



Jim Watson, our outgoing mayor, attended the WRENS Way renaming ceremony on September 9 (see story on page 13). He is pictured here holding last month's VISTAS, with VISTAS advertising manager Jim Doherty and VISTAS photographer Gerri Doherty on the left.



PUMPKINS FOR PIGS

Eric Boulay was runner up in the “university student” category for the Celine Tower grant for 2021. Eric provided a fascinating essay in support of his application on the post-Halloween pumpkin collection in Alta Vista in 2021. Here, in this October edition of VISTAS, we present his seasonal essay on page 22. Be sure to keep an eye out for any similar events this year on Ottawa South Eco-Action Network Facebook page!

See Eric's story on page 22.

Photo provided by Marianne Ariganello.

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 Email: Editor@vistas-news.ca.

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

Accounts are due on publication.

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

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OPINION

GUILDWOOD RESIDENTS ALLIANCE'S PROPOSALS FOR 1495 HERON ROAD

By Lynne Davidson-Fournier, President Guildwood Residents Alliance



The Guildwood Residents Alliance (GRA) has presented to the Canada Lands Company (CLC) two proposals for revisions to its concept plan for the former Federal Study Center and school site at 1495 Heron Road, so that higher consideration is given to the residents of the adjoining neighbourhood and to set the right precedent for all of Alta Vista for the years to come. It is asking Alta Vistas

for their support. The Alliance proposes that: 1) a mix of low-rise townhomes, duplexes, triplexes, fourplexes and courtyards apartments be developed (called a "Low-rise missing middle housing proposal"); and 2) the heritage buildings there be used for bilingual not-for-profit long-term care for seniors, along with ancillary services.

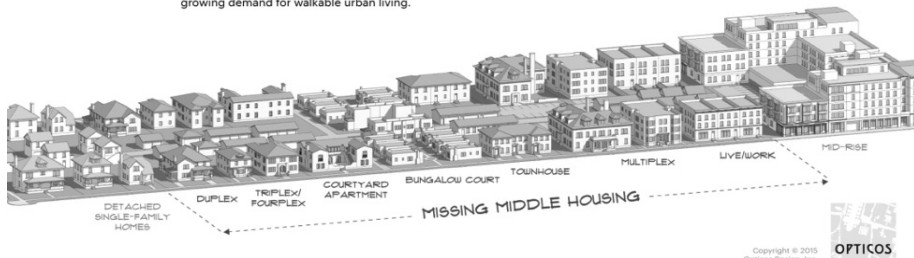
Earlier, the Guildwood Estates Community Group said (in a Letter to the Editor, VISTAS, May, 2022) that it believes every resident in Alta Vista has a vested interest in the development of 1495 Heron Road, because it will set a precedent for any future development along minor corridors (Heron, Kilborn, Pleasant Park, etc.) and for arterial roads in Alta Vista that involve former school sites and churches. It said that the CLC's preferred concept plan to have a mid-rise (up to nine storeys) development next to the existing low-rise residential neighbourhood (Guildwood Estates) would negatively impact the quality of life of many residents. It urged CLC to revise its preferred concept plan. Subsequently, the Guildwood Residents Alliance was formed with the purpose of representing and defending the interests of Guildwood Estates residents (described in an OPINION article in the June 2022 VISTAS).

1) Low-rise missing middle housing

The Guildwood Residents Alliance submitted to Canada Lands Company at the end of August a "Low-rise Missing Middle Housing Proposal" for the intended subdivision at 1495 Heron Road, in replacement of the proposed mid-rise heights. Being a former school site (Notre-Dame high school), the site is subject to s. 6.3.2(7) of the new Official Plan (OP), providing as one of the conditions that the proposed development include "the majority of its site as low-rise missing middle housing typologies." The OP defines missing middle housing as:

"In Ottawa's context and for the purposes of this Plan, missing middle housing generally refers to low-rise, multiple unit residential development of between three and sixteen units, or more in the case of unusually large lots and for the lower-density types is typically ground oriented."

Missing Middle Housing is a range of multi-unit or clustered housing types—compatible in scale with detached single-family homes—that help meet the growing demand for walkable urban living.



Low-rise missing middle housing is a housing strategy supported by the new OP and Bill 109, and it is generally characterized as "gentle" densification by urban planning experts. City Council and staff support this housing strategy as evidenced in the *Zoning Implementation Report* approved by City Council on July 6, 2022. Under "Key Challenges," it is clearly stated that the new policies include "a focus on providing opportunities for 15-minute neighbourhoods and 'Missing Middle' housing."

Continued on Page 3

OPINION

GRA believes that the undeveloped portion of the surplus property at 1495 Heron Road gives Canada Lands the perfect opportunity to lead by example as a federal institution and provide low-rise missing middle housing next to a mature neighbourhood in Alta Vista and WRENS Way. Such housing would ensure compatibility with the low-rise two-storey and one-storey detached homes and townhomes of the adjacent Guildwood Estates community, the low-rise institutional buildings of OCSB and the Buddhist monastery and the natural environment of WRENS Way. GRA has suggested that CLC partner up with Canada Mortgage and Housing Corporation (CMHC) that has a Missing Middle Housing Solutions Lab and provides many grants and incentives to developers and builders for affordable and innovative housing. A mix of low-rise townhomes, duplexes, triplexes, fourplexes and courtyards apartments would offer much needed affordable housing options for young families and seniors. Low-rise missing middle housing next to WRENS Way would also help ensure the protection of the physical and ecological attributes of this greenspace, as provided in the Alta Vista Secondary Plan. GRA expects to have the results of Canada Lands' review of our proposal at the end of September, and hopes that CLC will revise its concept plan accordingly.

2) GRA's preferred use of the heritage buildings

GRA has received confirmation that the City is not pursuing its public purpose interest in the heritage buildings and is not interested in acquiring any part of the surplus property. Considering the low purchase price paid by Canada Lands for the property and from our perspective based on Treasury Board Directive, GRA finds that priority should be given to a public purpose of high necessity: not-for-profit long-term care for seniors.

GRA has proposed to Canada Lands as priority use and is lobbying for bilingual not-for-profit long-term care in the heritage buildings, along with ancillary services such as rehabilitation services, day care program, home care, respite, palliative care, medical and dental offices, fitness programs, recreational programs, medical laboratories, etc. GRA is also proposing that space be reserved for on-site practical training of personal support workers (PSWs). Many of the above uses are already authorized in the current zoning by-law.

The new *More Beds, Better Care Act, 2022* (Bill 7) and its regulations have increased and exacerbated the critical need for not-for-profit long-term care facilities in Ottawa. Where will vulnerable seniors discharged from a hospital go if there are already long wait lists for long-term care everywhere in Ottawa? Furthermore, a new report from the Alzheimer Society of Canada, "*Navigating the Path Forward for Dementia in Canada*," predicts a substantial increase in dementia diagnoses until 2050, and by 2030 a 65 per cent increase from the number of Canadians with dementia in 2020.

GRA finds that the urgent and critical need for long-term care beds for our most vulnerable citizens fully justifies the use of the vacant buildings for not-for-profit long-term care. It is a known fact some buildings will need repair and abatement work, but CLC is committed to undertake the work and pay for the costs. These buildings would be available much sooner than having to build a new facility from scratch and would help fulfill rapidly a vital and urgent need. GRA is convinced that neighbours in Alta Vista would welcome with open arms a bilingual not-for-profit long-term care facility at 1495 Heron Road. There is no doubt that the original owners of the campus would endorse and applaud such use.

If you need additional information on GRA's two proposals or wish to give your support to one or both proposals, please send us an email at guildwood-alliance@rogers.com.

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- Bloor, Penhill, Crestwood, 56 papers
- Chattaway, 28 papers
- Chomley, 40 papers
- Dowler, 25 papers
- Heron (Alta Vista to Greenbelt), 13 papers
- Mimosa, 30 papers
- Norwood, and Roger (from Norwood to Alta Vista), 43 papers
- Pixley, 60 papers
- Station Boulevard, 40 papers
- Utah, 32 papers
- Wesmar (west of Alta Vista), 22 papers

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Avenue Q	Erinbrook	Othello
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Dunelm	Lemay	
Dwellingham	Magnus	
Dwight	Martha	

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

WHY THE 2022 MUNICIPAL ELECTION MATTERS

By Jim Watson, Mayor



Over the last twelve years, our nation’s capital has grown to be a vibrant and diverse city of a million people with so much to boast about.

From the launch of Stage 1 LRT to our record investments in affordable housing.

From the Ottawa 2017 celebrations to a flourishing arts and culinary scene.

Or the opening of countless community centres and a thriving tech sector for local start-ups and business giants alike.

Since 2010, we’ve also expanded our cycling network by 58 per cent.

The list goes on and on.

This fall, Ottawa residents will head back to the ballot box.

You may hear your family members, friends or colleagues say: “Another election? Why should I care?”

For starters, we rely on the municipal government much more on a day-to-day basis than we think. Whether you’re turning on the lights in your home, filling up a glass of water from the tap, walking on a cleared sidewalk, hopping on a bus to get to a community centre, or calling 9-1-1... Those are all City services – and we all expect these basic services to be delivered to us every single day.

Secondly, those elected this fall will ultimately oversee a number of transformative projects that will have an impact on the development of our city for years to come. We need to ensure that those who we elect will work to build on the momentum of the last few terms: Stage 2 & 3 LRT, revitalizing LeBreton Flats, opening Ādisōke, the new net-zero central library, building the new Civic Campus of The Ottawa Hospital – and so much more.

Last but not least: we can’t give up on democracy. In June’s provincial election, we saw the lowest voter turnout in Ontario’s history. Nearly three years of living through a pandemic, paired with an increase in vitriol on social media have resulted in a lack of interest on the part of voters and an apprehension on the part of potential candidates to register.

While we’re all tired, we can’t let fatigue and hatred overshadow the fact that this election will have major impacts on our city’s future.

So do your research, ask the tough questions, and vote for people who will continue to work for a better Ottawa.

Vote like the future of our city depends on it – because it does.

Vote like our democracy is at stake – because it is.

We’re far from perfect, but we should be proud of the progress we have made as a city and as a community.

I love this city, and I know you do too.

Voting Day is Monday, October 24. Advance Vote Days take place on October 7 and October 14 from 10 a.m. to 8 p.m. To find your assigned voting location or for more information about the 2022 municipal election, please visit: ottawa.ca/en/city-hall/elections/2022-municipal-elections.



Ottawa Municipal Election

Alta Vista Ward

All Candidates Debate

Moderated by Joanne Chianello, CBC News

Wednesday, October 5, 2022

7:00pm - 9:00pm

Canterbury Community Centre

2185 Arch Street

Meet the Candidates

6:00pm to 7:00pm

*Sponsored by the
Community Associations of Alta Vista Ward*

“The end of the summer is not the end of the world. Here’s to October...” — A.A. Milne



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- » les occasions d'affaires / les options de financement
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Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

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PRESENTATIONS BY WARD COUNCILLOR CANDIDATES

VISTAS invited each of the four candidates running for City Councillor for Ward 18 – Alta Vista in the upcoming municipal election to submit an article, including a photo, introducing themselves and describing their plans/thoughts for Alta Vista, for inclusion in our community newspaper. Below are the candidates’ responses.

MARTY CARR

Within Alta Vista, the next decade will see close to 10,000 new housing units along Heron Road, Tremblay Road, and Bank Street, and at Elmvale and along St. Laurent Boulevard. Residents are rightfully concerned about existing road infrastructure, traffic, community facilities, transit, and pedestrian and bike connectivity. I will address these as we welcome new residents.

The Zoning Review will be a significant undertaking, as will the Transportation Master Plan, which will re-open discussions on the Alta Vista Transportation Corridor. These will be challenging files and I am dedicated to long-term engagement with residents. My significant experience in my professional life and as past President of the Alta Vista Community Association will assist with this.

I have made 12 commitments that are measurable, doable and specific. These commitments, available at martycarr.ca, include improvements to local transit and active transportation connectivity. I believe all candidates must have a platform to which residents can hold them accountable, and so I will report back on these commitments annually.

Additionally, I propose to look at the traffic situation on a ward-wide basis, and not simply on an ad-hoc basis.

I will also work with city staff to continue to restore our tree canopy, and make sure our residents have suitable recreational facilities.



Marty Carr

CAROLYN KROPP

I am a lifelong resident of Alta Vista ward and my husband and I are raising our four children here. I have led many grassroots and Alta Vista-focused volunteer organizations over the past 20 years.

My priorities:

- I will commit to opening a community office.
- I will ensure fiscal responsibility and progressive policies are at the heart of my decision making.
- I will work collaboratively with Council and City staff.

I am continuously talking to residents, listening to their concerns, and identifying possible solutions. These many conversations have formed the basis of my vision for a safe, prosperous, and thriving community.

I will pursue innovative urban planning approaches and defend community needs through all stages of a project proposal to ensure community interests are always put first.

I will actively help tackle the climate emergency and champion increasing our tree canopy, energy retrofits, and recycling and waste reduction initiatives. I will push for investments in road repairs, balance the needs of drivers and cyclists, and advocate for solutions that put safety first.

Council needs to rebuild trust in our transit systems. I will work hard to ensure our residents benefit from a reliable and well functioning transit system.

I will safeguard our essential services, and advocate for our hard working first responders.

I will continue to work with frontline organizations and individuals to find solutions to the root causes of our City’s problems and find ways to sustain progress.

I care deeply about our community. Alta Vista deserves a Councillor who knows its past and can see its future and is willing to work hard and collaboratively in the present to get us there.

I am that person.



Carolyn Kropp



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

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PRESENTATIONS BY WARD COUNCILLOR CANDIDATES

BOB PERKINS

I'm Bob Perkins. I am a lifelong member of the Alta Vista community, having resided with my family in the Ward for over 40 years. As a community volunteer I have been a Board Member for four Ottawa community associations (three as President), President of two local business associations, and a Board Committee member of Ottawa Community Housing.

For over 30 years I have worked on large infrastructure projects and over 40 projects in the city of Ottawa, managed 50+ million-dollar budgets, advised on transportation issues, community and recreational facilities. I have worked with city staff, politicians, community partners, not for profits, in Ottawa, and throughout Canada.

My extensive professional experience gives me unique insight into the many challenges facing our community and more importantly the skill set necessary to actually solve these problems.

I am committed to solving problems in the following areas:

Public Safety – reducing crime and speeding. The residents of Alta Vista should be able to live without fear and not worry about their children being hit by a speeding car. This cannot continue.

A Proactive/Reasonable Approach to Growth/Development – It is time to address the power imbalance between the developers and the residents of Alta Vista. I know how the system works and I'm the best advocate to lead the charge for the neighbourhood.

The Fair Provision of City Services – We need to run the Ward as we do our own home budgets. A Value for Money objective.

I will be the hardest working councillor that Alta Vista has ever elected. Vote Bob Perkins!



Bob Perkins

ANGELO GINO SCAFFIDI

As an elected councillor for Alta Vista Ward 18, I plan on carrying forward constituent concerns and issues that have emerged in 2020.

In the context of a private citizen, I've engaged in "deep dive" research with respect to municipal, provincial and federally established guidelines designed to protect the rights and interests of our tax paying constituents.

Research and analysis reveal systemic gaps and inefficiencies in decision making processes that have led to consequences negatively affecting the taxpayer.

As your councillor, I will be resolute in standing for the concerns of the majority and object to decision making processes that override issues and concerns of the constituent majority.

Decision making authorities must remain vigilant of any decisions that may lead to the inequitable treatment of our taxpayers.

Elected officials must ensure that decisions are exercised with equitable proportionality, absent of favour to any one group of citizens and disadvantageous to others.

Failures in achieving these objectives only lead to creating "tribalism" and unwittingly plants seeds of dissent among our citizens.

For example, from a recent article in the Ottawa Citizen (ottawacitizen.com/news/local-news/richmond-road-condo-residents-fear-noise-vibration-from-nearby-lrt)

"We might not have bought here if we had known the LRT would be in our front yard. Nobody knew how bad this was going to be."

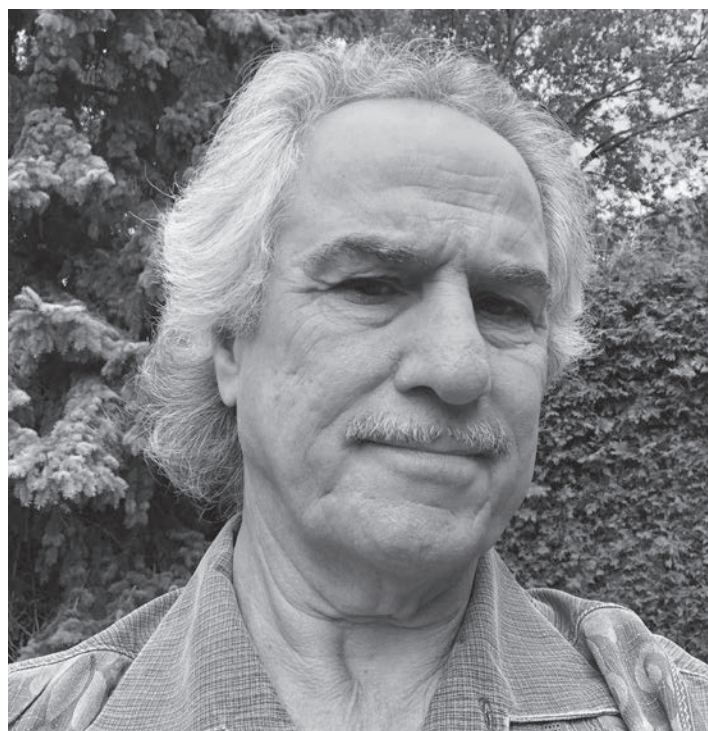
The taxpayer is entitled to fair and just treatment. It is incumbent on elected officials to dedicate efforts in ensuring that this outcome is achieved.

I will stand for Transparency, Accountability, and Democratic Principles.

These are essential elements required in the continuing development and evolution of one of the finest cities on our planet.

Without Transparency, Accountability, Democratic Principles as essential active elements in free democratic processes, the social system ends up in a place best described and articulated by Frederick Douglas:

"Find out just what a people will quietly submit to, and you have found out the exact measure of injustice and wrong which will be imposed upon them, and these will continue till they are resisted."



Angelo Gino Scaffidi



H A P P Y

Thanksgiving



Wishing you and your loved ones a wonderful holiday!





Jean **CLOUTIER**

Alta Vista

A Message from Councillor Jean Cloutier

Dear Neighbours and Friends,

It has been a privilege and an honour to serve as Alta Vista's Councillor for the past 8 years. I am proud of all we have accomplished together. I look forward to watching our community, neighbourhoods and city continue to grow into the world-class capital we are.

The past few years have been difficult for all of us, but I have confidence in our very bright future. Alta Vista is quickly becoming one of the most dynamic wards in the City. I am proud to live here and to have served my community. I am excited to see what's next for all of us and I look forward to engaging as a resident of Alta Vista once again, as I've done for the past 35 years.

Over my time in office, I have had the pleasure of working with many of you. Participation in city issues has increased significantly over the past term, particularly in Alta Vista, and it continues to increase. I encourage you to continue engaging and to keep having those conversations with your elected officials and neighbours; even when those conversations become difficult. By working together with integrity and commitment we will find the solutions and consensus to our toughest problems.

To each of you who has gotten involved in their neighbourhoods and who has reached out with genuine determination to make their community a better place, thank you. My time as your representative has been so much more rewarding, worthwhile and fruitful as a result of your engagement. Your engagement will be just as important with our next Councillor.

Halloween Safety

With summer in our rear-view mirrors, Halloween steadily approaches. I would like to take a moment to remind everyone how important safety is on Halloween night. As you and your family start to brainstorm what costume you will wear this year, please consider how you can incorporate reflective items into your costume so you can be visible when the sun goes down. Reflective tape, arm bands and glowsticks are excellent methods to increase a child's visibility.



Wishing everyone a safe and spooky Halloween!

Smoke Alarm Battery

Wake Up! Alta Vista - Did you know? Electrically connected smoke and/or carbon monoxide alarms may not work when the power goes out. Have battery back-up it could save your life.



Fall Waste and Leaf Disposal

Did you know that fallen leaves make good mulch for garden beds? They also provide overwintering shelter for many species of butterflies and bees.

For more information on how "leaving the leaves" benefits pollinators, look up "Leave the leaves!" from Xerces Society

Conseiller / Councillor Jean Cloutier

OUR ENVIRONMENT

Friends Of Pleasant Park Woods

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

While you walk through Pleasant Park Woods, you are sure to notice how busy the squirrels are. There are five kinds of squirrels, but we mostly see the Eastern Grey (*Sciurus carolinensis*) in our woods. They can be both black and grey in colour, and some litters have both. They are not two different species. Their colour may change with the seasons, and their fur is thicker and longer in winter. These squirrels grow to about 30 centimetres and can run on the ground up to 25 kilometres per hour.

Eastern Grey Squirrels do not hibernate in winter. They may build a nest in the fork of a tree with twigs, dry leaves, grass or other found objects, and these homes are called “dreys.” Some squirrels will nest and sleep in hollowed out trees or in underground burrows. The tail of a squirrel acts as a rudder when it jumps from tree to tree, as well as a warm cover. It also uses its tail as a means to communicate with other squirrels, and warn them of danger.

We know that squirrels eat nuts as their main source of food, but did you know that their teeth are constantly growing? They need to gnaw on various hard substances, and the shells of nuts help with this, in order to keep their teeth worn down. We have lots of acorns and hickory and beechnuts for the squirrels in Pleasant Park Woods to gather, hide and bury in the ground. Squirrels don't necessarily remember where they bury



Photo credit: Peter Johns

their nuts, but they have a very highly developed sense of smell that allows them to find buried nuts. Some of the buried nuts will not be found and eaten by squirrels, but will germinate and grow into new trees, thus helping with the reforestation of Pleasant Park Woods.

Community Environmental Fair

By Sherri Kelly for the Ottawa Cluster Environment Group

Come to the exciting and informative Environmental Fair to learn more about greening your home and community and take home a FREE tree to plant!

The Environmental Fair at the Ottawa Bahá'í Centre, 211 McArthur Ave., on Saturday, October 1, 2022, from 11 a.m. to 2 p.m., will be hosted by knowledgeable community volunteers who can provide information about electric cars, solar energy, community gardens, home energy efficiency, pollinator gardens, green roofs, and more. Several demo electric vehicles will be on hand, and their owners will be happy to share their experiences and answer your questions.

Together with Ecology Ottawa, the Bahá'í Community of Ottawa will be distributing free tree seedlings at the Environmental Fair to help make Ottawa greener by replenishing its tree canopy. Environment group volunteers will also be sharing tips about how to plant and nurture your new trees, all sourced from the Ferguson Forest Centre.

We've all become familiar with the effects of climate change such as hotter summer days, floods and extreme weather to name a few. By helping to green Ottawa today, our families and neighbours will benefit tomorrow.



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OUR COMMUNITY

AV Mysteries: The Curious Case of the Congregating Election Signs

By Chris Wiebe

In mid-September, during a drop-in at Movies 'n Stuff for my weekly video dose, I noticed a line of six municipal election signs on the grassy public right-of-way strip along Kilborn Ave. Funny thing, I distinctly remembered just one sign out there a few days before. And it made me wonder: does the presence of one election sign naturally beget other signs nearby? Well, that certainly seems to be the case. Another sliver of lawn on Lamira across from the Saadé International Plaza, for instance, was an immaculate plot of sign-free quack grass, when, out of nowhere, another large sign appeared and others quickly followed. If you pass by today, you'll see a merry cavalcade of signage.

If the question of why election signs gather in certain places is something to wonder at, the degree to which Canadian municipalities have grappled with the control of election signs on public land, including controlling their tendency to crowd together, is equally fascinating. The further I looked into election sign regulation, the more I realized there isn't a one-size-fits-all "best practice" from sea-to-sea-to-sea. And given this diversity, it's interesting to speculate on how these bylaws reveal, like an x-ray of the local political culture, something of a municipality's character, perhaps its very soul.

For a city enamoured with process, Ottawa has surprisingly loose bylaws around election signs on public land and no mention of clustering. In a nutshell, signs can't impede sidewalks (they must be an oddly precise 50 centimetres distant) or "create a traffic hazard by impeding a pedestrian or driver's view of a traffic sign." But Halifax, surprisingly, has taken laissez-faire to the next level. Its election sign bylaw concerns itself with little besides sign size and height – place them where you will, Haligonians!

It seems many Canadian cities want to strictly limit where signs sprout on public land. Yellowknife has created "Election Sign Zones" on public land and enacted a fearsome range of fines for prohibited sign placement, and even for signs in "State of Disrepair" (discretion up to the bylaw officer?). Ontario's York Region has also defined these special, sequestered sign zones in exceptional detail (complete with high-quality graphics!), with precisely measured separations from intersections and driveway entrances.

In other cities, there is a keen desire to keep a separation between campaign signs, to disrupt these natural forces of accumulation we are seeing in Alta Vista. Astonishingly, the City of Kawartha Lakes even limits the number of signs on private land: only two signs on a residential property and three tops for commercial ones. Born and raised in left-leaning "Redmonton," I was surprised to find the election sign posting on public land in libertarian Calgary considerably more imposing. While both Edmonton and Calgary stipulate a 20-metre distance between the same candidate's signs, Calgary goes much further, including a requirement that the person who placed each sign must be attached (name, address, and phone number) like a child's jacket when they go to kindergarten.

The City of Abbotsford, BC, however, easily takes the cake for the most fine-grained election sign bylaw I've come across. It delineates ultra-precise separations from things like fire hydrants and intersections, but also forbids election sign enhancements (no doubt in response to resident complaints) like "an attachment such as a balloon, kite, or inflatable device, or is illuminated, electrified, animated, moving or flashing." They've obviously thought about how to get the most eyeballs on their signs in the Lower Mainland. Ottawans take note; there are many more signage boundaries to be pushed!

So, what are we to make of the situation in Alta Vista where the merry accumulation next to parks, greenspaces, and every other available public space is only set to intensify as the October 24 municipal election day draws closer? I'm hoping we can collectively resist the Western Canadian trend towards tighter sign regulation and embrace the colour and visual chaos as a natural outgrowth of public debate and our democratic process. The jockeying for attention in the visual field along our streets is an integral and necessary extension of the verbal debate and battle of ideas.





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FLORA FOOTBRIDGE, VIMY MEMORIAL BRIDGE, CHIEF WILLIAM COMMANDA BRIDGE, MAX KEEPING FOOTBRIDGE, ADÀWE CROSSING, NO-CHARGE TRANSIT SUNDAYS FOR SENIORS RURAL ECONOMIC DEVELOPMENT STRATEGY, MAISON DE LA FRANCOPHONIE, LA NOUVELLE SCÈNE, HIGHEST COVID-19 VACCINATION RATE BARBARA ANN SCOTT GALLERY, NHL 100 CLASSIC, VIMY BRIDGE, JUNO BEACH BRIDGE, FIFA WOMEN'S WORLD CUP, GREY CUP, OTTAWA SIGN IN THE BYWARD MARKET

JACKIE HOLZMAN BRIDGE, RECORD AFFORDABLE HOUSING INVESTMENTS, SUPPORT FOR VETERANS, RINK OF DREAMS, ORDER OF OTTAWA, WOMEN & GENDER EQUITY STRATEGY STABLE TAX RATE, NO-CHARGE PATIO FEES, MAYORS ON NCC BOARD, NATURAL DISASTER RELIEF FUND, LABOUR PEACE, HERITAGE MATTERS TASK FORCE, RURAL ROAD UPGRADES KANATA REC CENTRE EXPANSION, NEW BGC SOUTHEAST CLUBHOUSE, JIM TUBMAN CHEVROLET SENS OUTDOOR RINK, WELCOMED 4100 SYRIAN REFUGEES



Thank you, Ottawa!

As we head towards the end of my term as Mayor, I wanted to thank you, the residents of Ottawa, for the kindness you have shown me over the years. It has been the honour of a lifetime to serve the nation's capital for almost fifteen years.

With gratitude,

Jim Watson
Mayor

@jimwatsonottawa    jimwatsonottawa.ca

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OUR COMMUNITY

Renaming of WRENS Way commemorated

By Gillian Godwin

On a beautiful September 9th morning we gathered to commemorate the renaming of WRENS Way in recognition of all those who served in the Second World War. By virtue of the new name our brave women received special attention.

We were honoured to have representation from the Navy League, the Canadian Legion, and the Perley Hospital Board. In addition, staff and students from Canterbury High School joined us and a small choir sang "Oh Canada." We were impressed by the number of students from Canterbury and the number of residents who attended, as well as Mayor Jim Watson who was emcee. He had a heavy workload that day which started with him being the first to sign the book of condolences at City Hall in the passing of Queen Elizabeth.



Photos credit: Charles Godwin

Rear Admiral Jennifer Bennett spoke of women in service and their efforts at home and abroad during wartime. An eye opener for some of the students in attendance. Ron Goebel brought greetings and appreciation from the Canadian Legion and Joan Bray joined him on the drive from their homes in Carleton Place. Joan was overwhelmed and happy that "women" had not been forgotten.

Pictured below are Ron Goebel (Chair of the Canadian Legion, Ontario Provincial Command), Jane Berlin (Community organiser), Mayor Jim Watson, Joan Bray (former WREN), Rear Admiral Jennifer Bennett (President of the Ontario Navy League) and Councillor Jean Cloutier.



Photos credit: Gerri Doherty

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"A true community builder, Marty understands her audience, cares about the future of her City and, with the Alta Vista Market as proof, will not rest until her goals are attained"- **Chris Penton, President of Ottawa Street Markets**

"I was fortunate to cross trails with Marty in our community associations' work on the New Official Plan for Ottawa. She was quick to recognize serious implications for residents; wise and thoughtful as we crafted solutions; and confidently applied savoir faire to achieve the desired changes in texts and minds"- **Heather Amys, co-President of the Overbrook Community Association**

"She is motivated by the power of what's possible and she harnesses that optimism into initiatives that bring us together to make our community better. We couldn't ask for a stronger, more impassioned and engaged voice to represent us at Council."- **Peggy Taillon, McRobie Avenue resident and Founder and President, Hera Mission**

"Marty understands what strong governance means and what constitutes excellence in public sector policy and management. She will bring relevant skills to the Council"- **Elizabeth McAllister, Past President of the Manor Park Community Association**

"When I heard Marty Carr was running for city council I was excited. I am thrilled to have someone who has a clear understanding of what people of all income levels need in a city councilor" - **Lisa Quesnel, Station Boulevard Resident and Former Chair, Blair Court Community House**



OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

On Saturday, September 17, Heron Emergency Food Centre held its first *Step Up and Step Out to Stop Hunger* Walkathon since 2019, before the pandemic. We are very pleased to report that response to the Walkathon met – even exceeded – our expectations. At the time of writing, we have received more than \$7000, with more donations yet to arrive. Twenty-eight people attended the event. The youngest walker, 3½-month-old Hugo, raised \$175. (We won't speculate on who was the oldest member of the group.) We have had a great response to our online donation platform *Rallyup*, which not only enhances security but has reduced the paperwork involved in issuing receipts.

We had in attendance at the Walkathon our Ottawa South MPP, John Fraser, who has been to almost every Walkathon since inception, and Riley Brockington, our city councillor for River Ward, who welcomed our Walkers and sent them off with rousing speeches. Marty Carr and Carolyn Kropp who are running to be Ward 18 Councillor in the municipal election, and Jessie -Lee Wallace who is running as a school trustee for OCDSB, also came to demonstrate their support for HEFC. We also want to thank the congregation of St. Thomas the Apostle Anglican Church which has generously allowed us to use their lovely facility for our Walkathon for many years. The members of our Ottawa South community have heard us and have responded with generosity. Thank you all.

The first Walkathon was in 2009, an initiative of a former board member, Phoebe Gowdy. You may remember that 2009 was the beginning of the last Recession, times were tough for low-income people and the community came through for HEFC splendidly with a total donation of over \$16,000. Over half of this was donated by one church congregation, Holy Cross, when our board member, Greg Yost, attended no less than five masses to remind the congregation of the needs of HEFC. While response has diminished during the past 13 years, we are still extremely pleased and grateful for the generous donations of so many people.

We are considering ways of switching up our next Fundraiser in order to appeal to this new post-pandemic world. Suggestions and ideas are welcome. Stay tuned for word of our next fundraising activity.



Participants in HEFC 2022 Walkathon



HEFC Volunteers head out for the walkathon with youngest participant, Hugo grandson of Executive Coordinator Louisa Simms, and his mother Christine.

Need for emergency food, as reported in our September Heroes article, remains high. HEFC is usually open for two hours a day, four days a week. Because of the extremely long lineups, we have been opening half an hour early each day, for the past six weeks.

All of our workers, including front line folks who serve clients, cleaning staff, folks who receive, inventory and store food, our buyer Harold Black, the financial team which provides bookkeeping and financial auditing through Hendry Warren LLP, and members of the very active Board of Directors, are volunteers. The salary of our part-time Executive Coordinator as well as the cost of rent and utilities is covered by a grant from the City of Ottawa. All of your donations, one hundred per cent, are used to provide food for people in need.

It's not too late to donate.

- Call us at 613 737-9090 for more information.
- Email at: hefc-info@rogers.com.
- Donate at: www.hefc.ca.
- Contact your organization's HEFC representative.
- Check us out on Facebook: www.facebook.com/HeronFoodCentre.
- Check us out on Twitter: [@HeronFoodCentre](https://twitter.com/HEFC.ca).

HEFC will be present at an event at 411 Billings Avenue on Saturday, October 1, where the Phoenix Big Band will be presenting an outdoor concert of original blues, jazz-blues fusion, reggae, and Latin music. The Phoenix Big Band will also have their CD "Vertigo" for sale. We will be accepting donations of non-perishable food as well as cash at the event. (thephoenixbigband.com)

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. We are pleased to make presentations to school classes about volunteering and food insecurity. The holiday season, starting with Thanksgiving, is almost upon us. We would be pleased to attend your venue.

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

OCTOBER WISH LIST

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

OUR COMMUNITY

THE TALE OF TIMOTHY, THOMAS AND A WHOLE LOT OF TOMATOES

By Janet Mark Wallace, Derwyn Sangster, Helen Lee and Don Caldwell

The churches of St. Timothy and St. Thomas sit kitty-corner on Alta Vista Drive at Randall, where the fire station is located. The churches have similar names, addresses, and now, similar uses for their front lawns. In the last few years, both churches have made their front yards available for growing food. On August 16, four of the St. Timothy and St. Thomas gardeners met to tour and discuss their gardens.

St. Timothy's Presbyterian Church started its garden in 2016. It has nine plots, each measuring 13 feet square. One or two plots annually are dedicated to growing for the Heron Emergency Food Centre, and the others are held by church and community members, who are often assisted in tending the plot by members of their extended family. There is a shared tool shed and a tap with separately metered water. Irrigation costs for 2021 were approximately \$47. Each plot-holder looks after watering their own garden, although informal cooperation exists around covering for each other, during vacations for example. Plot-holders pay \$35 each for the season, which offsets the cost of water, renting a rototiller in the spring, and getting a delivery of soil.

Down the street, St. Thomas the Apostle Anglican Church started its garden in 2021, beginning with 11 plots measuring four by 12 feet each. In 2022, St Thomas added another 13 plots to the south of the original 11. Twelve of the plots are now tended communally by volunteers from St. Thomas, and all of this produce goes to the Heron Emergency Food Centre. The remaining 12 plots are allocated to individuals, some from within the parish, and some from without. There is no annual fee for a plot, but individual plot-holders are requested to donate 10 per cent of their produce to the Food Bank. Again, there is a shared tool shed. Water



Ten kilos of produce headed for the Heron Emergency Food Centre; Photo credit: Rachel Longdon

is not metered separately, and water cost is calculated by looking at seasonal variations in church water bills. Here, gardeners are assigned one day a week to water all of the plots in their section. The result is that gardeners who live outside the neighbourhood need to come only once a week to tend their plot.

The St. Timothy and St. Thomas gardens have in common that they have made the front lawn of their churches more interesting for passers-by, of the human-, animal-, and insect-kind. They have become a social point in the neighbourhood for stopping to admire the plants, chat, and learn about food growing. And they've provided some fresh local produce to the Food Bank and to the growers' families.

Other institutions in Alta Vista might want to consider similar uses of their yard space, be they a school, a place of worship, an office park, a daycare or a seniors' residence. It is a great community-builder, and provides beauty and biodiversity right out our front door!

The St. Timothy and St. Thomas gardens are part of the Just Food Community Garden Network. For more information, contact the Alta Vista Community Association Local Food Committee (contact@avca.ca); St. Timothy's (sttimsoffice@on.aibn.com); St. Thomas (stthomasparishottawa@gmail.com) or Just Food (info@justfood.ca).



Plowing St. Timothy plots in the spring; Photo credit: Helen Lee



St. Thomas the Apostle Garden August 2022; Photo credit: Janet Mark Wallace



St. Timothy Garden August 2022; Photo credit: Janet Mark Wallace

OUR COMMUNITY

ELLWOOD WELCOMES THE LEADING MAYORAL CANDIDATES

By Norman Payne, President Ellwood's Ridgemont Community Association



Ellwood's Ridgemont Community Association was the first community association to invite the front runners in the mayoral race to meet with its directors and residents. Mark Sutcliffe and Catherine McKenney accepted the invitation, while Bob Chiarelli did not.

Both meetings, the first on August 17 with Mark Sutcliffe and the second on August 23 with Catherine McKenney, were lively, well attended, and humorous too. Below is a synopsis of the two candidates' positions to identical questions provided to them in advance.

Strong Mayor – Will you use the new “Strong Mayor” option, and if so under what circumstances?

Both candidates emphatically refused to resort to using the powers enacted during their time in office, saying that it is an undemocratic feature.

Developer donations – You have stated you will not accept donations from developers. Why are you taking this approach?

Mark Sutcliffe indicated that he is well aware of “a long-held perception that developers have undue influence resulting from donations to candidates – individually, by close friends and family members, and as corporate entities, thus contributing more than is ostensibly permissible” and he “will not accept donations from developers directly or indirectly.”

Catherine McKenney mirrored this stance.

Traffic problems – There is a traffic problem in Ellwood, especially in relation to Bank Street. Speeding, dangerous maneuvers to cut across busy lanes, accidents, cut-through traffic by drivers who do not reside in the community or have any reason for being on our streets other than a shortcut to beat the lights at Bank and Walkley. No solutions have been found so far. How would you help us?

Sutcliffe empathised with the community and would assist in measures to reduce or eliminate the problem, seeing it as “a City customer service issue that needs to be resolved in co-operation with the Association and Councillor Riley Brockington.” He supports an already established request to the City to come up with two solutions, of which one would be chosen by the majority, including support for re-designating Kitchener Avenue as a residential street.

McKenney too empathised with the community and would assist in measures to reduce or eliminate the problem, seeing it as a “Road Design issue” and would support the community association's two solution approach, also indicating support for re-designating Kitchener Avenue as a residential street. They emphasized a willingness to work with the Association and Councillor on these details.

Property standards – Over the last five or six years, many homes have been turned into multi-tenant units with absentee owners, resulting in a steep deterioration of property standards and front yards turned into parking lots. Residents find that by-law enforcement is weak, and often unwilling to enforce the rules. The City's Director of Bylaw and Regulatory Services has admitted in the media that the resources allocated by Council are insufficient. What will you do on both counts?

Sutcliffe indicated it is “a City customer service issue that needs to be resolved with proper staffing, tying it in with the ‘broken windows’ theory which states that visible signs of crime, anti-social behavior and deteriorating property standards create an urban environment that encourages further crime and disorder, including serious crimes.” He also agreed with an attendee's conclusion that citizens should have the option to phone the police or by-law department rather than being forced

on to a sometimes-contentious City website and that there should be a co-operative approach with all parties concerned.

McKenney indicated that they are a “big proponent of ensuring property standards are met” and “will improve funding for that department.” They said that there should be a middle ground where there should be some discretionary means of dealing with problems, by having By Law talk to residents instead of the current requirement that a file be registered as a complaint to be dealt with.

Crime, traffic and the Ottawa Police Service – There have been around 17 shootings, several stabbings, dozens of robberies, including banks, and at least eight people murdered within a few minutes' walk from our homes. Three police chiefs in a row have admitted that the Ottawa Police Service does not have the resources to either monitor or enforce traffic rules, speeding or other personal safety measures. What is your solution?

Sutcliffe stressed that he is not in favour of defunding the police, and is a proponent of the broken windows theory, and “would work to ensure that mental health situations have a different and effective response system that is adequately funded.”

McKenney is not in favour of the “Intentional Approach,” defined as continuing to do what we are currently doing, and that instead “we need to re-prioritize what the Ottawa Police Services do.” McKenney too is a proponent of the “broken windows” theory and would work to “ensure that mental health situations have a different and effective response system that is adequately funded.”

An attendee with a career in front-line social work explained that by trying to separate the traditional police involvement in situations where there are mental health issues, it becomes problematical and dangerous as the presence of police is imperative due to the volatility and the high risk of unpredictable violence that only police officers can deal with.

Affordable housing – Affordable housing, not to be confused with City assisted living, is categorised by CMHC as costing less than 30 per cent of a household's before-tax income and does not reference an income range. When some people working at minimum wage have a take-home pay that is not enough to pay the going rate for rental apartments let alone food and utilities and forcing people to cohabitate with strangers just to make ends meet, what is your solution? And there are many vacant buildings throughout the city, federal, municipal or privately owned, e.g., Terminal Avenue (brand new, never used for over five years), another at the corner of O'Connor/Lewis and Gilmour streets. What will you do to convert these buildings into affordable housing?

Candidate Sutcliffe indicated that affordable housing is a huge priority for him, along with supportive housing for those of much lesser means. He also supported a resident's suggestion that unused City lands and various empty commercial and government towers, where cost effective, should be turned into residential use to alleviate the housing problems.

This is an important priority for McKenney as well. They indicated that “help should be sought from the Federal government to assist with the problem” and that “on any given day there are five to six hundred homeless people in the city core and another 36 hundred in need of homes with the very tight rental supply.” They continued: “Turning government and commercial buildings into affordable housing is easier said than done, as it is very expensive and not necessarily cost effective and rarely affordable.”

Tree canopy and clean parks – The City champions a good tree canopy. With the intensification planned, multiple houses with postage-stamp sized lots, with hardly any green space, where will the trees go?

Sutcliffe ran through a plethora of initiatives to combat climate change, pollution and expand the green canopy in Ellwood in particular, and in Ottawa in general, “with the planting of one million trees, encouraging electric vehicles, no more single-use plastics, waste-to-energy solutions instead of landfill dumps, to talk about it less and do more,” and other

OUR COMMUNITY

features that would be of environmental benefit. He guaranteed to “provide Ellwood with 500 trees.” In regard to insufficient cleanup and lack of garbage cans in Ellwood’s parks, he indicated that “residents have a right to expect better service from the City” and would see that there is improvement, and that he would look favourably at having a dog park in Clifford Allen park.

McKenney said that “Ottawa loses trees every single day, and efforts must be made to retain what we have and plant more to make up the loss.” They are “in favour of instituting better cleanup services and more garbage cans in Ellwood’s two parks,” and if chosen for Mayor, they would give Ellwood a “birthday present of 500 trees,” and also support a dog park.

Toxic City Council – *Ottawa Council has been one of the most toxic councils in Canada for over the last five or six years, and almost half of the same councillors will likely be back. What will you do to arrest this toxicity, and what will you do if it persists?*

Sutcliffe indicated that he is “middle of the road” in his approach to solving problems and would not encourage the rancour currently on Council, and one way to show Council respect is his “guarantee not to use the ‘Strong Mayor’ feature at all.” He also assured the attendees that he is “a great believer in community associations and their participation in the governance of the city” and would work closely with Ellwood’s Ridgemont Community Association and attend at least one of our AGMs.

McKenney indicated that the responsibility could be equally shared around the Council table and that COVID exacerbated the problem. They said that they “try to and will work with everyone,” but “alas, there was a solid faction at Council that always voted as a bloc,” and that in pursuit of a fair approach, they are eschewing any application or acceptance of “Strong Mayor” powers. They also indicated they “believe that people who live in the community know what’s best for the neighbourhood” and would work closely with Ellwood’s Ridgemont Community Association.

Attendees questions

Re: \$500 public transit surcharge being added to homeowners’ tax bills

Sutcliffe is “not in favour, as people in areas with little or no access to public transit would not benefit,” but he was “open to features to assist those who most needed transit but did not necessarily have the means.”

McKenney indicated they “are not at all in favour of free transit for everyone right now.” They said, “The issue is just an election season red herring; a viable goal is to raise ridership from 1.15 million to 3.5 million over the next five years; and some riders needed assistance, but not at cost to taxpayers across the board.”

Re: Upper limit for population density in Ellwood per the Official Plan

Sutcliffe assured us that if elected he would contact City Planners to determine the undefined upper limit Official Plan population density in Ellwood.

McKenney, when asked to speedily inquire from City Planners what the undefined upper limit of Ellwood’s population density for the Official Plan Intensification is, declined to comment because of the election constraints placed on candidates, but assured Ellwood’s Ridgemont Community Association president Norman Payne that if elected they would “quickly obtain that number from City Planners and provide it to the Association.”

COMMUNITY NOTES

Work on Banff Avenue’s repaving and new sidewalk begins around October 10, with utilities already marked off. City Project Coordinator Dante Buda and Association President Norm Payne will do a walk-through survey of the street to highlight important features, dips and undulations, and anticipate any problems to be headed off. Dante indicated that it is possible that most of the asphalt removal will be done this year and possibly the resurfacing and sidewalk in 2023.

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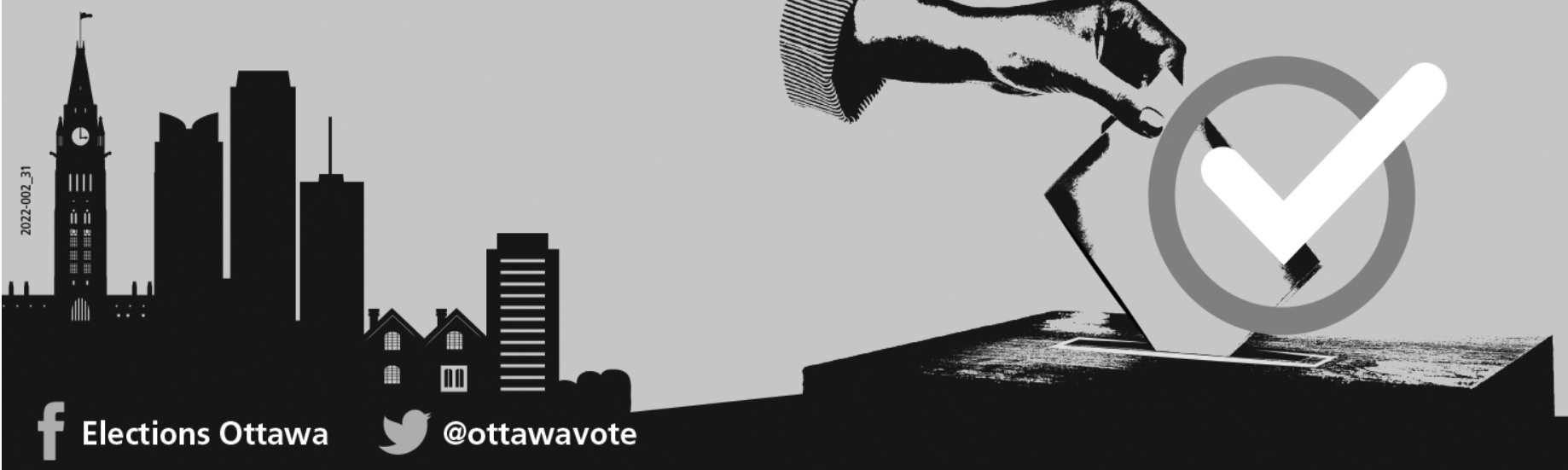
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October 24

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Ottawa has new ward boundaries for the 2022 Municipal Elections and 2022-2026 Term of Council. Use the **"Who is running in my ward?"** tool on ottawa.ca/vote to verify your ward name and number, and to view the list of candidates running in your ward.

For more information about the 2022 Municipal Elections, visit ottawa.ca/vote or contact the City of Ottawa's Elections Office by phone at 613-580-2660 or by email at elections@ottawa.ca.



2022-002_31

OUR COMMUNITY

Famous North West Mounted Police (NWMP) Personalities of Long Ago

By J.J. Buffalo Joe Healy, RCMP Veterans, Ottawa



Superintendent J. J. Healy & Gracie

To commemorate the 150th anniversary of the RCMP coming up in May 2023, we take time to remember a man who was among the very first to join the North West Mounted Police (NWMP) in 1874, and who rode in the March West. Like so many others, he faced the unknown challenges of the Canadian West and did his duty as a Mounted Policeman. He is counted as one of

the very early and famous personalities of the NWMP long ago.

Our Veteran was born and raised in Kingston, Ontario. At 19 years of age, he successfully joined the NWMP. One can speculate about his desire to join the NWMP; he may have been seeking work or perhaps he wanted to travel or perhaps he heard about the opening of the Canadian West and was looking for adventure.

He enlisted in the NWMP at Kingston on March 28th, 1874 as Regimental # 0165. Soon after in Toronto, it is known that Commissioner French warned the early recruits of the dangers of the Canadian West that lay ahead. Commissioner French said: "... I plainly told them that they would have, and must expect, plenty of hardship; they might be wet day after day and have to lie in wet clothes; that they might be a day or two without food, and that I feared they would often be without water, and I called on any present who were not prepared to take their chances of these privations to fall out ... there were plenty of good men to take their places." (Cruise & Griffiths, p.176-177).

Our young and gritty recruit did not quit. Within three months, he was squadded into "F" Division – the last troop in the long column of men from Fort Dufferin, Manitoba that formed the March West. He rode a bay steed and he resolutely completed the journey from Fort Dufferin to present-day Alberta, a distance of over 900 miles.

Our Veteran's Police Service Record is sparse, however, we are still able to gain a glimpse into his career and garner a sense of his personality from the details that are available. Also, we can place him in context, as much is known about the difficulties faced by both the early pioneers and the police patrols who sought to tame the West.

Accounts tell of the exhaustion of the NWMP men as they plodded westward. They worked without proper food, equipment or rest. Uniforms were ill-fitted and of poor quality offering little protection from the unpredictable weather. Whenever they could sleep, it was on ant-infested ground.

In addition to foul weather, bugs and flies tormented both horse and rider. Stories are told whereby horses had to be destroyed by their police owners because of the unendurable torture suffered due to clouds of flies that got into the animals' nostrils and eyes. Indeed, men suffered as well, and neither doctors nor dentists were available to ease pain and cure illness. Such were the conditions faced by our brave recruit.

Strict military discipline was not a strong attribute of most of the early NWMP recruits. Our Veteran certainly fell into that category and very likely he found the adjustment into police ranks very difficult and testy. Early in his career, he had several charges for discipline brought against him by Senior Officers.

In July 1874, he was charged with "Not complying with an order" and fined \$3. In August 1874, he faced three more disciplinary charges: "Insolence" (\$2 fine), "Disobedience of an order by riding in a wagon" (\$2 fine), and "Neglect of duty in allowing horse to get away" (\$10 fine).

In September 1874, he was again cited for another "Disobedience of an order" and fined \$15. Given that he was making 75 cents a day, one can see that he had trouble saving any of his earnings. As the fines increased, it also seems that our Veteran changed his ways as there were no more disciplinary matters noted in his record.

He served in the NWMP for three years and 44 days before taking his discharge at Fort Macleod as "time expired" on May 11, 1877. In the NWMP, at that time, all members served for a specific period of time and if they were not interested in further service, then their "time expired" and they were discharged accordingly.

Upon his discharge at age 22, he appeared slight of build and stood at 5'7" tall. His eyes were gray, his hair was brown and his complexion was described as "fresh." One can get a fairly good visual image of our Veteran from this description.

He returned to Kingston where he became a sailor and captain on the Great Lakes. He died in 1920 and he was buried in St. Mary's Catholic Cemetery in Kingston, Ontario. His occupation is listed as "Captain" in the Cemetery Registry.

Cherry is a surname familiar to Canadians and our Veteran is Sub Constable John T. Cherry. Our brave and gritty figure is the paternal grandfather of Canada's famous Coach's Corner CBC hockey commentator, Mr. Don Cherry.

We tip our Stetson to John T. Cherry of the North West Mounted Police.

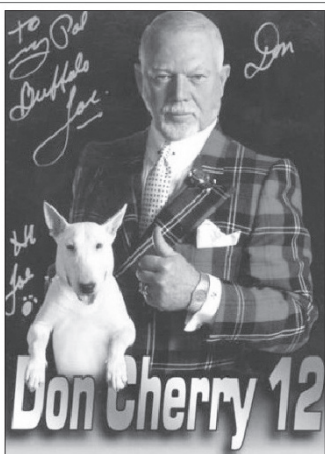
Source: Cruise, D. & Griffiths, A. (1996). *The Great Adventure: How The Mounties Conquered The West*. Toronto: Penguin Books Canada.

Note: Many years ago, I was very fortunate in my quest to find Sub Constable John T. Cherry's grave in St Mary's Catholic Cemetery in Kingston, Ontario. There was no indication on his original grave marker that he was one of the famous Originals of the NWMP March West in 1874. RCMP Veterans in Kingston and Toronto decided to purchase a new marker and dedicate it to John Cherry's memory.

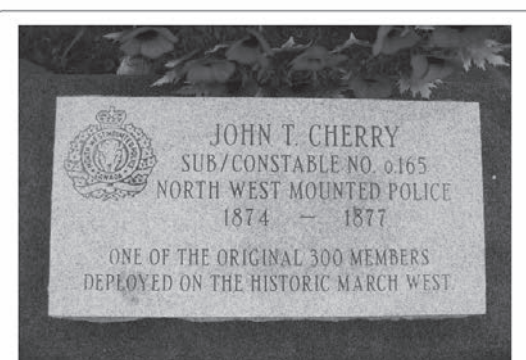
Paternal grandson Mr. Don Cherry at CBC's Coach's Corner was contacted by RCMP Veterans, and he kindly accepted an invitation in November 2011 to attend the Dedication Service and lay the new marker at his grandfather's grave. He also gave me a few, free defensive tips on how to handle the puck in the corners of the rink!



CBC Coach's Corner, Mr Don Cherry & Superintendent J. J. (Joe) Healy in Kingston, ON. 2011



An autographed photo of the Grapes himself to his friend Superintendent Buffalo Joe Healy



A new stone marker was dedicated to Sub Constable John Cherry on November 16, 2011. Much earlier, the John Cherry grave was found in St Mary's Catholic Cemetery in Kingston, ON.

OUR PEOPLE

AL CHARRON

TRAIN HARD, PLAY HARD, FOCUS ONLY AFTER, LAUGH AND PLAY

By Courtney Tower



Train hard. Play hard. Hold the focus. Only after, with the game over, do you relax, laugh and joke, replay great moments, bond. And further on, even years later when you are a rugby hall of famer, you keep your friends from sports and other worlds, through thick and sometimes thin. Such has been and is the code of Al Charron, one of Canada's most honoured men of a hard game, who also loves flowers, driftwood, and posting bits of humour and homily for passersby to see.

At my age,* I'm not easily gripped by personal concern. But I had to admit a quick frisson of intimidation, on his Delmar Drive doorstep, standing beside this huge man. He looms not just tall over me but is wide of chest, thick of arms, thighs of oak, a tyrannosaurus-trim torso. Then he speaks, quiet and gentle, and the frisson falls away.

In the home of Al and Annette Charron and son Rylan who enters engineering at Carleton University this fall, there's a straight line of sight from the front through the large kitchen out to a vista of perennial flowers, huge sunflowers, little blue flowers, and in their midst but separated by guiding strings, cucumbers and tomatoes and beans in their own vegetable garden. It is all riotous reds, yellows, greens, wide and deep. And there is more: this extensive vista created by the Charrons on their own lot and the city property attached to it (with city approval) fronts on to the Kilborn Gardens, where many Ottawans have their plots of flowers and vegetables.** So there is an even larger view of colour and green growth.

All that, plus the occasional couple walking or cycling by on the asphalt pathway along the Kilborn Gardens. Some stop to read the aphorisms or short bits of humour that Al chalks out on a slate. One passerby just recently left him a message:

Dear Chalkboard Philosopher (as we've come to refer to you)

My husband and I often bike this way in the early morning and we wanted to thank you for your wonderful daily notes. They bring a good laugh, a moan at a bad pun, or provoke thoughtful reflection and discussion. It's people like you that make the world friendlier and brighter. Please accept this crabapple jelly by way of thanks.

Sincerely,

Anne and Danny

"Philosopher? Me? No, I just put out these daily jokes or observances for everyone's fun," Al says. "I get them from the Internet, or magazines, or people send them to me or I think some up myself. I do one in the back garden daily and move it to the front of the house the next day."

Today, the garden chalkboard is pictured here:

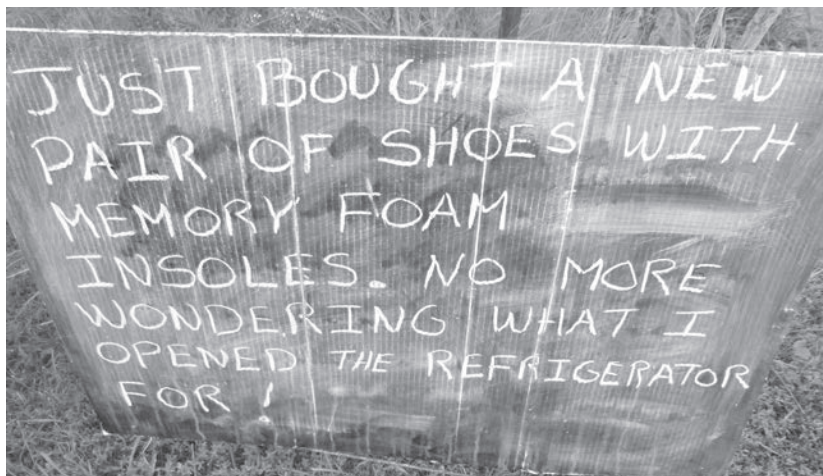


Photo Credit: Gerri Doherty

The board in front of the house stands amidst some pieces of driftwood that Al has collected from here and there and a good many from friends' lakes as found art.

He Went In Short Came Out Huge

Inside the house, the interview starts at the start, when Alan John Charron was born in Alta Vista 56 years ago, where he was raised and played a medley of sports at Hillcrest High School and Carleton University (Sociology). He played all kinds of sports at Hillcrest – more sports than studying his books – and hockey was his first love. But phys ed teacher Rick Pollock told him he'd be very good at rugby and so he began to concentrate on that. It didn't hurt that half way through his Hillcrest years he went to work at a children's sleepaway summer camp – Camp Tawingo – as a fairly short youngster but there enjoyed a huge growth spurt to near his eventual 6'5' (1.95 m).

"My first day back at school in the fall, people were staring at me," he recalls. "My schoolmates couldn't believe how I had grown in those summer weeks. And I had to get all new clothes that fit, although my feet and hands were always big." At 56 he is little changed from those days, in height and weighing a reasonably trim 295 pounds (134 kg). "Maybe that weight now is north of 300 but I'm afraid to look," he jokes. "Rugby is a sport for all shapes and sizes," he adds. There are lots of people bigger than me in rugby but I do have to thank my growth for getting me into the game."

Al Charron and Annette Saikaley were Hillcrest High sweethearts. She came from just around the corner from their present home and was herself an active sports enthusiast at high school. Like Al, she played various sports but her favourite and best was volleyball and, says a loving Al, "she was very talented and able at that." Annette went on to further studies and became and is a dietitian who works at a community health centre and has a consulting practice. They dated for seven and a half years until they married in 1993 when Al was 27.



Al Charron and Annette Saikaley; Photo Credit: Gerri Doherty

He Trained Hard Played Hard

After graduating from Carleton U. Al went into a federal government job that enabled him to take time off for rugby practices and games, the latter often out of town (mostly in Toronto). He soon built up a stellar record in club rugby (amateur) with the Ottawa Irish and with four professional clubs in England and France. Over several years he built up one of the great records in Canadian rugby and overseas, mostly as a loose forward or a second row.

OUR PEOPLE



A fan's painting in Al Charron's trophy room of Al charging.

The spectators and sports writers certainly liked him. In his amateur years (1986-1987) with the Ottawa Irish, his years (1997-2002) with two professional English and two French teams, his 1989-2003 years on Canada's national teams, he won many laurels. In 2017 he was inducted into the World Rugby Hall of Fame. He is a hall of famer (or wall of famer in Eastern Ontario's case) in Ontario and Ottawa. He was voted Player of the Season two years running in Britain and the West BBC named him South West Rugby Player of The Year in 1999. He won what was for a long time a record 76 caps on Canada's national teams from 1989-2003: caps meaning that he played in 76 Canadian games against other countries, in his case, all as a starter. He was captain for 25 of them. He played in four Rugby World Cups to acclaim from sporting publications.

A Homebody Now Home In Alta Vista

Life since retiring from rugby in 2003 has been one of settling in here – "I've always been something of a homebody." A long employment with Rugby Canada came to a disappointing end when the national body fired him, citing COVID-19 pressures. He works now for a company, RVezy, that rents out leisure recreational vehicles.

As a great of Canadian rugby, Al still gets asked out now and then to speak or otherwise promote the game in Canada. It is a quieter life now, though, and one he and Annette enjoy from a home of love and fond memories.

** Courtney Tower is 90. Fearless? Not so much.*

*** Or Ottawans will have them for who knows how long in the future. It is slated to make way for a highway.*

A loose forward is a top tackler of the opposition players, a driving and driven competitor for the ball. It is a fast, hard, body-crushing job. A second row is the guy in the thick of those scrums of players in a circle who push and shove to get their side the ball. Forwards are the workhorses on a rugby field.

"I've always loved running hard, tackling hard, working hard and focusing entirely on the game," Charron said. I think that was why spectators liked me, that I worked so hard and always had my nose amongst the action"

"I'm so glad I live in a world where there are Octobers." - L. M. Montgomery, Anne of Green Gables

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OUR COMMUNITY

ERIC BOULAY: CELINE TOWER 2021 GRANT RUNNER UP

Eric Boulay was the runner up in the “university student” category for the Celine Tower grant for 2021. As reported in the March 2022 edition of VISTAS, Eric, a second-year student in journalism at Carleton University at the time, provided a fascinating essay in support of his application on the post-Halloween pumpkin collection in Alta Vista in 2021. In this story, we learn what happened to some of the many left over carved and uncarved pumpkins, and what motivated the volunteers who collected them. Here, in this October edition of VISTAS, we present his seasonal essay. And be sure to keep an eye out for any similar events this year on OSEAN’s Facebook page!

Ottawa volunteers organize post-Halloween pumpkin collection

By Eric Boulay



Ottawa volunteers fight against Halloween pumpkin waste by organizing pumpkin drop-off locations between November 1 to 3 [2021]. There will be drop-off locations throughout the Ottawa South and Alta Vista neighborhoods.

The volunteers will donate the pumpkins to feed pigs at River Castor Farm, a local pig farm south of Ottawa. All intact pumpkins will go to Food for Thought Ottawa where they will become healthy meals for people facing food insecurity.

The community group organizing this event, Ottawa South Eco-Action Network, has dubbed it “Pumpkins for Pigs.”

This is OSEAN’s third year of Pumpkins for Pigs. Last year they collected over 400 pumpkins, according to Marianne Ariganello, the lead organizer of Pumpkins for Pigs.

“I wanted to not just have [the pumpkins] go to the compost. I wanted to see if I can reuse them,” Ariganello said.

Ariganello said Pumpkins for Pigs started out very small. She said she collected 50 pumpkins the first time she organized the event, gathering them all in her front yard.

The second annual Pumpkins for Pigs event had seven drop-off locations. This year, there are almost double with four in Alta Vista and nine in Ottawa South.

Ariganello explained that each drop-off site volunteer simply collects pumpkins on their driveway. OSEAN volunteers will be in charge of transporting the pumpkins to River Castor Farms and Food for Thought Ottawa.

Ariganello said that OSEAN uses a minivan with a pull-trailer to transport the pumpkins.

Last year, OSEAN partnered with the Riverside Park Community Association to organize the Pumpkins for Pigs event. Kate Cathrae, the president of the RPCA, said she was able to set up a main drop-off location at Ernie Calcutt Park.



Photos provided by Marianne Ariganello.

Cathrae said the park drop-off site became a display for the community’s jack-o-lanterns and decorated pumpkins. This location became known as “Pumpkin Alley.”

“After we’ve had our fun with the pumpkins, let’s make sure that they are being diverted from the landfill and being used somewhere,” Cathrae said.

Cathrae said she’s organizing another large pumpkin drop-off location at Ernie Calcutt Park this year.

Ariganello said she was surprised that so many intact pumpkins were donated last year. She said she contacted Food for Thought Ottawa which was happy to accept any intact pumpkins donated this year.

Food for Thought Ottawa is already planning the dishes they’ll prepare with these pumpkins, said Sylvain de Margerie, the Organization’s founder.

“Joe Thottungal is our executive chef,” de Margerie said. “He knows a whole bunch of stuff to do. He can make pumpkin curries and pumpkin soups—and they’re all really delicious.”

Ariganello said she hopes that this event will inspire others to do similar good deeds for the environment.

“If you have something that bothers you about the environment, just try something and see where it goes,” Ariganello said. “[Pumpkins for Pigs] just started with that thought, and then blossomed into this.”



OUR COMMUNITY

The Halloween House

By Christian McPherson

Sometimes in the summer, a parent or grandparent will walk by with their child or grandchild and the kid will point at the house at 1484 Orchard Avenue and say something like, “Nana, that’s the Halloween House.” This usually puts a smile on owner Christian McPherson’s face. “Yes, it is, and you should see what we have coming this year,” is his reply, if sometimes only in his mind.

2022 marks the 17th year McPherson and his wife, Marty Carr, have been putting on their Halloween display of skeleton pirates, vampires, zombies, mummies, and all other creatures of the undead. It has become a favourite amongst Alta Vista residents. People have been coming from different parts of the city to ogle the goons and ghouls. For the last two years, McPherson and Carr have set up a donation bin for the Ottawa Food Bank. Last year they raised over \$1500 in donations and 20 boxes of food.

This year they will be donating to the Heron Emergency Food Centre. McPherson says he is going big and spectators can expect to see some large additions to his “Lawn of the Dead.” Last year it took McPherson three full eight-hour days to set it all up. He anticipates this year will be even longer but says it’s worth it for a good cause. Come by after the October 1st weekend and the Dead will be dancing at 1484 Orchard Avenue.



The Halloween House

OUR ENVIRONMENT

Photos from Ellwood’s Gary Howard



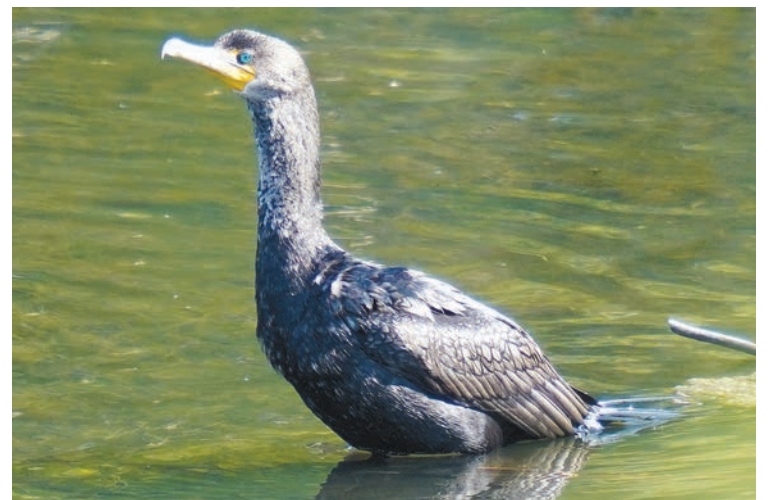
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In eclipse male Mallard Duck



Green Heron



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OUR ENVIRONMENT

BIRDS OF ALTA VISTA: Turkey Vultures

By Richard Knapton

During warm clear days in summer and in fall here in the Ottawa area, you may have glanced skywards and seen a large, dark, broad-winged bird gliding effortlessly along, rarely flapping its wings, but seemingly a bit unsteady as it tilts to and fro with the air currents and rising thermals. As it soars, it holds its wings in a distinctive V, unlike other large birds of prey such as eagles and the larger hawks that hold their wings flat. You may have noticed, if the bird was close enough, that it had a red head and two-toned wings in black and dark gray. This bird is a Turkey Vulture, a fairly common sight in eastern Ontario. So, what do we know about this bird ...?

Turkey Vultures are large dark birds with long, broad wings. They are bigger than other raptors except for eagles, and they have long “fingers” at their wingtips and long tails that extend past their toe tips in flight. They are marvellous but unsteady soarers, and their teetering flight with very few wingbeats is characteristic. They may soar in small groups and roost in larger numbers. You may also see them on the ground in small groups, huddled around roadkill. Turkey Vultures are common around open areas such as roadsides, farm fields, countryside, and food sources such as landfills. On sunny days, look for them aloft as early as 9 a.m.; in colder weather and at night they roost on poles, towers, dead trees, and fence posts.



Turkey Vulture perched: Photo by Bob Baker

Turkey Vultures eat carrion, which they find largely by their excellent sense of smell. Mostly they eat dead mammals, but they will snack on reptiles, other birds, amphibians, fish, and even invertebrates. They seem to prefer freshly dead animals. Thankfully for them, vultures appear to have excellent immune systems, feasting on carcasses without contracting botulism, anthrax, cholera, or salmonella. Turkey Vultures almost never attack living prey. They are consummate scavengers, cleaning up the countryside one bite of their sharply hooked bill at a time, and never mussing a feather on their bald heads.

Researchers proved fairly long ago that Turkey Vultures have a strong sense of smell. It is generally thought that birds in general either have a rudimentary sense of smell, or not at all. In 1938, the Union Oil Company discovered that by injecting a strong-smelling organic chemical called mercaptan into gas lines, they could readily find leaks by monitoring vulture activity above the pipelines. Some mercaptans smell like rotting cabbage or eggs. They and related chemicals are released as carcasses decompose. To us, mercaptans smell horrible, but for vultures, they are associated with fine dining.

In a 1986 study in Panama, Turkey Vultures found all chicken carcasses, which had been securely hidden and concealed, within three days. The only way the vultures could have located these carcasses was by smell. In the tropics, there are other species of vultures that do not have a sense of smell and use Turkey Vultures to locate food. They watch the circling behaviour of Turkey Vultures for signs of a carcass on the ground, and should the Turkey Vultures begin to gather low over the ground or to drop down suddenly, then that is a cue for these other species to zone in and investigate.

Turkey Vultures nest in rock crevices, caves, ledges, mammal burrows and hollow logs, fallen trees, and abandoned buildings. These nest sites are typically much cooler than their surroundings, and isolated from human traffic or disturbance. While they often feed near humans, Turkey Vultures prefer to nest far away from civilization. Turkey Vultures do not build full nests. They may scrape out a spot in the soil or leaf litter, or arrange scraps of vegetation or rotting wood. Once found, many of these nest sites may be used repeatedly for a decade or more. They lay one to three eggs, and have just one brood per year here in eastern Ontario. The incubation period seems to vary considerably from pair to pair, from 28 to 40 days, and the nestling period is very long, from 64 to 84 days.

The Turkey Vulture’s distinctive slow, teetering flight style probably helps the bird soar at low altitudes, where it is best able to use its nose to find carrion. At other times they may soar high on thermals and form mixed flocks or kettles. On the ground, they move with ungainly hops. Often, especially in the morning, they can be seen standing erect, wings spread in the sun to warm up, cool off, or dry off. Outside of the breeding season, Turkey Vultures form roosts of dozens to a hundred individuals. When Turkey Vultures court, pairs perform a “follow flight” display where one bird leads the other through twisting, turning, and flapping flights for a minute or so, repeated over periods as long as three hours. Migrating flocks can number in the thousands. At carcasses, several Turkey Vultures may gather but typically only one feeds at a time, chasing the others off and making them wait their turn. Despite their size, Turkey Vultures are often driven off by smaller vultures, and some hawks.

Turkey Vultures have increased in number across North America by approximately 1.8% per year from 1966 to 2019, according to the North American Breeding Bird Survey. The species has a huge geographic range, from central Canada south through the United States, the Caribbean, Central America, and all the way down through South America to southern Chile and Argentina. Current global population is estimated at 28 million. These birds were threatened by side effects of the pesticide DDT, but today they are among the most common large carnivorous birds in North America. However, because they live on rotting meat, they can fall victim to poisons or lead in dead animals. The main concern is lead shot that ends up in carcasses or gut piles left by hunters. The birds ingest the shot and eventually suffer lead poisoning. Other threats include trapping and killing due to erroneous fears that they spread disease. Far from it, vultures actually reduce the spread of disease.



Turkey Vulture in flight: Photo by Bob Baker

BOOKWORM'S DELIGHT

The Dragon's Threat

By Peter King (2022)

Reviewed by JoAnn Mallory

The Dragon's Threat by Peter King centres around a lonely London professor specializing in Cartography and Ming and Qing Dynasty marine voyages, who suddenly finds himself at the centre of international tensions regarding British sovereignty of a small remote island in the South China Sea.

Professor Peter Holroyd is introduced going about his daily routine of breakfast, reading morning newspapers, and strolling across the campus of his comfortable academic world. But once Holroyd enters the university halls, the rest of his day is anything but ordinary as he learns that his tenure is in jeopardy followed by a seemingly chance encounter at a local pub with an old schoolmate, Merry, who works at Foreign Office, that sets him on a voyage to China.

Merry introduces Holroyd to a retired American Air Force general and the directors of a large Chinese import/export company, Xiang and his son, who invite Holroyd to another meeting on the following day. Xiang offers Holroyd a considerable payment to find out if there were any sovereignty claims prior to the British raising their flag on Dejection Island in the 1880s, and access to private collections and libraries in China to further his own research as well.

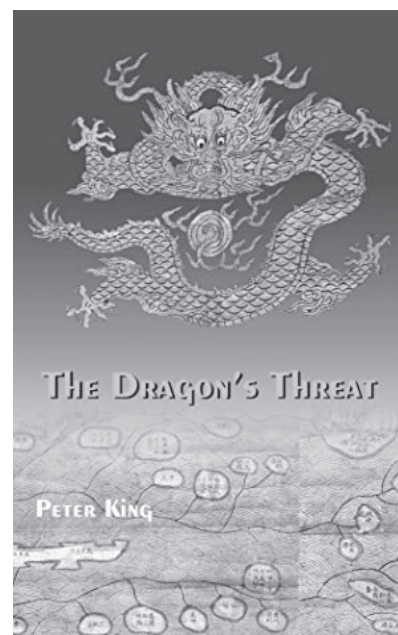
Shortly after Holroyd accepts Xiang's generous offer, ominous incidents occur such as an attempted abduction, a home invasion, and the sudden appearance of the mysterious Wendy Liu sent by Xiang to serve as his guide in China. These only strengthen Holroyd's resolve to pursue his task and he books a flight, and arranges a meeting with a former colleague for his help deciphering an authentic document written in ancient Japanese before departing for China.

However, wherever Holroyd goes, menacing events and unexplained deaths continue to happen and Holroyd eventually becomes aware of all the competing players from Britain, China, Japan, and the United States. Holroyd feels "like a pawn" in a game between major forces as he dodges pursuers, attempted kidnappings, diplomatic delays, and bureaucratic obstacles in his intrepid task to find missing documents that could provide the answer to the international dispute surrounding Dejection Island.

King draws on his own experiences in *The Dragon's Threat* that include serving as a naval officer and teaching at Beijing University for 15 years, which enhances a sense of realism in the novel with its actual places, factual history, and insight into Chinese culture. King acknowledges that Holroyd's character is "very similar to his own, but that the events and other characters in his novel are pure fiction."

The author deftly steers his readers through a complex plot with twists and turns, different settings, multiple characters, missing persons, stolen artifacts, and an unexpected ending. King's use of asides in particular adds to the suspense as the reader is privy to discussions between the adversarial players and knows more about Holroyd's tenuous situation than he does.

The Dragon's Threat is King's debut novel, available at bookstores and in ebook format – visit ww.pechaki.com. King lives in Ottawa and is currently finishing a second book featuring Holroyd that takes place on the west coast of Canada.



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ARTS AND CULTURE

What's On in Ottawa & Beyond
in October

By Tony Wohlfarth



My film reviews this month are from the Edinburgh and Venice Film Festivals. We also look at what's on in Ottawa and beyond for Thanksgiving and City Folk, which wrapped up on September 17.

The Forgiven

In Edinburgh, I screened *The Forgiven*, ahead of its commercial release.

Jessica Chastain (as Jo) and Ralph Fiennes (as David) co-star in this entertaining feature length film set in Morocco in the post 9/11 era.

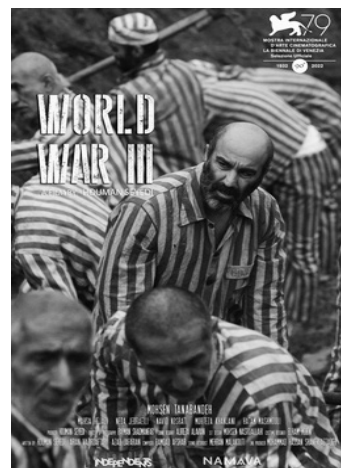
Jo and David travel from London to Morocco to celebrate a lavish birthday party for their friend Richard (Matt Smith). Driving at night, an inebriated David hits and kills a young man near the village of Asma. A grieving father (played by Ismael Kanter) comes to claim the body and invites David to accompany him back to their village in the High Atlas Mountains for burial.

The cinematography in *The Forgiven* is stunning. The script is based on a book (2013) by Lawrence Osborne. The film is a bit long at one hour and 57 minutes.

**World War III**

Shakib is a homeless man in Tehran who becomes embroiled in a series of misadventures. Shakib (played by Mohsen Tanabandeh) is hired as a day labourer on a movie set. The producer is impressed by his work ethic, hiring him as a night watchman to guard the set since Shakib has no place to live. He is then asked to take over in the lead role in the film (as Hitler). More intrigue engulfs his situation when his girlfriend arrives and Shakib falls into debt to a loan shark.

World War III won two prestigious awards at the 79th Venice Film Festival – the Horizon Award for Best Film and the Best Actor award for Tanabandeh. I found the film amusing. How can one hapless soul have so many misadventures?

**99 Homes**

Laura Dern stars in this 2014 feature-length film, set during the 2008 Global Financial Crisis.

Dennis Nash (played by Andrew Garfield) is a struggling single parent, living in his childhood home with his mother (Laura Dern) and his son. Dennis falls behind in his house payments, and mortgage broker Rick Carver (Michael Shannon) shows up to announce the court has foreclosed and that he is there, along with the sheriff, to evict Dennis and his family. In the dramatic opening scenes, we soon discover that Dennis and Lynn are no match for Carver's conniving ways. Unemployed and without other options, Dennis decides "if you can't beat them, join them." Incredibly, he ends



up working for Carver and the number of forced evictions mounts.

99 Homes was filmed on location in New Orleans – made to look like the abandoned suburbs of Orlando where the film is set. Amazingly, this is Bahrani's first feature length film. The film won the Best Film Award at the 2014 Venice Film Festival (see photo below). This is the director Ramin Bahrani's first feature length film.

The running time is one hour and 52 minutes.

How Can I Watch The Forgiven and 99 Homes?

The Forgiven and *99 Homes* are both available to rent from Movies 'n Stuff, 1787 Kilborn Avenue in Alta Vista Canterbury. Call Peter today at 613-738-1607 to reserve your copy.

The Dreamlife of Georgie Stone

Last month, I reviewed this film from Tribeca. I am thrilled to announce it is now available via Netflix, effective September 22. (See photo of Georgie Stone right.)

**City Folk Festival**

City Folk wrapped up on September 17, with performances by Kingston's Sarah Harmer and by John Fogerty. City Folk drew crowds of 15,000 plus to the Great Lawn at Lansdowne Park.

Edmonton Folk Music Festival (EFMF): A Photo Caption Correction

Our September edition included photos from the EFMF. One of the photos was incorrectly labelled. The photo caption said "Tony Dee" when in fact the photo was of Drew Gonsalves and Kobo Town. VISTAS regrets the error.

What's On at The Bytowne Cinema?

This month, the ByTowne Cinema (325 Rideau) is screening films from two countries – Greece (October 1) and Spain (beginning October 6). For tickets and showtimes, see: www.bytowne.ca/movies/greek-international-film-festival-tour-of-canada.

Live at the NAC

The National Arts Centre (1 Elgin) has an exceptional lineup this month. Highlights include:

- On October 1, it's Lou-Adrienne Cassidy;
- On October 7, it's Loreena McKennitt;
- On October 14, it's Tanika Charles;
- On October 18–23, it's Broadway Across Canada's Mean Girls;
- On October 21, it's Basia Bulat;
- On October 27–29, it's the Royal Winnipeg Ballet;
- And on October 28, it's Royal Wood.

Tickets and event information are available at www.nac-cna.ca.

Out of Town

Folk Music Ontario is holding its annual conference in London, Ontario from October 13–16. The three-day conference features workshops and performances by artists. For further information, check out: www.folkmusicontario.ca/news/conference-dates-announced-oct-13-16-2022-london-on.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. Last month, he participated in the EFMF.



ARTS AND CULTURE

From VISTAS Carrier to Newsies Stage

By Sutida "May" Turcot

I have been a volunteer VISTAS carrier in Elmvale Acres for a number of years and have written articles on occasion since before then. Well, this humble carrier has been cast in Orpheus Musical Theatre's production of Newsies!

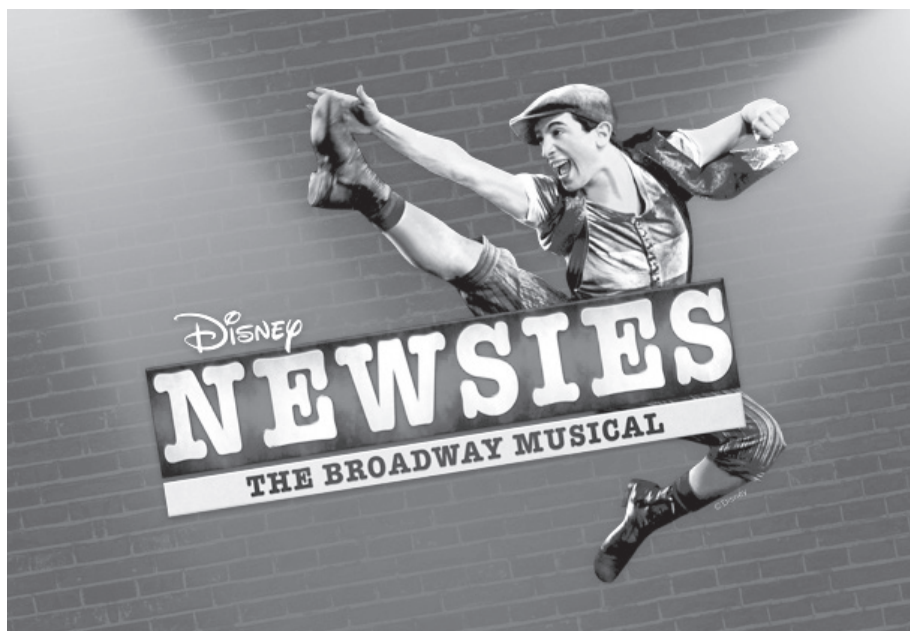
While you will not see me delivering VISTAS on stage, you will see a cast of energetic and talented singers, dancers and actors trying to sell newspapers to get by and standing up for their rights.

At the time of writing, rehearsals have just started, and so far, I have been very impressed with this long-standing charitable community theatre group. (Orpheus has been creating professional-quality and affordable shows for the Ottawa region since 1906, making it North America's second longest-running organization of its kind.)

What a joy to feel the excitement of working together face-to-face (not face-to-screen). Due to the COVID-19 pandemic, Newsies will be Orpheus's first show since March 2020. For those who have never seen an Orpheus show before, I invite you to make this your first; and for those who have, I welcome you back! Come feel the excitement of the multitude of volunteers involved in making this show happen and bring your own energy to the audience.

About the show:

Based on a true story, Disney's Newsies is an exhilarating David and Goliath tale. It's 1899 New York City, and Jack Kelly, a charismatic "newsie" (a young and exploited seller of newspapers) has big dreams away from the big city. But when the giants of publishing raise distribution prices at the expense of the young newspaper sellers, Jack rallies youth from across the city to strike against the unfair conditions and fight for what's right!



Based on the 1992 film, Newsies features a Tony Award-winning score by Alan Menken and Jack Feldman and a book by Tony Award winner Harvey Fierstein. With characters based on historical figures, this show, packed with classic songs and exuberant dance numbers, is a high-energy, family-friendly musical that inspires all of us to seize the day!

Performances: November 18 to 27, 2022 at Meridian Theatres @ Centrepoint – Tuesday through Saturday (7:30 p.m.) and Sunday matinees (2 p.m.)

Running time: 2 hours and 30 minutes with one intermission (approx.)

Audience: PG

Tickets: \$32 to \$57 (subscriptions available). \$20 rush tickets 1 hour before shows. Call the box office at 613-580-2700 or visit www.meridiancentrepointe.com.

Anyone could see that the wind was a special wind this night, and the darkness took on a special feel because it was All Hallows' Eve. - Ray Bradbury



AVCA Notice of Annual General Meeting

- Hear from our local elected officials
- Hear a recap of the AVCA's activities over the last year
- Elect new directors

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ARTS AND CULTURE

Don't Miss Andrew Ager's Dracula – The Opera!

By Nadine Dawson

What better way to enter into the spooky spirit of Halloween than to attend the inaugural performance of Andrew Ager's operatic adaptation of the classic novel, *Dracula*. Premiering October 28th and 29th in the beautiful and atmospheric space of St Andrew's Presbyterian Church, *Dracula – The Opera* is sure to thrill modern audiences.

First published in 1897, Irish author Bram Stoker created his popular tale from legends of vampires, those blood-sipping creatures that generate delicious fear and hysteria. Add monster hunting and is it any wonder his tale spawned the horror genre so beloved to this day? Those braver than I enjoy the titillation of a good protagonist-villain who personifies Evil, preys on innocent victims, and upsets the sometimes uneasy optimism that allows us to believe in the triumph of Good.

In case you aren't familiar with Ager and his musical endeavours, let me introduce you to this prolific and accomplished composer. Born in Ottawa, Ager again made the city his home relatively recently and has been entwined with the local music scene ever since, including working at Rideau Park United Church in Alta Vista. As a composer, he is known for blending classical and modern sensibilities, writing everything from chamber arrangements of larger works, to creating full-scale symphonies.

Ager has completed six operas – all of which have been produced. *Frankenstein – The Opera*, the first in his *Gothic Trilogy*, received a warm reception when it premiered in Ottawa in the Fall of 2019. I had the exquisite pleasure of participating in the production (as a non-speaking, non-singing extra) and can report first-hand how exciting the opera was. *Dracula – The Opera*, the second in the series, promises to be just as much fun. The last in the trio is *The Mummy*.

When I asked Ager what drew him to horror, he said: "There is always a strangely attractive side to supernatural villains or monsters. That's why we like them. *Dracula* is a case-in-point. A cursed aristocrat out of his era. We secretly like him." In fact, the titular character in all three tales is both frightening and sympathetic, a dichotomy which presents intriguing opportunities for musical storytelling.

Bringing a complicated novel like *Dracula* to stage is no simple feat. Suzanne Bassett, who directed the first opera in the *Trilogy*, co-wrote the libretto with Ager by combining original text and adapted lyrics to "carefully maintain the core of the story – the personality of *Dracula*, what he does, and what to do with him."

Even once the libretto has been set to music, there remains much work in mounting a full-scale production. Enter New Opera Lyra, a not-for-profit enterprise founded by Bassett and Ager with the dual purpose of creating opportunities for local artists and bringing opera to Ottawa audiences. These Co-Artistic Directors are joined by well-known local musician, the versatile Matthew Larkin, as Resident Conductor.

Dracula - The Opera opens New Opera Lyra's inaugural season. The charismatic baritone, Bradley Christensen, who first thrilled audiences with his interpretation of *Frankenstein* in 2019, will sing the role of *Dracula*. Joining him are Carmen Harris as Mina, Gary Dahl as Renfield, and Iain Macpherson as Jonathan. New Opera Lyra is delighted to welcome Bronx Opera's Benjamin Spierman as Director.

Ager is most excited by the cast and production team. He says the rehearsals "have been thrilling" and promises "a wonderful show" awaits audiences. "Who doesn't want to see an opera called *Dracula*?" he asks. Indeed.

For tickets, or more information on *Dracula – The Opera* or New Opera Lyra's 2022-23 season, please visit newoperalyra.ca.

Nadine Dawson is an artist and former teacher who lives in Old Ottawa South. She is the author of *Lavender, Longing, Love; A Choose-Your-Own-Adventure Memoir*.



Andrew Ager

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JUST GOOD ADVICE

The Garden Gate

By Patricia Mosher

Ten fabulous bulbs to plant now for spring beauty



Now's the time to set the stage for brilliant spring colour by planting the bulbs you want to enjoy in your beds, borders, and containers. Plant before the middle of October

for sheer joy next spring. For the optimal visual effect, plant in multiple groupings of 10–20 bulbs around existing perennials and shrubs which will subsequently disguise the late-spring browning of the spent bulb flowers and leaves.

There are so many to choose from, so I've picked 10 of my favourites to narrow your choices:

1. Crocuses are one of the most highly anticipated sights in the early spring garden. Upright, tubular flowers come in shades of white, pink, purple, blue, yellow, orange, bicolours, and patterns.
2. Daffodils are a sure sign of spring with their cheerful trumpet-shaped flowers. They're available in a wide array of sizes and forms, with colours of yellow, white, orange, peach, and bicolours.
3. Hyacinth is one of the most intensely fragrant spring bulbs, with short clusters of star-shaped flowers. Blooms come in a rainbow of colours including blue, purple, red, pink, orange, coral, yellow, and white. This easy-care bulb combines well with other spring bulbs that bloom at the same time, such as daffodils and early tulips. Plant where their sweet fragrance can be enjoyed up close.
4. Tulips are one of the most recognized spring flowers, with cup-shaped blooms in nearly every colour except true blue. There are literally 100s of species to choose from, including dwarf forms to regal Darwin hybrids.
5. Iris is one of the most beloved spring bloomers with flowers in nearly every colour and pattern imaginable. Iris species include early spring blooming dwarf iris to stately Japanese iris which flowers in summer. Some irises rebloom in late summer or fall. Iris grows from rhizomes or bulbs.
6. Allium are grown for their stately blooms on tall stalks reaching 24–48". Spherical flower heads in shades of mauve, pink, blue, yellow, or white are also highly attractive to bees and other pollinators.
7. Fritillaria are less common but add a unique touch to the spring garden with their nodding, bell-shaped flowers in white, yellow, chocolate, orange, red, and purple, some with patterns or bicolours. This underutilized bulb deserves wider use in the urban garden.
8. Winter Aconite is an early blooming ground cover that bursts from the ground in early spring, even before the first crocus. Cheerful yellow, buttercup-like flowers are surrounded by a collar of dark green foliage emerging after the flowers fade. Winter aconite spreads readily, combining well with other early bloomers such as snowdrop, crocus, and hellebores and is especially attractive in rock gardens.
9. Glory of the snow is one of the earliest bulbs to flower and is named for its ability to poke out from underneath the cover of snow. Clusters of star-shaped, upward-facing flowers appear in blue, pink, or white. Plants are exceptionally hardy and naturalize readily.
10. Anemone Blanda (a.k.a. Grecian Windflower) is a rewarding little spring-blooming ground cover grown from rhizomes offering long-lasting daisy-like flowers that show off in shades of purple, blue, pink, or white.

Plant of the month: Burning Bush

Gardeners who covet a crimson crush of colour in October should look no further than a burning bush. Almost any garden site and soil condition is sufficient for this super hardy shrub, although the brightest fall leaf colour appears on only those planted in a full-sun location. Burning bush shrubs are incredibly eye-catching, with their vibrant red leaves in fall that appear as if they're on fire.



A practical choice for most Alta Vista city gardens is the dwarf form of the burning bush which tops out at about 5' tall and wide. Two excellent dwarf varieties are "Rudy Haag" and "Compactus." Burning bush shrubs are hardy, robust plants that can grow under a variety of soil conditions and resist both pests and drought. If planning for a new one, be sure to purchase a "non-invasive" variety from a reputable supplier as ones growing in the wild can create dense thickets that crowd out and shade native plants.

There is little to say about caring for a burning bush, as no special effort is required for a scarlet October colour show. Burning bush care may include occasional pruning to keep the size down and remove any broken or damaged branches. Since the natural shape of the bush is appealing, pruning is often not necessary. When not showing off its fall fabulousness, the shrub maintains a consistently green appearance throughout the spring and summer months.

Be sure to enjoy the many burning bush shrubs in full glory this month throughout the Alta Vista area!

Gardening in the month of October

- Stop pruning and fertilizing as you don't want to encourage new, tender growth just before cold weather arrives.
- Plant spring bulbs (options listed above) before the middle of the month and once planted, add a layer of blood meal to keep the squirrels at bay.
- Stop watering both evergreen and deciduous trees to help them prepare for winter.
- Dig and store bulbs such as dahlias, gladiolus, cannas, and elephant ears by cutting back the green stems, drying them out and storing them in peat moss in your basement.
- Pot-up any annuals you want to try and overwinter (I often overwinter mandevilla, geraniums, coleus, and various colourful vines for use in containers the following summer).
- Rake the lawn and garden areas to clean up fallen leaves.
- Do a little fall weed control using non-chemical methods such as boiling water (use for weeds in pavers) or the old "dig and pull" method to stay ahead of spring weeds (an ounce of prevention ...).

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

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FAITH NEWS



The sun has barely peaked over the horizon, and most people in my building are still asleep. Yet, you might find me lying on my stomach on a gym mat, swimming without water, standing with my hands on the floor and my butt in the air in a downward dog pose, or jumping rope with no actual rope. I'm often quite a sight to behold and extremely grateful that I'm usually alone in the room.

Yes, an important part of my morning routine on weekdays is exercise. After my cup of wake-me-up and my Bible reading, I put on my workout clothes and get ready to sweat. Some days I even drag myself downstairs to one of the gyms in our building. On other days, I go into our second room, where we have a set of dumbbells. While the space is limited, the risk of seeing other people is eliminated (and I don't have to wear a top over my sports bra!). I don't always feel like working out, but the energy boost it gives me is worth the effort.

After eating my way through those stay-at-home orders during the pandemic, I also have a few extra pounds I'd like to shed. However, I've learned that this doesn't happen without work. If you lose weight from sitting around, you're likely losing muscle instead of fat.

A friend of mine recently told me she dropped about 8 lbs since injuring her hip, immobilizing her for several weeks. Her physiotherapist told her she'd lost muscle mass, which is heavier than fat. While this type of weight loss is not healthy, she was assured that she would rebuild her muscles when she resumed her regular exercise routine.

Did you know the same thing happens if you try to lose weight by starving yourself? Weight loss resources such as RZone Fitness.com suggest if you don't fuel your body with good food, it will begin attacking your muscles to get the energy it needs to function. Most weight loss programs will tell you to eat healthy food in the proper portions, but a good nutrition plan will never suggest you stop eating.

As believers, if we stop supplying our spirits with nourishment, we will starve too. In John 6:35, Jesus says:

"I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty."

When we drift away from God, we lose our spiritual muscle mass. When we neglect reading the Bible and praying, we do not fuel our spirits with God's love and strength. Instead, we grow weaker. When trouble comes, as it always does, we won't have the same confidence that God will support us.

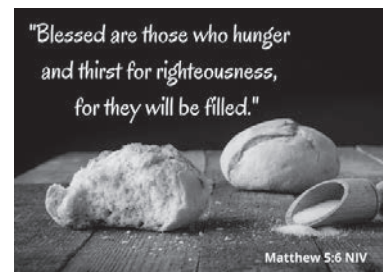
How silly would it be if a hungry person walked by a plate of dinner rolls placed on the table, especially for them? It's there! The Bread of Life sits and waits for us to eat. Let's not look the other way and search for sugary candy instead. While it seems appealing, we soon realize it has no nutritional value and actually rots our teeth.

Jesus said, *"Blessed are those who hunger and thirst for righteousness, for they will be filled"* (Matthew 5:6 NIV).

Are you hungry for God? Do you want to be energized and ready to face anything life might throw at you?

Come and eat.




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



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Oct 9, 10 am

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All Zoom links available on the church website

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.

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Spirituality Community Service



"All the months are friends of mine but apple month is the dearest," chanted Pat. It was October at Silver Bush. . ."
- Lucy Maud Montgomery, *Mistress Pat*

HEALTH AND FITNESS

A Pain in the Butt

By Sue Reive, Owner of Kilborn Physiotherapy Clinic

During the last 35 years of my career, I have treated numerous injuries. Weakness in the buttock muscles (the gluteal muscles) can lead to many injuries in the lumbar spine, hip, knee, and ankle. Indeed, the gluteal muscles help keep us balanced and stabilize the pelvis. Weakness in the gluteal muscles, whether resulting from injury, a pinched nerve, or hip arthritis, needs to be addressed. Thankfully physiotherapy can help.

The superficial muscles in the gluteal area consist of the gluteus maximus, gluteus medius, gluteus minimus, and the tensor fascia lata (TFL). All three gluteal muscles and the TFL originate off the pelvic bone (ilium) and insert onto the thigh bone (femur). There is a strong band of fascia called the iliotibial band (ITB) which runs down the outside of the femur to just below the knee. The gluteus maximus and TFL both attach to the ITB. When the gluteal muscles and TFL contract, they move the leg out sideways (abduction), rotate it inwards (internal rotation), and backwards (extension). Most importantly, they function to stabilize the pelvis during weight bearing and keep it level. Indeed, the gluteal muscles are working hard during running, squatting, stair climbing, and lunging.

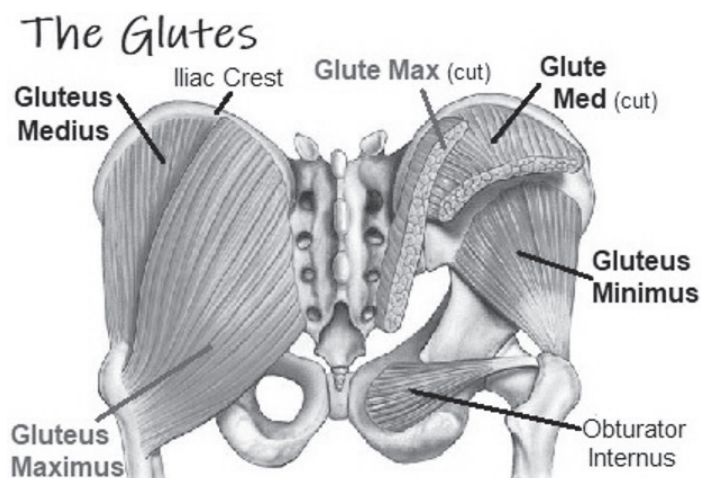


Photo from www.knee-pain-explained.com/gluteus-maximus.

Weakness in the gluteal muscles causes the pelvis to drop during walking or single leg stance. This is called a positive Trendelenburg sign; it occurs when a person is asked to stand on one leg and the opposite pelvis drops. The weakness is in the gluteal muscles of the leg you are standing on. If you have ever watched a marathon race, you'll notice many runners have quite the wiggle in their hips at the end of the race. No doubt their gluteal muscles are tired, weak, and therefore not functioning as well to stabilize the pelvis. Gluteal muscle weakness places a lot of stress on the lower back, hips, and

knees. The gluteus maximus and the TFL will pull on the ITB when they are weak or tight and possibly cause knee pain.

Gluteal muscle weakness can arise from a repetitive strain on the muscle due to overuse or a traumatic injury due to a fall or a direct blow to the muscle. As well, a pinched nerve in the back can cause gluteal muscle weakness. Further, it is often seen with hip arthritis. Gluteal muscle injury involves a strain in either the muscle or its tendon (the tendon attaches the muscle to the bone). Strain can vary in degree causing anything from a stretch of the muscle or tendon to a partial tear. Symptoms will vary depending on the severity of the tear. Most often, patients complain of pain with walking, stair climbing, squatting, and sometimes sitting, due to the pressure in the muscle itself and added stretch. Indeed, the muscle will be tight and mobility will be restricted. There will be pain and weakness in the hip movements that engage the muscle: side leg lifts, leg lifts on the stomach, single leg stance, and step-ups. In the case of an acute injury from a fall, there could be bruising, swelling and warmth, and difficulty weight bearing.

Examination involves taking a good history to determine factors contributing to the injury, to understand that patient's symptoms, and thereby help with the diagnosis. Mobility is assessed in the entire lower quadrant (lumbar spine, hip, knee, and ankle), noting any change in joint mobility.

A gluteal muscle strain will often present with a restriction in the movement that places the muscle in stretch (crossing the leg). Hip arthritis presents as restriction of specific movements in specific proportions. Gait is assessed by looking for a Trendelenburg, stride length, limping, etc. Neurological testing will reveal if there is a pinched nerve causing weakness or pain. Palpation of the injured muscle will detect if there is tightness, swelling, warmth, or atrophy of the muscle.

It is important to always rule out serious pathology: fracture, infection. If a patient has had a fall, an X-ray would be beneficial to ensure there is not a fracture. Tingling or numbness indicates a nerve issue and fever indicates infection, and further investigation is therefore warranted.

Treatment of a gluteal muscle strain includes modalities to aid in tissue healing, exercises to stretch and strengthen the injured muscle, soft tissue massage techniques to help restore mobility, gait re-education, and education on a gradual return to activities of daily living (walking, gardening, housework) and sport. The goal of treatment is to restore mobility, strength, and full function.

Gluteal muscle weakness, whether it's a result of a muscle injury or a joint issue, should be addressed and treated. Ignoring the symptoms of pain and weakness can lead to further stress on the hip, knee, lower back, and ankle. Further, it affects balance which contributes to unwanted falls. Physiotherapy can help rehabilitate and improve function.



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Neal

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



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HEALTH AND FITNESS

A PSYCHIATRIST'S TAKE ON MENTAL HEALTH

By Dr. Sarah Chan

The BIG 5

Mental health is everywhere these days, as it should be. Because whether we are talking about the opioid epidemic or burnout at work, the simple truth is whether you like it or not, mental health applies to all of us.

Psychiatrists are most useful when it comes to conditions where medications may help. This may also serve as a warning, because this means that more often than not, when you see a psychiatrist, you can expect that medication will be what is offered first as treatment even when there are other approaches available in managing your mental health concerns. It is for this reason that even though we have a shortage of psychiatrists, this is only a crumb in the pie that is the mental health crisis facing us now.

Over the years, I have begun to pay more attention to how mental health care happens outside of a hospital or clinic setting. I hope this isn't counter-intuitive. It is after all where life happens: outside a hospital and clinic setting. Improving one's mental health requires supports beyond what a psychiatrist or clinician alone can provide. Resources such as recreational programming, help with housing, financial aid and support groups are so necessary, but equally important and most overlooked is the role of the individual. Our society needs to not only accommodate but encourage a person's deliberate decision to make his/her own mental health a priority, without labelling this as selfish.

In my practice, I have noticed time and time again that deficits or disruptions in specific areas of life are precipitants for mental illness and suffering. I call them the BIG 5 because of how often they come up and they

apply regardless of diagnosis or circumstance. I would like to share them with you today in hopes of sparking a conversation you have with yourself about what you are doing for your own mental health and to re-evaluate if you are giving yourself the attention you require and deserve.

What I find myself saying to every patient is this, "Take care of The BIG 5 and you have the foundation on which to build a meaningful, resilient life."

They are:

1. Sleep (Sleep is sacred! If you don't know where to start, google 'sleep hygiene')
2. Healthy diet and exercise (No matter what others say, your body is your temple, treat it with respect)
3. Social connectedness (Off screen preferred. Quality matters, not quantity)
4. Hobbies and personal pursuits (Learn to enjoy spending time with yourself)
5. Less recreational drugs/alcohol and social media (Learn healthy, sustainable coping mechanisms that do not distract from or alter reality)

My hope is to bring to the VISTAS community a unique point of view into mental health that encourages raising awareness, compassion and education in this area. I also hope to empower others to take on their own mental health by promoting self-care and self-respect. Please reach out to the newspaper if you want a specific topic covered.

Dr. Chan has been working as a psychiatrist since 2015, first in Vancouver, and then in Ottawa since 2019. She completed medical school at the University of Toronto and did her psychiatry residency at the University of British Columbia. Dr. Chan has a special interest in first episode psychosis and psychotherapy. She has also worked in acute psychiatric care settings like the emergency department and inpatient psychiatry units.

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Alta Vista needs a strong Councillor who will listen and always represent the views of residents on Council. Citizens need a strong Councillor who cares for the community and who will work hard to strengthen services that will help improve quality of life. Your Councillor should help you navigate City Hall, find answers to your questions, and solutions to your challenges. I will be that Councillor for Alta Vista Ward.

I am continuously talking to residents, listening to their concerns and identifying possible solutions. I have pursued this passionately through my professional career and my many volunteer roles in the community. These many conversations have formed the basis of my vision for a safe, prosperous, and thriving community.

In recent months I have knocked on thousands of doors. The concerns I regularly hear are:

- Safe streets
- Traffic calming
- The state of our roads
- The climate emergency
- Safeguarding and expanding our tree canopy
- Development and intensification pressures
- Neighbourhood crime
- Fiscal responsibility
- Transit

I want to see Ottawa remain a beautiful, vibrant city. I see real opportunities to boost tourism, attract unique events and take creative new approaches.

I want to work to revitalize Alta Vista's aging recreational infrastructure for our seniors, youth, children and the community at large to enjoy. New investments will be needed to expand and improve what we already have. We need to reimagine how we use our centres and community hubs and I am prepared to lead those efforts.

We can build on wonderful new ward additions such as the Rideau Winter Trail and expand it for residents and provide even easier access to the trail within the ward at minimal cost.

I will pursue innovative urban planning approaches and advocate and defend community needs through all stages of a project proposal to ensure community interests are always put first.

I will actively help tackle the climate emergency and champion increasing our tree canopy, energy retrofits, and recycling and waste reduction initiatives.

I will work to improve our cycling and transit infrastructure to reduce our carbon footprint while acknowledging the winter challenges we face. I will push for investments in road repairs, balance the needs of drivers and cyclists, and advocate for solutions that put safety first.

Council needs to rebuild trust in our transit systems. I will work hard to ensure our residents benefit from a reliable and well functioning transit system.

I will safeguard our essential services, and advocate for our hard working first responders.

I will continue to work with frontline organizations and individuals to find solutions to the root causes of our City's problems and find ways to sustain progress. For example, I will champion new funding for innovative and progressive policies to ensure better access to affordable housing, including renovating and expanding our social housing stock while reducing the long Registry waitlist.

My dedication to serving the community, the use of my leadership skills to foster teamwork and partnerships and my experience knowing how to run a community office speaks volumes. I already engage with stakeholders, community associations and work collaboratively with different levels of government on a daily basis. I know this is essential to achieving real results.

I will always be honest and transparent with you. I know that problems are much easier to identify than solutions. You can count on me to work with you to identify a path forward and find solutions that strengthen our community.

I will ensure that all residents are heard. As your Councillor, I will always be there to listen, respect all voices and views, and act in the best interests of Alta Vista Ward at all times.

I care deeply about our community, the community I was born and raised in and continue to raise my family in. I have volunteered and worked in the community for over 20 years. Alta Vista deserves a Councillor who knows its past and can see its future and is willing to work hard and collaboratively in the present to get us there.

I would be honoured to serve the residents of Alta Vista ward.

Sincerely,

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CHAIR YOGA at Rideau Park United Church - Live classes on Thursday mornings at 10:30am (60 mins) started September 15, 2022. Also available on Zoom. A perfect practice for those with arthritis, fibromyalgia, past injuries or balance issues. Contact Marg Hillier, Certified Yoga Instructor, mhillier144@gmail.com or **613-299-8324**. Visit www.newmoonyoga.ca for class details. Class packages available.

GENTLE MOBILITY MAT YOGA at Rideau Park United Church - Live classes on Friday mornings at 10:30am (60 mins) started September 16, 2022. Also available on Zoom. Get your body moving, increasing balance, strength, flexibility and breathing in a gentle, mindful practice. Contact Marg Hillier, Certified Yoga Instructor, mhillier144@gmail.com or **613-299-8324**. Visit www.newmoonyoga.ca for class details. Class packages available.

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SCIENCE & TECHNOLOGY

COMPUTER TIPS AND TRICKS

By Malcolm and John Harding, of Compu-Home

Where to Get Your Geek On

Not so long ago, the term “Geek” conjured the stereotype of an ashen-faced (always male) youth obsessed with the intricacies of technology at the expense of social skills. How the barriers have fallen! Great numbers of women, men, girls and boys can now comfortably rattle off previously occult jargon like “bandwidth,” “RAM,” “Gigabytes,” “404,” “HDMI” and “SSD” while their pockets and purses are stuffed with smartphones and their backpacks are laden with laptops. Sometimes lately our clients are explaining that they haven’t needed to call us as often because their grandchildren can help them instead.

With tech being such a pervasive part of our lives, more and more people are reading news and references on the subject. Over the years, we have found groups of sources that we find to be the most interesting and helpful for general news and for specific help in dealing with challenges.

Overviews, Background, Products and Trends

Wired Magazine is the most wide-ranging source of information related to all aspects of technology. Topics in a recent issue include GMO tomatoes, Cargo bikes and the evacuation of Kabul. A hard copy is available on magazine racks and online versions are available with or without a subscription

CNET is a site specializing in new product reviews that tend to be more enthusiastic than hard-hitting. News tends to be predominantly but not exclusively American. You can simply visit the CNET website or sign up for free *CNET Insider* newsletters emailed daily to your Inbox. One of CNET’s most useful features is that it is a source of downloads of useful utilities, all of which have been scrutinized to be safe and truly helpful.

ITWorld Canada describes itself as being intended for professionals, although there is plenty of information that is useful for everyone.

Techbomb is another Canadian source that covers a wide range of Canadian news that has been categorized for easy reference.

Spark with Nora Young on CBC Radio 1 features interviews with articulate experts on the topic of the week. If you miss the broadcast, podcasts and transcripts are available online.

Specific Help

YouTube is now so vast that a game has arisen of people challenging one another to find a subject that is not covered on the site. Some mysteries and projects benefit greatly from being explained in detail with video and narration, but unfortunately, you will often encounter substandard unclear or incorrect versions before finding a more helpful guide.

Help Desk Geek, Tom’s Hardware and How-To Geek all have articles and reviews, but they also are the best examples of websites containing specific and clearly written posts dealing with ways to cope with the sorts of problems we encounter daily. Instructions are clear and illustrated with screen captures and sometimes video. We have found that Tom’s Hardware and How-To Geek are helpful with both Windows and Apple Macintosh, whereas Help Desk Geek deals almost exclusively with Windows.

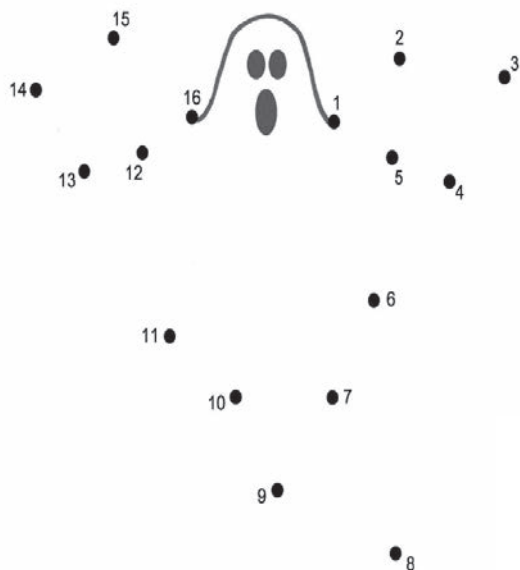
As usual, we would be delighted to receive calls or emails suggesting more resources that you have found helpful.

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; our website, with our blog, is www.compu-home.com.



SKYLAR’S KID’S PAGE

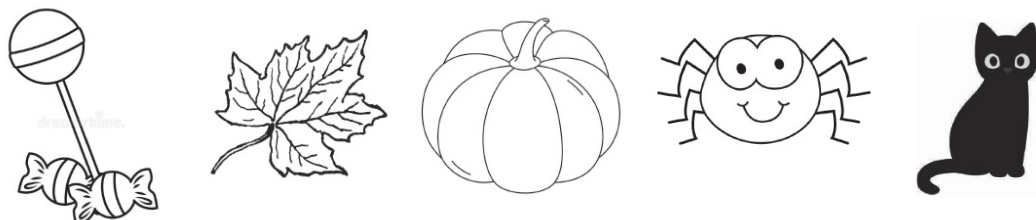
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9. pecyre _____
10. tomcuse _____
11. nthua _____
12. owaercrcs _____
13. iyderah _____
14. oblod _____
15. labck act _____
16. ogbiln _____
17. mymmu _____
18. rasyc _____
19. piserd _____
20. sremca _____

UPCOMING EVENTS



ALTA VISTA LIBRARY – OCTOBER 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 due to 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. (10 a.m. to 8 p.m. effective October 11)
- Friday: 1 p.m. to 6 p.m.
- Saturday: 10 a.m. to 5 p.m.

CLOSED – Monday, October 10 – Thanksgiving Day.

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

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Most public computer stations are now available. 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.
- All seating is now available.
- Meeting and program rooms are now available for booking.
- Please visit our website for the most up-to-date information with regards to programming.
- Outdoor book drops are 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.

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.

HALF-PRICE AUDIOVISUAL SALE

The Friends will be holding a half-price Sale on all Audiovisual items (CDs and DVDs) until October 8. The sale will also apply to any specially priced items.

BOARD GAME AND PUZZLE SWAP *NEW*

The Alta Vista Branch is now hosting a small, self-serve board game and puzzle swap, located on the shelves next to the washrooms on the main floor. Bring in a complete board game or puzzle and trade it in for one that is "new to you." Please make sure that any games or puzzles that are brought in are complete with no pieces missing.

CHILDRENS PROGRAMMING

Family Storytime

Stories, rhymes and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program.

Wednesdays, September 14 to October 26 at 10:30 a.m. (30 minutes – All ages)

ADULT 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 6:30–8:00 p.m. All are welcome.

Thursday, October 20, 2022 **John Banville**

Thursday, November 17, 2022 **LJ Ross**

Book Banter (In-Person)

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

Thursday, October 6, 2022 *A Town Called Solace* by Mary Lawson

Thursday, November 3, 2022 *How To Pronounce Knife (Stories)* by Souvankham Thammavongsa

Infusions Littéraires (en personne)

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

Le lundi 17 octobre, 2022 **Kukum, de Michel Jean**

Le lundi 14 novembre, 2022 **Dr. Antonio Paradis – Le doux dragon** de Claire Trépanier

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.

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 – OCTOBER 2022

EMMANUEL UNITED CHURCH

Emmanuel United Church is pleased to welcome our new Minister of Worship and Pastoral Care, Rev. Grant Stuckless. Sunday worship services continue to be offered at 10 a.m. with a choice of in-person or live-streamed participation. October 2nd is World Wide Communion Sunday and October 9th is Thanksgiving. Come and be thankful!

Faith Study will resume on Wednesday, October 19 at 7 p.m. on ZOOM. All are welcome, contact the office at 613-733-0437.

“Live Well Die Well” event on October 24 at 7–8:30 pm, at Emmanuel 691 Smyth Road: Come and learn how to speak to your family about your wishes. Facilitators include: Psychiatrist, Death Doula, and Compassionate Ottawa representative. Information: roxanne.delmage@gmail.com.

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

Office: 613-733-3156 ext. 228

Email: info@rideaupark.ca

Welcome to all! Please worship with us on any Sunday, either in-person or online (www.rideaupark.ca)

Special events and community activities

Online Food Bazaar: To be held the first week of November on the church website (www.rideaupark.ca) featuring deli (frozen mini pot pies and pre-made meals), bake table, jams/jellies, pickles and relishes, and Tea Room take-out. Order online between October 31 and November 4, and pick up your selections at the church on Saturday, November 5th!

Exercise or Yoga Classes: Come and try one or several group classes on offer. These include:

- 50+ Fitness with Faiza (certified seniors’ fitness instructor), 1 or 2 classes per week, 10-week session. Cardio, stretching and strengthening routines for all fitness levels.
- Chair Yoga and Gentle Mat Yoga with Margaret – Deepen your breathing, improve balance, strength, and flexibility in a gentle, mindful practice.

The Euchre Club is Returning: Every Thursday at 1 p.m., in the Parlour at Rideau Park. The cards are fun, but the friendship and laughter are more important!

Drums Alive is Re-awakening: Every Sunday at 11:30 a.m. People from the community of all ages are invited to drop in and try their hand on many different kinds of drums! The drumming drop-in class is led by Iain MacPherson.

The Harmony Club, a seniors’ social and activity group, is starting again this fall, with its next gathering on Wednesday, October 26. You are invited to a coffee/tea social, likely with music, to have some fun and catch up on what’s happening.

Foster Farms Fruit & Vegetable Stand at Rideau Park, corner of Alta Vista and Cunningham: From now until later in October, enjoy local produce in season, including root vegetables and various varieties of apples, then finishing with pumpkins and squash as the frost threatens. Mon.–Fri. 10 a.m.–6 p.m., Sat. 10 a.m.–5 p.m., Sun.: closed.

OASIS (Alcoholics Anonymous) has returned to in-person meetings (as well as online) at on Mondays from 8–9 p.m.; while Twelve Steps to Serenity (also Alcoholics Anonymous) is holding in-person sessions on Thursdays at 7:30 p.m.



ST. AIDAN’S YULETIDE BAZAAR and ONLINE AUCTION

St. Aidan’s in-person Yuletide Bazaar is coming! Saturday, November 5, 10 a.m. to 2 p.m., 934 Hamlet Road (behind the Elmvale Acres Shopping Centre). This year’s bazaar will feature Home Baking, Jams/Jellies/Preserves, a Silent Auction, the Celtic Cross Café, Ladies’ Boutique, Books & Puzzles, and more. Come, bring a friend and enjoy the spirit of a traditional Yuletide bazaar!

St. Aidan’s Online Auction is back! This virtual portion of our Yuletide Bazaar will feature timeless treasures, gift cards, household items, and more. Bids can be placed at www.staidansottawa.com between October 23 and November 1. Pick up your items at the church (934 Hamlet Rd.) on Saturday, November 5, from 10 a.m. to 2 p.m. Log in and find the items that speak to you. Get a head start on Christmas shopping.

For more information about our Yuletide Bazaar and Online Auction, Weekly Services, Outreach, or Ministries, visit our website (www.staidansottawa.com) or call the church office at 613-733-0102.

OTTAWA HUMANE SOCIETY

Would you like to help us support the animals at the Ottawa Humane Society? Join us at the Auxiliary’s monthly business meetings 1–2:30 p.m., the first Thursday of every month (except July, August and December). We meet at the animal shelter, 245 West Hunt Club Road across from Lowe’s. The next meeting is Thursday, October 6. Free parking. Proof of COVID vaccination or exemption is required, please. For more information, contact Loreen at loreenohs@gmail.com, or go to ottawahumane.ca/get-involved/volunteering/ohs-auxiliary.

PROBUS

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 on Wednesday, October 26 with a talk by LCol (Ret’d) Shelagh Stevens on the “Role of Women in Peacekeeping.”

ONLINE ALPHA FILM EXPERIENCE

From the comfort of your home, you are invited to explore the big questions of life, meaning, and faith through the Alpha Film Experience. This series is held each Tuesday from 7–9 p.m. starting October 4, 2022. For more details and to register, please visit the following web pages: stmarysottawa.ca/alpha; tinyurl.com/stmarysalpha.

Alpha is free, the experience priceless!

OTTAWA NEWCOMERS’ CLUB

Our club is a non-profit, social organization for women who have recently moved to this area or who have experienced significant life changes such as retirement, widowhood, etc. ONC provides opportunities to meet new people of similar interests by joining our many group activities and this year is our 50th anniversary. More information about us and what we do can be found on our website at ottawanewcomersclub.ca or by contacting newcomersclubottawa@gmail.com.



UPCOMING EVENTS

CAPITAL REGION MODEL RAILWAY TOUR

Calling all Model Railroaders. After reaching out to a number of local layout owners, the Tour Association has decided to offer the tour as a Virtual Tour once again this year. The Capital Region Model Railway Tour (2021 Virtual Edition) was a great success, with over 9,000 views on our YouTube site to date. We hope to present more layouts than last year, including some from outside the area normally included in our in-person Tours.

The Capital Region Model Railway Tour, 2022 Virtual Edition, will be set to go at capitaltrains.ca once more. So, save the date – Saturday, October 22, 2022.

ENVIRONMENTAL FAIR & TREE GIVEAWAY

Get your green groove on at the Environmental Fair and get a FREE tree from Ecology Ottawa to plant!

Come to the Environmental Fair at the Ottawa Bahá'í Centre, 211 McArthur Ave., on Saturday, October 1, 2022, from 11 a.m. to 2 p.m. and get to know more about community gardens, solar energy, home energy efficiency, pollinator gardens, greening sacred spaces, green roofs and more. Explore the demo electric cars on hand and talk with their owners.

Help make Ottawa greener by taking home a tree to plant!

CANADA AGRICULTURE AND FOOD MUSEUM

Put your cozy sweater on, grab a pumpkin spice latte, and join us at the museum this fall! Observe several livestock demonstrations, such as meeting a turkey, horse, or rabbit, learning about quails, grooming a calf, and watching a cow being milked! Visit our Demonstration Kitchen, where you'll learn fun facts about apples and pumpkins as you sample fall recipes. Be sure to come back in late October for a "spook-tacular" good time, as we celebrate Halloween over the weekend of October 29/30.

At-home fun: Looking to keep little hands busy this fall? Visit the following link to learn how to make this homemade pumpkin spice playdough!



"WE'VE GOT RHYTHM" FINE ART EXHIBIT

August 31 to October 16, 2022

The artists of the Kanata Civic Art Gallery are pleased to announce their new fine art show "We've Got Rhythm." Visit the Gallery at the Mlacak Centre, 2500 Campeau Dr., Kanata and see the original artworks from our artists. You can also have a peek at the show by viewing the two-minute slideshow at www.kanatagallery.ca.

Please note our regular hours of operation: Wednesday to Friday 1 p.m. to 8 p.m.; Saturday 10 a.m. to 5 p.m.; Sunday 1 p.m. to 5 p.m.

For more information, please visit: www.kanatagallery.ca or email the Gallery at kanatacivicartgallery@gmail.com. We will be happy to follow-up directly with you.

THE PHOENIX BIG BAND

Saturday, October 1, 2022, 2 to 5 p.m.

411 Billings Avenue

The Phoenix Big Band would like to invite the community to a musical event in support of the Heron Emergency Food Centre. Enjoy an afternoon of "original" blues, jazz-blue fusion, reggae and Latin styles. This will be an outdoor event, so we hope the weather will cooperate. Please take all necessary COVID precautions when you attend. Donations of non-perishable food items would be appreciated.

Halloween Word Scramble

1. okypos	spooky
2. pkpinum	pumpkin
3. treta	treat
4. oghst	ghost
5. ydanc	candy
6. rpivame	vampire
7. keonstel	skeleton
8. luhgo	ghoul
9. pecyre	creepy
10. tomcuse	costume
11. nthua	haunt
12. owaercrcs	scarecrow
13. iyderah	hayride
14. oblod	blood
15. labck atc	black cat
16. ogbiln	goblin
17. mymmu	mummy
18. rasyc	scary
19. piserd	spider
20. sremca	scream

SOLUTION TO SKYLAR'S KID PAGE WORD SCRAMBLE

MOVIES 'N STUFF

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

Late September additions!

Happening

France, 1963. Anne is a bright young student with a promising future ahead of her. But when she falls pregnant, she sees the opportunity to finish her studies and escape the constraints of her social background disappearing. With her final exams fast approaching and her belly growing, Anne resolves to act, even if she has to confront shame and pain, even if she must risk prison to do so... Superlatively reviewed French film, scoring 99% on Rotten Tomatoes!

Paradise Highway

To save the life of her brother, truck driver Sally reluctantly agrees to smuggle illicit cargo -- a girl named Leila. As they begin a danger-fraught journey across state lines, a dogged FBI operative sets out on their trail. Starring the great Morgan Freeman and Juliette Binoche!

Minions: The Rise Of Gru

In the heart of the 1970s, amid a flurry of feathered hair and flared jeans, Gru is growing up in the suburbs. A fanboy of a supervillain supergroup known as the Vicious 6, Gru hatches a plan to become evil enough to join them!

Mr. Malcolm's List

In 19th-century England, a wealthy, young lady named Julia engages in courtship with Mr. Malcolm, a mysterious, wealthy suitor, unaware that he has a list of qualities required of a future wife.

The Gray Man

When the CIA's most skilled operative-whose true identity is known to none-accidentally uncovers dark agency secrets, a psychopathic former colleague puts a bounty on his head, setting off a global manhunt by international assassins.

Thor: Love and Thunder

Thor embarks on a journey unlike anything he's ever faced -- a quest for inner peace. However, his retirement gets interrupted by Gorr the God Butcher, a galactic killer who seeks the extinction of the gods.

October 4th

Orphan: First Kill

Esther's terrifying saga continues in this thrilling prequel to the original and shocking horror hit "Orphan."

DC League Of Super-Pets

Krypto the Super-Dog and Superman are inseparable best friends, sharing the same superpowers and fighting crime in Metropolis side by side. When Superman and the rest of the Justice League are kidnapped, Krypto must come to the rescue!

Call the Midwife: Season 11

Celebrations are underway for a colorful Easter Bonnet parade outside Nonnatus House. Sister Monica Joan and Reggie are excited about the Eurovision song contest and Nancy, having just passed her midwifery examinations, is about to don her red cardigan for the first time.

Winning Time:

The Rise Of The Lakers Dynasty: Season 1

A fast-break drama series chronicling the professional and personal lives of the 1980s Los Angeles Lakers, one of sports' most revered and dominant dynasties—a team that defined its era, both on and off the court.

Picard: Season 2

Season two takes the legendary Jean-Luc Picard and his crew on a bold and exciting new journey.

Better Call Saul: Season 6

Vera: Season 11

The Terminal List: Season 1

The series follows James Reece after his entire platoon of Navy SEALs is ambushed during a high-stakes covert mission.

Westworld: Season 4

Set in the near-future, this series follows employees and patrons of Westworld, a vast theme park modeled after America's Wild West. Over the course of three seasons, Westworld's android "hosts" begin to display aberrant behavior that explodes in violence--and takes the battleground between humans and hosts into the real world.

The Chosen

A troubled woman wrestling with demons. A gifted accountant ostracized from his family and people. In this ground-breaking first season of The Chosen see how Jesus reaches each of these and more as He works His first miracles and embarks on His ministry to change the world. One of the best reviewed series in history!

My Donkey, My Lover & I

Teacher Antoinette is looking forward to a holiday with her lover. To her horror, however, he cancels on her and takes his family to the mountains. When she follows him, she ends up on a trekking tour with a donkey.

Also:

Scooby-Doo: Trick or Treat

October 11th

Time Traveler's Wife: Mini-Series

Tells the intricate love story of Clare and Henry, and a marriage with a problem... time travel.

Mrs. Harris Goes to Paris

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior. Must see movie of the month!!

Van Der Valk: Season 2

Van der Valk and the team return for a second compelling season of murder investigations set against the stunning backdrop of Amsterdam.

Shaun The Sheep: Farmageddon

When an alien possessing strange powers crash-lands near Mossy Bottom Farm, Shaun the Sheep quickly makes a new friend. Together they must run from a dangerous organisation who wants to capture the intergalactic visitor.

This is Going to Hurt: Season 1

Set in the labor ward with all its hilarity and heart-lifting highs but also its gut-wrenching lows, the show delivers a brutally honest depiction of life as a junior doctor on the wards, and the toll the job can take back home.

October 18th

Bodies Bodies Bodies

When a group of 20-somethings gets stuck at a remote mansion during a hurricane, a party game gone very, very wrong ends with a dead body on the ground and fake friends at every turn as they try to find the killer among them.

Bullet Train

Ladybug is an unlucky assassin who's determined to do his job peacefully after one too many gigs has gone off the rails. Fate, however, may have other plans as his latest mission puts him on a collision course with lethal adversaries from around the globe -- all with connected yet conflicting objectives -- on the world's fastest train. HUGE action movie starring Brad Pitt!

Fall

For best friends Becky and Hunter, life is all about conquering fears and pushing limits. However, after they climb 2,000 feet to the top of a remote, abandoned radio tower, they find themselves stranded.

La Llorona

Alma is murdered with her children during a military attack in Guatemala, but 30 years later when the general who ordered the genocide is found not guilty, Alma comes back to the world of the living to torment the man. Highly rated Spanish film!

Carmen

In a small Mediterranean village, Carmen has looked after her brother, the local priest, her entire life. After he dies Carmen begins to see the world, and herself, in a new light. Starring Natascha McElhone in a "career best role".

Mack & Rita

Follow the hilarity when a 30-year-old woman wakes up as her 70-year-old self after a bachelorette party. Diane Keaton stars!

Paws Of Fury: The Legend Of Hank

A down-on-his-luck hound finds himself in a town full of cats who need a hero to defend them from a ruthless villain's evil plot to wipe their village off the map. With help from a reluctant trainer, the underdog must assume the role of fearsome samurai and team up with the felines to save the day. The only problem is -- they all hate dogs.

Lost Illusions

Lucien de Rubempré, a young, lower-class poet, leaves his family's printing house for Paris. Soon, he learns the dark side of the arts business as he tries to stay true to his dreams. A sumptuous film that won the César as France's Best Picture.

October 25th

Hallelujah: Leonard Cohen, A Journey, A Song

This feature-length documentary explores the life of singer-songwriter Leonard Cohen as seen through the prism of his internationally renowned hymn, Hallelujah.

Official Competition

A billionaire businessman in search of fame and social prestige decides to make a unique, groundbreaking film. To achieve this goal, he hires the best of the best. Can they all get along to make this film? Short answer: no. Smash Spanish comedy starring Antonio Banderas and Penelope Cruz!

Nope

Two siblings running a horse ranch in California discover something wonderful and sinister in the skies above, while the owner of an adjacent theme park tries to profit from the mysterious, otherworldly phenomenon.

Coming in November:

Top Gun: Maverick!

VHS to DVD transfers available (now with added 8MM cassette capability)

Check out our website moviesnstuff.com