game: “They have great banter with each other.” And even Eilidh admits, “It’s all the time between us, but it’s more like teasing.”

Then there is the Urbandale Drive couple in their eighties, with Robert Belter an active captain of deliveries and Dorothy Belter out on nearby streets delivering the paper.

So Many Stories

So Much Variety

That’s the way it goes with the 180 volunteers who deliver our community paper, rain or shine, icy streets or streets bordered by tulips and marigolds. They all are different, all have different and interesting stories, as they bring VISTAS into homes just as shining in their diversity as they are.

“That’s the wonderful thing about Alta Vista and Canada,” says Alison Babbitt, wife and mother of the family on Thistle Crescent, born and raised in Scotland. “I came here and found all these different people from everywhere, all the different stories.”

The Babbitt family – and don’t forget Callan, six, who often delivers the paper as well, along with either father James or mother Alison – is one story. It is a familiar one of a young family doing so many things, from homework to martial arts to sports, while the parents cope with it all. Minutes after our interview, James was out the door with baseball bat in hand to go to one child’s activity, while Alison was heading in the other direction with Eilidh in tow.

Love In Ethiopia

Home In Alta Vista

Or, talk with the Belters and find their story goes back to the young Canadians meeting and marrying in Ethiopia. They were separately employed by the then External Affairs Department (now Global Affairs Canada) of the federal government.

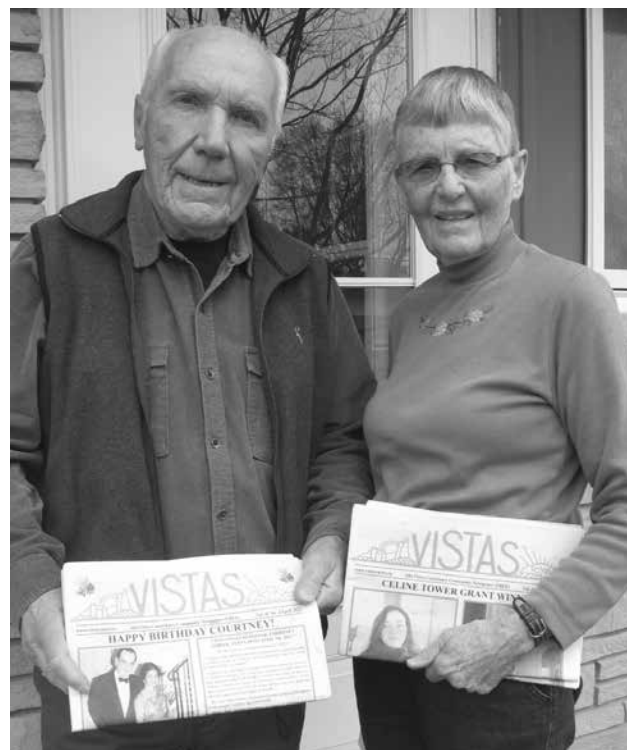
Dorothy, now 80, started delivering VISTAS about 25 or more years ago, she can’t quite figure out exactly when, but it was when a hockey-playing friend of her daughter, Sue, stopped delivering VISTAS and she took over.

“I love the walking on Dunkirk Crescent and part of Playfair Drive and on other streets up to St. Laurent and Walkley Drive,” she

says.

“I like the exercise, being outside, meeting people on their doorsteps.” She bicycles as well, for exercise and enjoyment, and still plays slow-pitch softball.

Robert, 82, has been a captain of deliveries for 10 years, long after his retirement from 37 years with Foreign Affairs (it has had a variety of names over the years). He takes in the bundles of VISTAS that come to him, usually on a Friday. He brings them to the volunteer carriers like Dorothy or the Babbitts, in this case carriers for Rhodes Crescent and Rhodes Court, for Featherstone Drive and Illinois Avenue, and 25 each to four Canterbury apartments. He makes these rounds Saturday mornings, usually, “and I’m done by lunchtime – it takes me about an hour and a half in all.”



Robert and Dorothy Belter, team captain and carrier for VISTAS, over many years. Photo credit: Gerri Doherty

Other of Robert’s volunteering includes canvassing for cancer donations, and 25 years helping operate a Bingo event for the Knights of Columbus. He is a longtime sacristan at the busy St. Genevieve church on Arch and Canterbury.

Get Your Hat, Take Your Coat

Walk The Sunny Side Of The Street

Back with the Babbitts, it may be Eilidh and Christopher putting their papers on a sled in winter and bantering their way along local streets. Or it may be Callan with James or Alison. He’s the talkative one and loves to meet and talk with neighbours.

Sometimes the three siblings and parents will deliver the paper, two siblings taking one side of a street and the other taking the other side, with a parent or parents on hand.

They typically get the papers on a Friday and deliver them on a Saturday, although that can change at times.

The family took over delivering VISTAS from a local man and his wife who wanted to stop as they got older. Alison and James were VISTAS readers and agreed that Eilidh could deliver the paper. Soon, Christopher and then Callan joined in and the family has been volunteering this way ever since.

With nine years in Alta Vista under their belts, the Babbitts say they are not moving and will continue delivering VISTAS. The Belters, despite being in their eighties, say the same: “we’ll continue with VISTAS with no intentions of quitting,” says Dorothy.

VISTAS salutes these two families and all VISTAS carriers whom they represent.



OUR COMMUNITY

The RCMP National Memorial Cemetery at Beechwood

By J. J. Healy, RCMP Veterans, Ottawa



Superintendent J. J. Healy & Gracie

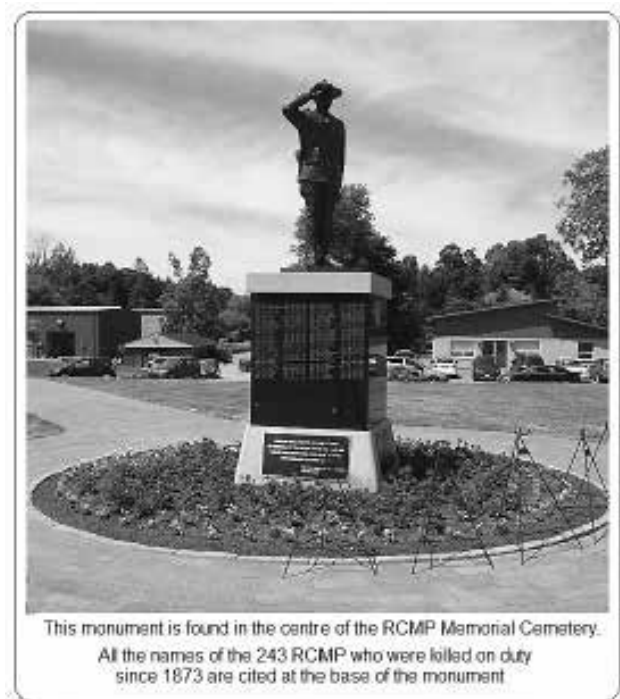
The month of May is special to the Royal Canadian Mounted Police (RCMP). On May 23rd, 1873, an Act was passed in Parliament for the creation of the North-West Mounted Police (NWMP), and this date is considered the official birthday of the Force. A few months later, on August 23rd, 1873, the Order-in-Council to establish the NWMP was signed. From Canada's earliest days, the Royal Family has played a prominent role in the history of the Force. After Confederation,

whenever someone from the Royal Family visited Canada, the RCMP provided personal security to the Royal Family. In 1904, King Edward VII awarded the title of Royal to the NWMP, officially creating the Royal North-West Mounted Police (RNWMP). On May 22nd, 1868, the Dominion Police was created in response to the assassination of MP Thomas D'Arcy McGee, and in 1920, legislation was passed for the Dominion Police to be absorbed by the RNWMP, and the name of the Force was officially changed from the RNWMP to the RCMP.

Down through the years since 1873, the majority of deceased members of the Force were often buried in cemeteries specially designated for the NWMP. These historic sites include the NWMP cemeteries in Fort Macleod, AB, in Battleford, SK, in Fort Walsh, SK, in Fort Steele, BC and in Regina, SK. Over the past 20 years, and with the help of hundreds of volunteers, all of the graves in the NWMP cemeteries have been identified, inspected and photographed. The graves are listed in the database which can be accessed free through www.rcmpgraves.com. In the year 2000, a group of RCMP Veterans in Ottawa began to consider the establishment of a special RCMP Cemetery at Beechwood. It was intended that the RCMP National Memorial Cemetery at Beechwood would complement the other historic NWMP cemeteries across Canada. After several years of planning and fund-raising by volunteers, a site for the RCMP National Memorial Cemetery was officially dedicated in 2004 in partnership with the Beechwood Cemetery Foundation, the RCMP Veterans' Association and the RCMP. The RCMP Memorial Cemetery is exclusively reserved for RCMP members and their families, which reflects the close bond and the sense of family shared by members and embedded within the RCMP. The RCMP National Memorial Cemetery is directly across the way from the National Military Cemetery of the Canadian Armed Forces. It can accommodate 5,000 gravesites and thousands of niches for cremated remains. All members of the RCMP from any part of Canada are eligible to be buried in the RCMP National Memorial Cemetery.

A brochure published by the RCMP states, "All serving, retired and former civilian and regular members of the RCMP and Public Servant employees (with 20 years of uninterrupted service with the RCMP), Special Constables as well as members of their families are eligible for burial in the RCMP National Cemetery." So far, about 550 deceased members of the RCMP have been buried here.

The Beechwood Foundation is responsible for landscaping, the supervision of enhancement projects, and the ongoing maintenance of the RCMP National Memorial Cemetery. Exciting plans are underway by the RCMP Veterans' Association and the Beechwood Foundation to expand and enhance the RCMP National Memorial Cemetery. In the center of the cemetery already stands a tall, unique monument depicting an RCMP member. The statute is dedicated to the lives of all the approximate 243 deceased RCMP who died on duty. At present, a special pathway exists that is dedicated to the past Commissioners of the RCMP, and soon another pathway will be constructed with plaques depicting the history of the RCMP.



This monument is found in the centre of the RCMP Memorial Cemetery. All the names of the 243 RCMP who were killed on duty since 1873 are cited at the base of the monument

Beechwood Cemetery and the North-West Mounted Police were both created in 1873. Prior to the establishment of the RCMP National Memorial Cemetery in 2004, Beechwood Cemetery was the final resting place of over 240 deceased members of the RCMP, including past Commissioner Sir James MacBrien and Commissioner Clifford Walter Harvison. Other deceased RCMP buried at Beechwood include the Father of Canadian Fingerprints, Thomas Edward Foster, as well as WWI Veterans Constable Mark Edward Radbourne and Constable William Kirby, both of whom served overseas with the CEF (Canadian Expeditionary Force). All Canadians can be proud of the newly established RCMP National Memorial Cemetery at Beechwood in Ottawa. Since 1873, members of the RCMP have contributed to building Canada and its history. Today, the RCMP National Memorial Cemetery exists as a proud testament to the RCMP's legacy.



The RCMP National Memorial Cemetery at Beechwood, Ottawa, ON

Chris Ellis

Public School Trustee

Rideau-Rockcliffe/Alta Vista

Zone 6 Ottawa-Carleton District School Board

613-818-7350 - Chris.Ellis@ocdsb.ca

OUR COMMUNITY

THE FEDERAL STUDY CENTRE—THE COMPLEXITIES OF REDEVELOPMENT

By Garry Lindberg



Brief History

The Federal Study Centre at 1495 Heron Road in Alta Vista was designed to be an excellent example of a modern educational campus. The site is bound to the south by Heron Road and by St. Patrick High School, to the west and north by the greenspace corridor (WRENS Way), and to the east by single-family residential dwellings. Its exterior includes ample surface parking spaces and two tennis courts.

Designed in 1963 for the Sisters of the Congregation de Notre Dame (CND), a religious order founded in 1658, and built by M. Sullivan and Son of Arnprior, the distinctive, copper-sombrero-roofed church is part of a 21-acre campus on Heron Road, just east of Alta Vista Drive. It cost about \$4 million in the 1960s and included Catholic high schools for girls and boys, residences for nuns and novitiates (nuns in training), as well as a theatre, gymnasium and cafeteria, all connected by glassed walkways and underground tunnels. In 1973, only eight short years, the Federal government purchased the property as a training centre—see excellent 2017 article by Lisa Gregoire in Ottawa Magazine for more detail: ottawamagazine.com/homes/design/campanile-church-in-alta-vista-now-sits-like-a-ghost-town-its-future-uncertain.

The residences were last used around 2000, however training continued until 2012 with day courses run by The Canadian Emergency Management College.

In 2013 the property was declared surplus, however, the process to transfer the property to the Canada Lands Corporation (CLC) took until 2020. Since then, CLC has worked to develop a new plan for the site with several public consultations, questionnaires and requests for input. This planning process is nearing the end with a public meeting held on April 13, 2022 to review their “preferred concept.” Canada Lands is forecasting a formal planning submission to the City later in 2022.

New Zoning and Look and Feel Key

Questions and Concerns Raised

Currently, the property is zoned minor institutional with setbacks of 7.5 metres and maximum heights of 21 metres (approximately seven stories). There is currently one five-storey building on site. What should the new zoning be?

Heritage is a major factor. All of the original buildings in the Federal Study Centre are listed on the Canadian Register of Historic Places, and are designated as “Recognized” by the Federal Heritage Buildings Review Office (FHBRO) in recognition of their architectural and historic significance. The City’s heritage team is fully engaged in this process.

Key questions and concerns include:

- How the plans will transition to the single-family homes to the east and relate to the green spaces to the north and west, and what will happen along Heron Road?
- How will the plans relate to the new Official Plan? Given the current policy encouraging infill and increased density within the urban boundary, how dense and high should development be? How transit friendly will the site be?
- The French Public School Board has a priority claim (for up to seven years) for a school on the site. Where will this be located, and how will this influence the plans for the rest of the site?



CLC’s Preferred Concept as of April 13, 2022

Interested readers should go the CLC site for more details (www.clc-sic.ca/search?search=real-estate-1495-herond-road)

Key highlights are:

- The preferred concept preserves all but two of the existing buildings as heritage buildings with plans to re-purpose their use. The new school site will be just north of the existing Catholic school lands.
- Approximately 800 residential units are projected. At least 10 per cent will be “affordable” with discussions underway to increase that number.
- Along the north and east sides, a “buffer” of approximately 28 metres is proposed, consisting of a greenspace/storm water management linear facility and in some places a road.
- Residential buildings will vary from two to four storeys on the east to some towers as high as nine storeys.
- The preferred concept seeks to incorporate approximately 8,000 square metres of mixed-use space.

Next Steps

Canada Lands plans to hold a site tour on June 4, 2022, and will be finalizing their master plan in early summer. CLC then will make a formal submission to the City for re-zoning and a plan of subdivision (due to the new roads). These will be the first formal steps in a process that will take several years to complete.

The Alta Vista Community Association will be carefully reviewing all submissions to the City and providing comments as necessary. Residents are encouraged to follow this file as well given the potential impacts of the development.



For the Heron Emergency Food Centre
Saturday September 17, 2022
9 AM – 12 PM

WALK

This is an easy 4-5 km walk suitable for everyone. You don’t need special shoes or equipment. Just wear a smile. Ask family, friends and neighbours to sponsor you.

DONATE

Contact us and we will give you a walker to support or donate at www.hefc.ca. Tax receipts will be issued for donations of \$20 or more.

Registration
9 AM
St Thomas the Apostle
Anglican Church
2345 Alta Vista Drive

for pledge sheets
phone HEFC 613-737-9090 or
contact your HEFC rep
to donate
www.hefc.ca

OUR COMMUNITY

OFFICIAL LIMBO

So What Do We Do Now?

Just Wait. And Wait.

By Courtney Tower

The Official Plan to remake much of Alta Vista, moving thousands more people into its present confines, rests in Toronto in a murky limbo. The outline for the future of the trees, the single-family homes, the spacious lots, the greenery, so urgently debated, so assiduously consulted over, so anxiously engaging residents and planners and transit experts and developers, suddenly is suspended.

It did not get the Ontario government's needed approval by the April deadline date set out and that approval is suspended to an indefinite time.

And then there is further fine print to consider. Even if approved, there are further steps to go that could and would change the Official Plan for Alta Vista in many and important ways, street by street. These steps lie in wait.

This story attempts to summarize the current status of an exercise required by the provincial government, conducted by City Hall for the whole Ottawa area, extensively rewritten after consultations, approved by City Council and sent to Queen's Park on deadline.

Much Talk, Two Drafts

Official Plan Is Submitted

In order to plan 25 years ahead, for the addition of 400,000 persons in Ottawa largely within present borders – no more expanding out into surrounding farmland – the Province required new planning guidelines. So-called intensification, more homes in the same area, was required. Alta Vista had to play its part.

The second and final draft of its "New Official Plan" eventually was published and reported on in VISTAS by David Kidd of the Alta Vista Community Association Planning Committee.

The first draft changed the density to be required of housing in Alta Vista, to 80 units per hectare from the present average of about 22 units per hectare. The second draft, sent to Queen's Park, established instead a target of 40 to 50 units per hectare for Alta Vista **neighbourhoods**. A single-family home, if demolished, now can be replaced by another single-family home, not by a multi-residence as in the first draft, again in neighbourhoods. It all remains rather unclear, what is a neighbourhood.

The Official Plan sets out **Hubs** as specific areas near transit stations or shopping centres. **Corridors** are lands adjacent to selected busy streets. **Neighbourhoods** are the remaining lots and side streets, Kidd wrote. There are density and height requirements for hubs, up to 40 stories high, and for corridors in Alta Vista, up to four stories. Within a neighbourhood, up to four stories.

The Official Plan "explicitly encourages evolution to new, denser forms with some single-family homes replaced by larger, high-density housing," Kidd wrote. "In strategic locations close to hubs, along corridors, and in "evolving" areas, zoning will support more varied and intense development," he added.

There are several other details of the Plan as reported by Kidd. The reader can find them in the VISTAS September and November 2021 editions at www.vistas-news.ca.

"Woodsmen. Spare That Tree"

Or Replace It With A Sapling

As for Alta Vista trees, on City or private property, look at a Secondary Plan also published and reported by Kidd. It says where trees are cut down, saplings must be planted. Mature trees replaced by saplings?

Surely not.

But this is where unsettling complications set in. Receipt of the Official Plan in December last was to have been followed by provincial approval in April this year. It was not. Approval of Official Plans in Ontario were suspended: at some undefined stage, the government must rescind the suspension or issue a decision. That decision could be more delayed, to refer approval "in whole or in part, to the Ottawa Land Tribunal. Referral can be for a recommendation or for a decision by the OLT," according to Michael Reid of the office of Councillor Jean Cloutier.

Secondary Plan And Zoning

Can Override Official Plan

Back to that Secondary Plan: An SP is issued for a particular area, such as Alta Vista, and can override Official Plan rules. The one for Alta Vista would permit "significantly more permissive development rules" on streets near present or planned public transportation, from 150 metres "a block or more" out from the corridors of Smyth and Bank to 400 metres "from the Heron or Riverside transitways," Kidd said. Here, increased density would be encouraged "with new and even minimum heights, larger buildings on lots, greater numbers of units on a lot."

Just to make the future for Alta Vista streets and homes even more cloudy. think zoning.

When all is done, an Official Plan guideline approved, the Secondary Plan's revisions accounted for, there is yet another process of fundamental impact to come. That is what Councillor Cloutier has called (VISTAS December 2021 edition, "Continuing to build our city – Working together, Finding solutions") the Zoning Bylaw Review. This is a street-by-street zooming process, over years, in which the wishes of developers and others will modify, or upend, particular requirements of the OP or the Secondary Plan.

It all reminds one of the military description for getting things done, "Hurry up and wait."

THANK YOU VISTAS!



Lisa delivering balloons to MOW's 50th Anniversary Volunteer Appreciation Reception (pre-pandemic)

Three years ago, a friend of mine from church asked me if I'd like to become the new Layout Editor for the VISTAS. "You're good with computers, right?" Jim (Doherty) asked. Being a faithful reader (I was even interviewed once by Courtney!) and thinking it probably wouldn't add that much time to my already busy schedule, I decided to give it a go.

This 'yes' came with a caveat though. I would need to pass the torch in 3 years. I knew then the succession plan for the Board of Directors for Meals on Wheels and that the role of President would require a significant amount of my time. Sadly, there are only twenty-four hours in a day.

Being the Layout Editor has been a very rewarding and educational experience. I've gained new skills, further appreciation for the community and some great friends along the way.

Thank you to the VISTAS Board for this opportunity and for allowing me to continue on the Board as a Member at Large. My involvement with VISTAS has confirmed my opinion that Alta Vista is an engaged and caring community. Nice job VISTAS readers!

"Volunteers don't get paid, not because they're worthless, but because they're priceless." – Sherry Anderson

OUR COMMUNITY

Ellwood – A 15-minute neighbourhood

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



The Official Plan calls for a 15-minute neighbourhood extending from Walkley LRT, described as an area extending for a radius of 600 metres (1968 feet). In Ellwood, from Walkley LRT, it stretches in an arc encompassing 80 per cent of Ellwood and most of the area targeted for higher buildings, and is described as “an arrangement of streets – long or short, wide or narrow – conducive for walking to the station easily. Topography, and other factors, can extend or shorten this radius.” Ellwood, essentially flat, means the application is straightforward.

Walking from the station for 15 minutes, you should find yourself in a neighbourhood that planners say, “places greater focus on walking environments, sidewalks, access to necessary services all within close proximity that doesn’t require a car to get to, and isn’t designed around moving and storing cars first and people last with services. Small retail, personal services, parks, and facilities are in close proximity to where people live, and things aren’t as spread out, with a diversity of housing available for a variety of lifestyles and income ranges within the same neighbourhood.” The Plan’s “goal is a ‘compact neighbourhood’ with well-connected places with a clustering of a diverse mix of land uses.”

Two elements are paramount, “access to available services and amenities” and “focus on the safety and enjoyability of the pedestrian environment with respect to walking to these services and amenities,” emphasizing that Ellwood be a neighbourhood “where people can live viably without a car because daily needs are located within a 15-minute walk from home,” and areas just beyond the radius, from Jasper to Albion, about a 20-minute walk.

From the far end of Ellwood, you can walk to Walkley LRT, 12 bus stops, several grocery stores and pharmacies, about three dozen restaurants, banks, car dealerships, hardware stores, medical centres, dental and legal services, hair salons, three schools, the Jim Durrell Centre, the Frank Licari Park and rink, Walkley-Albion Park, plus many other unique services and retail stores totalling about 300. Not to mention the South Keys Shopping Centre with about three dozen or more. Observation and informal surveys over time have shown that baring winter, a good many residents walk.

With about 1,200 cars in Ellwood, the car is de rigueur for most. Many use Costco and save by bulk purchases at supermarkets. Even if committed to walking to and from the LRT, getting to further away shopping is time-consuming and difficult, not to mention the inconvenience of carrying purchases all the way home from Walkley LRT. The same with getting to medical appointments with most people relying on cars. For working parents walking with kids is a healthy option, but expecting them to walk for essential needs is highly impractical and unrealistic. Winter dictates more car dependence. City Planners say, “It’s not about making you walk everywhere (or expecting it either) – it’s about giving the option to not have to drive for basic needs – and planning ahead for communities that are designed to make the choice comfortable for transit use and active mobility. A lot of that necessity for car trips is through dint of design around a single way (the car) of doing things and making it actively hostile to do otherwise. Communities like Vanier, New Edinburgh and Westboro have aging populations just the same as Ellwood – but with more choice for how to move around and access services for daily life.”

Examining “focus on the safety and enjoyability of the pedestrian environment with respect to walking to these services and amenities,” Ellwood has a problem. With just three sidewalks, unacceptable cut-through traffic avoiding the lights at the Bank/Walkley intersection,

attendant pollution, numerous drivers running stop signs, and blatant disregard for traffic restrictions, “safety and enjoyability” is seriously compromised. Too many cars from some converted homes are being squeezed any which way onto properties not built to accommodate them with landlords who flout basic property standards, eroding the safety and enjoyability of the neighbourhood.

Cty Planner Wise counters: “The residents in these homes are members of your community and have equal right to have a home. The City has nuisance by-laws and property standards; as challenging as enforcement can be, that is the tool to deal with problem properties. These are also old properties – not new builds subject to current rules and regulations for waste, parking, landscaping and so on. The reality is that social challenges associated with low-income rental properties like these can and do happen in any neighbourhood, regardless of zoning, and are not something that can be touched with zoning beyond what we already have done to make clear, to the best of what can be permitted in law, what is and is not a rooming house. The law is quite clear, as is the language concerning whether zoning can ‘people zone’ – no, it can’t. These are deep social issues that are far beyond simple conversations about land use and at the end of the day, planners cannot regulate human behaviour, nor pick and choose who will live on a property. This is the same conversation we have had with Sandy Hill, and many other residents all over, where neighbours are faced with other neighbours behaving in undesirable ways. We can do our utmost to regulate land use – but behaviour is a whole different ball game. However, one thing that is clear is that leaving an old house with limited development options leaves things open to mischief because where there’s a market for housing, a way will be found to create it – legal or otherwise. I respectfully suggest that offering a legal and regulated path towards more housing diversity is better than trying to police your way out of it.”

Next article, we examine this issue further.

Other Ellwood news

Our Annual Frank Licari Park cleanup returned after two COVID years. Organized by our park queen, KiAnne Little, it was a smashing success. The entire park was cleaned with an emphasis on recycling, and a large amount was collected. Lucky participants won bottles of wine and a complimentary oil change from Mr. Lube. The Kid’s Treasure Hunt was a hit with children totally delighted with their finds.

Councillor Riley Brockington indicates repaving of Banff Avenue is to begin in the autumn.



Park queen, KiAnne Little, organized the Annual Frank Licari Park cleanup.

OUR COMMUNITY

Three Summer Mysteries for Alta Vista Detectives

By Chris Wiebe



As we head into the summer VISTAS break, here are three Alta Vista mysteries to mull over as you kick back with a popsicle.

1. What's Heritage in Alta Vista?

Quite a bit actually! True, there are only three designated heritage properties in the area – the 1830s Laws House (2087 Riverside Drive), the Billings Estate, and 339 Pleasant Park Road – but there are dozens more non-designated properties of “cultural heritage interest or value” on the City’s heritage register. Gems added since 2016 include the geometric marvel at 1642 Featherston, the modest and beguiling 321 Marshall Court, and the Basil Miska-designed Quonset at 2036 Leslie Avenue. Go for a walk or a bike ride this summer. There’s so much more to discover as appreciation for our maturing neighbourhood grows.

At the two recent meetings on 1495 Heron Road (the former Federal Study Centre) hosted by the Canada Lands Corporation, CLC, (April 13) and the Alta Vista Community Association, AVCA, (May 9), the question of whether the mid-century modern complex as a whole was worthy of a heritage designation was raised by participants on various times. Designated as a Recognized federal heritage building in 2005, the detailed Federal Heritage Buildings Review Office (FHBRO) reports on 1495 Heron Road make a compelling case for the complex’s heritage status. Built in 1963–65 and designed by the prominent Ottawa architectural firm of Murray & Murray (architect Tim Murray himself attended the May 9th meeting!), the self-contained educational complex is made up of 12 interconnected pavilions (including residential towers, a theatre, gymnasium, and cafeteria) arranged around four interior courtyards, with a striking, copper-roofed chapel as its centrepiece. The high-quality building materials of dark, rough New England clinker-brick generates a potent dialogue with smooth grey swaths of concrete.

One of the presenters at the May 9th meeting described the complex as “more than the sum of its parts,” and the FHBRO report echoes this. There is a “strong visual and physical relationship between the pavilions,” the report reads, “as well as between the pavilions and the landscaped courtyards, which creates a sense of a self-contained environment. Buildings and exterior spaces embrace each other through strategically located plantings, defining zones of intimacy, as well as carefully organized and proportioned walkways, stairs, brick screen walls and concrete fixtures, constantly framing new vistas and giving a human scale to this ‘total design.’ ”

The FHBRO process for assessing heritage value is fascinating in and of itself, involving tools such as numerical scoring sheets assessing historical associations, architecture, and environmental criteria. At a heritage evaluation meeting, representatives from the federal custodian department and FHBRO officials come to a consensus on the heritage value of the property: not designated, Recognized or Classified.

Now that 1495 Heron has passed from federal ownership and into the private sector (CLC), this FHBRO designation no longer applies. The complex must justify its heritage status once again, and the City of Ottawa is poised to designate the complex as a municipal heritage property. Take the opportunity to trundle around this beautifully designed complex this summer!

2. Who Are the People in Your Neighbourhood?

Who are the people who you meet as you’re walking down the street each day? Well, I know a fair number of people in Alta Vista, but the bird’s-eye view demographics are pretty fuzzy. While I found a visit to the Statistics Canada website a recipe for expletives and frustration, thankfully the *Realtor.ca* website has hired someone to cast census data into pie charts examining bite-sized pieces of our area. Every property

listing on the site comes with a statistics tab that gives data on things like population by age, education, household income, or marital status. Dive into languages, for instance, and you’ll see that along Alta Vista Drive roughly 83% self-identify their first language as English or French. Pan over to Othello Avenue on Alta Vista’s eastern edge and witness an incredible array of languages in use: Arabic (10%), Tagalog (5%), Somali (3%), and the tantalizing “Other Languages” (13%). These statistics give you an idea of where the area’s diversity, in all senses, lies and where pockets of relative uniformity reside. Rummage, demystify, and get ready for some mind-bending revelations.

3. What's Next for the Former Diocesan Centre (1245 Kilborn Place)?

While I hoped to have more additional information for you this month about 1245 Kilborn Place, when I reached out to the Diocese they replied that discussions were still ongoing in relation to the property and they were not prepared to make a statement at this time. They do, however, look forward to sharing more information when plans are confirmed in late summer or early fall. Sounds like a summer cliffhanger!



1642 Featherston Drive, on the City of Ottawa’s Heritage Register

WANT TO KNOW WHAT YOUR HOME IS WORTH?

Call me for a **FREE**
Market Evaluation!



GeoffChurch
Broker

Direct: 613-229-9140
Office: 613-733-9100
GChurch@royallepage.ca

ROYAL LEPAGE
Performance Realty
Brokerage, Independently Owned and Operated

www.geoffchurch.royallepage.ca

OUR COMMUNITY

PRIVATE REFUGEES EFFORT EXPANDS ACROSS CANADA

By David Humphreys



A young Carleton Place couple's initiative in bringing Ukrainian refugees to Canada has expanded its reach beyond Greater Ottawa to the nation, and is looking for hosts and donations to support its growing waiting list for flights.

It has become an entirely privately financed rescue operation, running in parallel with recent government airlifts and with almost no publicity.

The couple founded Ukrainian Diaspora Support Canada (UADSC) after first appealing for local help to bring Mary Mokrushyna's mother and two siblings to join her and partner Zack Nethery in Carleton Place.

As of mid-May, UADSC had found new homes for more than 80 Ukrainians, including Mary's family, and had more than 1,300 others waiting for flights out of the war-torn country.

"Our biggest problem now is hosts," Nethery says. "We do not have enough hosts to house the Ukrainians who have approached us. The list of Ukrainians grows constantly and is ballooning far larger than those who have stepped forward to open their homes."

Donations of clothing, toys and toiletries continue and are available to newcomers through the UADSC Boutique at St. James Anglican Church in Carleton Place. Next to hosts, funds are the organization's biggest need.

The Ukrainians who sign up through UADSC's website don't have the resources to pay for flights, so fundraising is essential. While not worried, Nethery says financial needs are large to cover the entire waiting list. So far \$100,000 has been raised and about \$80,000 has been paid for airfares. Their fundraising goal: \$1.5 million.

From its modest start in Carleton Place, UADSC soon spread to Ottawa and to "the whole country from Vancouver Island to Halifax ... and many places in between," Nethery says. "We want to help people come to their new lives safely and will fly them where they want to go."

Ukrainians who come to Canada with UADSC get no government assistance. They are separate and in addition to the several government-organized flights, he says, while UADSC's demand for help keeps growing. "If there are people who want to volunteer their time, we have roles and needs for anyone willing." See their website: www.uadsc.org.



David Humphreys is a retired veteran journalist who has served in Canada and abroad for various publications, including the former Ottawa Journal. His first article on this topic, A Daughter's Plea and Ottawans Respond, was published in the May 2022 edition of VISTAS.



SCIENCE AND TECHNOLOGY

COMPUTER TRICKS AND TIPS:

By Malcolm and John Harding, of Compu-Home



Summer Reading

Most people probably don't take their tablets or laptops to the beach (and certainly not their desktops!), but we have assembled a few topics you might like to explore during the next couple of months until we see you again in September. No matter how you spend your time, we hope

that you have a wonderful summer.

First the good news! We have heard recently of a few significant developments in the fight against international scamming operations. Of course, this is a huge uphill battle but every little bit helps and so we hope that this is just the first step in the right direction. For details, Google: "Wired Magazine Scammer Takedowns."

In the beginning, we were quite gratified to hear the news report that when Russian-backed thugs had stolen several million dollars' worth of farm tractors from a Ukrainian dealership, the manufacturer had been able to permanently paralyze the equipment remotely. Cory Doctorow on the Medium website has a more sinister take on this story, however. He points out that for John Deere to have the ability to step in and exercise this remote control is simply a spin-off factor in the "Right to Repair" controversy that we have discussed in this column recently. Whether you are the owner of a new tractor, or refrigerator, or air conditioner, or television, or cell phone, you would probably not be thrilled to learn that the manufacturer might be able to freeze the device if an unauthorized repair is detected. Google: "Cory Doctorow Medium Ukrainian Tractors" for the full story.

We are delighted to see the availability of tech-related devices climbing back toward pre-pandemic times. Furthermore, it seems that prices have not escalated to the extent that we had feared they might. This means that you no longer have to jump on the bus and rush to the big box store to grab the last remaining laptop that you saw in this morning's advertisement. One exception to this positive development is that we are seeing examples of equipment that is quite old, that obviously was not sold out some years ago, being offered again now without any mention of the fact that it is far from the newest model. When the price is right, an earlier version might be perfectly adequate for most of our needs if we realize what we are getting. We suggest that you research the specs before you buy, so that you can detect the age of the product.

You could spend all your spare time for the whole summer listening to podcasts of "CBC Spark with Nora Young." A few of our recent favourites are: "The Process of Aging," April 29, 2022, "Cyberwarfare," March 18, 2022, "Advertising in Online Searching," Dec. 7, 2021, and "Individual Privacy," Jan 29, 2021.

Finally, we hope that by the time you read this, or at least very soon, the scourge of huge numbers of fraudulent email messages flooding the inboxes of @bell and @sympatico customers will be eliminated. We have had several dozens of calls from customers who have received between 20 and 40 messages each day, usually reporting that "McAfee" or "Norton" or "Costco" etc. subscriptions have expired and there will be serious repercussions if you do not "click on this link." In the beginning, we tried a few strategies with these callers to try to block this spam, but we had only limited and temporary success. In the end, this has become a Bell responsibility to put measures in place to keep the messages from arriving to the Inbox.

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

JUST GOOD ADVICE

The Garden Gate

By Patricia Mosher



10 Spectacular Annuals for Container Gardening

Container gardens are great for novice gardeners or anyone who wants to add interest and colour to their porch or patio. The most eye-catching arrangements combine contrasting colours, textures and leaf sizes for optimal interest.

Here are my top 10 suggestions for plants to include in container arrangements or hanging baskets:

1. Mandevilla vine – given a weekly drink of plant food, you'll be rewarded with a strong flower show all summer long on wispy vines that trail down the pot or rise vertically on a trellis.
2. Palms – this emerald beauty has leaves that spread upwards and out in a fan shape presenting a fern-like appearance. Often grown as houseplants, these tropical superstars provide visual height and drama in outdoor containers.
3. Canna Lily – at 3' tall with tropical-like foliage and large flowers (red, orange or yellow) that resemble irises, canna lilies are an ideal container centrepiece in a large pot.
4. Supertunia (Bubblegum) – a non-stop flowering, easy-growing, pink petunia that never needs to be deadheaded. It's gorgeous in a pot, delivering punches of colour until fall frost.
5. Begonia – explodes with prolific blooms that hummingbirds can't resist. Colours hold best in afternoon shade, but some varieties tolerate full sun too. This is a "self-cleaning" plant, meaning the flowers drop off as they fade so you never need to remove them.
6. Lantana – a true showstopper with its unique vine-like sprawling appearance and opening flowers in rich tones of pink, orange, gold and purple that fade from hue to hue as the blossoms age. Flowers beckon butterflies and hummingbirds.
7. Calibrachoa – also known as million bells, this cutie resembles a mini-petunia, with varieties offering a rainbow of colour combinations and patterns.
8. Geranium – a classic for containers and baskets, geraniums deliver strong colour all season long. These plants love the heat but you'll have to take a minute to remove any spent blossom heads to promote continuous blooming.
9. Persian Shield – used for its shiny purple foliage (like Coleus), it makes a great contrast or backdrop for plants with bright-coloured flowers (foliage colour is best in part shade).
10. Sweet potato vine – this plant is loved for its unique chartreuse, purple or bronze foliage. Its naturally trailing habit makes it the perfect "spill-over" plant for hanging baskets.

Plant of the Month: Lilac

Lilacs are one of the great Ottawa landscape plants! There are many reasons to love them with their sweet perfume and those beautiful amethyst-hued blooms that butterflies adore. Not only do they grow most anywhere that there is lots of sun, they are generally tough as nails, require no maintenance and have relatively few insect or disease problems.



If you are shopping for a lilac shrub, consider the Preston Lilac "Miss Canada" – developed right here in Ottawa at the Experimental Farm. These lilacs are distinguished by their late season of flowering (early June) which follows the more common May-blooming French lilacs.

Another terrific option is Bloomerang Lilac, which first blooms in late May, takes a short break in June, and then starts up again in July to September. Its flowers are a pretty shade of pale purple that deepens a bit during the second re-bloom. And while the common French lilacs can grow into large, lanky shrubs over 10' tall, Bloomerang stays a more compact 4-5' tall.

A third option to consider is the Dwarf Korean Lilac Standard – a tree form of the lilac shrub which grows about 6-8' tall on a slender tree stem. These lilacs are best when under planted with shorter shrubs or perennials to create a "layered" effect. With their globe of pinkish-purple blooms, the dwarf lilac tree makes an excellent landscape feature plant or focal point in a butterfly or hummingbird garden.

The two most common mistakes I see when it comes to lilacs are location and pruning. First and foremost, if they don't get enough sun, they'll simply grow leaves and refuse to flower. The second issue comes from pruning. Since lilacs form their flower buds in the summer, pruning in the fall or in the spring will eliminate the May/June floral display. Pruning is rarely required, but if you feel you must, be sure to do it immediately after the lilac blooms have faded in June.

Gardening in the Month of June

- Stake any peonies with a peony ring/hoop (available at most garden centres) to prevent flopping once the blooms emerge.
- Feed roses as the first flower buds appear; apply fungicide to prevent powdery mildew or blackspot.
- Scatter crushed eggshells in a thick ring to deter slugs around hostas and anything else in your garden they are chomping on.
- Mulch flower beds after planting to deter weeds, reduce water needs, and create a tidy appearance.
- Apply a second application of lawn fertilizer in late June (final application of season).
- Train your lawn to grow deep roots by mowing weekly with the blade at a high setting.
- As the weather warms up, increase the frequency of watering, especially for annuals, herbs and vegetables, and any newly-planted trees or shrubs. Keep watering throughout the growing season as necessary.
- Weed your garden at the end of the month. (Because you mulched, you should only have to do this once per month).

Garden Humour

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



FAMILY MATTERS

NINE STEPS TO BEING A GOOD LISTENER!

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

At school we're taught to read, write, speak and be quiet, but we were never taught how to truly listen!

Rather than giving our full attention, we're often either preparing our comeback, daydreaming or jumping in to interrupt. It's even worse nowadays, with so many electronic gadgets vying for our attention, and "protecting" us from being bored for even a nanosecond. As a result, our ability to communicate effectively has been seriously eroded, which makes for serious misunderstandings and relationship breakdowns.

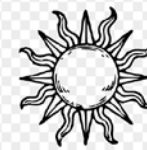


What to do?

- Think of listening as a skill that we need to practice getting good at it. I suspect that all of us could improve our listening skills, and when we do, our relationships become much more enjoyable. Here are a few tips to get back on track.
- Think about your timing: When someone asks to speak with you, first check in with yourself to see if you're in a place to truly listen. Do you have other things on your mind? Are you feeling annoyed or frazzled? If so, let the person know that you want to hear from them but can't give them your full attention right now – and then suggest times to meet. The attitude we bring to our conversations is far more important than the words we speak, and others can tell when we aren't fully listening. Checking in with yourself first will help prevent misunderstandings and hurt feelings. When you are the speaker, check in and see if they are available to listen, and respect their answer.
- Get into a listener mindset: Your role is to listen. Make eye contact and refrain from multitasking. Act like a curious reporter who really wants to know everything the speaker is thinking and feeling. Ask curious questions. When you listen deeply to someone, you're giving them a rare gift. This is a tremendous opportunity to deepen your relationship by learning more about the speaker.
- Listen actively: Make eye contact, nod and say things like uh huh, to show that you are following the conversation.
- Paraphrase: After the speaker makes each point on the topic they have chosen, state back to them in your own words what you thought you heard. Give them the opportunity to clarify their message if you didn't get it quite right or if they had more they wanted to add.
- Validate: This means being able to acknowledge their thoughts and feelings. Based on who they are and their experience, you get where they are coming from. You're able to put yourself in their shoes. It doesn't mean that you agree with them.
- Resist the temptation to interrupt: Don't jump in to defend yourself, criticize, blame, give advice, or hijack the conversation with your own story. This can be a challenge as we may think that if we don't respond, the person will think we are agreeing with them. That is not the case. We are simply giving them a platform to fully express themselves without being shut down. When it is the other person's turn to listen, you can share your feelings then.
- Keep your cool: Breathe. Remember that your role is to listen. You are not required to agree, find a solution, or take any action.

- Reschedule: If you do feel yourself getting upset, or if the speaker is being disrespectful, politely and firmly state that you need to take a time out and will reschedule. This way, you can avoid saying something you may later regret.
- Baby Steps. As this is a new behaviour, and there are many steps to it, congratulate yourself for giving it a try. Achieving one step is a success!

Serenity Renewal for Families is a non-profit agency providing educational workshops as well as counselling and groups for people of all ages who have been affected by addiction. No one is turned away for financial reasons. If you know anyone who could benefit from our services, please pass this on.



Senior Housing & Relocation Specialists Care Navigation & Advocacy Experts

Solutions start with conversations

Call: 613.277.6449

Email: info@agewellsolutions.ca

Visit: agewellsolutions.ca



LIAM DESSUREAULT Orthopedic Physiotherapist FRST Fitness @ 1408 Bank Street



In depth physiotherapy evaluation for musculoskeletal injury & impairment. Outcome-driven treatment of movement restrictions & pain. 20-years experience & post-graduate training in manual & mechanical movement therapy for limb & spinal impairments.



What to expect from every appointment:

- Private room & only 1-to-1 treatment
- Focus on manual & movement therapy to improve pain & function
- Compassion, expertise & professionalism
- Receipts for insurance reimbursement



Consultation Fees

Assessment & Treatment (60 min): \$110

Follow up Treatment (30 min): \$70

Scan on left for contact info & to book your appointment online.

Phone: 613-707-9464

LOCAL BUSINESSES



What
numbers
matter
most to
you?

Invest for peace of mind.

Alex Charette

Senior Wealth Advisor

613.782.6736

alex.charette@scotiawealth.com

charettegroup.com

CHARETTE GROUP

ScotiaMcLeod, a division
of Scotia Capital Inc.

Scotia Wealth Management.

*Registered trademark of the Bank of Nova Scotia, used under licence. Scotia Capital Inc. is a member of the Canadian Investor Protection Fund and the Investment Industry Regulatory Organization of Canada. For more information visit www.scotiawealthmanagement.com. Charette Group is a personal trade name of Alexander Charette.

Health Coaching

working with you to create lasting change

Create and implement a health plan
designed for you, that works for you.

danielle pratt rmt

2393 Virginia Drive

Ottawa, On

613 627 7243



daniellepratt.ca

*"I wonder what it would be like to live in a world where it was always June."
~ Lucy Maud Montgomery*

PHARMASAVE®

CYRIL PHARMACY

1795 Kilbourn 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

Easy
Prescription
Transfers!

Open Monday to Friday 9am—6 pm • Saturday 10am—4pm

*Some restrictions apply, see store for details



\$5 OFF*

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

*Redeemable at Cyril Pharmacy Pharmasave only.



WHAT IS YOUR HOME WORTH?

LET ME HELP YOU FIND OUT



JUDY FAULKNER

BROKER OF RECORD / OWNER

613.231.4663

Judy@HomesInOttawa.com

OUR COMMUNITY

Painting, Giving Back It's What She Does

For Katerina Mertikas, It's Always About Children

By Skylar Josephson and Courtney Tower



Artist Mertikas insisted on this photo with Courtney Tower; Photo from K. Mertikas

So often, in fact almost always, children pull sleds, make snow forts, throw snowballs past carrot-nosed snowmen. Or, in Katerina Mertikas' paintings, on every wall of every room of her comfortable family home, snow-covered spruce trees focus kids' gambols in front of gabled houses and curving streets. And always the little children, the

idealized little children in an idealized Canadian winter.

So it goes, pretty well every day: Up early in the mornings, straight to painting – three easels going at a time in the Mertikas basement. Take a break in the afternoons, maybe as recently to take the grandchildren to Dow's Lake to visit the tulips.

Or three or four times a week to cook good Greek food – maybe Yemista or Fasolakia (** see below) – for Katerina and Dimitry Mertikas' two daughters and five grandchildren. In her paintings and in daily life, "it's all about the family," she says. "That's what is important to me, and to those who buy my paintings. The families who buy the paintings like it, the kids playing; they see themselves."

Katerina's work has been bought and published widely by UNICEF (United Nations Children's Fund) for its Christmas cards and other uses, by the World Bank, by Canadian and foreign galleries, and for the last many years in Ottawa through Koyman Galleries on St. Laurent Boulevard. Over some 30 years, she says, she has completed "a few thousand" paintings.

An immigrant as a child with her family from Greece, Katerina grew up first in Montreal and later in Ottawa. Now 63, an ebullient crisp-talking 63 who reminds one of the stereotypical Jewish mothers with the quick wit and sharp sayings, she remembers that there were not the opportunities for young women like her in those days and she studied to become a secretary.

"It was either go to university or get married young, and university was not for me. My brother has a Ph.D. in economics in Washington, DC, so I said to my Dad, "You got your bright boy and you got your talented daughter."

Katerina as a youngster had kept a diary, "and every day I'd write, 'I want to be an artist, I want to be an artist' and I had no idea how to be an artist. But I liked sketching, and I did that. All the time. It was a happy accident that I could do that."

Sober facts of life as they seemed to be at the time led her to be a secretary at the University of Ottawa Heart Institute. Katerina was painting, mostly for her own enjoyment, but she would sell her work to the occasional doctor or others. Dr. Wilbert Keon, the Institute's founder, "would see me in the elevator. I'd have some paintings with me and he'd say, 'What are you doing here? You should really go where your heart is. I don't think you love being a secretary.' So I took him up on it."

By 1991 her career started to be recognized more widely than by doctors and friends. On a friend's recommendation, she went into a gallery on Sussex Drive to show some of her paintings to the gallery owner, whom she didn't know. A customer came in, looked at a Mertikas painting sitting there and said, "How much is that one?" She adds: "The

owner didn't even know my name but he goes '\$300.' And the customer goes, 'I'll buy it.' And that is exactly how my professional career started."

The word spread, to Montreal as well as Ottawa. A Montreal gallery owner saw some of her works and asked if she had more of them. She did. "So he said, 'get a few more pieces ready and we'll do a show in a month and a half.' This show sold out."

Art is more than a passion for Katerina but also a way of giving back. She and her daughters in recent years have raised some \$40,000 to donate to foundations such as the Canadian Lung Association, CHEO (Children's Hospital of Eastern Ontario) and Children's Aid. A recent \$6,000 donation went to the Ottawa Hospital from sales of a Mertikas art calendar that daughter Gina had put together.

One painting that particularly touches her departs from her children-playing style. It is of the National War Memorial and a little boy who holds a Canadian flag and looks up at the sculpted bronze heroes above him. The boy is Marcus Cirillo, then 5 years old. His father, Corporal Nathan Cirillo, was killed there by an angry madman, Michael Zehaf-Bibeau, on October 22, 2014. Corporal Cirillo had been standing there on ceremonial sentry duty.

"I painted that as soon as I heard the news," Katerina says. "The proceeds have gone into a trust fund for Marcus' education."

Husband Dimitry, now retired, helps with delivering her paintings to Koyman Galleries and in other ways. She banters with him. "My husband will say, 'Oh, that's too much purple.' And I'll say, 'go back upstairs'".

The rhythm goes on: family, painting, family. Katerina says she has no intention of either stopping. Of course, she adds, when the painting performance must stop, there always will be the family.

**** Fasolakia** – A classic Mediterranean dish of green beans stewed in olive oil, tomatoes, onions and herbs. Katerina: "I cook this for 2 ½ hours. It tastes great with feta cheese."

**** Yemista** – Various versions of stuffed tomatoes and stuffed green peppers, filled with herbs, ground meat, cooked rice (not too cooked since it will cook further in the oven), maybe other vegetables available and chopped up. Bake till brown on the outside, maybe with potatoes resting in between.



Katerina painted a War Memorial scene when Corporal Nathan Cirillo was slain. The little boy, front right, is his son, Marcus, then 5.

Photo credit: Gerri Doherty



Children and families always are central for artist Katerina Mertikas.

Photo credit: Gerri Doherty

OUR ENVIRONMENT

BIRDS OF ALTA VISTA: Warblers

By Richard Knapton

May is the peak of songbird migration in our area, as thousands of birds are arriving, some to stay and breed, others passing through to nesting grounds farther north. Among this throng of birds are the wood warblers – small, brightly coloured, active, sprightly, variously described as flying gems or butterflies of the bird world. They are highly sought after by birders – in the Ottawa area, there are over two dozen species of warblers which occur in May, half of which are heading farther north to boreal forest nesting grounds. In our area here in Alta Vista, we have recorded over 10 species during spring migration (we have recorded more species in fall migration) – of these, three species regularly nest in our woodlands at WRENS Way and Pleasant Park and other wooded areas; Yellow Warbler, American Redstart and Common Yellowthroat.



Yellow Warbler; photo by Bob Baker

Yellow Warblers are well-named; they are a brilliant yellow, the males having rich chestnut streakings, the females slightly duller. Unlike many other warblers, which inhabit the upper tree canopy and can be difficult to see, Yellow Warblers inhabit low bushes and wet thickets at the edge of woodlands, and they seem to have a particular liking for willows, and are often conspicuous and confiding. The male sings a melodic whistled song paraphrased as “Sweet sweet you’re so sweet.” They are insect eaters, consuming a wide variety of small insects that they capture on short flights or whilst hovering to reach leaves. They build their nests in the vertical fork of a bush or small tree such as hawthorn, often within three metres of the ground. The female constructs the nest, which is a superb cup-shaped creation of grasses and bark strips, with plant down, spiderwebs and plant fibres on the outside, and the inner cup lined with animal hair and feathers. She usually lays four eggs, incubates for about 11 days, and both male and female feed the nestlings for about 10 days at which time they leave the nest. Yellow Warblers are frequently parasitized by Brown-headed Cowbirds which lay one of their own eggs in the warbler’s nest; often the warbler detects the cowbird egg and builds a brand-new nest on top of the old one, thereby preventing the cowbird egg from hatching. Indeed, there are reports of six nests constructed, apartment style, one on top of the other. Yellow Warblers have numerous predators, ranging from garter snakes to red squirrels to crows to domestic and feral cats; they are still numerous, but their populations have declined some 20 per cent in the last 50 years.

American Redstarts are amongst the liveliest of birds, constantly on the move, flitting amongst branches and singing a simple tuneful song. The male redstart is a very striking bird; it is coal black with vivid orange-red patches on its sides, wings and tail. Females and young males have yellowish-orange flashes on a subdued gray background. Redstarts constantly flash their wings and tails as they move through wooded areas – they may be doing this to startle insects into moving, flush from vegetation, and then being snapped up by the bird.



American Redstart: photo by Bob Baker

Redstarts breed in moist, deciduous, often second-growth woodlands with lots of shrubs – habitat such as in WRENS Way and Pleasant Park woods. Unlike Yellow Warblers, redstarts prefer the interior of woodlands rather than edges, and they take more flying prey than other warblers – flies, wasps, moths and such like insects. The female builds the nest in about five days, it is a tightly woven cup placed close to the trunk of a tree and lined with hairs, mosses, pine needles and occasionally wasp nest paper! The female lays four eggs, incubates for about 12 days, and male and female feed the nestlings for about 10 days. Once the chicks have left the nest, the parents divide up the young for feeding; the female feeds certain young while the male feeds the others. Like Yellow Warblers, redstarts have numerous predators – jays, crows, grackles and many more. Also, like Yellow Warblers, redstarts are still numerous but have suffered substantial declines in the last 50 years, and are a frequent casualty of colliding with tall structures during their nocturnal migration.



Common Yellowthroat: photo by Bob Baker

Common Yellowthroats are furtive yellow and olive warblers that inhabit marshes, wet brushy fields and the edges of wetlands. The male has a distinctive black mask that immediately identifies him; females are more subdued colouration. They are vocal birds; their presence is often first detected by their loud rollicking song, “wichety-wichety-wichety-wich.” Yellowthroats forage for food on or near the ground, eating a variety of insects and spiders. They nest on or near the ground; the nest is placed in sedges, grasses, cattails and other wetland plants. The nest is quite bulky, constructed out of grasses and sedges. The female lays three to five eggs, incubates for 12 days and the nestling period is 12 days. As might be expected for a ground nesting bird, predators are many and include snakes, mice, chipmunks and many more. Cowbirds will parasitize yellowthroat nests; often the female will desert the nest if she detects the cowbird egg. In our area, the wet low-lying cattail marsh at the south end of WRENS Way has supported one or two pairs of nesting yellowthroats for the last few years, although they were absent last year. Yellowthroats are still numerous, but suffer from wetland degradation and loss; estimates of population declines indicate an overall loss of 38 per cent in the last 50 years. The oldest Common Yellowthroat on record was at least 11 years.

SENIOR SPACE

Perley Health Is Answering the Call To Transform Care for Seniors and Veterans

Will You Join Us?

By Stephen McGill

Answering THE CALL

At Perley Health, we work hard every day to provide exceptional care to our residents and peace of mind to families and caregivers. We also work diligently and quietly to transform care for Seniors and Veterans across Canada. We know, from recent history, there is an urgent need to elevate care and quality of life in long-term care homes nationally.

Perley Health is ready to transform care for seniors from coast to coast to coast. We have a long history of caring for Seniors and Veterans, and the trust of families, governments, healthcare and educational partners. We have the people, plan and place to deliver on our vision of transforming care for seniors living with frailty while continuing to deliver exceptional care for our own Seniors and Veterans.

Through the Answering the Call Campaign, Perley Health is taking its first major step in playing a larger role in elevating care for seniors living with frailty through exceptional care, applied research, innovation and education.

Starting this month, Perley Health is asking people of all ages across all its communities to help complete the final phase of our \$10 million Answering the Call Campaign for innovation and excellence in Seniors and Veterans care. We are at just over \$7 million raised.

Funds raised will go toward three critical areas of transforming care for seniors; research and innovation, knowledge sharing and education and sustaining exceptional care.

Applied Research Is the Magic Ingredient to Transforming Seniors Care

Research into seniors' care has been historically underfunded in Canada. One in five Canadians are over the age of 65 today and that number will triple in two decades. Now is the time for philanthropic support to kick-start the kind of highly focused, applied research in seniors' care taking place at Perley Health today.

The Perley Health Centre of Excellence in Frailty-Informed Care is ready to expand its research and develop even more evidence-based best practices. Innovations and the knowledge we develop and share will benefit the healthcare system and ensure that government policy-making is based on evidence and best practices. Our goal is to enhance the quality of life for seniors living in long-term care by improving the long-term care sector.

Education in Best Practices Will Also Improve Seniors Care

A key pillar of Perley Health's vision of transforming care for seniors is educating and training the people who provide care to seniors. Canada's long-term care sector is in dire need of widespread knowledge sharing of best-best practices in seniors' care, based on evidence.

Research and innovations developed at the Perley Health Centre of Excellence in Frailty-Informed Care will improve the skills of today's long-term care providers and educate post-secondary students, who will care for future generations of seniors.

Exceptional Care Is at The Heart of Perley Health and our Campaign

Perley Health is the first choice for long-term care amongst families in the Ottawa region because of its tireless commitment to exceptional care for Seniors and Veterans.

OUR ENVIRONMENT

Sustaining and enhancing Seniors' and Veterans' care and investing in the people who provide care at Perley Health will help fuel innovation and, in the future, bring exceptional care to long-term care across Canada.

We invite you to join us in Answering the Call to transform care for seniors here and across Canada. Visit answeringthecall.care to find out more.

BABY BUTTERNUTS PLANTED IN GRASSHOPPER HILL/KILBORN PARK

By Gillian Cooper

The sun shone on the planting of 12 tiny Butternut seedlings on Saturday, May 7 in the Grasshopper Hill/Kilborn Park by a keen group of volunteers. The new trees are tiny: less than a foot or 20 centimetres tall so they need a lot of protection. Enclosures of snow fences and stakes have been erected around them so they do not get trampled, and to protect them from rabbits, squirrels, groundhogs and other critters. You will see them along the path towards Cunningham Avenue from the top of the hill near the Poet's Pathway marker.

The Butternut (*Juglans cinerea*), once a common tree in Ontario, is now endangered due to the butternut canker, an incurable fungal disease that probably originated in Asia. The Rideau Valley Conservation Authority (RVCA) has been running the Butternut Recovery Program in Eastern Ontario for many years. Nuts are collected from trees that appear to be resistant to the canker and grown in the Ferguson Forestry Centre in Kemptville.

The RVCA has entrusted these precious baby trees to the Greenspace Stewardship Committee of the Alta Vista Community Association. Volunteers will water and care for them through this summer and the next two summers. A few more volunteers are still needed for this year to spend an hour toting water to the trees for one week of the summer. If you can help please send an email to contact@avca.ca.

The bad news is that the Butternut Recovery Program itself may be endangered by proposed changes to the Provincial Endangered Species Act. Some information from the RVCA website at www.rvca.ca/view-all-blog-posts/butternut-recovery-at-risk-under-proposed-endangered-species-act-changes?highlight=WyJlbmRhbmJlcmVkl0= follows:

The new rules, included in Ontario's More Homes, More Choice Act, will allow developers to pay into a province-wide conservation fund instead of supporting localized, targeted efforts to save or replace the threatened species they disrupt. It's unclear how the provincial pool of money would be doled out: money paid for local butternut destruction may no longer fund local butternut recovery.



That could leave the RVCA's program without the critical funding it needs to collect resilient seeds to nurture new seedlings for reforestation. And it's been a hugely successful model, if only because landowners have been so eager to plant the disappearing trees.

Thanks to the RVCA and to our tree planters and waterers! A special thank you to Jane Berlin, who brought her grandchildren out to the event. Without Jane's efforts years ago, our beautiful greenspace might have been houses!

**HOME
SWEET
HOME**

MEANS MORE NOW
THAN EVER BEFORE

ROYAL LEPAGE
Performance Realty

LINDSAY & MAUREEN
SALES REPRESENTATIVES

mowalsh@royallepage.ca 613-725-5760
lindsayspires@royallepage.ca 613-601-5444

WWW.LINDSAYSELLINGOTTAWA.COM

THE BELLA VISTA Since 1973
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:
Open 7 days a week
Daily 11a.m. - 10p.m.
DELIVERY ALL DAY

SKIP THE DISHES
Uber Eats

**Minimum order of \$ 15.00
Delivery charge \$ 2.00**
www.bellavistarestaurant.ca

Gluten Free Pizza Available!

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

Whatever your style,
Randall's has you covered
with PPG paints... INSIDE AND OUT.



**MANOR HALL INTERIOR PAINT & PRIMER
IN ONE** is made to deliver outstanding hide and a smooth finish
with triple abilities: durability, wash-ability and scrub-ability.



**ACRI-SHIELD MAX EXTERIOR PAINT &
PRIMER IN ONE** is made to deliver exceptional
hide, coverage and enhanced durability.



Consult with a Randall's Specialist

555 Bank Street | 613 233-8441 | bankst@randalls.ca | randalls.ca

Paints | Stains | Window Treatments | Designer Wallpapers & Fabrics

The PPG Logo is a registered trademark of PPG Industries Ohio, Inc. Manor Hall and Acri-Shield are registered trademarks of PPG Architectural Finishes, Inc. © 2022 PPG Industries, Inc. All Rights Reserved.

3 GENERATIONS
OF HEAVEN HEALING
SPIRITUAL STONES



**PSYCHIC READERS:
DIANA & ASSOCIATES**

613-822-7222

DIANA AND ANGEL - #1 PSYCHICS IN OTTAWA

BATH CLEANSING POTIONS FOR ALL LIFE'S PROBLEMS.
GIFT CERTIFICATES. 50+ YEARS IN BUSINESS.
ALL READINGS PRIVATE AND CONFIDENTIAL.

**Alta Vista
HANDYMAN.CA**

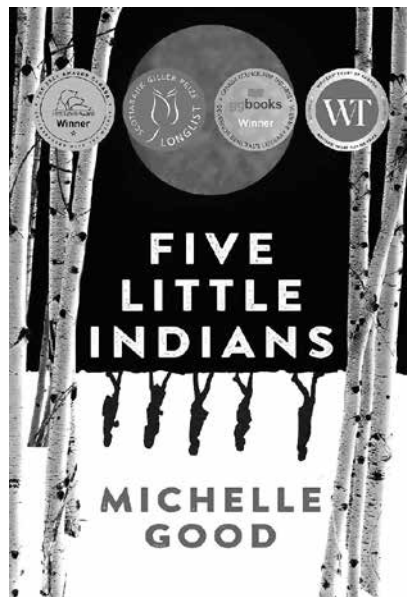
Paul Gawryluki • 613.262.1336
paul@altavistahandyman.ca

BOOKWORM'S DELIGHT

Five Little Indians

By Michelle Good (2020)

Reviewed by JoAnn Mallory



Five Little Indians by Michelle Good is a beautifully crafted story that follows five young survivors of a remote residential school in British Columbia as they make the transition from an isolated setting to downtown Vancouver in the 1960s. Forcibly taken from their parents at an early age, these children have spent the rest of their childhood at the “Indian school,” alienated from their families, communities, and culture.

The first story in the novel begins with 13-year-old Kenny attempting another escape from the school by boat, despite the severe punishment he would face if he is caught again. This time Kenny succeeds at avoiding capture and lands in a safe harbour where he finds work on a boat that takes him all along the coast, far from the school that assumed he had drowned, and where he became a hero among the students who believed he made it to freedom.

Lucy’s story starts on the eve of her release from the school at the age of 16, when she is given a day’s notice to leave and a bus pass to Vancouver. Like all former mission students, she is released without money, training, support or living skills, and struggles with urban life. Naive and vulnerable, Lucy finds refuge with a former student Maisie, who helps her get a cleaning job at a nearby motel.

When Maisie left the school a year earlier, she initially headed home, but as with many survivors, she felt estranged from her family and the community and migrated to Vancouver. Maisie’s place is where the other former students, Lucy, Kenny, Clara, and Howie cross paths and develop lasting friendships and relationships, but privately Maisie struggles with the brutal treatment that she endured at the school.

The five characters are linked by their shared experiences, mutual understanding, and acceptance of one another. Each survivor is haunted by the school experience, yet they take different paths learning to cope with, and heal from the grief, trauma, and abuse they have endured and witnessed.

Clara channels her anger and hurt into activism and participates in the 1973 Wounded Knee Occupation, finding solidarity with the movement of Indigenous peoples in North America. Howie rejoins the group after he took his rage back to the mission school, where he brutally beat one of his abusers and spent time in prison. He becomes the first person to be financially compensated for the mistreatment and neglect at a residential school overseen by the Canadian government.

Five Little Indians is an engaging fictional account of the lives of children who survived the isolation, neglect, and abuse at church-run mission schools that existed until the 1990s in Canada. The author did not attend a residential school herself, but her mother and grandmother did, and she knows first-hand how this experience resonates in a person’s life, through generations, and throughout communities.

Good draws from the many antidotes told by her mother, aunts, cousins, and the many survivors she had represented in her legal practice, to tell these stories. Although Five Little Indians was written before the first discovery of mass unmarked graves of children at mission school sites, Good notes that it had “always been known anecdotally” in the community about how a child would be at the school one day, and gone the next, without explanation.

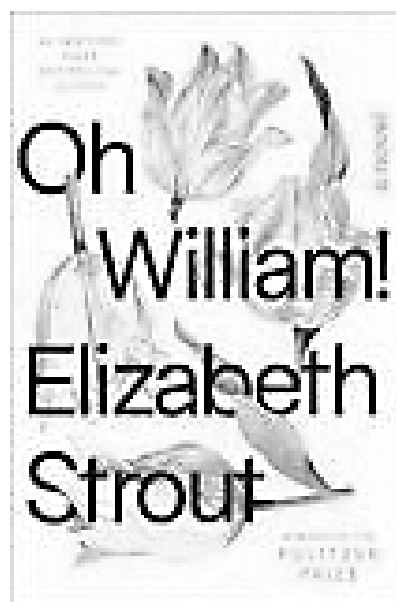
While the school remains a definitive factor for each survivor, it is the backdrop to their stories and does not define their individual character or determine their future lives. By giving names, personalities and separate stories to the young victims, Five Little Indians fosters a comfortable insight into how individuals respond differently to childhood trauma and the struggles these Indigenous youth encountered after being released into society without support, training or specific skills.

Michelle Good is a member of the Red Pheasant Cree Nation in Saskatchewan, and an advocate for residential school survivors, whose previous published works include poems, short stories and essays. Her debut novel Five Little Indians won the 2020 Governor General’s Award for Fiction, the Harper Collins/UBC Best New Fiction Prize and the 2021 Amazon First Novel Award.

Oh William!

By Elizabeth Strout (2021)

Reviewed by Marie-Andrée Lajoie



There is nothing as wonderful as seeing an old friend after many years of being apart. Your heart skips a bit when you see she has aged, just like you have.

This is how I felt when I reconnected with Lucy Barton, the main character in *Oh William!*, the latest novel of American writer Elizabeth Strout. In 2016, Strout introduced us to young Lucy Barton in her novel *My Name is Lucy Barton*. Then, Lucy was a young mother. Now she is retired, divorced, remarried and recently widowed. Time has passed.

Elizabeth Strout won the Pulitzer Prize in 2009 for her novel *Olive Kitteridge*. Olive and Lucy are both formidable women but I have to confess Lucy is my favourite. Olive is a little more difficult to like; I continue to be touched by Lucy’s frailty and softness. (Strout published *Olive, Again* in 2019; it was lovely to be reacquainted with Olive as well.)

William is Lucy’s first husband, also remarried a few times and recently abandoned by his younger wife. Lucy’s daughters with William are now adults and married. The four of them are still very much connected.

Poor William has problems. He is old now and has lost the flamboyance of his youth. His wife left him, he missed his young daughter, and he has recently discovered through one of those DNA testing kits that he has a sister he never knew about. The story of his parents comes into focus and how his mother was present in his adult life (and that of Lucy).

Lucy, the ex-wife and forever friend, is called to the rescue. A trip to Maine is planned with a view to discover if the sister truly exists and if she is still alive. Lucy is very much the solid one in this old and odd couple.

It is a good story, but it is the tenderness of Lucy that makes the book such a pleasure for the heart. Her inner dialogue is full of love, self-doubt, regrets but also self-discovery. Just to show how understanding oneself is a lifelong pursuit.

It is a book that will make you chuckle and tear up. I highly recommend it as I recommend all of Elizabeth Strout’s fiction.

On my night table: *Eight Perfect Murders* (Peter Swanson); *Life after Life* (Kate Atkinson).

ARTS AND CULTURE

Reviews

By Tony Wohlfarth



This month, I review an Academy Award winning film available to rent in our community and preview an exhibition at the history museum along with the return of the Ottawa Jazz Festival.

Belfast

Belfast is an engaging and intensely personal story of growing up in Northern Ireland during The Troubles. The film's director, Kenneth Branagh, won an Oscar for best original screenplay earlier this year.

The film opens with aerial shots of Belfast today. The soundtrack by Van Morrison welcomes audiences to a modern port city scene.

Flashback to August 15, 1969. A placid scene of children playing on the street is shattered as a mob attacks the quiet residential area of mixed Catholic and Protestant homes in residential Belfast. Little Buddy (Jude Hill) is wiser than his actual age of nine, listening and learning from the close-knit community. His mother Mia (Catriona Balfe) shelters him from the violence and the street is barricaded. The fact the scenes are flashbacks is underscored by having been filmed in black and white.

Buddy's Dad works in London and is only able to visit on weekends. He yearns to move his family to London for better pay along with a promotion. His parents are fixtures in Belfast's close community. The film is about the heartache of leaving everything you know, escaping the violence to make a better life for your family.

Belfast is best seen, in my opinion, with English subtitles. Perhaps this is curious for an English language film. I found the Irish accents and colloquialisms best understood this way. I also found the music fantastic and the script well written.

The running time is one hour and 38 minutes. Branagh won the Academy Award for Best Original Screenplay for *Belfast*, and I strongly recommend it. *Belfast* mirrors Branagh's personal journey – growing up in Belfast and moving with his family to Reading.

Where Can I See Belfast?

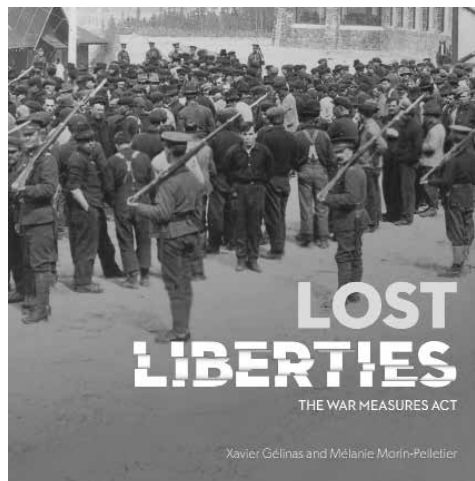
Belfast is currently available to rent from Movies'n Stuff, 1787 Kilborn Avenue in Alta Vista (moviesnstuff.com). Call Peter @ 613-738-1607 to reserve your copy.

Do not miss the bonus content and extras. We see an older Buddy returning to his old neighbourhood, greeting an elderly resident who immediately recognizes him. We see outtakes from the film, including one where Buddy refuses to eat tripe.

@ The Canadian Museum of History (100 Laurier Street)

The museum in Gatineau has an important exhibition on display until September 5. *Lost Liberties* is a history of three periods when Canadian civil liberties were suspended – World War I, World War II, and (more recently) during the FLQ crisis in 1970.

The special exhibition is located on the second level of the museum. It records key moments in time and includes personal testimonies by those directly affected. It was back in 1919 when the term "enemy aliens" was used to restrict, and in some cases intern, Canadians of Ukrainian,



German, Austrian and Japanese descent. History repeated itself in 1942, when Canadians of Japanese descent were detained. The history of the FLQ crisis in 1970 is perhaps better known to most Canadians. In an epilogue, the exhibition wraps up with information about the Emergency Measures Act which replaced the War Measures Act and was invoked earlier this year.

For tickets, check out: www.historymuseum.ca.

@ The National Arts Centre (1 Elgin)

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

On June 3–4, it's Charlotte Cardin;

On June 5, it's Choir! Choir! Choir! performing a singalong of Fleetwood Mac songs;

On June 9, it's the Bros. Landreth;

On June 10, it's Scott Pien-Picard;

On June 18, it's the Toronto Comedy All Stars;

On June 21, it's Our Lady Peace;

On June 28, it's Esperanza Spalding – with The NAC Orchestra (this performance is also part of the Ottawa Jazz Festival).

For a complete list and to see ticket availability, check out: nac-cna.ca/en/calendar/list/2022/06.

Ottawa Jazz Festival

The Ottawa Jazz Festival kicks off on June 24 and runs through July 3.



Holly Cole

The annual event is back in Confederation Park this year with a star-studded cast – Holly Cole, Emmy-Lou Harris, Lucinda Williams, Buddy Guy, and the Blind Boys of Alabama, to highlight just a few.

Advance tickets are on sale at: ottawajazzfestival.com/tickets.

Tony Wohlfarth is an Ottawa-based freelance film, and entertainment writer. He screened *Belfast* courtesy of Movies'n Stuff and was a guest of the Canadian Museum of History to preview *Lost Liberties* in late April.



Blind Boys of Alabama



HEALTH AND FITNESS

For the love of barefoot

By Liam Desssureault, orthopedic physiotherapist practicing at FRST Fitness on Bank

With summer weather comes great outdoor dress options like t-shirts, shorts and of course, summer footwear. But what about removing your footwear altogether? There are a few things to consider when dropping your clogs.

There are known benefits of being barefoot when standing or walking. This is because doing so increases:

- stimulation of the sensors in the skin under your foot about the walking surface such as angles and grip
- control of your foot position when in contact with the ground which can relieve pain in your feet and knees
- use of foot and leg muscles which help to support the rest of your body
- balance and body awareness which can reduce trips and falls
- the resilience of your plantar skin which can reduce future injuries
- relief from improperly fitting shoes (which we all enjoy!)

On the other hand, there are good reasons people spend much of their waking time with something under their feet. Asphalt, concrete, outside litter and sharp objects can hurt your feet and expose you to infections. Shoes offer valuable protection to the soles of your feet and this is important to prevent injury, especially if you have decreased sensation or ability to heal from minor cuts and scrapes. If you have diabetes or troubles with nerves or circulation in your feet, it is best to be especially prudent to protect your skin. And of course, some of us have bodies that just don't agree with too much time barefoot. Speaking with your doctor about your foot health is a good idea.

If you spend most of your time with shoes on, consider that it can take some time, practice and caution to experience the benefits of walking barefoot. Like with most new activities, it is recommended to start gently, increasing the duration over time. This allows your feet and legs to build up strength and for you to inspect your skin. The inside of your home – and perhaps your yard – are usually more predictable spaces to bare your feet. One thing you may notice is how differently one walks without shoes. Striking hard with your heels, with long fast steps makes sense with shoes on. But when you do not have the protective layer, you will be prone to feel and react to the ground. You may notice you step more with the forefoot, walk more slowly, more quietly. The increased awareness of sensations under your foot and how you shift your weight can be part of the intentional awakening experience. Moving like a creature of nature can be fun and surprisingly great exercise. As you get more confident, you can expand your horizons to turf, sand and other surfaces. Kids certainly love being barefoot – let's not forget their great intuition.



A stellar cast of Fools both new and old, with a few puppets thrown in for good measure, plays 13 different roles to tell one of Shakespeare's most magical stories. The ideal summer evening experience for the entire family, bring your picnics, your lawn chairs, and even your dog!

WHEN: June 20th-August 13th 2022.

TIME: Monday-Saturday at 7pm.

WHERE: WESTON PARK on August 3rd

PLUS- over 40 different parks across Ottawa, including stops in Oxford Mills, MacDonald's Corners, Metcalfe, and Manotick! Full schedule at Fools.ca

Osteoarthritis of the Hip

By Sue Reive, owner of Kilborn Physiotherapy Clinic

With an aging population, the number of people who suffer from arthritis continues to rise. Osteoarthritis of the hip is essentially a degenerative arthritis, which results in joint stiffness, pain, and often difficulty with walking and other activities of daily living.

The hip is an enclosed ball and socket joint, with the ball being on the end of the thigh bone (femur) and the socket on the pelvic bone. With osteoarthritis (OA), cartilage which lines the joint surfaces wears away, eventually exposing the underlying bone, causing pain and inflammation. Moreover, the capsule (a ligament-like tissue that holds the joint together) becomes inflamed and tightens up, which reduces hip mobility. Indeed, the joint space diminishes in OA, causing more compression forces on the bone, and pain ensues.

Femoral Acetabular Impingement (FAI) is a hip condition which can contribute to early OA of the hip. With FAI, the shape of the hip is abnormal; the hip socket is either too deep, causing over coverage of the femoral head, or the femur itself is misshaped, causing impingement of the head of the femur. All types of FAI increase wear and tear on the hip, resulting in early onset OA of the hip. FAI occurs during childhood, because the bones do not form properly. If it is discovered early in the adolescent years, surgery to reshape the hip can help prevent this early onset OA.

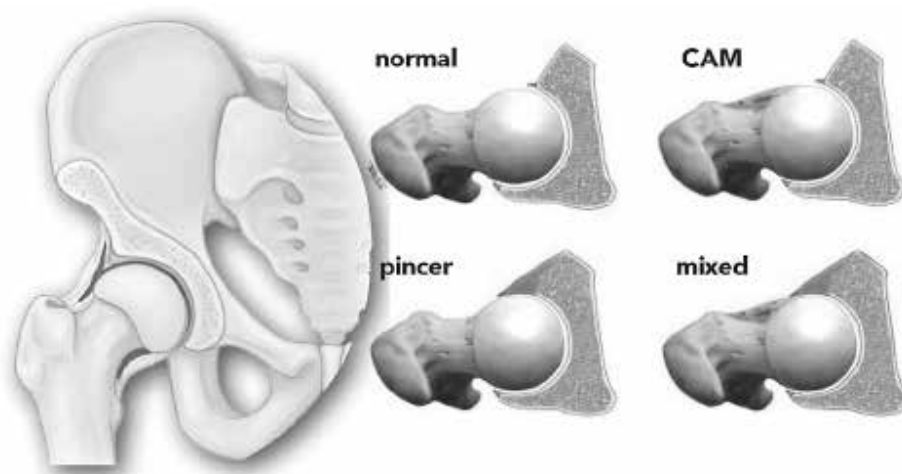


Image from CNOS.net/resources/femoracetabular-impingement-fai

Treatment options vary depending on the severity of the arthritis. Mild to moderate hip OA benefits from physical therapy, which involves exercises, manual mobilizations, and modalities to reduce pain and inflammation. Sometimes the use of a cane in the opposite hand is required and will help to reduce the force on the joint. Other treatment options include pain medication, steroid injections (cortisone, with moderate OA) and viscosupplementation. An injection of viscosupplement acts as a lubricant, supplements hip joint fluid, and stimulates the cells which produce this fluid, thereby aiding in nutrition to the cartilage and joint. Currently OHIP covers cortisone injections but not viscosupplementation injections.

In severe hip OA, treatment involves surgery. In hip resurfacing, the ends of the joint surfaces are removed and replaced with metal, preserving the femoral head. The other option is a total hip replacement.

Physiotherapy is important in helping to slow the progress of OA by providing the appropriate exercises to stretch the tight tissues surrounding the joint and strengthening the hip muscles. Strong muscles will help absorb the compression forces and reduce the strain on the joint. Moreover, education on do's and don'ts helps prevent excessive stress on the joint.

LOCAL BUSINESSES



- We are happy to see you again for your routine exams.
- We have reopened with new cleaning guidelines to ensure a safe environment.
- We ask that you book an appointment for all visits, so we can ensure proper social distancing.
- Thank you for your understanding.

2310 ST. LAURENT BLVD. SUITE 311
BETWEEN CONROY RD & WALKLEY

Dr. Fred Campbell
Dr. Sara Anstey
Dr. Sameer Dedhar
Dr. Nell Haney
Dr. Nazli Sammak

613-247-20/20

www.eye-care.ca



How do I describe the Elmwood experience?

In a word: community.

Science enthusiasts, art lovers, athletes, math whizzes, and writers all have a place here. Each student is encouraged to explore and discover their own passions—and see just how far they can take them.

An independent day school for girls from Pre-Kindergarten to Grade 12.

Book a personal, student-led tour
and see why you belong here.

Elmwood.ca

"June is bustin' out all over." ~ Oscar Hammerstein II



HOT FUN IN THE SUMMERTIME!

CCA'S SUMMER SESSION

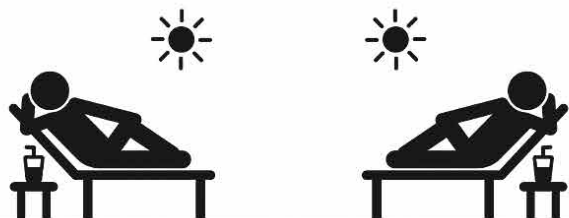
REGISTRATION OPENS

FRIDAY, JUNE 3, 2022

REGISTER ONLINE: WWW.CCA-ACC.CA/PROGRAMS

FITNESS ★ YOGA ★ MARTIAL ARTS

FOR MORE INFORMATION: 613-738-8998



Garage Sale



**Gigantic Indoor/Outdoor
Garage Sale**

Sunday, June 12, 2022
10:00am - 3:00pm

**Canterbury Community Centre
and the Jim Tubman Chevrolet
Rink**

2185 Arch Street, Ottawa

FAITH NEWS

St. Thomas
THE APOSTLE



Serving as the hands of Christ

You are invited to join us
on **Sundays at 8:00 am**
or **10:00 am**.

8:00 am Holy Eucharist
in person (Traditional)

10:00 am Holy Eucharist
in person and on YouTube

Sunday School is offered
via Zoom and at in-person
services. Contact the church
office for the schedule.

Services are livestreamed on
YouTube.

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

*Please note that proof of
triple vaccination is required
for in-person services.*



St. Thomas the Apostle Anglican Church
2345 Alta Vista Drive
613-733-0336 www.stthomasaltavista.ca



**St. Timothy's
Presbyterian Church**

A warm welcome awaits!

Sunday Worship 10 am

Reverend Reine Boghos

In-person and livestreamed

Zoom link available on church website

We are a family of God's people
drawn from many cultures.

Come worship with us!

In-person Sunday School

2400 Alta Vista Drive
sttimsoffice@on.aibn.com
613-733-0131

www.sttimsottawa.com

**COMMUNION SUNDAY
AND**

YOUTH SERVICE

With special participation
of St. Timothy's
young people
June 5, 10 am

FORGIVENESS

Bible Study via Zoom
from Presbyterian College
Thursdays, 7 pm to June 23
To join, call church office

GARAGE SALE

Saturday, June 11
10 am – 3 pm
Table rentals
Details from church office

ST. THOMAS THE APOSTLE ANGLICAN CHURCH

Parking Lot Sale & BBQ on Saturday, June 11th 8 a.m.
to 1 p.m. at St. Thomas the Apostle Church, 2345 Alta
Vista Drive (beside Fire Station). Call Jim at 613-523-
2487 to reserve a spot with a table for \$20.

Sat. June 11th
(8 am - 1 pm)

St. Thomas The Apostle Church
2345 Alta Vista Dr.

**GIGANTIC USED
BOOK SALE!**

Over 10000 books!
\$0.50 - \$3

FOR MORE INFORMATION VISIT
[HTTPS://RIDGEMONTHS.QCD5B.CA/SCHOOL_COUNCIL](https://ridgemonths.qcdsb.ca/school_council)

Alta Vista Community Association

VISTAS welcomes articles or advertisements for FAITH NEWS
from any and all of the diverse faith groups within the community.
Please submit articles to editor@vistas-news.ca, and advertisements
to advertising@vistas-news.ca.

Rideau Park United Church

2203 Alta Vista Drive
613-733-3156



Summer Connections

**Stay connected with
Rideau Park United
Church this summer by
attending a Sunday
Service in person or by
visiting our Website,
Facebook, Instagram
and YouTube portals.**

**For more information please visit
www.rideaupark.ca**



Spirituality Community Service

Gleeceptional

is a Glee Club for young
people with exceptionalities



**Summer Music
Camp 2022**

We are looking for Volunteers!

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

Gleeceptional is looking for volunteers to help at our
summer camp during the second week of August.

Camp is based in Alta Vista/training provided.

Contact Lisa at gleeceptional@yahoo.ca



FAITH NEWS



“Mirror, mirror on the wall, who’s the fairest of them all?” The queen nodded and smiled brightly at her reflection when the mirror confirmed that it was still her beauty that outshone everyone else’s.

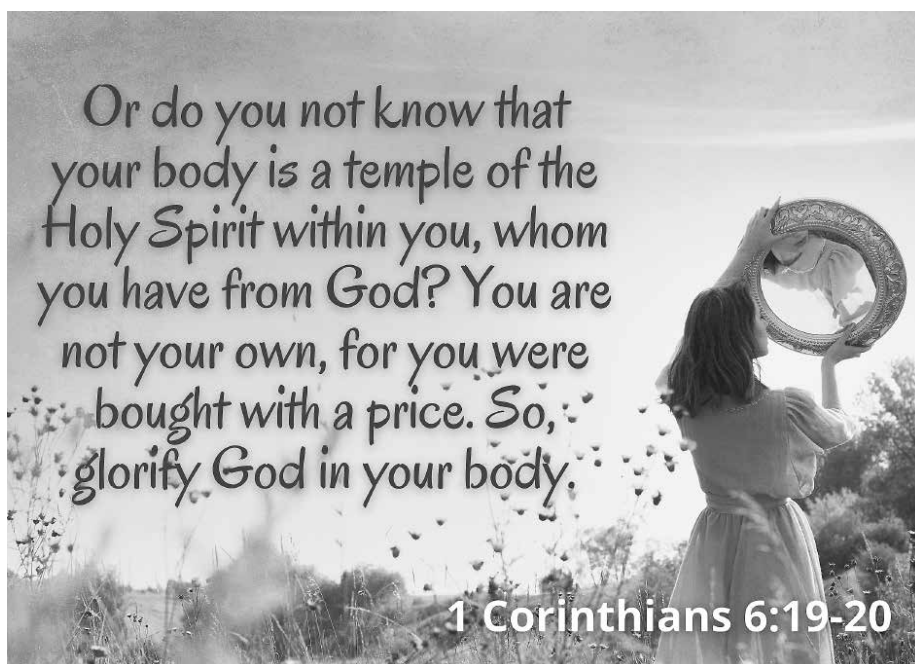
She fixed an unruly lock of her glossy black hair and blew herself a kiss. She would ask someone to draw her a bath later. She deserved a long soak in scented oil followed by a relaxing massage. A good book, burning candles, and her favorite herbal tea would complete the pampering.

Sounds good, doesn’t it? When was the last time you looked in the mirror and admired what you saw? ADMIRER? When did you last do something you enjoyed just because you deserve it?

When we read Romans 13:9 (“... These—and other such commandments—are summed up in this one commandment: “Love your neighbor as yourself ...”), we focus on the loving others part, which clearly we were meant to do, but let’s not skip over the phrase that says we are to love ourselves. This doesn’t mean that we are to be vain or act selfishly but God wants us to acknowledge that He created us and made us in His own image. Our bodies are temples for the Holy Spirit to dwell in. I believe He wants us to clean our house like we would when we are expecting special guests.

One of the definitions of *pride* in the Merriam-Webster Dictionary reads “a reasonable or justifiable self-respect.” What is more justifiable than knowing we are God’s children? That our bodies reflect His beauty and His glory?

When we love something and are proud to own it, we take good care of it. Many young people spend hours washing and waxing their first car, paying it loving attention. In 1 Corinthians 6:19-20, Paul exhorts us to do the same with our bodies:



Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So, glorify God in your body.



To keep our bodies in the best shape fit for God’s indwelling, we need self-discipline. Rest, exercise, healthy eating, cleanliness, moderation, and even grooming are all factors to consider when we love our bodies and show God that we have justifiable self-respect. Some of those are harder than others to fit into our busy schedules, but we prioritize things that we value, so making time for these things is love in action.

I challenge you to choose one of the areas mentioned above that proves the most difficult for you and focus on changing it this week.

Pray with Me:

Dear Father, forgive me for the times I’ve criticized my body or been discontent with what You gave me. Help me to make it a beautiful home in which Your Spirit will dwell. I ask for Your help in the areas that I find most difficult to change. Amen.



The next time you pass a mirror, stop and smile at your reflection. Why not blow yourself a kiss? Thank God for your beautiful body.

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

SOUTH OTTAWA'S INDEPENDENT PAINT DEALER!

we've got you COVERED

PPG PAINTS Benjamin Moore SICO OLYMPIC SICO ProLux LIGNA Old Masters Livos

Rubin's PAINT

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


LOCAL BUSINESSES

Assisted
Living Suites
Available Immediately




**SUMMER SOLSTICE
Open House**
Enjoy delicious light fayre
and live music in our
famous 4-season atrium.

**Tuesday June 21st, 2022
10:00am - 3:00pm**
By appointment only.
613-880-5128
openhouse@waterfordliving.ca



RETIREMENT RESIDENCE



The south ends first choice for:
Independent Senior Living,
Enhanced Care Living,
& Memory Care too.

waterfordliving.ca

*“June brings tulips, lilies, roses,
Fills the children’s hands with posies.” ~ Sara Coleridge*

SOLD
1487 Caton Street, Alta Vista





rndconstruction.ca • 613-523-8598 • info@rndconstruction.ca

Contact us for future developments

Classic Theatre Festival

Enjoy

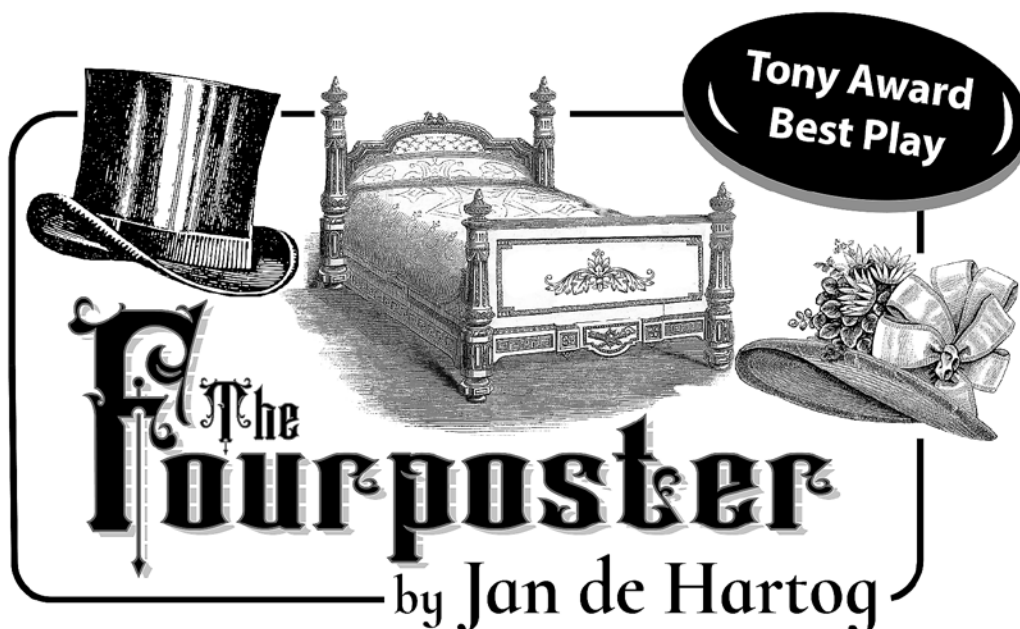
"Summer Theatre in the City"
with the relaunch of the award-winning
Classic Theatre Festival,
renowned for its productions of hits from
Broadway and the London Stage!

August 5 to 28

Wed. to Sun. at 1:30PM

Wed., Thurs. & Sat. at 7:30PM

Arts Court Theatre
2 Daly Avenue, Ottawa



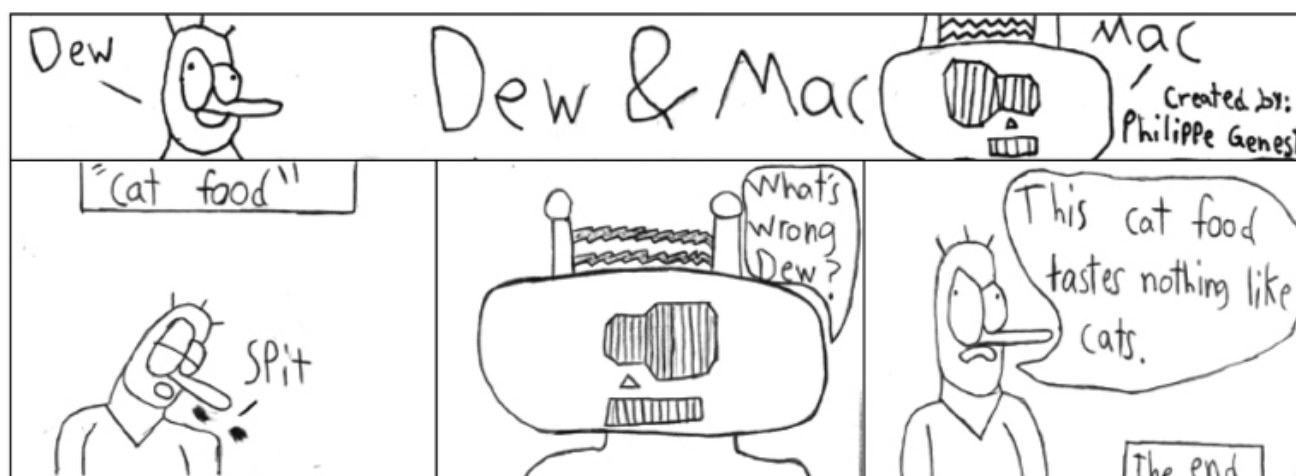
The Fourposter is a beloved Broadway favourite that follows a couple through 35 years of marriage, from a nervous wedding night through childbirth and parenting, mid-life crisis, empty nesting, and the realities of aging. It will leave you laughing in the aisles, elbowing your partner with gentle, knowing digs, and reveling in the return of live theatre.

Tickets: classictheatre.ca or call (613) 695-9330

PLEASE NOTE: For everyone's safety, all theatre staff and audience members will need to wear masks inside the theatre.



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
an Ontario government agency
un organisme du gouvernement de l'Ontario



CLASSIFIED ADS

BIKE TUNE-UPS/MISES AU POINT DE VÉLO IN ELMVALE ACRES. 613-699-6111.

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**

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.**

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.**

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

MODESTI MASONRY Established in 1965. Chimney re-pointing, parging, flagstone. All Masonry needs. Our reputation is quality. **613-293-6002**

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.**

SEEKING RELIABLE AND ORGANIZED SECRETARY/ RECEPTIONIST to work part-time in a private physiotherapy clinic located on Bank Street. On-the-job training provided, start date immediate. Send resumé and cover letter to KPCphysio@gmail.com. Required qualifications and duties will be provided upon request.



Let Us Help You Build The Garden of Your Dreams

Our garden services include everything from preparing or reinvigorating gardens to planting trees, shrubs, perennials, ornamental grasses, as well as creative annual and seasonal displays

613-260-8175
www.greensideup.com
f i t @Hansen Ottawa

DESIGN • BUILD • MAINTAIN
HANSEN LAWN & GARDENS LTD. SINCE '88



\$1,089,900

1505 Caton Street
Alta Vista



\$1,049,000

3122 Apple Hill Drive
Upper Hunt Club



\$485,000

1099 Ambleside Drive
Woodroffe



\$1,399,900

2122 Applewood Crescent
Applewood Acres



\$1,319,000

2027 Woodcrest Road
Alta Vista



2A-210 Cumberland Street



1605 Dorion Avenue



258 Holmwood Avenue



150 Rachael Avenue



12 Santa Cruz Private



PAUL MCCUNN
SALES REPRESENTATIVE

Laurie Richards
Sales Representative with Paul McCunn

613.733.9100
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

LOCAL BUSINESSES



KILBORN PHYSIOTHERAPY CLINIC

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

Sue Reive, PT, BSc.PT
MCPA, Part A Manual Therapist

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

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 perrymore2001@rogers.com Established 1935



**MURRAY'S
RESIDENTIAL
PAINTING**

613-590-9732

www.murraysresidentialpainting.com

We bring the Kayak to YOU!

book online www.riverviewkayak.com

RIVERVIEW



Mobile Kayak Rental



**Steven A.
Neal**

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

P. 613.737.4140

F. 613.737.7903

1719 Bank St.

Suite 305

Ottawa, ON

steven@payetteneal.com

Are you buying or selling your home? Refinancing? Looking to revise your will or grant a power of attorney? Call today to find out how we can help you! We also offer notary services.

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

HOW CAN I HELP YOU?

My results speak for themselves.

No one has sold more homes in Alta Vista's Faircrest Heights over the past 3 years.* Let my 44 years of experience benefit you!



Don't forget, I donate \$1,000 to Ukraine for every listing sold.

FaircrestHeights.ca



Andre Major, Broker, MBA

613-262-0606

andre@andremajor.com



*12/5/22 This is based on OREB MLS sales data for 2019, 2020 & 2021, by either # of ends sold or total dollar sales volume. The neighbourhood of Faircrest Heights, comprising of 665 homes, is the north end of Alta Vista and is defined by many as the area between Smyth Road to the north, Lynda Lane to the east, homes on both sides of Pleasant Park Road to the south and the Via Rail corridor to the west. This material is not intended to solicit properties already listed.

SCHOOL NEWS

The Job Of A Lifetime Well, For A 13-Year-Old

Vivian Lozada's Month Among The High And The Mighty

By Skylar Josephson

Vivian Lozada, at times all 13-year-old exuberance, hands waving, and other times quietly nodding Yes or No, lets out a small warm smile as she remembers the honour of being a Page at Queen's Park, home of the Ontario Legislature.

For a month this past March and April, Vivian would stand with a handful of other Pages at any one time, below the ceremonial Mace (sword symbolizing the authority of the Legislature and its Speaker) ready to serve the MPPs (Members of the Provincial Parliament) seated before them.



Vivian Lozada, 13-year -old Page at Queen's Park (here at home).
Photo credit: Gerri Doherty

She would bring an MPP when summoned a glass of water or take a written note from him or her to another Member or to someone outside the Chamber. Clad in the same black uniform for boy or girl, some 150 youngsters in Grades 7 and 8 from across Ontario are chosen each year to be Pages. They do these and other chores in the Chamber on sitting days, plus mandatory studies of one school subject, math, and learning of the origins of parliamentary democracy, and how it works or is supposed to work.

Up With The Birds Take Train And Walk

It all makes for long days for the students. For Vivian, it was a day of rising with the birds at her grandmother's home in Mississauga, a city well outside of Toronto, and taking a train to work. A combination of the train and some walking got her to Queen's Park, and thence through the historic building to the quarters fitted out for the Pages. She wouldn't be through her day at Queen's Park until the evening, and then there would be the train trek back to Mississauga.

Vivian gets up from our interview in her parents' home on Plante Drive to fetch a long lanyard filled with pins from her experience. A frog pin is her favourite, because:

"Oftentimes we would have to be standing when we just wanted to sit. So we got these little frog pins because they looked like the way we would be squatting."

The frogs gave rise to other memories.

So Much To Learn About "Independency"

"One time, we asked MPPs if they wrote their long speeches and one told us he got tons of other people to write his speeches for him. There was this other guy who wrote his letters and speeches by hand, so we asked him about that and he said he always preferred to write them that way."

The path of new experience, new learning, new reliance in large part on one's own self, away from home, adds up to what the teacher of the Page-students would call life-education. Vivian adds: "So I'd say this is a very good way to be independent and receive a good education." This education can be applied to daily life, she said, as it teaches independence.

"Independency (a new word here, coined by Vivian) is really good because you don't get help with some things. You have to figure them out."

"Oh, that, and how to write good speeches (laughter)."

Vivian was selected as a Page from among the hundreds of Grades 7 and 8 students who apply, because she is a straight "A" student at Franco-Cité on Smyth Road and because of her essay on who she is, her many extra-curricular activities, why she deserved the opportunity.

So then, would one day she like to become an MPP?

"No. They talk for way too long."

RIDGEMONT TRACK & FIELD HARD WORK ON WARM DAY

By Skylar Josephson

On the hot and sunny Thursday morning of May 5th, Ridgemont High School's Track and Field team waited and warmed up for 40 minutes in the cool of trees at Mooney's Bay. With two weeks of practice over, 22 Ridgemont students were about to compete against other regional schools in the area for some friendly games before the championship event to take place later with the NCSSAA. The National Capital Secondary School Athletic Association holds multiple sports events for hockey, badminton, cross country running, and track and field.

First came a girl's steeplechase at 10:40 a.m., including Ridgemont students Erika Langner and Gillian McIlwaine. After watching the girls run the track, pass over some hurdles, and jump over a large hurdle into a puddle of water below, the day's events unfolded: shot put, javelin, long jump, triple jump, discus, hurdles, 100m, 200m, 400m and 800m races.

Hard Work Pays Off

Despite the 30-degree heat, Ridgemont students walked about and cheered each other on. Their best events happened on the field. Achieving first place, Saif Awad, a 17-year-old Senior, threw the discus a mighty 32.60 metres. He also won third place in shot put with a length of 10.10 metres. Others who received a place on the podium included Malone Culhane, a tenth grader who ran first over 100 metres, Erblin Iljazi, a Senior who won second in a 200-metre run, and Finley Barker, another tenth grader who also ran first in one of the rounds of the boy's 100-metre event.

Even though some students did not place, several achieved personal bests, including Andy Fast and Henley Baird in their 400-metre sections. Joey Chamout threw the javelin 24 metres in practice, his personal best at the time, and said then, "I hope I can do it again." In fact, he outdid this personal best with a throw at the event of 24.45 metres.

Practice Makes Progress

When asked what does it take to improve, a 200-metre runner for the senior girls, Maria Garces, replied:

"It definitely involves more practice. I know I need more practice. That, and the weather."

Garces also answered questions about Marieve Fontaine, a Ridgemont teacher/coach who helps organise most of the school's track events and its practices.

"Madame Fontaine or the other coaches will always let you practice, whether that be outside on our field, inside the weight room, after school, before school, or at lunch. They don't pressure you into it, either. It's your own choice to make."

Seven hardworking students were chosen for the finals for events such as long jump and triple jump. After lots of smiles and teamwork

SCHOOL NEWS

(a saying coined by Madame Fontaine herself), Ridgemont will return to the NCSSAA championship for these seven to compete on May 19th and 20th for long jump, triple jump, discus throw, javelin, and 100m hurdles.

Practice does pay off. The following Thursday, Ridgemont returned to the Mooney's Bay track to try out for the preliminaries for the NCSSAA championship game. For Chamout, the 24.45 metres he achieved last time turned into 27.35 metres.

LITERATURE GOES FULL CIRCLE AT ALTA VISTA PUBLIC SCHOOL

By Allan M.

Portables 303 and 308 at Alta Vista Public School were abuzz May 12 with the Literature Circles Fair. Two classes of Grade 4 students showcased artwork based on books they had been reading in the past few months and shared the artwork with the other class.

"Students clearly worked hard interpreting the books," said Principal Dennis Paré, who attended the fair. "I am very proud."

Some of the books included were *Behind the Attic Wall* by Sylvia Cassedy, *Stuart Little* by E.B. White and *The Secret Garden* by Francis Hodgson Burnett.

Students hosted the Literature Circles Fair as a way to showcase the books they had read. Their teacher, Mrs. Jennifer Kurita, likes to provide the students with project-based learning because it encourages creative thinking and teamwork.

"In larger group projects, members of the group can contribute in different ways through their special skills and talents," said Mrs. Kurita. "There's so much opportunity for learning and exciting energy that comes out of this type of experience!"

Literature circles are small groups of three to five students, who read the same assigned book and discuss the book at weekly meetings.

"I was impressed with how they memorized their presentations," said Mrs. Kurita.

The seven groups in each class had their own table to present their book-centred artwork, such as dioramas, mobiles, drawings and paintings along with notes explaining the artwork.

"The dioramas were creative," said Grade 4 student Carol, whose Literature Circle read *Bridge to Terabithia* by Katherine Paterson. "Overall, it was a great event!"

Grade 4 student Delainia, who presented *Sadako and the Thousand Paper Cranes* by Eleanor Coerr, said the event was good but loud.



Alta Vista Public School Grade 4 students (from left) Julianna, Allan and Lilia stand with their display of *The Secret Garden* at the Literature Circles Fair.

The school library is sure to have a lot more Grade 4 visitors requesting these classic titles.

Allan M. is a grade 4 student at Alta Vista Public School. His article was written in his words, with a little help from his personal editor.

Dynamic SOLES and SOLE Connection are working hard to create more opportunities for the community of Russell Heights!

By Amelia P., Benedicte B., Allie G., Rachel A-L.; Vincent Massey Public School students

After developing our ideas, SOLE has planned a bike tune-up day, where the Vincent Massey school students will fix the bikes brought to them by community members of Russell Heights. The groups have been hard at work completing bike sessions at school, where they have learned the steps of repairing and maintaining a bicycle. Because of the great interest in this program, students are also creating training videos for next year's participants. There have been many bikes donated this year, giving the groups lots of opportunities to learn. Thank you to all members of the community that gave to this initiative. We are expecting a wonderful turnout, with Safe Roads Ottawa being on hand to bring in mechanics and bicycle safety. Students have also prepared a flyer to distribute to the community of Russell Heights and they will be in the mailboxes in a few weeks.

Along with this idea, the groups are planning on hosting a dance flash mob. With the help of a ballet teacher, they have choreographed a dance routine! The group members have been practicing during recess times and will be working with the community after school to teach the youth the routine that they will later perform. The dance flash mob will take place in the community at a time to be set later. They are extremely excited to teach it to the youth of Russell Heights!

Finally, they have prepared to work on a landscaping project with Ottawa Community Housing by updating and adding to the outdoor gardens. This will take place on June 8th. Both classes will spend the day working with the landscaping team, to revitalize the garden project installed four years ago.

With so much preparation they are excited to help the community during the month of June. They plan to keep "soulfully connected" and remember that "it's always a sole adventure."



Photo credits: Greg M and Kim M, VM students

RIVERSTONE

RETIREMENT COMMUNITIES



Sunny days are here again!

Relax and enjoy the summer months with us at one of Riverstone's all-inclusive retirement communities in Ottawa. Discover the community you've been looking for in your neighbourhood of Alta Vista, Riverview Park and Beechwood.

- Enjoy private suites in a vibrant community - available in studio, one and two-bedroom floor plans
- Offering a full continuum of care including: Independent Living, Assisted Living and Memory Care
- Flexible meal plans prepared by our talented in-house chefs
- A variety of daily activities and planned group outings to keep our residents happy, healthy and connected



In-person tours are now available. Contact Josh at Oakpark, Brian at Maplewood, or Sabine at Riverpath to book your's today!



Alta Vista | 613-260-7144
OakparkRetirement.com



Riverview Park | 613-656-0556
MaplewoodRetirement.com



Beechwood | 613-327-9655
RiverpathRetirement.ca

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



*"If a June night could talk, it would probably boast it invented romance."
~ Bernard Williams*



68 Kings Landing Private Old Ottawa East

- Spacious 2+ den unit
- Renovated kitchen and bathrooms
- Walkout family room in the basement
- Two parking spaces
- Steps to the Rideau Canal

NEW LISTING

Buy and Sell with the
Team at Arnett Realty.
**You won't be
disappointed.**



11 Des Oblats Avenue, Unit 304 Old Ottawa East

- 1 Bed, 1 bath condo
- Part of Domicile's "The Corners" building
- Large layout
- Underground parking
- In unit laundry
- Fresh paint

NEW LISTING

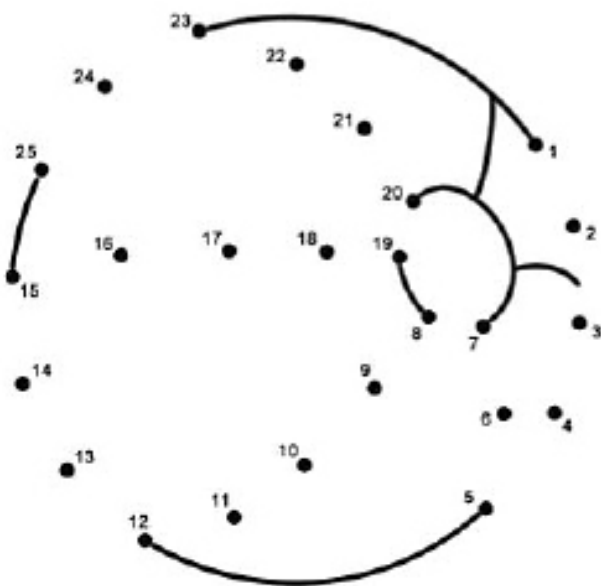
ARNETT
TRACY ARNETT REALTY LTD., BROKERAGE.

159 Gilmour Street, Ottawa, K2P 0N8 ~ www.tracyarnett.com ~ 613-233-4488

This is not intended to solicit properties already listed for sale

SKYLAR’S KIDS PAGE

CONNECT THE DOTS

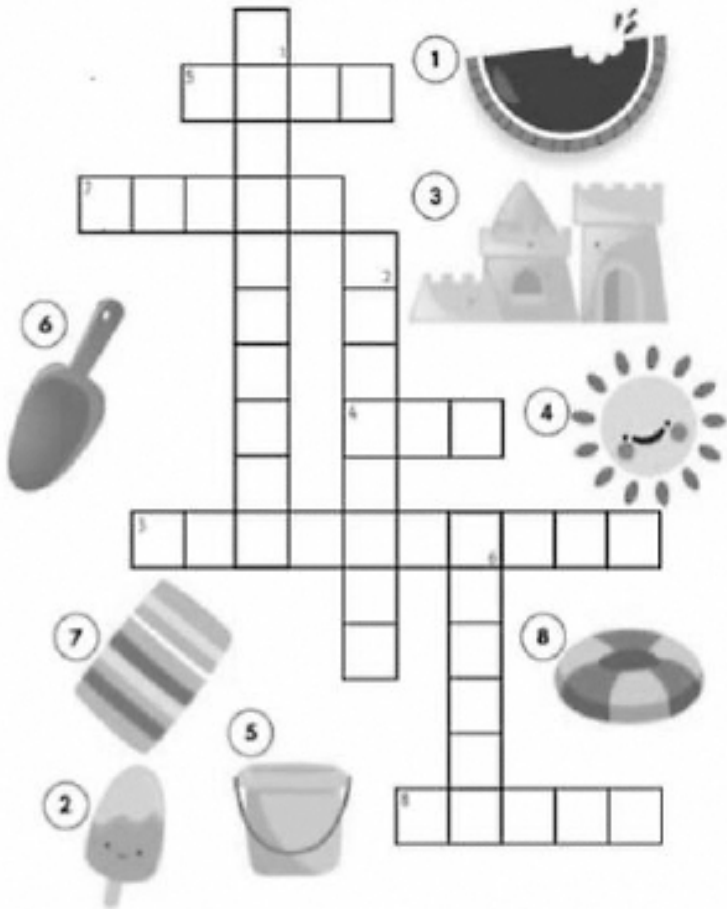


FIND THESE IMAGES:

COLOURING PAGE



SUMMER CROSSWORD



UPCOMING EVENTS



ALTA VISTA LIBRARY – JUNE 2022

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

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

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

CLOSED: Friday, July 1 – Canada Day.

Monday, August 4 – Civic Holiday

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

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

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

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

ELIMINATION OF OVERDUE FEES

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

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

FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

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

follows:

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

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

PROGRAMMING

Sleuth Hounds Mystery Book Club (In-Person)

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

Thursday, June 16 **Keith McCafferty – any Sean Stranahan mystery (Western)**

Thursday, July 21 **Summer Social Event, Location TBD**

Thursday, August 18 **Ben Aaronovitch – Rivers of London series**

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

TD SUMMER READING CLUB 2022

The TD Summer Reading Club is Canada's biggest, bilingual summer reading program for kids of all ages, all interests, and all abilities. This free program is co-created and delivered by public libraries all across Canada. In partnership with Library and Archives Canada and generously sponsored by TD Bank Group, the Club celebrates Canadian authors, illustrators and stories and is designed to inspire kids to explore the fun of reading their way – the key to building a lifelong love of reading.

The theme for the 2022 TD Summer Reading Club is **Once Upon a Time: Myths and Legends**.

The Library will be hosting a weekly Storytime over the summer months as well as various programs for children of all ages. Stay tuned in our branches or visit our website for details about the 2022 TD Summer Reading Club, which kicks off in June.

ONLINE COLLECTIONS AND SERVICES

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

These resources include:

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

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

UPCOMING EVENTS

COMMUNITY EVENTS June 2022

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

Office: 613-733-3156 ext. 228

Email: info@rideaupark.ca



Welcome! Worship with us each Sunday, either in-person or online, your choice.

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

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

Weekly Activities at Rideau Park

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

Sundays: Children's Christian Education Classes and Youth Drop-In are taking a summer break. They will resume in September. For more information on the programs and how to connect, see www.rideaupark.ca, or contact Rev. Steve Clifton at sclifton@rideaupark.ca.

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

Mondays, 1:30–3:30 p.m.: Our Knitting Group will continue in June and throughout the summer, in person at Rideau Park. Come and join us for a chat and a purl. For more info, contact 613-733-3156 ext. 228.

Thursdays, 9:30 a.m.–noon: The Quilting Group is meeting during June and over the summer, in person at the church. Come and be part of the quilt-making. Flannelette baby quilts are also for sale (\$45 each). For more info, call 613-733-3156 ext. 228.

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

Thursdays, 7:30–9 p.m.: Alcoholics Anonymous Ottawa open meeting. For more information, see OttawaAA.org, call OttawaAA Intergroup at 613-237-6000, or contact Rideau Park at 613-733-3156 ext. 228.

Special Events at Rideau Park

Saturday, June 11, 9 a.m.–2 p.m.: The Nearly New Sale is back! Visit us outdoors at Rideau Park, pick out new-to-you clothing and select interesting books, as part of the Awesome Alta Vista Garage Sale! Bring your reusable bags and fill them up with deals on gently used clothes for the whole family. Then, stock up on second-hand reading for the summer. For more information, contact 613-733-3156 ext. 228.

August 8 to 12: Looking for summer fun? Camp Awesome is returning to Rideau Park this summer! For Camp program information and online registration, see www.camp-awesome.ca. The Camp will run from Monday–Friday, 9:30 a.m.–3:30 p.m., and with child care, 8:30 a.m.–4:30 p.m. The cost is \$150 per child for the week, with child care included. Let us be part of your summer!

Other Connections with Rideau Park

Foster Farms Fruit & Vegetable Stand at Rideau Park, corner of Alta Vista & Cunningham: From mid-June to later in October, enjoy local, fresh-picked fruits and vegetables in season, starting with strawberries, then corn, followed by root vegetables, and finishing with pumpkins as the frost threatens. Monday–Friday, 10 a.m.–6 p.m., Saturday 10 a.m.–5 p.m., Sundays, closed. For more information, contact 613-733-3156 ext. 228.

Healing Pathway Ministry at Rideau Park: Trained practitioners are available for healing prayers both in-person and over the phone. Appointments for in-person healing prayer sessions are available between 1–4 p.m. on Thursdays. For more information, contact healingpathway@rideaupark.ca or sclifton@rideaupark.ca.

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

EMMANUEL UNITED CHURCH

691 Smyth Road, Bus #55

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

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

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

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

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

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

Seniors' Exercise Program: Take Time to be Wholely (TTtbW), our light exercise program will pause for a summer break after Friday, June 17th and resume on Monday, September 12.

Red Dress Day, May 5: Thank you once again to all who paused to honour the many women and girls who suffered (MMIWG2S+).

Spring Yard and Bake Sale, May 14: It was great to join with the community at the sale, thank you for your support – and some great baking!

Weekly Events and Activities

Sunday, 10–11 a.m.: Worship Services in person or online. The service includes a welcoming message, hymns, prayers, videos, scripture, and a thoughtful reflection. It's live streamed at www.emmanuelunited.ca/worship/webcast.php. Join us for lemonade in the Botsford garden after Sunday Morning worship. (Sunday, June 26 will be a joint Service shared by the congregations of Emmanuel and Rideau Park. This will be hosted by Rideau Park United Church, so there will be no Service at Emmanuel.)

Monday, 7–8 p.m.: Meditation. Jesus says, "When two or three pray together in my name, I am there among them." We live in a noisy world filled with ceaseless activity. We seek space to be quiet and be with God within ourselves. If you wish to learn how to meditate and find more quietness, you are welcome to join fellow meditators (by Zoom).

UPCOMING EVENTS

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

Wednesday: Active Artists has stopped for the summer. Contact our office if you would like to join us in the fall.

Wednesday, 7 p.m.: Contemporary, interactive mid-week worship in the Botsford Garden, weather permitting, or inside if it rains; from June 1 to August 31. Rev. Brian Copeland will lead us July 13, 20 and 27.

Thursday, 10–11:30 a.m.: The Thursday Morning Discussion Group concluded discussing *A People's History of Christianity: The Other Side of the Story* by Diana Butler Bass (by Zoom). The Discussion Group has paused for the summer and will resume September 15.

June Events and Activities

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

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

July, and August Events and Activities

Monday, July 25–Friday July, 29: Camp Awesome at Emmanuel United Church. Stories, songs, crafts, interactive games and theme day fun, for ages 4-12! Camp programming runs from 9:30 a.m.–3:30 p.m. each day. Extended care (no additional cost) is available from 8:30-9:30 a.m. and 3:30–4:30 p.m. You can register online at www.camp-awesome.ca/summer-camp. For information about Camp Awesome at Emmanuel, please contact Emmanuel's office by phone or e-mail.

ST AIDAN'S FREE STUFF

The Big Give at St Aidan's: We are giving away free, gently used items, like housewares, clothing, books, and more!

Saturday, June 4 from 10:00 a.m. to 1:00 p.m.

St Aidan's, 934 Hamlet Road – Behind Elmvale Acres Shopping Centre.

ST AIDAN'S TAKEOUT CHICKEN BBQ DINNER

St Aidan's Anglican Church, 934 Hamlet Road

We are hosting a takeout Chicken Barbeque dinner on Thursday, June 23 from 5 to 6:30 p.m. Tickets must be purchased or reserved in advance and are \$20 each.

To purchase your tickets and for more information: phone 613-733-0102, email staidans@bellnet.ca or visit our website at www.staidansottawa.com.

ST TIMOTHY'S GARAGE SALE 2022

Saturday, June 11, 10 a.m.–3 p.m.

St Timothy's Presbyterian Church invites you to its summer garage sale at 2400 Alta Vista Drive.

Got items to sell? Tables are available starting at \$20 for 2 hours or \$40 for 5 hours.

Come one, come all! For more details please contact: sttimsoffice@on.aibn.com.

AVCA GARAGE SALE

The community-wide garage sale is back and will be held on Saturday, June 11 from 8 a.m. to 1 p.m. If you are hosting a garage sale, email contact@avca.ca and we will add it to our interactive map. We encourage those hosting a garage sale to donate a portion of their proceeds to the Heron Emergency Food Centre.

OTTAWA NEWCOMERS' CLUB

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

PROBUS OTTAWA ALTA VISTA

PROBUS Ottawa Alta Vista is welcoming new members from the Alta Vista area. Join your fellow retirees, near-retirees and want-to-be retirees for interesting speakers and discussions, not to mention relaxed socializing.

See our website, www.probusoav.ca, for more detailed information about the club and its activities as well as contact points, membership information, and meeting location. We will be meeting in person on Wednesday, June 22 with a talk from David Chernushenko on the subject of "Can Compelling Storytelling Drive Social-Political-Ecological Change?"

ST. THOMAS THE APOSTLE ANGLICAN CHURCH

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

GIGANTIC BOOK SALE

On Saturday, June 11, parents of Ridgemont high school students and student volunteers will be selling approximately 10,000 books at St. Thomas the Apostle Church on Alta Vista Drive. The sale, which was originally scheduled in October but cancelled due to COVID restrictions, will benefit Ridgemont student activities, including supporting the prom being organized by graduating students.

There are both fiction and non-fiction books available, both for children and adults as well as some DVDs. Come early to enjoy the best selection, everything is priced between 50 cents and \$3. We hope to see you there.

THE BANK OF CANADA MUSEUM IS REOPENING

The Bank of Canada Museum reopened on May 12, 2022, after being closed for the past two years due to the COVID-19 pandemic.

The Bank of Canada Museum is located at 30 Bank Street and is open Thursday to Monday, from 10 a.m. to 5 p.m. The Museum and its special exhibitions are always free.

The Museum explains how the Bank sets monetary policy, promotes a sound financial system, issues Canada's banknotes and acts as the fiscal agent for the Government of Canada.

It also manages the more than 130,000 artifacts in the National Currency Collection, the world's most complete collection of Canadian currency and related artifacts.



MOVIES 'N STUFF

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

May 24th

The Desperate Hour

A mother desperately races against time to save her child as authorities place her small town on lockdown. Naomi Watts.

Umma

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

Ray Donovan: The Movie

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

"X"

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

The Batman

Two years of stalking the streets as the Batman, striking fear into the hearts of criminals, has led Bruce Wayne deep into the shadows of Gotham City. With only a few trusted allies amongst the city's corrupt network of officials and high-profile figures, the lone vigilante has established himself as the sole embodiment of vengeance amongst his fellow citizens.

May 31

Morbius

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

The Gulf: Season 2

Detective Jess Savage wants to leave the past behind and make the most of her tentative new relationship with daughter Ruby—but a blackmailer is making that impossible, threatening to expose Jess as a murderer.

June 7th

Compartment No. 6

As a train weaves its way up to the arctic circle, two strangers share a journey that will change their perspective on life.

Afterlife: Season 1

The story of Easton West, an internationally-renowned yet volatile celebrity chef who has a spectacular fall from grace and returns to his hometown in the Adelaide Hills, Australia.

Hacks: Season 1

Jean Smart stars as Deborah Vance, a legendary Las Vegas comedian who begins a dark mentorship with an entitled, outcast 25-year-old.

Ridley Road: Season 1

When Vivien Epstein follows her lover into danger and he is caught between life and death, Vivien finds herself going undercover with the fascists, not only for him but for the sake of her country.

Imma Tataranni: Season 1

Imma Tataranni is a deputy prosecutor with a prodigious memory, accustomed to solving cases using unorthodox methods in this great Italian series that is reminiscent of Vera!

Traces: Season 2

Series two of Traces continues to delve into the world of forensic science, as the women of the Scottish Institute of Forensic Science (SIFA) are tasked with carefully analyzing traces of evidence to help get to the bottom of who's behind a series of cruel bombings in Dundee

The Outfit (2022)

An expert tailor must outwit a dangerous group of mobsters in order to survive a fateful night. Stars Oscar winner Mark Rylance.

The Vinland Club

In 1949, a teacher decides to get his students to help him do an archaeological dig to prove there was once a Viking settlement along the shores of the St-Lawrence River. Inspiring and moving Quebec film that's not to be missed!

June 14th

Bendetta

A 17th-century nun in Italy suffers from disturbing religious and erotic visions. She is assisted by a companion, and the relationship between the two women develops into a romantic love affair.

The Chelsea Detective: Season 1

Arnold, whose lifestyle on a battered houseboat in Chelsea's Cheyne Walk contrasts sharply with the affluent elite whose crimes he helps solve alongside partner D.C. Priya Shamsie.

Father Stu

Follows the life of Father Stuart Long, a boxer-turned-priest who inspired countless people during his journey from self-destruction to redemption. Starring Mel Gibson and Mark Wahlberg.

Fatherhood

A father brings up his baby girl as a single dad after the unexpected death of his wife who died a day after their daughter's birth. Stars Kevin Hart and Alfre Woodard.

Billions: Season 6

Curb Your Enthusiasm: Season 11

The Thick of It: Complete Series
Re-release of the 2005 British series. The source material for "Veep", this is one of the most dry and genuinely hilarious shows ever made about the inner corridors of politics and some of the schlubs who make it run. If you like dry British humour, this is the one for you!

June 21st

The Rose Maker

Eve used to be one of the most famous rose growers in the world, but now her company is almost bankrupt. Her secretary hires three outcasts, who come up with an outlandish plan to save the company.

Mothering Sunday

An affair between a housemaid and a neighbor comes to a head when a Mother's Day celebration uncovers the secret. Colin Firth and Olivia Colman star.

The Unbearable Weight of Massive Talent

Unfulfilled and facing financial ruin, actor Nick Cage accepts a \$1 million offer to attend a wealthy fan's birthday party. Things take a wildly unexpected turn when a CIA operative recruits Cage for an unusual mission.

Doctor Who: Season 13

The series follows the Thirteenth Doctor and her companions as they navigate a universe-ending anomaly called the "Flux", while dealing with enemies and secrets from the Doctor's past.

June 28th

9 Bullets

A woman (Lena Headey) must go on the run to save a boy whose life is threatened by her ex-lover (Sam Worthington).

The Worst Person in the World

A young woman battles indecisiveness as she traverses the troubled waters of her love life and struggles to find her career path. RAVE reviews for this!

The Cellar

Keira Woods' daughter mysteriously vanishes in the cellar of their new house. She soon discovers there is an ancient and powerful entity controlling their home that she will have to face or risk losing her family's souls forever.

Have you seen?

Detective Montalbano

If you're a fan of this wonderful Italian detective series (and if you're not, you should be!), then the release of the 37th episode is joyous news. So make some pasta, get some nice red wine and enjoy!

Beck

This series has been over for a while, but I still talk to a lot of people who haven't seen it. Like Montalbano, it takes about 3 or 4 episodes to really get into it, but once you're in, you're in. It's a smart detective series with characters you grow to care about and mysteries that are really well conceived.

Spiral

Like The Wire, this follows criminal investigations in Paris from all the different points of view of those involved. It's gritty, but worthwhile.

The Bureau

One of the greatest shows of all time! The Bureau is a French spy series that you simply must see.

Balthazar

Facing a series of complex murder cases, new police commander Hélène Bach must learn to work with the brilliant yet exasperating Raphaël, who can make the dead speak like no-one else!

Manhunt

A sharp, 2 series British detective show starring Martin Clunes of Doc Martin fame. This is everything you want to see out of the modern detective series; smart, well-acted and shows a different side of Clunes. A must!

**VHS to DVD
transfer for just
\$15 dollars!**