



# Celine Tower Grant Recipients for 2022

*By Ernie McArthur, President, VISTAS Board of Directors*

The Celine Tower Grant, made annually to students pursuing a career in writing, journalism or communications, recognizes the work of VISTAS' long-time Editor Celine Tower, and is made in memory of her contribution to this community. The awarding of the grant strengthens the VISTAS push to reach out to, and connect with, the Alta Vista Community.

Whereas the 2021 grant was made to students already enrolled in a college or university, the 2022 award is made to high school students about to embark on their college or university studies.

In 2022 the winning recipient of this \$1000 grant is Heidi Elder, a Canterbury High School graduate. Heidi will be moving on to the University of Ottawa to pursue her studies in English. Heidi has been a Ranger with Girl Guides of Canada for 13 years during which time she has organized community volunteering projects with the Kanata Food Cupboard, Empties for Paws, and Days for Girls. Heidi participated in the Canterbury High School's Literary Arts Programme for three years during which time she published in the school's literary magazine Spotlight, had two plays produced at a local high school, and participated in national writing contests. Heidi also worked as an Editorial Assistant for the *Understory Literary Magazine*.

The runner-up, with a \$750 grant, is Leia Fourney, a graduate of Hillcrest High School. Leia is enrolled at Carleton University in Journalism. Leia went to Pleasant Park Public School and Alta Vista Public School, has a red belt in Tai Kwon Do, a bronze cross and a bronze medallion with the National Life Saving Society, AOD certification, and was on the Honour Roll at Hillcrest for Grades 9–11. Leia had a Co-Op placement with DeSerres Ottawa where she did artwork, photo, and video editing, hires herself as a babysitter, and has volunteered at the Ottawa Food Bank, in childcare, and at the Pleasant Park Book Sale and Community barbecue.

On behalf of the VISTAS Board of Directors, and VISTAS readers, congratulations to Heidi and Leia on receiving the Celine Tower Grant for 2022. It is a pleasure to recognize their talent, creativeness and enthusiasm, and we wish you well in your future studies and careers, about which we look forward to receiving updates. May their active involvement in life be an example for each of us, invigorating us in our pursuit of individual private and public interests.



Heidi Elder, winner of the 2022 Celine Tower Grant in the “high school student” category – read her book review on page 25.

*Photo credit: Gerri Doherty*



Leia Fourney, runner-up of the 2022 Celine Tower Grant in the “high school student” category – read her article on page 36.

*Photo credit: Gerri Doherty*



VISTAS STAFF

**Content Editor:** Karen Johns  
Email: Editor@vistas-news.ca

**Layout:** Jennifer Palmer  
Email: jennpalmer@hotmail.com

**Comments/Enquiries:** Courtney Tower 613-737-3835  
Email: ctower@sympatico.ca

**Advertising Manager:** Jim Doherty 613-523-2487  
Email: Advertising@vistas-news.ca

**Business Manager:** Catherine Fyfe  
Email: BusinessManager@vistas-news.ca

**Distribution Manager:** Ernie McArthur 613-521-4658  
Email: Distribution@vistas-news.ca

GENERAL INFORMATION

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

SUBMISSIONS & COMMUNITY EVENTS

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

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

ADVERTISING

Ads should be submitted to the Advertising Manager, in electronic format copy / 300 DPI resolution/ sent in final format as a print-ready PDF file. The quality of ads not meeting these standards cannot be guaranteed.  
Check for available ad sizes. Basic advertising rates and approximate size:

Full Page	\$275.00	(10” W x 13” H)
Half Page	\$160.00	(10” W x 6” H)
Quarter Page	\$100.00	( 5” W x 6” H)
Business Card	\$ 35.00	

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

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

Where is it?

ARTS AND CULTURE	26-28	OUR COMMUNITY	5-6, 16-18, 22
BOOKWORM’S DELIGHT	25-26	OUR COMMUNITY REPS	5-6
CLASSIFIED ADS	37	OUR ENVIRONMENT	10-12, 23
FAITH NEWS	31-33	OUR PEOPLE	13-15
HEALTH AND FITNESS	29	SCHOOL NEWS	36
JUST FOR FUN	28	SCIENCE AND TECHNOLOGY	19
JUST GOOD ADVICE	9	SENIOR’S SPACE	20
KID’S PAGE	40	SPORTS NEWS	37
LETTERS TO THE EDITOR	3	UPCOMING EVENTS	41-43

EDITORIAL MUSINGS

Welcome Jennifer Palmer to VISTAS  
Layout and Design

By Ernie McArthur, VISTAS President

On behalf of itself and the many VISTAS readers, the VISTAS Board of Directors is most happy to welcome Jennifer Palmer to its team. Beginning with this issue, Jennifer will be responsible for the newspaper’s layout and design. We have had a couple of meetings with Jennifer, and it is obvious that she is a hard-working and accomplished freelance graphic designer. And a cheerful and delightful person to be with.

Jennifer will work with VISTAS on a personal services agreement and will be remunerated accordingly. Because VISTAS is, and always has been, produced by volunteers drawn from the community, VISTAS will continue its search for a volunteer Layout provider.

As readers are well aware, in the several months since Lisa Wilson advised that she is moving on to a much greater involvement with Meals on Wheels, VISTAS has been looking for someone to do the newspaper’s layout and design. Just as Board members were becoming more concerned for the newspaper’s future, Jennifer stepped in to ensure its continuation.

Since 2021, Jennifer has worked as a graphic designer for National Defence and Canadian Armed Forces in Kingston, where she is responsible for the layout, design and production of property operations signage for CFB Kingston. Prior to that, her jobs are listed as Marketing Assistant and Graphic Designer for CANARM Ltd in Brockville, Pre-Press Operator for Metroland Media in Smiths Falls, Production Manager at Metroland Media in Smiths Falls, and Pre-Press Operator for Metroland Media in Kingston. And prior to that, as an Assembly Artist at SGS Canada and as Mac Operator at Shoppers Drug Mart, Jennifer was responsible for the production of, and the layout and design for, flyers, catalogues, newspaper ads and other special projects.

Jennifer describes hers as a pretty simple life. She loves camping, kayaking and spending evenings around the fire pit. In her free time, she also enjoys knitting and crafting. Jennifer moved to Delta from Kingston three years ago with her partner and, between them, they have five children (ages 18–26), and two cats (Mika and Tesla). The joy of Jennifer’s life is her three-year-old granddaughter, described by Jennifer as a little spitfire.

VISTAS is fortunate to have Jennifer with us for now, and the Board wishes her the very best in her layout and design of the monthly newspaper.



Jennifer Palmer

LETTERS TO THE EDITOR

Time to acknowledge that fireworks are terribly harmful

Dear Editor,

The morning after Canada Day, I walked my dog to Grasshopper Hill. After the previous night’s sonic storm of fireworks, we sought the quiet of the park to settle our nerves. At the top of the hill, I discovered a trove of fireworks detritus filling the bin to overflowing. The puzzle of how so many fireworks could be discharged in our neighbourhood on July 1st – solved.

I remember as a child being fascinated by this nighttime display of colour and sound. Twenty years ago, I lived in Hong Kong where the maiming of children building fireworks in factories was a common story. Now we know that fireworks comprise heavy metals and pollutants – the more chemicals, the bigger the bang. The list of negative respiratory and other health effects grows with each study. Veterans suffering from PTSD must suffer terribly.

It is time to grow up and acknowledge that fireworks, for all their pretty colours and sparkling displays, are terribly harmful – for the environment, for people, for our pets, and for the children who are forced to work in the factories that produce them.

*Pamela Fitch*

Much-needed beautification to Hillcrest

Email to Chris Ellis, Ottawa-Carleton District School Board Trustee, shared with VISTAS editor

I wrote to you a few years ago as an area Public School Trustee about the much-needed beautification of Hillcrest, specifically the ugly old damaged chain link fencing on the south side of the property near the main parking lot that runs from the auditorium to the far left of the parking lot.

We need some big landscaping rocks installed to keep cars out when the schoolyard is closed and some new gates. Remove the 60-plus-year-old fence. It looks horrible.

As I drive around the city (for work and pleasure,) I am in awe at the incredible budget available to all the new state-of-the-art Catholic schools being built and they don’t have prison-like fencing around the entry.

Can you please table some upgrades to beautify this “Institution” and turn it into a welcoming “School?”

*Mike Hayes*

To date, Chris Ellis has not responded to this email.



VISTAS’ Delivery Schedule

2022	VISTAS Delivery Date
October Issue	September 30, 2022
November Issue	November 4, 2022

Distribution of VISTAS

Distributors


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

Team Captains\* and Carriers

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

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






COMMITTED TO EXCELLENCE IN  
REAL ESTATE SERVICE

Contact Lena Maione for a personal real estate consultation.  
Learn more at [lenamaione.ca](http://lenamaione.ca)

FOR SALE



**16 Leonard Avenue · Old Ottawa South**

\$949,900

Beautifully updated 3 bedroom, 2.5 bath townhome situated in one of Ottawa's best neighbourhoods!

Come live and enjoy the energy and vibe of Old Ottawa South where you are steps to the Canal and greenspace along Colonel By Drive.

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

©2022 Engel & Völkers Ottawa Central, Brokerage. Each brokerage independently owned & operated.

**ENGEL&VÖLKERS**  
**LENA MAIONE**

*“And then the sun took a step back, the leaves lulled themselves to sleep, and autumn was awakened.” – Raquel Franco*

**COMPUTER HELP IN YOUR HOME**

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

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

**HOW CAN WE HELP YOU?**

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



**613-731-5954**  
[info@compu-home.com](mailto:info@compu-home.com)  
Malcolm and John Harding



VISTAS Volunteer Carriers Needed

For West of Haig			
• Alta Vista (Randall to Heron), 34 papers		• Mimosa, 30 papers	
• Bloor, Penhill, Crestwood, 56 papers		• Norwood and Roger (Norwood to Alta Vista), 43 papers	
• Chattaway, 28 papers		• Pixley, 60 papers	
• Chomley, 40 papers		• Station Boulevard, 40 papers	
• Dowler, 25 papers		• Wesmar (west of Alta Vista), 22 papers	
• Heron (Alta Vista to Greenbelt), 13 papers			
For East of Haig			
Arch		Goren	Pullen
Audrey		Haig	Raglan
Avenue N	Dakota		Russell
Avenue P	Devon	Halstead	
Avenue Q	Dickens	Hamlet	
Avenue R		Haney	
		Hastings	Saunderson (Smyth to Halstead)
Avenue S	Drew	Heaton	Shamir
Avenue T	Dunelm	Howland	Shelley
Avenue U	Dwellingham	Hutton	Smyth (Dauphin to Russell)
			Sonata
Balharrie	Dwight	Joliffe	Southvale
Banghor	Edgecombe	Keats	St Laurent (Walkley to Russell)
Blackstone	Edmond	Lemay	Susan
Botsford	Elderfield	Magnus	
Botsford South		Martha	
	Elsett	Maywood	Tupper
Carnegie	Erinbrook	Monteith	
Caverley	Fairdale	Nerta	Weston
Chadburn	Fife		Weyburn
	Fleming	Orchid	
Chaucer	Folkstone	Othello	
	Furby	Perley, The	
Connery	Gill	Pleasant Park	
Cornish	Glendevon	Plesser	

**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

### IMPROVING ROAD SAFETY IN OTTAWA

*By Jim Watson, Mayor*

As we look forward to the beginning of the new school year, I want to acknowledge the tremendous efforts of our teachers, administrators and the entire community, as we work together to ensure the safety of students and staff returning to schools across the city.

At this time of year, particularly as more residents return to the office for the first time since the beginning of the pandemic, the number one concern for parents and educators is road safety in school zones and in residential neighbourhoods.

I'm pleased to share an update on the steps being taken by the City of Ottawa through our Road Safety Action Plan (RSAP) to address issues of speeding and reckless driving.

Two years ago, the City launched an Automated Speed Enforcement (ASE) pilot project. Today, 14 cameras can be found in Community Safety Zones where speeding is a risk to our most vulnerable road users, our children.

Data from the pilot period shows that ASE has a positive impact on reducing speeding and increasing safety in school zones in Ottawa:

- 200 per cent increase in compliance with the speed limit;
- 72 per cent decrease in drivers travelling at 15 km/h over the speed limit.

As of January 2022, over 125,000 tickets have been issued, generating approximately \$8.1 million in revenue, which is all reinvested into the City of Ottawa's road safety initiatives. Working with our partners at Safer Roads Ottawa, we are using education, engineering and enforcement to promote greater road safety for all users.

Additionally, the City has equipped nearly 75 intersections with red-light cameras to reduce aggressive driving behaviours. Studies have shown that dangerous red-light running can decrease by as much as 42 per cent within a few months of a camera being installed. I am confident that we will see some further reductions in dangerous driving as we expand these initiatives across Ottawa in the years to come.

I hope this shines a light on how seriously we have to take road safety in every community, and particularly in school zones – and how essential photo-radar and red-light cameras will be in addressing some of this dangerous behaviour. I'd like to wish all those returning to school and work a safe and enjoyable fall!

For more information regarding the City's road safety initiatives, please visit: [ottawa.ca/en/parking-roads-and-travel/road-safety/road-safety-action-plan](https://ottawa.ca/en/parking-roads-and-travel/road-safety/road-safety-action-plan).



## OUR COMMUNITY

### Alta Vista Market a huge success

*By Stephanie Glover, Interim President AVCA*

The new on-site Alta Vista Market at St. Thomas the Apostle Church, 2345 Alta Vista Drive, has been a huge hit with Alta Vista residents over the summer. Since it opened on Saturday, June 25th, a regular stream of neighbours fills the site from 9 a.m. to 1 p.m. weekly. Reverend Tim Kehoe from the Church sums up the scene and his enthusiasm for the market. "We're thrilled to be partnering with the Alta Vista Market and to have so many neighbours visiting our campus on Saturday mornings! The quality of the produce, the tastes and smells, the buzz of folks chatting with their neighbours is just terrific. For St. Thomas, this collaboration reflects our vision of the church working in partnership with others in the community to make a better world for those in our neighbourhood and beyond."

Marty Carr, who initiated the market on behalf of the Alta Vista Community Association working with Chris Penton from Ottawa Street Markets, reports that the number one question from residents in the past couple of weeks has been whether or not the market will continue next year. Penton recently confirmed that yes, absolutely it will go ahead next year, and further adds: "The Alta Vista Market has been a success from day one. Vendors have been consistently happy with sales and management has enjoyed working with both the AVCA and St. Thomas. Local residents continually voice their thanks and appreciation and back it up with tangible shows of support."

The onsite market will be open every Saturday from now until October 8th.



*The quality of the produce at the Alta Vista market is just terrific.*

## THE ALTA VISTA MARKET

Every Saturday until October 8th

9am - 1pm

St. Thomas Church 2345 Alta Vista Drive





## OUR COMMUNITY

### HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

Greetings to all after this long, warm summer. This has been a challenging season for HEFC. The headlines about inflation tell it all and I am about to bore you with statistics.

We all know that things are more expensive this year, but inflation affects struggling families – those at the lowest income – the most, as it is the basics of survival that are experiencing the greatest increase in cost. In July, the annual general inflation rate was 7.6%. The annual inflation rate for food was 10%. Within that statistic, the inflation rate for food staples – cereal products, pasta, bread – has increased the most – by 15% or more, in part as a result of the war in the Ukraine. The cost of other staples like fresh vegetables, cooking oil and meat has also increased by more than 10% year over year. And the average increase in rent in Ottawa in 2022 is 8%.

At HEFC, we are seeing this played out in the significant increase in the number of clients who are coming for emergency food. In June this year, we saw 90 more households than in June 2021. Since the end of June, numbers have continued to increase. On August 10, a Wednesday evening, for example, we had 45 families come for help within a two-hour period. The usual number is 25 families – and this is at the beginning of the month when people usually have more disposable income. We are also beginning to see more refugee families. We have, to date, 10 new families from Ukraine, for example. These numbers will continue to increase as Canada opens its doors to refugees as the pandemic wanes. At the same time, the Ontario Government has just announced a 5% increase in Ontario Disability Support payments – an amount of \$58 a month for a single adult. This is still 5% LESS than the increase in the cost of food and 10% less than the cost of food staples.

While the number of people accessing service at HEFC is increasing dramatically, there are indications that we still are not serving some families in, perhaps, the greatest need. Recent surveys indicate that 21% of food insecure families did not access any food bank because they were embarrassed or ashamed, and a further 9% did not know these resources existed. Ottawa South is home to a large population of new Canadians – immigrants and refugees fleeing countries where public programs are distrusted and even dangerous to become involved with. We do not know how many food insecure families we are NOT reaching.

At the same time that the need, as demonstrated, is increasing, our donation base is dwindling. During the early days of the pandemic, we received generous grants from the federal government and the City of Ottawa, as well as generous donations from the community. We were able to introduce a much-appreciated gift card program, which enabled us to minimize personal contact and reduce the number of volunteers needed to store and distribute food donations. At this time, however, while the need for emergency food has actually increased, grants and emergency funding have ceased, and donations have dropped off. As a result, we have been forced to terminate our gift card program in an effort to maintain essential services to as many clients as possible, and to cut back on the amount of some of the food we have been purchasing.

So, we are embarking upon a massive fundraising effort in September and throughout the fall, and we are asking you – the residents of Alta Vista and Ottawa South – to be our Heroes for the month. If it bothers you to think that children, disabled and elderly folks, and bewildered and traumatized newcomers to Canada don't have enough to eat this evening, please step up and help us feed them.

We are resuming our annual fundraiser, our *Walkathon Step Up and Step Out to Stop Hunger* this September. We will be starting from St Thomas Anglican Church at 2345 Alta Vista Drive Saturday morning September 17. Registration will begin at 9 a.m., so mark your calendars!

- Call us at 613-737-9090 for more information.



**For the Heron Emergency Food Centre  
Saturday September 17, 2022**

**9 AM – 12 PM**

#### WALK

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

#### DONATE

Contact us and we will give you a walker to support or **donate at** [www.hefc.ca](http://www.hefc.ca).  
or <https://go.rallyup.com/hefcwalkathon2022/>

Tax receipts will be issued for donations of \$20 or more.

#### Registration

9 AM Saturday September 17  
St Thomas the Apostle Anglican Church  
2345 Alta Vista Drive

#### For Pledge Sheets

phone HEFC 613-737-9090 or  
contact your HEFC rep

**To Donate**  
[www.hefc.ca](http://www.hefc.ca)

- Visit [go.rallyup.com/hefcwalkathon2022](http://go.rallyup.com/hefcwalkathon2022) to make a general donation to the walkathon – donate in the name of a participant or register as a participant yourself.
- Donate at [www.hefc.ca](http://www.hefc.ca).
- Contact your organization's HEFC representative.

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. Call us at 613 737-9090 or email us at [hefc-info@rogers.com](mailto:hefc-info@rogers.com) for more information.

Check us out on Facebook: [www.facebook.com/HeronFoodCentre](http://www.facebook.com/HeronFoodCentre)

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

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.

### SEPTEMBER 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.



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

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

For more information, please contact us at [info@aladin.services](mailto:info@aladin.services) or look at our website at [www.aladin.services](http://www.aladin.services).





The Honourable | L'honorable

# David McGuinty

Member of Parliament | Député  
Ottawa South | Ottawa–Sud



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

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

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

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

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

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

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

The Honourable | L'honorable **David McGuinty, MP** | Député  
Constituency Office | Bureau de Circonscription

1883 Bank Street  
Ottawa (Ontario) K1V 7Z9

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

Email | Courriel: [david.mcguinty@parl.gc.ca](mailto:david.mcguinty@parl.gc.ca)  
Web Site | Site Web: [www.davidmcguinty.ca](http://www.davidmcguinty.ca)

MUNICIPAL ELECTION ADVERTISEMENT



ELECT  
MARTY CARR  
for Alta Vista Ward 18



Community leadership —  
with a proven track record

Marty has been a strong supporter of the Alta Vista community for over 12 years. She delivers results that matter to residents of Alta Vista.

Her accomplishments include:

Community Well-being

- Championed the giving of \$2,500 from the AVCA to the Heron Emergency Food Centre during the COVID 19 pandemic
- Initiated the process for Blair Court Community House to have charitable status that was ultimately successful
- Led efforts to replace the Alta Vista Public School Kindergarten playground structure

Inclusive and accessible services

- Introduced the Alta Vista Farmers’ Market to the community
- Co-led fundraising for the Ridgemont High School prom to ensure over 100 students could attend
- Provided significant input into the Heron Gate Social Contract to ensure protection for existing residents, creation of over 1,000 affordable housing units, and \$350,000 for redevelopment of Sandalwood Park

Creating a sustainable community

- Led the AVCA’s response to Ottawa’s new Official Plan, working with city staff and the Councillor to ensure changes were made to reflect views of Alta Vista residents.
- Presented at City Standing Committee on Environmental Protection, leading to a citywide co-management program for invasive plant removal
- Negotiated a consent to enter agreement with the City of Ottawa to allow volunteers to remove invasive plants in Kilborn and Orlando Parks

Engagement

- Represented the AVCA on the Federation of Citizens’ Associations, Heron Gate Steering Committee, Winter Quality Maintenance Standards Engagement Review, the Alta Vista Drive Redesign Working Group, and at scores of city consultations from 2018-2022
- As AVCA President, hosted sessions to address issues of key interest to residents, including the Official Plan and Heron Gate development, as well as hosting monthly meetings
- Increased engagement with the Alta Vista community through social media, a revamped website and VISTAS articles (2018-22)

Commitments

If elected, Marty will continue to achieve results for Alta Vista residents. In addition to being a strong voice for Alta Vista at City Council and committees, residents are asking for leadership on the following issues—and Marty will deliver.

She will focus on these commitments and more over the next four years:

Community Well-being

- Establish a fenced-in dog park within the Alta Vista ward and work with the NCC to establish a dock on the eastern shore of the Rideau River
- Work with residents and community associations to implement a ward-wide plan for traffic calming measures
- Help reduce speeding through 40 km/hour signage (in consultation with street residents)

Inclusive and Accessible Services

- Improve public transit, including more reliable local service, fairness for Para Transpo users, and advocating for on-demand services in underserved areas
- Initiate a plan to develop a new or redevelop a community centre within the ward
- Work to ensure there are accessible units in all new housing developments

Creating a sustainable community

- Improve Alta Vista’s tree canopy (Ottawa is targeting a 40% tree canopy cover - Alta Vista’s tree canopy was at 28% before the 2022 derecho storm caused significant damage)
- Improve active transportation networks to increase cycling and walking connectivity
- Expand access to local food through partnerships with community organizations, increasing community gardens, and seeking opportunities to increase urban agriculture

Engagement

- Organize engagement sessions with Heron Gate residents to explain next steps to how development will unfold and what benefits the community can expect
- Lead ward-wide consultations on upcoming issues (e.g. Zoning Review, Alta Vista Transportation Corridor) in addition to hosting statutory meetings
- Host regular, open community chats in local parks, libraries, community centres, and coffee shops to increase access to the Councillor for all residents in the ward



# JUST GOOD ADVICE

## The Garden Gate

By Patricia Mosher

### Ten fabulous fall flowers



As we round the corner on the so-called dog days of summer, it's time to consider what's blooming in our Alta Vista gardens this month. Although fall is just around the corner, there are many colourful perennials that will continue to bring colour and beauty to your garden well past summer's peak. Here are my top 10 picks for September blooms:

1. Chrysanthemums – Autumn is their time to shine, making “mums” a great option to replace tired summer-blooming plants. Due to their seasonal popularity, they come in many hues that complement the fall colour palette. They also hold up well under a nip of frost and will often continue blooming well into October.
2. Asters – These are second only to mums on the list of strong fall bloomers. Their daisy-like flowers in cool shades of purple, pink, blue and white provide an appealing respite from the usual autumn colour scheme. They're also an important late-season nectar source for bees and butterflies.
3. Black-eyed Susans – Few plants are easier to grow than this tough native perennial which thrives on neglect and blooms consistently from late summer into fall. Although these dark-eyed beauties usually have radiant yellow blooms, some cultivars, such as “Autumn Colours,” display flashes of gold, red, rust and bronze.
4. Japanese Anemone – These statuesque plants (4–5' tall) are among the most welcome sights in the September garden, and are sometimes referred to as Windflower because of how the flowers sway in the breeze. They sport single or double flowers in shades of white, pink or mauve.
5. Sedum – Autumn-blooming sedum (Autumn Joy and the brighter Autumn Fire) are a must for fall fare because of their thick, succulent leaves and dense clusters of star-shaped flowers that intensify in colour as they mature, going from light pink to deep red.
6. Autumn Crocus – Although the crocus is often considered a harbinger of spring, this showy look-alike waits until fall to send up its pretty blooms. The large flowers are most typically pale purple and arise from the ground on bare stems free of foliage. If you plant your autumn crocus bulbs in the garden by late summer, they will bloom just a few weeks later.
7. Russian Sage – With its frothy blue flowers, Russian sage is an excellent filler in the September garden, providing cool contrast to the rich, warm colours of many other fall bloomers. Although the blooms appear in summer, they are incredibly long-lasting, often persisting well into September.
8. Goldenrod – This beautiful native wildflower has made its way from the prairie to the perennial garden thanks to newer varieties with showier flowers, more compact growth habits, and longer blooms times. In addition to its ornamental value, goldenrod is an important late-season food source for fall-migrating monarchs and other pollinators.
9. Sneezeweed – Another brightly coloured native perennial that will add pops of joy to your garden with masses of daisy-like blooms in shades that echo the quintessential fall palette. Sneezeweed will bloom even more profusely if you remove faded blooms. Despite the name, the flowers are allergen-free, so cut as many as your heart desires for indoor arrangements.

10. Blanket Flower – With an exceptionally long bloom time, blanket flower is one of those rare perennials that can take you from summer well into fall without skipping a beat. I particularly love the fiery reddish-orange flowers of the Heat it Up® Scarlet variety which has a trailing habit, making it ideal for hanging baskets and fall containers.

### Plant of the month: Peegee Hydrangea

You'll be amazed at how much floral beauty these hardy shrubs will bring to your outdoor living space. Peegees have massive, elongated cone-shaped flower clusters that emerge in August and flourish right through September. The fluffy blooms begin as a greenish-white in the bud stage, opening to white and then fading to soft pinkish-brown tones through September before transitioning to beige for winter interest.

This particular hydrangea is one of the most winter-hardy available and tolerates urban conditions well, making them a classic addition to Alta Vista gardens. Peegee hydrangeas are fairly fast-growing and can reach four to ten feet in height with an equivalent spread. Due to their size, be sure to leave plenty of room between these plants when adding them to your landscape.

Fall is the best time to plant Peegee hydrangeas and they'll thrive in either partial shade or full sun locations. They can grow in pretty much any type of soil, as long as it drains well and is rich in organic matter. As is the case with all white hydrangeas, soil acidity does not impact this plant's bloom colour.

Peegee hydrangeas are sturdy shrubs that also don't have a lot of pest or disease problems. They can be pruned mercilessly without any loss of flowers if clipped back in March as blooms occur on new spring growth.



### Gardening in the month of September

- Stop pruning and fertilizing, as you don't want to encourage new, tender growth just before cold weather arrives.
- Continue watering plants such as fall vegetables that are still actively growing.
- Plant spring bulbs such as daffodils, tulips and hyacinth (once planted, add a layer of blood meal to keep the squirrels at bay).
- Plant fall-flowering annuals, which you can find at garden nurseries at bargain prices this month; they will only last until the first frost, but will provide great colour well into October.
- Stop watering both evergreen and deciduous trees in late September to help them prepare for winter.
- Divide perennials such as hostas, peonies, cone flowers, etc. as needed to fill in bare spots or to give away to friends and neighbours.
- Dig and store bulbs such as dahlias, cannas and elephant ears by cutting back the green stems, drying them out and storing them in peat moss in your basement,
- Bring in any houseplants that you have had outdoors during the summer when/if frosty nights are forecasted; just be careful to inspect them first for insects that you don't want to bring inside.

*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](mailto: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.*



OUR ENVIRONMENT

Update on Kilborn Park’s baby butternuts

By Gillian Cooper, Chair, Greenspace Stewardship Committee, AVCA

We are happy to report that all 12 of the butternut seedlings that were planted in the spring in Kilborn Park are thriving. Many thanks to all the volunteers who toted water up the hill to care for them this summer. Look for the snow-fenced enclosures and pay them a visit!

These baby trees are very special. The butternut (*Juglans cinerea*) is a native species that was an intrinsic part of Eastern Ontario forests until the arrival of the butternut canker disease around 1967. This deadly fungal disease attacks all butternuts. As there is no cure yet, the main hope for the species is to find trees that appear to be less susceptible and plant their progeny in as many places as possible. The Rideau Valley Conservation Authority (RVCA) runs the Butternut Recovery Program that finds the trees and grows the seedlings, then offers them to citizens who can provide forever homes. Our baby trees came from the RVCA, and we have committed to caring for them for the next three years.

The Greenspace Stewardship Committee of the Alta Vista Community Association (AVCA) planted the butternut seedlings in Kilborn Park along the path between Cunningham and Kilborn avenues in the spring of 2022, with the kind permission and cooperation of the City of Ottawa.



Butternut sapling in orange snow fencing. Photo by Nathalie Bradbury



Thriving butternut seedling in Kilborn Park. Photo by Nathalie Bradbury

**GIBBON’S PAINTING & DECORATING**

Local House Painter - Bonded  
With 32 years experience  
(Interior)  
I will do the small jobs the other  
paint companies don’t want to  
do

Customer Satisfaction  
**ALWAYS GUARANTEED**

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



SINCE 1967  
**RAINBOW  
KIDSCHOOL**

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





MEALS ON  
WHEELS

LA POPOTE  
ROULANTE

OTTAWA





**Sign up**

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



**Volunteer**

Join our team and make an impact in your  
community



**Donate**

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

**(613) 233-2424**

**mealsonwheels-ottawa.org**

Nous sommes bilingues!



## OUR ENVIRONMENT

### FRIENDS OF PLEASANT PARK WOODS

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

**M**other Nature decided to throw a fit on Saturday, May 21st! A very sudden, violent storm – derecho – hit our region and had a dramatic impact on our community and our beloved woods. Many residents had damage to their properties and were without electricity for many days. This derecho and the damage to Pleasant Park Woods was a reminder of the January 1998 Ice Storm. There is no way to measure the extent of this damage. We must be patient, and allow the City to clear the pathways of uprooted and downed trees.

Even though there is such a drastic change in the woods, the plants and animals will adapt. The resiliency of the forest is already evident, new homes for some squirrels and birds have been built. Other animal and insect species will adapt to this new environment. With the downed trees, there is much more sunlight in the woods. This sunlight will help with the regeneration and renewal of the forest. Sunlight is needed for seed germination and will help new growth become established.

While your walk through the woods may no longer be a circuitous route, and you may need to turn around and double back on a path, please be mindful of where you step. There is much new green growth trying to survive. New maple saplings are easily spotted. We need to encourage new saplings to grow big and strong. Rabbits can be seen running around, and the sounds of woodpeckers can be heard. Enjoy your walk.



### WRENS WAY COMMEMORATIVE RENAMING CEREMONY

**September 9th, 10 a.m., on 1612 Kilborn Avenue**

**P**lease join the AVCA Greenspace Stewardship Committee as The City of Ottawa, Mayor Jim Watson and Councillor Jean Cloutier unveil the new nameplate for WRENS Way. This greenspace is named in recognition of the Women's Royal Canadian Naval Service (WRCNS), founded 80 years ago on July 31, 1942, and in remembrance of all those brave Canadians who served Canada during the Second World War.





**gotta dance**  
BALLROOM & LATIN

Call or Visit website for class schedule  
[www.gottadanceottawa.com](http://www.gottadanceottawa.com)

**Group & Private Lessons**

**New-Style Latin Dance**  
(similar to line dancing)

Friendly, Professional, Certified Instructor

**613-293-5676**

[nancycowan@outlook.com](mailto:nancycowan@outlook.com)

Lessons held at:

414 Pleasant Park Road, Ottawa  
(in the Pleasant Park Baptist Church)

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

**NOURA'S**  
House of Expert craftsmanship

**613-680-8883**  
[www.nouras.ca](http://www.nouras.ca)

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

**We buy gold**  
Highest possible price





## OUR ENVIRONMENT

### BIRDS OF ALTA VISTA: Hummingbirds

By Richard Knapton

Late summer, and gardens here in Alta Vista are full of flowers. In ours, we have quite a few red blooms—Cardinal Flower, *Crocosmia*, Bee Balm, Scarlet Runner Beans, and so on—and at this time of the year, we are visited by hummingbirds. Usually, the hummingbird is brilliant green above and gray beneath, although very occasionally we are treated to one that has a scarlet throat patch. So, what do we know about these hummingbirds?

This is the Ruby-throated Hummingbird. In Eastern North America, there is just the one species of hummingbird that nests here (there are the occasional vagrant hummingbirds that turn up at hummingbird feeders). The number of species increases as we go west to British Columbia and south to California, and then further south in the neo-tropics, numbers explode to well over a hundred species, especially in the Andes.

The Ruby-throated Hummingbird is a small hummingbird with a slender, slightly downcurved bill and fairly short wings that do not reach all the way to the tail when the bird is sitting. They are bright emerald or golden-green on the back and crown, with gray-white underparts. Males have a brilliant iridescent red throat that looks dark when it is not in good light.



Male Ruby-throated Hummingbird: Photo by Bob Baker

Ruby-throated Hummingbirds fly straight and fast but can stop instantly, hover, and adjust their position up, down, or backwards with exquisite control. Hovering in front of a flower to sip nectar, it beats its wings more than 50 times per second. Impressive migrants despite their small size, some may travel from Eastern Ontario to Costa Rica. Anyone who has put up a hummingbird feeder knows that hummingbirds can be aggressive and territorial; a hummingbird will defend the food sources (feeders, red tubular flowers, tiny insects) vigorously against other hummingbirds. At flowers, a hummingbird usually feeds while hovering, extending its bill and long tongue deep into the centre of the flower. At feeders, they may either hover or perch. To catch small insects, they may fly out and take them in midair, or hover to pluck them from foliage, and sometimes they take spiders (or trapped insects) from spider webs.



Female Ruby-throated Hummingbird: Photo by Bob Baker

They are birds of open woodlands, forest edges, and meadows, but readily visit parks, gardens, and backyards. In the courtship display, the male flies back and forth in front of the female in a wide U-shaped “pendulum” arc, making a whirring sound on each dive. He then buzzes back and forth in short passes in front of her. The nest site is in a tree or large shrub, two to 15 metres above the ground, usually around eight metres. The nest is usually placed on a horizontal branch, well surrounded by leafy cover. The nest is an exquisite structure: it is built by the female and is a compact cup of grasses, plant fibres, and spider webs, lined with plant down, and the outside is cleverly camouflaged with lichens and dead leaves.

The two tiny eggs are white, and only the female incubates the eggs, for about two weeks. The female feeds the young on her own. Interestingly, the nest stretches as the young grow. The age of the young’s first flight is about three weeks after hatching. There is likely only one brood per year at our latitude here in eastern Ontario.

According to new research, Ruby-throated Hummingbirds are capable of flying more than 2,000 kilometres without a break. Whether they migrate across the Gulf of Mexico or around it is still unknown, but the flight ranges researchers have calculated mean that most of them would be able to make it across from Florida to Central America if weather conditions were favourable. In our area, the adult males leave first, usually in early August and the females and young leave in late August and early September. Older birds arrive on their wintering grounds in Central America in better condition than the young of the year.

#### Feeding Hummingbirds

Just table sugar and water.

Use table sugar rather than honey to make hummingbird food—when honey is diluted with water, bacteria and fungus thrive in it. The normal mixture is  $\frac{1}{4}$  cup of sugar per cup of water. During cold, rainy, or foggy conditions when fresh water is plentiful but birds need more energy, make the mixture  $\frac{1}{3}$  cup of sugar per cup of water. Concentrations of sugars in natural nectars vary within that range. There is no need to add red food colour to sugar water or to use red-coloured commercial mixes. Nectar in flowers is clear, and red food colouring may be harmful. It is the flowers themselves that are brightly coloured, not the nectar, which is why hummingbird feeders typically are designed with red parts.

It is recommended to change sugar water every three to five days to prevent mould, and clean feeders once a week with hot water and a bottle brush, and do not use soap or a detergent. The two most important issues to consider in selecting hummingbird feeders are how easy they are to take apart and clean, and how large they are. The best-sized feeders are those that are emptied every few days by the hummingbirds themselves. Bottle or tube hummingbird feeders can be glass or plastic, often with red plastic flowers and bee guards (little plastic screens that keep insects away from the sugar solution) on the feeding ports. If the bee guards are yellow, they may, ironically, attract bees.

With hummingbirds, more feeders are usually better than larger feeders. Hummingbirds are extremely territorial around feeding sites, and so four small feeders with one feeding port each, set around your home, will attract and maintain more hummingbirds than one large feeder with eight ports.

Hummingbird bottle feeders tend to leak in the sun because air trapped in the top of the bottle expands as it warms and pushes the nectar out. This doesn’t happen in tray feeders. Either way, avoid locating your hummingbird feeder in direct sun, which causes the sugar solution to spoil rapidly.

If hummingbird feeders have large enough perches, other species such as orioles and Downy Woodpeckers may visit them. Plastic saucer-type hummingbird feeders have feeding ports in the top, making them fairly bee-and-wasp-proof. These feeders often have little moats in the centre that should be filled with regular tap water—that will keep ants from climbing down the support wire or rod and getting to the sugar water.



## OUR PEOPLE

### A Canoeist, and A Writer

*By Ernie McArthur, VISTAS President*

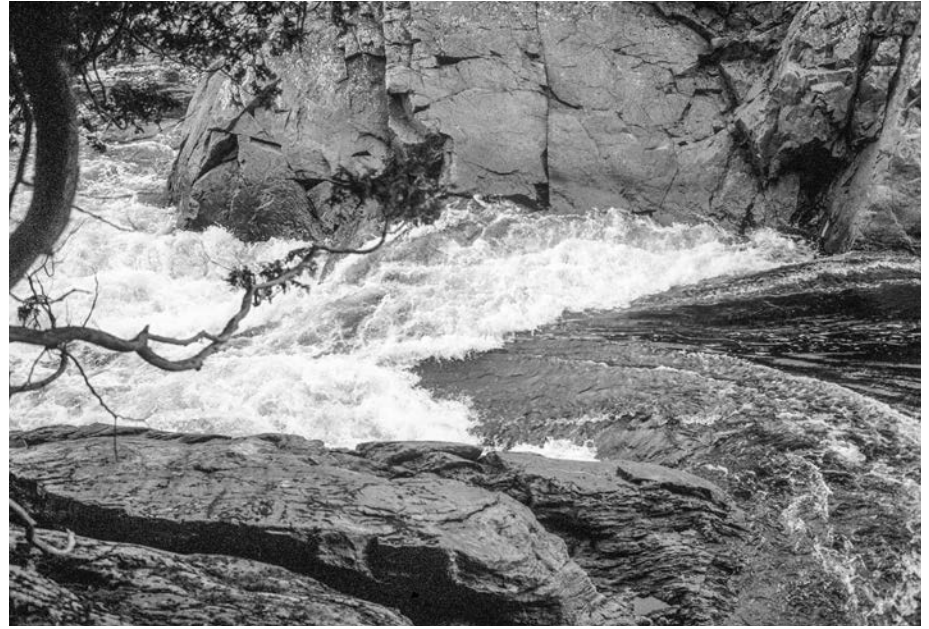
A good story needs a good writer to tell it. A good writer needs a good story to tell. Sometimes a good writer is also the good story. This month's Our People gives us both the story and the writer. The story is of a man, his canoe, his adventures, and his community commitments. The writer is well known to VISTAS readers as the man who each month introduces and brings to life for us, another of Our People. This month, Our People tells the story of Bill Woodley, one of Alta Vista's great adventurers. Bill is one of us, living, working, and volunteering, with us and among us. But unlike most of us, Bill has extraordinary stories to tell or to be told. And Courtney Tower, well, he recognizes a story when he meets one, he knows how to bring that story to life, and he knows how to write it. Through VISTAS, we have the privilege of meeting and knowing both Bill and Courtney; we share Bill's story as he lives it, and as Courtney tells it.

This story is primarily about Bill the canoeist, the adventurer, a man driven to explore and meet the challenges of some of northern Ontario's, and Quebec's, many rivers. But beyond Bill's personal story, it brings to mind both the canoe's contribution to Canada, past and present, and the rivers on which the canoe has always found its way. Providing the only passable corridor into the Canadian wilderness, and to distant Canadian lands, these mighty rivers gave birth to the canoe, built initially by First Nations travellers and, over the centuries since, adopted by the rest of us for adventure, exploration, and downright excitement. Paddle any of these rivers and you take with you, in every stroke, the Canadian traditions and challenges of adventure, exploration, dare-devilry, excitement, gut-busting work, danger, and yes, a fair dose of fear. And the further north you go, and the more isolated the river, the more intense the experience.

What drives Bill and other canoeists like him? Are they all a little bit crazy? The Our People story provides some answers. It is not just the traditions and the challenges which lure the canoeist into the wilderness. It is just as much about the sheer beauty of it all. I have tried to describe this beauty and wonder in previous writings, and failed, so here I will write just a few words about what I think Bill might see from his canoe and his campsites, and what it is that might keep him going back. To be stared down by a wolf. To watch as the moose or the deer wander or swim calmly by, giving that "who are you, and what are you doing here?" look. The glow of the campfire, the silence, or the not-so-silent loon, the camaraderie, the scarlet sunsets, the bush and more bush, the birch and the pine, and always the water. On a lake still. In a river, fast or slow, sometimes roaring and sometimes rippling, silver, white or blue, sometimes falling, cascading and smashing, on and on, unstoppable, as though in desperate search for a place to rest finally, but rarely finding it.

The canoe. Wilderness. Isolation. History. The fur trade. Early land surveys. Exploration. First Nations warriors. Tradition. Recreation. Drownings. Rushing water. A forest majestic, whispering in the wind.

And Courtney is with us, to tell the story. Succinct, entertaining, giving us that which we need to know, the guts of each person's story. So yes, I believe there is more to Our People than its monthly subject. Bill's story is told, and Courtney tells it well. If you read Courtney's Our People each month, you know what he brings to VISTAS; another fascinating life story told in his unique style, pieced together in lively form. Courtney is a long-retired journalist and his training and experience in that profession, in his inquiry and research, are obvious. On behalf of the Board of Directors and on behalf of VISTAS readers, thank you Courtney for your Bill Woodley story, for your many VISTAS writings, for your enthusiasm, and for the long-time guidance you have provided the Board.



*The power and the fury of falls along the Great Whale River. Photos by Bill Woodley.*



PAULA MOLONEY

CRAFTING BESPOKE REAL ESTATE EXPERIENCE



CONTACT ME FOR A PERSONAL REAL ESTATE CONSULTATION

613.698.7654

292 Somerset Street West - Ottawa, ON K2P 0J6

(c) 2022 Engel & Voelkers Ottawa, Central, Brokerage, Each brokerage independently owned and operated

**ENGEL & VÖLKERS®**  
**PAULA MOLONEY**



OUR PEOPLE

BILL WOODLEY

Why Do They Do It? What Draws Them?  
To Canada’s North

By Courtney Tower



What is the lure of the river and its ways? What pulls the Bill Woodleys to the white-water rapids of Canada’s North, in remote valleys, between huge cliffs, astride torrents foaming from great falls, to weary portages over boulder-strewn trails as the black flies and mosquitos converge? What pulls them past taiga forest to frozen tundra? Why do they toil and triumph for days and weeks, the Canadian way, by canoe?

You’ll be lucky to get a direct answer. But it can be discerned in an epic test of hardihood, perseverance and bonding by six middle-aged men for 16 days along the Great Whale River through 350 kilometres of northern Quebec to Hudson Bay, in August of 1992.

Now don’t romanticize this too much, cautions Bill Woodley, 82 in December. He and a core of friends have known about 30 other rivers, each with its own share of power and magnificence. They have toiled through hundreds of hard portages and linings, which are pulling the canoes by ropes through stormy waters. They have cooked together over campfires, dried out selves and clothes before them. They have tested themselves, looked out for one another, shared the challenges of the 6,000-odd kilometres that they have canoed together.

Still, the romance of this one is there, outlined at the time by younger brother (by three years) Douglas Woodley, in 40 densely packed pages. It is an everyday canoeist’s journal, but yet becomes graphic about the great canyons and their countless waterfalls, the rigours of cliff-climbing, the drenching of body and clothes, the pleasures of peaceful stretches of the Great Whale River.

Just Six Guys  
And Three Canoes

Bill, chief organizer, was 51 at the time and his canoeist friends were 54 and 53, 50, 48 and 39. Three were from Ottawa and three from Calgary, Halifax and Waterloo. They were public servants, businessmen and teachers. “We were fairly fit from being outdoors people,” Bill Woodley said one morning at his and Margaret’s home on Stratford Avenue in Alta Vista.

“But we hadn’t undertaken any special fitness exercises or training. We just got together and took two cars and packs and three canoes on August 7 and drove 1,000 kilometres from Ottawa to Radisson, Quebec. There we loaded everything onto two small float planes, an Otter and a Beaver, and flew about two hours to Lac Bienville, where the Great Whale begins.”

From there on, it was hours of paddling against high winds the first day, Doug’s journal says. Then, calm canoeing the second for eight kilometres until cascades of rain came that “we paddled through,” soaking them through.

At a second set of rapids, “the immense standing waves and the rushing clamour of the river out in the centre of the channel was a certain indication that the river was high and very powerful,” he notes. Doug Woodley is like that: laconic usually, but at times breaking out into awe at the power and magnificence of these remote tracts of the James Bay watershed.

On that first and typical day, they felt the ever-present flies of the North. “Most of them were blackflies that have an impressive talent for crawling in little gaps in clothing to get to skin and then, once inside, feeding on their victims. There were also medium-sized flies --- deer flies, we called them --- and then there were the big ones, almost as big as bumblebees.”

However, “around us was what made all the discomforts and efforts worth it --- the clear water and the boreal forest shining in the sunlight.”

Another time, after “a tricky paddle to the next cascade,” they “coasted cautiously part way down the right shore (of the river), backpaddling to slow us down and then pulled the canoes out and, fully loaded, dragged them over the thickets of willow and birch and lichen-covered rocks to a five-metre cliff.”

“With all six of us working together, we slid the canoes down to fast, flat water, loaded ourselves in, and coasted down beside a channel of very big waves.”

A River That Thunders  
Thumps And Hisses

Yet another time, “The river, a writhing serpent of deep green and silver compressed into a slot no wider than 20 metres, surged around a steep cliff of sheer black rock and dropped 15 metres over a ledge into a cauldron of brilliant white foam. It thundered and thumped and hissed. It filled our ears with the sound and we stood and stared in fascination.”

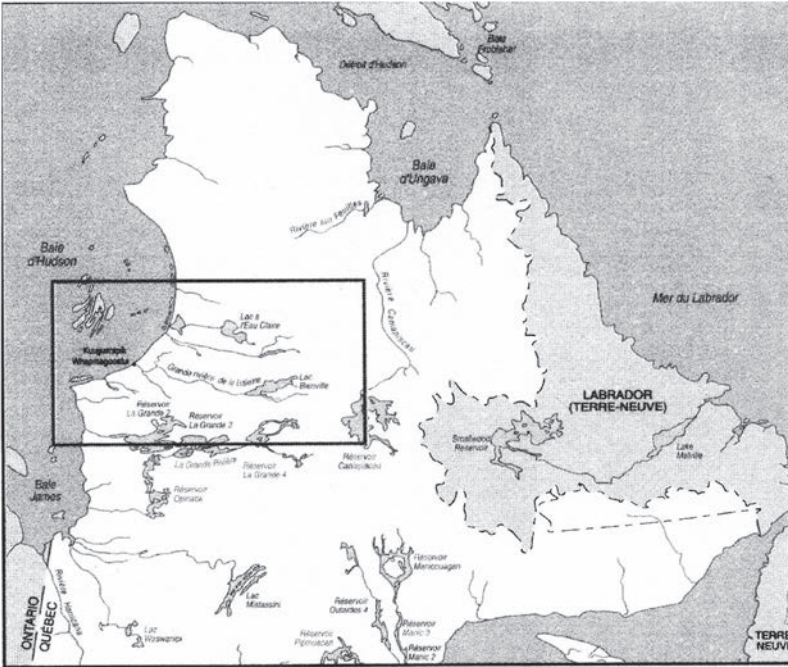
“Fifteen or 20 metres below our toes, the water roiled with huge haystack waves exploding out of the wet rock trap ...”

In places of great danger, the men would “line” their canoes, pulling them with ropes along the shore until, at one place “Doug slipped on a wet rock and slowly slid waist-deep into a powerful current.” Doug on the bow rope and Bruce Gowans on the stern rope pulled hard and harder until Doug could “grab a boulder on the shore and drag himself to safety.”

The others chose not to line but to ride the current and were turned broadside into a standing wave and upended into the river. They righted their swamped canoe and made it to shore. Reunited, all six, they rested “while things dried out.” Then, back to a river “fast and turbulent” with unpredictable waves coming on high winds from any direction and fierce eddies, as they raced along. “The high cliffs and over-arching hills sped by but we couldn’t take our eyes off the river ahead,” Doug writes. They had travelled five kilometres in 20 minutes.

Labour Hard,  
Do It Again

After a week out, they landed above fierce rapids, carried their packs and then the canoes in several trips “over big boulders and through the pools between ledges beside the rushing river.” Then into the water for a mere 800 metres “above the next rapids, where we did the same thing all over again.”



LOCATION MAP

This map shows the location of the Great Whale River in Northern Quebec, from its source at Lac Bienville to its landing in Hudson Bay.



## OUR PEOPLE

There was no other choice. Just below them, “enormous volumes of raging water crashed over immovable granite with a violence that we could hardly bear to watch.”

So it went, for another week of spectacular gorges, cliffs on either side of the Great Whale “that were 70 to 100 metres high.” More huge waterfalls. More portaging where even trails of Cree and Inuit hunters had been weak. More rapids and lining the canoes alongside. The occasional stretch of flat water. Not much game around, but many loons, ducks and other birds. More dangerous encounters with cliff-climbing.

Eventually, a last portage, and the river swept them into a settlement of people including two Cree fishermen they had met days before. In admiration, these two “applauded and took off their hats and bowed to us” and then helped unload their boats.

### Always A Canoeist,

### Always Outdoors

Bill Woodley has been outdoors and camping since childhood within his family in Toronto (born December 7, 1940), and while a student at the University of Toronto. With a university friend, Bruce Gowans, and two others, there was his first major canoe trip, in 1973, for two weeks along the Albany River in Northern Ontario.

Bill and Bruce kept and keep in touch and the core developed: these two and Rod Haney and Peter Garrahan of Ottawa, Joe O’Brien of Halifax, Doug Woodley of Waterloo. “We’ve been canoeing together off and on for 50 years now,” he says.

“On several trips, we have included our sons and grandsons,” Bill says. “A couple of years ago we included one of my grandsons, Reilly, then 18, on an eight-day trip along the Grassy River in Northern Manitoba.” “We’ve made many 300- and 400-kilometre trips in Ontario, Manitoba and 320 kilometres of the Saskatchewan part of the 1,600-kilometre Churchill River into Hudson Bay.”

### What He Does Now

### Keeps Him Busy

Bill and Margaret were married in 1966 and have three children and three grandchildren. He has been long retired from the federal public service but keeps very active.

Bill drives patients to their medical appointments for the Southeast Ottawa Community Health Centre. He is a leader in the Scouting movement, to which he has been attached almost all his life. He is an avid amateur photographer and part of the Foyer Gallery Artists’ Association which displays in the Nepean Sportsplex. For many years, he has been associated with the international charity Oxfam and still engages in its fundraising efforts.

For 10 months of each year, Woodley captains a team of carriers of this community paper, VISTAS. “Of course, I know Ernie McArthur,” he says. “Ernie’s my boss.” McArthur is the Distribution Manager of VISTAS and President of its Board of Directors. He, as Woodley well knows, is an experienced canoeist as well.

Outside their Alta Vista home are parked the two canoes that have carried Woodley --- and Margaret on more placid outings --- for all these years. One of them, from the canoe-making company Chestnut, was given him by Margaret as a wedding present.

An abiding concern for Bill Woodley is that the Great Whale and other Northern Canada rivers are not further dammed up, lands submerged, for hydro power. Such a plan for the Great Whale was made and abandoned years ago, “but abandoned for how long?”



Bill and Margaret Woodley at their home in Alta Vista. Photo credit: Gerri Doherty

## GET SOCIAL

### Modern Square Dancing Fun for all ages!

Have a partner? Great! No partner? No problem!

Join us at a FREE Kick-Off Dance:

Tuesday, Sept. 20, 2022

7:00 pm

J.A. Dulude Arena, 941 Clyde Ave.



12-week dance  
program  
will begin on  
Tuesday, Sept. 27

[www.merisquares.ca](http://www.merisquares.ca)  
[lamarmason4@gmail.com](mailto:lamarmason4@gmail.com)

(Proof of vaccination required.)





## OUR COMMUNITY

### Ellwood – a 15-minute neighbourhood, Part 2

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



As described in Norman Payne's article, "Ellwood – A 15-minute neighbourhood," in the June edition of VISTAS, the City of Ottawa's Official Plan calls for a 15-minute neighbourhood extending from Walkley LRT, described as an area extending for a radius of 600 metres (1968 feet). In Ellwood, from Walkley LRT, it stretches in an arc encompassing 80 per cent of Ellwood and most of the area targeted for higher buildings, and is described as an arrangement of streets conducive for walking to the station easily. Two elements are paramount, "access to available services and amenities" and "focus on the safety and enjoyability of the pedestrian environment with respect to walking to these services and amenities," emphasizing that Ellwood be a neighbourhood "where people can live viably without a car because daily needs are located within a 15-minute walk from home," and areas just beyond the radius, from Jasper to Albion, about a 20-minute walk. However, Payne noted that with 1,200 cars in Ellwood, the car is de rigueur for most; and that Ellwood has a problem in regard to the safety and enjoyability of its pedestrian environment with respect to walking to services and amenities.

To continue this June story, City Planner David Wise says that Ellwood is mostly zoned to only allow detached houses and is low-density. He notes that new, modern multi-unit housing is subject to regulations for waste management, parking, soft landscaping, and design to provide for good fit and function. He also notes, "people live in houses – not cars; that people will have cars to the extent that they can park them – regardless of the housing choice – but current zoning regulations for new infill do provide better rules for on-site parking and parking management, in balance with space for trees and soft landscaping. And ultimately, people are what make a neighbourhood great, so new residents add to the community, and should be welcomed." He also notes, "traffic is a problem in every neighbourhood – whether it's detached or towers – no one likes a speeding car where their kids are playing, or a small and narrow sidewalk that may or may not actually connect to where they want to go. What's causing problems is the legacy focus of older communities on using cars, designing around cars, expecting cars to be the focus of design, and an environment that prioritizes cars above people's movements and suggests we should demand better environments for homes and people."

That notwithstanding, there is a strong experience in Ellwood of problems from some properties over parking and falling property standards. Planner Wise states, "Zoning does not distinguish between owner-occupied and rental housing; between students and non-students; or similar distinctions rooted in the presumed habits or characteristics of the occupants. The City has an added obligation under the Ontario Human Rights Code. The equal right to accommodation is fundamental to human dignity. Concerns over nuisance behaviour or property standards are best addressed through enforcement of municipal by-laws, as frustrating a process as that can sometimes be – it is the best and most appropriate path."

David Wise further expounds, "we all face forces of tremendous social, economic, housing and enforcement challenges, but I can assure you that trying to put in more restrictions and be all stick and no carrot is not the answer. Zoning regulates building form and land use impacts and cannot be directly or indirectly aimed at a specific group of people, a practice sometimes called 'people zoning.'" He notes that the provision of safe, affordable housing for people in economic or social crises is a massive societal challenge, and will exist regardless of what zone you are, or part of the City you live in. "I don't minimize the concerns – and certainly a problem happening in the house right beside one's own is

not by any means 'minimal' to the person living there! Rather that the problems with some properties and residents are problems that occur across the City, in zones high-density to low – and are not linked to intensification."

"The problems in Ellwood are in houses that remain R1 – and are still considered to be a detached unit under zoning rules and are not related to intensification. The house is still a house – it still represents only one unit on a lot. These are being 'cut up' internally for rooming and boarding because there is a demand for low-cost housing, a market for that kind of accommodation, the properties in question are older, and so opportunity exists for value to be extracted from them by doing so. This demand exists in part because of a massive and systematic under-supply of affordable housing across this city coupled with a lack of alternate opportunity (without significant time and cost) for development on those lots – and so the demand is being funnelled by the path of least resistance in unpleasant ways. If opportunity for housing is not provided – it will still be supplied one way or the other. Illegal rooming and boarding houses are a clear manifestation of that principle. We see it in Sandy Hill, we see it in Westboro, we see it in Barrhaven and Orleans – people will find a way to find housing – legal or otherwise," says planner Wise.

Of interest, in the recent May 2022 Council elections in Britain, the grouping that had vigorously proposed tossing out community association's participation and concerns from their versions of Intensification lost 488 councillor seats and 11 whole councils; a last-minute about-face by many deemed insincere, did not save them. Planner David Wise says that "at our peak of construction, we saw around 7,000 homes being built across the entirety of the city (suburban and urban) – indeed homebuilding in Ontario reached a peak in the last year – and that pushed industry and the homebuilding sectors way past their ability to regularly deliver. No community should expect an onslaught of massive and wholesale development." Wise further points out that "out of 180,000 residential lots across this entire City, some 90 per cent are frozen to anything more than three-units, 70 per cent are frozen for anything more than two, and 50 per cent are reserved exclusively for one-household only. That pushes all the pressure on the few lots that remain where actual multi-unit can happen." He comments, "We have a supply issue, caused by decades of deliberate choices to make it hard to provide new housing where it is meant to happen – in neighbourhoods." However, Ellwood's Ridgemont Community Association has been actively involved in accommodating over 150 new single-family homes over the last 20 years, including four very recently.

What does this mean for Ellwood? That while the needs for community preservation and Intensification overlap in some areas with issues of common interest, there continue to be areas of concern and apprehension. This should best be addressed by open and honest dialogue in matching the lived experience with the OP's aspirational goals and assurances – with real, workable solutions. City planners need to use their skills and influence to make their Plan succeed by helping solve the problem of cut-through traffic, getting as many cars as possible out of the equation and preserving the character of Ellwood. This would go a long way to instill more trust and credence in the Plan. As always, compromise, each side's needs counterbalanced so that no one feels exploited or shut out, is the solution. Stay tuned and keep the questions coming.

Next month, with the 2022 Ottawa municipal election scheduled for October 24 getting closer, the candidate declarations with regard to Doug Ford's "Strong Mayor" initiative, which has either cast a pall for many or provided a hall pass for developers, will be carefully examined.





## OUR COMMUNITY

### Local Army Cadet, Isac Hawadle, shoots straight at National Fullbore Championships

*By 2332 Major E.J.G. Holland VC RCACC*

Cadet Warrant Officer Isac Hawadle isn't your typical teenager. Heading to grade 12 this September, WO Hawadle spent his summer completing the Fullbore Marksman Phase I course at Connaught Cadet Training Center. And he did exceptionally well, placing third out of his whole cohort and taking home the top competition prizes!

"This year, the camp was very engaging because we were on the range every day," said WO Hawadle. "Every day we were shooting, plotting, checking windages and discussing better ways to improve our techniques. It was a positive feedback loop all summer!"

At the end of their course, all the cadets competed in the National Cadet Fullbore Championship. The competition is made up of six matches, two Competition Aggregates (three matches each) and the Grand Aggregate.

WO Hawadle came home with multiple awards: 1st Place in the Clem Tremblay Match at 600 yards, the Buell Trophy (awarded to a team of eight firers from the course) with his team and 1st Place in the Marie-Christine Lariviere Aggregate. Finally, he took home the top award as the champion of the 2022 National Cadet Fullbore Championships: The Karyline Wathier Grand Aggregate.



*Cadet Warrant Officer Isac Hawadle records his targets.*

"Take advantage of summer camp opportunities offered to cadets, especially in marksmanship. You can improve drastically in a short amount of time," advised WO Hawadle. "I originally wasn't selected for the Fullbore Phase I course, but I put in the practice and effort at my local unit, got better and was accepted."

This is only part of WO Hawadle's journey as an Army Cadet at 2332 RCACC. Having received his acceptance to Fullbore Phase 2, he plans to keep honing his marksmanship skills to prepare for next summer. WO



*Mr. Alain Marion presents the Karyline Wathier Grand Aggregate on behalf of the Wathier family to Cadet Warrant Officer Isac Hawadle.*



*Cadet Warrant Officer Isac Hawadle lifts the Karyline Wathier Grand Aggregate Trophy in celebration!*

Hawadle is part of the cohort of cadets who will be chosen to represent Canada as the National Rifle Team in 2024.

WO Isac Hawadle credits the Cadets Program for giving him an impactful experience: "Personally, Army Cadets has been the most fun, efficient and life-changing program in my whole life. If you join and put in the work, time and effort to learn, you will leave cadets as a much better and well-rounded individual – guaranteed."

Outside of attending regular training on Wednesday nights at 2332 Major E.J.G Holland VC, Royal Canadian Army Cadet Corps, located at 2100 Walkley Rd, WO Hawadle aims to study biomedical engineering at Carleton University after graduation.

Opportunities like these, where cadets pursue personal development through challenging activities that are outside their comfort zone, are offered at Cadets Canada. The free Army Cadets Program is open to youth between the ages of 12–18 and is offered at 2100 Walkley Rd. Check out our website [2332cadets.ca](http://2332cadets.ca) for more information.

*Photos credit: Connaught Cadets*

## OPEN DOORS

YOU'RE INVITED TO  
A CHRISTIAN FELLOWSHIP THAT  
OFFERS LOVE AND SUPPORT

📍 GREEN BEAN CAFE  
1791 KILBORN AVE, ALTA VISTA

📺 ZOOM: 6132470575  
WEDNESDAYS 7:15PM

WE HELP PEOPLE HOLD GOD'S HAND, WHO HELPS AND GIVES US PEACE.

613.247.0575  
GLADYS

613.581.3178  
EDWIDGE

613.796.2100  
RAJ



OUR COMMUNITY

A remarkable RCMP musician on both sides of the border

By J.J.Healy, RCMP Veterans, Ottawa



This is a tribute to the only Commissioned Officer of the RCMP to be buried in the Arlington National Cemetery in Virginia, USA. He was a Canadian, born in 1929 in Ottawa, who moved to America and joined the United States Marine Corps as a member of the Marine Band. He began trumpet lessons at the age of 10.

As a seasoned musician, he returned to Canada and accepted the prestigious post of Director and Conductor of the RCMP Band. He was not a regular police officer; however, stories abound about the powerful effect that this unique Officer had on the public perception of an integral part of the RCMP as well as his ability to foster positive relations between communities and local RCMP detachments all across Canada. His name was Superintendent Bramwell Smith.

Bramwell Smith left Ottawa as a young man to join the world-renowned United States Marine Band. He had an impressive solo trumpet career and he went on to form the Marine Herald Trumpets. He was one of the few trumpet soloists in the world who had mastered the continuous breathing technique in his playing. He had several recording successes to his credit. His proudest achievement was to write, arrange and perform the music for the Inauguration of President John F. Kennedy. After great success in America, Bramwell was invited by the RCMP to consider a career change and he made the decision to return home.

“Bram” as he was known, engaged in the RCMP as a Constable in September 1967. He was promoted to Staff Sergeant a month later and then he received his Commission to Inspector about five months later. He was further promoted to Superintendent.

After Bram’s arrival in Ottawa, it didn’t take musicians in the RCMP Band long to see what a wonderful and exciting talent he was, both as a performer and leader of a musical group. He fostered a “dynamic” sounding concert unit, combining old band repertoires with new upbeat renditions. With Bram’s innovations, the Band became more entertaining. Under Bram’s direction, the RCMP Band evolved and became more popular among both young and old audiences alike.

Bram strongly felt that music should appeal to all ages but, in particular, it should reach young people. His style of music became a very strong and successful recruiting aid for the RCMP. School programs across Canada were an instant hit. Wonderful comments were received about the Band’s effectiveness in fundraising programs in the community. Bram’s sparkling personality shone across the stage and Canadian audiences loved their own “Memorable Music Man Mountie!” He earned the nickname “Captain Colgate” because of his engaging smile.

It wasn’t long before the RCMP Band put out its first recording, “Dynamic Sound.” Bram encouraged RCMP musicians with talent to come up with new musical arrangements. In this way, he brought in new musical ideas and styles especially written for the Band’s instrumentation. Here again, he had a unique sound in his mind and it wasn’t long before he had several RCMP musicians producing new arrangements that were the envy of other bands in Canada and in the USA.

At Bram’s instigation, the Band was invited to play at several international gigs including the “Hemisfair” in San Antonio, Texas in 1968, the World Fair in Osaka, Japan in 1970, and the Eastern States Exposition in Springfield, Massachusetts.

Other memorable performances included a TV Christmas Special with the Girls’ Choir from St. F.X. University and the opening of the Henry Larsen Building in Yellowknife. The Band performed the waltz from the Swan Lake Ballet for a performance by the National Ballet Company.

The RCMP received incredible international exposure through his efforts.

Bram thought that, in addition to touring Canada and abroad, the Band should be recording more and doing more radio and TV broadcasting and, consequently, seized every opportunity to do so. At the same time, the Band continued to provide “a public relations and ceremonial service for the Royal Canadian Mounted Police and for Canada.” Musical programs were more than just musical entertainment; the Band took on a “professional show biz” kind of aura that made the RCMP Band stand out as “one of the most professional and finest Bands of its kind in the world.” As Music Director, Bram believed in musical excellence and would settle for nothing less.

Bram Smith was a very intense and professional person. He put every ounce of energy into conducting a concert and he was left exhausted after each performance. Regularly, at the end of a performance, he would take the microphone and tell the audience that the Band was performing to support the operational RCMP members who work in their community 365 days a year. He always thanked the community for the support they gave RCMP members all year round. His comments to the public were quite remarkable because they came from a man who had never taken a day of police training or done a day of policing. He considered the RCMP in the field to be the Band’s Number One ambassadors.

Bram’s music could bring a tear to the eye of many a hard-nosed operational police officer. Deep down every musician knew that Detachment men and women appreciated and admired his remarkable musical talents and his fun with a youthful audience. The Queen insisted that the Band be included in the Royal Visit to Calgary and “Depot” Division in Regina. Commissioner Higgitt was overheard saying, “The RCMP could have toured the entire world with the Band!”

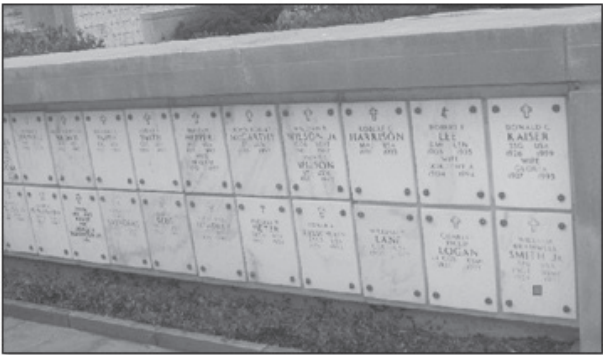
Bram announced his retirement from the National Arts Centre at one of his final public concerts as Conductor. He seemed to be artistically and emotionally exhausted. He left the Force in the spring of 1974. He was hired by Yamaha Music Co. and he became their Leading Salesman.

Bram was a special person: a very talented musician, a dynamic leader and a gifted conductor. It was a great honour for me to have once met



him at the NAC. He did a great job of bringing the RCMP Band to a higher level in every respect. The RCMP proudly and fondly remembers him. Unfortunately, his success in the music world was shortened by cancer.

After several years in remission, the cancer returned and he died in Toronto in 1993. Shortly after Bram’s death, he was interred in Arlington National Cemetery in Virginia, USA. I have visited his grave on several occasions.



In memory of O.657, Superintendent W. B. Smith  
Arlington National Cemetery



# SCIENCE AND TECHNOLOGY

## COMPUTER TIPS AND TRICKS

*By Malcolm and John Harding, of Compu-Home*

### What Can We Learn from a Disaster?

We do not want to seem to be trivializing the hardship, tragedy, financial clout and inconvenience that were widespread in Ottawa at the time of the derecho on May 21, but it might be helpful if we focus for a moment on its impact on technology. Our compromised ability to communicate at the time (and for many days afterward) made many of these experiences worse than they might have been. In addition, since May there have been outages to both cable-based and telephone-based Internet services, as well as hydro, driving home to us once again how much we rely on that little modem on the shelf. As we review how we can be better prepared for natural surprises, it might be helpful to think about technological preparedness as well.

Our first suggestion flies in the face of incessant urging from all the providers to “bundle” your landline, smartphone, Internet and television. You may pay slightly more to have your cellular service on a different network (see below), but to do so may possibly mean that one or the other can keep functioning when the others are down. Keep in mind, however, that with the exception of satellite service, which is almost exclusively confined to rural areas, Internet is delivered in only two ways: via telephone lines or cable. In Ottawa, that means Bell or Rogers. If you are using another provider, such as Primus, TekSavvy, Virgin, Fido, etc., all those companies rebrand Bell or Rogers basics and when cable is down (for example), ALL cable-based service will be down, no matter the company that is billing you.

Don’t be shocked if you receive a higher than usual bill for your cellular service the month after an Internet outage. Most smartphones are set to revert automatically to the cellular data network if Wi-Fi is not available and you may exceed your limit if you are not careful. Still, a one-time

overage charge is preferable to paying every month for a plan you don’t need.

We are told that the sales of generators have gone through the roof this summer. If you haven’t gone that route, an inexpensive “power bank” starting at less than \$30 is a way to keep small devices like phones and tablets running after their own batteries are exhausted. In turn, most power banks can be recharged through the 12-volt outlet in a car or truck nearby. By the way, that same 12-volt outlet can be used temporarily to power an “inverter” to provide 120 volts at low wattage for lights and very small appliances.

Another suggestion relates mostly to email. Whether an Internet provider’s entire bailiwick crashes or just the email component, it is common for their servers and call centres to bounce back unclear or incorrect messages. Often there will be instructions for the user to take certain measures, such as rebooting their modem (usually not a bad idea) or trying other strategies that often convey the impression that the problem is with the user and not the provider. Screening and eliminating breakdowns at your end can be helpful but take a moment to reconsider before taking major next steps like changing your passwords. If you have no reason to suspect that the password you are submitting is incorrect, it might simply have happened that a server is sending out a generic cover-all-possibilities message that can lead you into progressively messier territory. Check with friends and neighbours before assuming that this is your problem.

This would be an ideal time for us to ask our readers to draw on their own outage experiences, positive and negative, from the past few months (or years). If you send us what you have learned, we will include more suggestions in a future column, using only first names. Email us at the address below.

*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](mailto:info@compu-home.com); and our website, with our blog, is [www.compu-home.com](http://www.compu-home.com).*





SENIOR’S SPACE

Experiencing the SeeMe™ Culture

By Peter McKinnon

Answering  
THE CALL

In November 2019, Wendy Nicklin helped Norma McKnight, her then 100-year-old mother, move into Perley Health.

“Until you experience it for yourself, you never really understand what it’s like to move and settle a parent into long-term care,” says Wendy.

For the previous nine years, Norma had lived in a retirement home. As the dementia Norma lives with worsened, the home could no longer provide the care she needed.

“Everyone in my family is so grateful that Mom is at Perley Health,” says Wendy. “She receives much better and more appropriate care now, and her care needs have only increased.”

Wendy’s considerable experience in healthcare—most of it focused on improving the quality of care—lends her endorsement additional weight. After completing a degree in nursing, Wendy embarked on a stellar 35-year career, largely in leadership roles. Most recently, she served as President of the International Society for Quality in Health Care. Prior to that, she was President and CEO of Accreditation Canada.

“Although I knew about Perley Health, I didn’t recognize just how much they shared my healthcare values and my passion for improving care quality,” says Wendy. “I found out soon enough, though.”

The Perley Health care team met with Wendy in advance of moving day to discuss ways to smooth the transition for Norma. They suggested that Wendy help them make Norma’s new room look as much like her old room as possible.

“They had me put post-it notes up on the walls of her new room indicating exactly which paintings and photos go where,” says Wendy. “That helped make the transition all but seamless. I don’t know if Mom even recognized that she’s moved.”

To develop Norma’s care plan, Wendy and the care team used SeeMe™: Understanding frailty together. Developed at Perley Health, SeeMe™ customizes each resident’s care plan based on their values, preferences and desired lifestyle.

“My experience at Perley Health is that SeeMe™ is more of a culture than a program,” says Wendy. “All of the staff and volunteers understand resident-centred care. Everyone recognizes and respects that we are guests in the residents’ home.”

Given her professional background, it is perhaps not surprising that Wendy now volunteers with the Family and Friends Council executive. She also recently took advantage of an opportunity to complete Gentle Persuasive Approach, a full-day course focused on caring for people living with dementia. The course is required training for all caregiving staff at Perley Health and is offered to volunteers when space permits. Wendy supports the organization’s efforts to advance the quality of long-term care delivered at all homes.

“Research is fundamental to quality improvement and the Perley Health Centre of Excellence in Frailty-Informed Care™ is a phenomenal vehicle for improving care through practical research and knowledge translation,” Wendy says. “By sharing what it learns through research in publications and webinars, the Centre of Excellence makes it possible for all long-term homes to improve care.”

While she no longer works full time, Wendy continues to serve on the boards of directors of several organizations, including Hospice Care Ottawa and Queensway Carleton Hospital. Every other day, though, she visits Norma and plays music that her mother enjoyed listening to decades ago.

“It’s reassuring to know that Mom receives exceptional care from professionals who warmly respect each resident as an individual,” says Wendy.

Perley Health is a unique and innovative campus of care. Home to more than 600 Seniors and Veterans living in independent apartments or receiving long-term care, Perley Health is also a centre for research, education, and clinical and therapeutic services. To learn more visit [www.perleyhealthfoundation.ca](http://www.perleyhealthfoundation.ca).



Wendy Nicklin, and Norma and Don McKnight celebrate Wendy’s birthday in April, 2022.



“In many ways, September feels like the busiest time of the year: The kids go back to school, work piles up after the summer’s dog days, and Thanksgiving is suddenly upon us.”  
– Brene Brown



## LOCAL BUSINESSES



What  
numbers  
matter  
most to  
you?

Invest for peace of mind.

### Alex Charette

Senior Wealth Advisor

613.782.6736

alex.charette@scotiawealth.com

charettegroup.com

### CHARETTE GROUP

ScotiaMcLeod, a division  
of Scotia Capital Inc.

**Scotia** Wealth Management.

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

## Health Coaching

working with you to create lasting change

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

danielle pratt rmt

2393 Virginia Drive

Ottawa, On

613 627 7243



daniellepratt.ca

*"My favourite poem is the one that starts 'Thirty days hath September' because it actually tells you something." – Groucho Marx*

# PHARMASAVE®

## CYRIL PHARMACY

1795 Kilborn Ave, Ottawa • (613) 680-1772

*Come See The Difference At Your Neighbourhood Pharmasave*

Stop By or Visit Cyril Pharmacy Today!

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

Easy  
Prescription  
Transfers!

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

\*Some restrictions apply, see store for details



## \$5 OFF\*

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

\*Redeemable at Cyril Pharmacy Pharmasave only.



## THINKING OF SELLING?

- Variable Commission Rates, Including Flat Fee
- Protecting Homeowners Against Conflict of Interest

Contact Judy for a complimentary consultation



**JUDY FAULKNER**

BROKER OF RECORD / OWNER

613.231.4663

Judy@HomesInOttawa.com



OUR COMMUNITY

AV Mysteries – The Mystery of the Toppled Trees

By Chris Wiebe

The late afternoon windstorm on Saturday, May 23, upended the lives of hundreds of thousands across Ottawa, leaving many households (including mine) without power for many days, some for over a week. But it also upended or fatally damaged many of Ottawa’s trees, and particularly, it seems, those in Alta Vista. We are still reaping the results of that short, catastrophic metrological spasm of rain and wind, with damaged trees being removed throughout the summer. Did the storm last a total of five minutes? Barely. And who can forget the sudden darkness, the trees assuming contortionist postures, their branches bending weirdly in the horizontal rain.

Afterwards, I remember the dazed expressions of neighbours as we wandered the streets in our rubber boots surveying the mature trees, many older than the 70-year-old houses, thrown across streets like Begonia, Niagara, Utah and Crocus, rendering them impassible. Our little pocket of Applewood Acres had in an instant been defamiliarized, with openings to the sky where none had been before, trees wrenched from the ground, root systems pulling open lawns and exposing pinwheel root systems.



Brenda Ellacott's front yard before the storm.



The old 100-foot spruce tree in Brenda's yard was downed in the storm.

A mystery: why did some trees get destroyed and others not? There were science-y explanations swirling around the media, of course: the deciduous trees had just leafed out and were top heavy, lots of water in their crown (unlike in the summer), the ground was wet and loose giving the roots little purchase – in other words, the wind had hit at a seasonal moment of maximum vulnerability. Those theories give little comfort. It all feels much more random, a little sinister, as if the wind had run its destructive fingers through parts of the area, not all. You could have predicted that the two Catalpa trees in Applewood Park, for instance, their limbs held together with cables, would have been the first victims. Yet there they still stand, woodpecker bored limbs and all.



The downed spruce tree was removed with a crane.

From Sad Stump to Glorious Stumpery Garden

Brenda Ellacott's yard at 2202 Alta Vista Drive and her immediate neighbours came in for heavy damage. In the wild wind, she saw the hydro cable in her backyard burst into sparks as one of the white pines came down. When she went to her front window, she was surprised by how bright the window was. And then she realized that the old 100-foot spruce was down, stretching across her front yard, across the bike lane, to the line in the middle of the road.

In the days afterwards, friends and arborists removed the spruce tree from the yard along with a large maple from her neighbour's backyard, carrying it aloft with a crane over the roof of her house! But what to do with the upturned spruce stump in her front garden? The roots of spruce trees go down many feet and are difficult to remove. Why not make a virtue of it and turn it into a stumpery garden, a friend suggested? Over the course of several days they cleaned the roots, cut them down to a manageable size, and turned a sorry-looking stump into a wonderful sight to behold.

Here is Brenda Ellacott's note of thanks to her neighbours, in full:

“Stumped??? Not with the help of friends and Alta Vista neighbours! What do you do when a Derecho windstorm uproots your hundred-year-old spruce tree and leaves you with a problematic stump? You turn it



The problematic stump was turned into a Stumpery garden with the help of friends and neighbours

into a unique garden feature, but not without the help of friends and neighbours – Heather Davis, Emily Gildner, Julie Bazin, Colette and Dave Francis, along with Pam and Bill Fletcher. With garden gloves in hand, a variety of tools and tons of energy, they attacked my problematic stump. When life gives you lemons, make lemonade – in this case a Stumpery garden! With gratitude to the Dream Stump Team. And a big shout out to Mike and Erin Kent, Billy from Aspen Tree, and Patrick Burton, all of whom lent a hand and came to my rescue.”



## OUR ENVIRONMENT

### NATURE'S DESTRUCTIVE WAYS Aftermath of derecho in Alta Vista



*Photo credit: Gerri Doherty*



*Photo credit: Gerri Doherty*



*Photo credit: Gerri Doherty*



*Photo credit: Gerri Doherty*



*Dream stump team; Photo credit: Brenda Ellacott*

### NATURE'S LIVING BEAUTY More photos from Ellwood's Gary Howard



*Eastern Phoebe looking for lunch while perched on an old cattail.*



*Male Baltimore Oriole*



*Green Heron*



*Female Belted Kingfisher*



*Male Belted Kingfisher*



**HOME SWEET HOME**

MEANS MORE NOW THAN EVER BEFORE

**ROYAL LEPAGE**  
Performance Realty

**LINDSAY & MAUREEN**  
SALES REPRESENTATIVES

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

WWW.LINDSAYSELLINGOTTAWA.COM

**THE BELLA VISTA** Since 1973  
**RESTAURANT & SPORTS BAR**

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

**TAKE OUT • PICK UP • DELIVERY**

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

**HOURS:**  
Open 7 days a week  
Daily 11a.m. - 10p.m.  
DELIVERY ALL DAY

**SKIP THE DISHES**  
Uber Eats

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

Gluten Free Pizza Available!

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

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

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



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



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



Consult with a Randall's Specialist  
555 Bank Street | 613 233-8441 | bankst@randalls.ca | randalls.ca  
Paints | Stains | Window Treatments | Designer Wallpapers & Fabrics

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

**3 GENERATIONS**  
**OF HEAVEN HEALING**  
**SPIRITUAL STONES**

**PSYCHIC READERS:**  
**DIANA & ASSOCIATES**

613-822-7222

**DIANA AND ANGEL - #1 PSYCHICS IN OTTAWA**

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

**Alta Vista**  
**HANDYMAN.CA**

Paul Gawryluki • 613.262.1336  
paul@altavistahandyman.ca

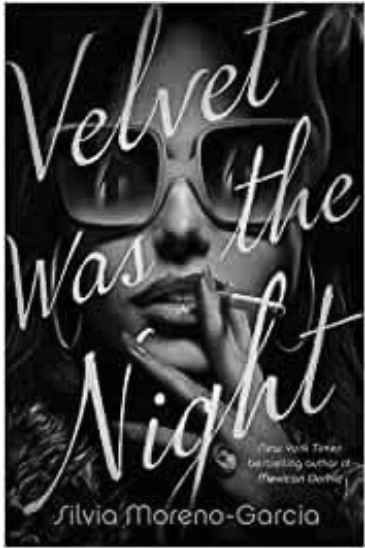


# BOOKWORM'S DELIGHT

## Velvet Was the Night

By Sylvia Moreno-Garcia (2021)

Reviewed by Heidi Elder



Are soldiers to blame for fighting on the wrong side of a war? By placing her two main characters on opposite sides of a massacre, Mexican-Canadian author, Sylvia Moreno-Garcia leaves this for her readers to decide in her most recent novel, *Velvet Was the Night*.

Utilizing alternating perspectives, she recounts the details of The Corpus Christi Massacre or “The Hawk Strike;” a tragedy that took place June 10th, 1971, during which nearly 120 students were killed by a group of federally-trained thugs called “hawks,”

after speaking out against the Mexican government’s sudden and dictatorial involvement within post-secondary institutions. For her two main characters, Moreno-Garcia chose Maite, a secretary for a law firm as well as a hopeless romantic who can’t seem to find love in the real world; and Elvis, a Hawk, but also a logophile and a sucker for the king. Neither of them has any desire to be in these positions but when Maite offers to cat-sit for her activist neighbour Leonora, she gets roped into a world Elvis knows all too well.

Falling under the genre of noir as well as historical fiction, Moreno-Garcia’s is a novel rightly categorized as such. Characterized by its morally gray characters and intrinsic themes of crime, noir can be difficult to write because it requires the reader to sympathize with the anti-hero(es) in some way, shape or form. Moreno-Garcia accomplishes this thrice over through the atypical way she assigns moral ambiguity to her characters. Such is the case with Maite, as seen in this quote: “They think I’m an ordinary secretary, but I sneak into the homes of people and steal from them.” This fabricated sympathy is also a result of the inherent intimacy of the third-person limited perspective (only one character perspective per chapter with the use of he/she/they). When it comes to limited perspectives, readers are no longer reading an objective view of the world, they are reading a description of the world as the characters—and by extension, how the author—sees it to be.

Her novel also falls under the genre of historical fiction. Historical fiction is one of those genres where either you love it or you don’t. However, one thing that remains true despite your preference is unless the knowledge of every historical event runs through your brain, there will be details you didn’t know prior. Coming from someone with limited knowledge regarding Mexico’s political climate—especially during the 1970s when this novel is set, the author does a phenomenal job of making the story accessible to all readers without the overuse of exposition.

While she does allude to the event, I hesitate to call these allusions “Easter eggs” (small details found in fictional works for long-time fans), but the role they play is ultimately very similar. If you were aware of the massacre prior to reading or even read the novel for its unique perspective on the subject, you’ll have an elevated reading experience; and although readers going in blind are in for perhaps a slightly different ride, it will be an enjoyable one nonetheless.

Within an already well-rounded work, Moreno-Garcia’s strongest aspect is not necessarily her use of twists and plot development—though this too is skillfully done so that her readers get that signature thriller pacing paired with clever use of misdirection—but her characters’ relationships to one another. Telling a story from a third-person limited perspective is quite difficult, especially with a message that hangs

so strongly on gray morality like this one. She compensates for this somewhat with her use of alternating points of view, but there are still many characters whose stories are not told. Yet, she still manages to tell a very complete rendition even with these limitations. It would do her an injustice to fail to acknowledge the meticulous planning she must have put into every aspect of this novel. She placed her protagonists perfectly for her to be able to cover everything in a more sophisticated and subtle way than could be achieved with either first-person or third-person omniscient storytelling.

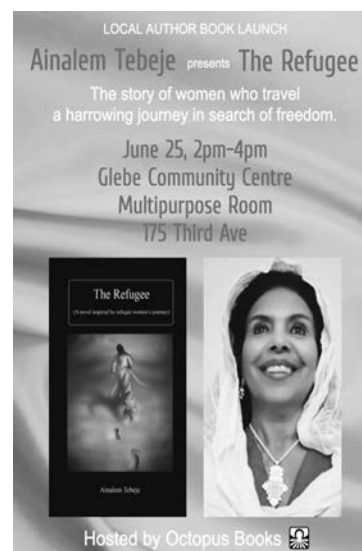
Topped off by Moreno-Garcia’s flamboyant writing style, *Velvet Was the Night* provides insight into an important (though perhaps internationally overlooked) part of Mexico’s Dirty War. Her novel may also act as a casual reminder of the inherent romance accompanying simply being alive, in spite of circumstance. In her own words: “Life should be a slow song, affection should be a melody.”

*Heidi Elder, a Canterbury High School graduate, is the winning recipient of the 2022 Celine Tower grant. She will be attending the University of Ottawa to pursue her studies in English this year.*

## The Refugee

By Ainalem Tebeje (2022)

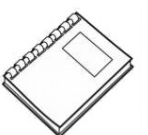
Reviewed by June Coxon



Ottawa author Ainalem Tebeje has published a sequel to her earlier novel, *My Love Story in Broken English*, which was printed in 2018. As it says on the back of her new novel, *The Refugees* was inspired by the stories “of refugee women and their journey of loss and triumph, grief and joy.” This book continues the story of the protagonist in her first novel, Almaz Tefera, a child bride from an Ethiopian town called Sequalla who is held back by an archaic culture. By the second novel, Almaz is living alone in Canada as a refugee. In this book, she tells her own story, as well those of some

other refugees she meets in Canada. We read of the often tragic, sad experiences that have brought them here. We learn how difficult life can frequently be for a refugee, not only having to adapt to a new country and customs, but often having to learn a new language, on top of sometimes contending with racism and discrimination in their newly adopted country. These are serious issues, but both of Tebeje’s books also contain lighter moments and a heartfelt prologue in each book. Almaz is the author’s own creation, but this novel, as well as Tebeje’s earlier one, was inspired by real-life rural women in her birth country, Ethiopia, whose destiny is shaped by society. She hopes her novels will “shed light on the harmful practice of FGM, child/forced/early marriage, virginity test and the attitudes and practices against women who are or suspected to be infertile.”

Although *The Refugee* is a continuation of Tebeje’s first novel, both books are complete stories in themselves and each one is equally engaging. A reviewer of her first novel correctly called it “a gem of a book.” *The Refugee* is too.



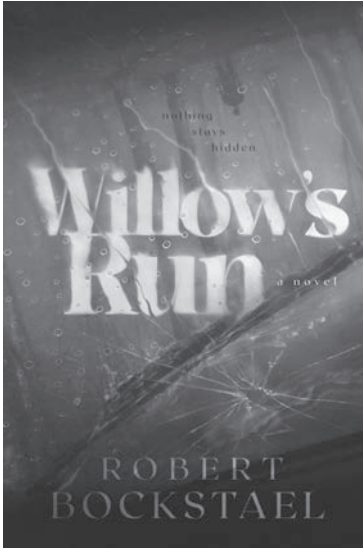


BOOKWORM’S DELIGHT

Willow’s Run

By Robert Bockstael (2022)

Reviewed by Marie-Andrée Lajoie



This year, my summer reading included a thriller, a perfect choice for long warm days. *Willow’s Run*, by local author Robert Bockstael, is a crime story where the past and the present intermingle.

I had the chance to sit down with the author recently, at Three Sisters Bakeshop. It was a great opportunity to discover how the story came to life. We discussed the various characters in *Willow’s Run* and the power of libraries. Robert Bocksteal has had a long career as a writer, director and actor. His motivation was to write “a

book that [he] would want to read.” He knew it would have a strong female character as a lead. It took many years to bring the idea to reality. I think we owe a lot to the dedication and persistence of authors.

So, let’s introduce you to some of the characters in the book: First, meet very tall Alcima Willoughby, a.k.a. “The Willow,” former volleyball star, on the run from her violent husband, Reg White, and driving his luxurious RV. Set yourself in Fall River, a small New England town, where all is not peace and quiet. And the rain is incessant.

Alcima desperately wants to avoid attention, afraid her husband is on her tail. To her great chagrin, she is stopped by Sgt. Terry Galsworthy, a local police officer, on the side of a road near Fall River. The RV tips on its side, a tow truck appears, Alcima is now stuck in Fall River. Is the policewoman a friend or a foe? And the tow truck driver?

What is going on at the local theatre, The Bijou? And what is happening below the theatre? What is the theatre’s young usher, Jimmy, up to?

Enter a group of locals, kind and generous folks: Booker the librarian, Anne the assistant librarian, her boyfriend Alex, Phailin the chef and her husband, Sam. They take Alcima under their wings and this new friendship might unlock the mysteries of Fall River and might just save The Willow. Who knows?

The other characters in the story give local colours to the plot. It takes many twists and turns and is made vivid by detailed descriptions. It makes you laugh at some crazy circumstances. It also has some pretty dark and frightening moments.

I particularly enjoyed following the story of Booker and of his relationship with Alcima. The full force of trauma is revealed and The Willow faces it with strength and determination. Although the story is set in the United States, Canada’s presence is felt throughout, especially in the person of a trucker, who assists Alcima in a very kind and funny way. The writing is clear and precise; the book is a page-turner. The ending does not disappoint.

This is Robert Bockstael’s first novel. He is an independently published author. As such, after writing the book, he has managed all aspects of editing, producing and distributing *Willow’s Run*. The book was launched in May 2022 and is available in various formats through libraries and online booksellers. It can be borrowed at the Ottawa Public Library. The author also narrated the audiobook version.

To escape autumn and back-to-school blues, I highly recommend *Willow’s Run*.

On my night table: *West with the Night* (Beryl Markham); *The Midnight Library* (Matt Haig); *The Love Songs of W.B.E. Du Bois* (Honorée Fanonne Jeffers).

ARTS AND CULTURE

BEYOND TUNNELS

Beyond tunnels, rivers and faint glances,  
beneath the dust smoldering burnt umber,  
lies the truth of sweet delusion.

Beckon me softly still.  
Bring me no emeralds,  
leave them for the kings.

I have tasted your riches,  
and remain the pauper of my birth.

Still,  
kiss me from time to time,  
so that I know what is,  
and what could have been.

– Amanda Lowe

*Amanda, a Canterbury High School graduate, lives and works in Ottawa, writing full-time on her first book of fiction. “Beyond Tunnels” came about around a time when poetry was at the forefront of her writing endeavours.*



OTTAWA SOUTH RENTALS

Fully renovated 3 & 4 bedroom GARDEN HOMES  
BRIGHT AND SPACIOUS RESIDENCES WITH ADDED SPACE TO FIT YOUR FAMILY’S NEEDS.



Renovated 1, 2 & 3 bedroom APARTMENTS  
CLEAN AND SECURE RESIDENCES WITH GREAT AMENITIES AND UNPARALLELED CUSTOMER SERVICE.





# ARTS AND CULTURE

## What's On in Ottawa & Beyond in September

By Tony Wohlfarth



This month, I review two films you can watch from the comfort of home, and take you to The Edmonton Folk Music Festival – the largest and most successful festival in North America.

### CODA

*CODA* is a remarkable film directed by Sian Heder, which won the Oscar for best film at the 2022 Academy Awards.

*CODA* is a coming-of-age story about a deaf fishing family in northern Massachusetts and is a remake of a 2014 French film, *La Famille Belier*. Ruby (played by Emilia Jones) is the only member of her tightly knit family who is not deaf. As such, her role is considered essential to their livelihood. What makes this a special film is the fact that the cast perform and speak American Sign Language (ASL).

I first screened *CODA* at the 2021 Sundance Film Festival. I was elated to discover it is now available on DVD, following an exclusive run on a speciality streaming channel.

*CODA* also won Academy Awards for best supporting actor (Troy Kotsur) and for best adapted screenplay (Sian Heder).

Film buffs can also watch an interview (in ASL) with Heder and the cast of *CODA* at: [www.youtube.com/watch?v=OyjuNfTIPiU](https://www.youtube.com/watch?v=OyjuNfTIPiU).

### The Secret Life of Georgie Stone

The 2022 Tribeca Film Festival in New York featured the world premiere of *The Secret Life of Georgie Stone*, directed by Maya Newell.

Who is Georgie Stone? They were the first transgender person to challenge Australia's restrictive laws governing gender affirming surgery. The film follows the battle – from challenging then Prime Minister Malcolm Turnbull to being discharged from the hospital in Melbourne.

I found the film beautifully captured Georgie's story, making it accessible to those who want to learn more about the lived experience of transgender youth.

### Where Can I Watch These Films?

*CODA* is now available to rent from Movies'n Stuff, 1787 Kilborn Avenue in Alta Vista. Call Peter today at 613-738-1607 to reserve your copy.

Following its premiere at Tribeca, the distribution rights for *The Secret Life of Georgie Stone* have been acquired by Netflix. Its availability is pending.

### The Classic Theatre Festival (CTF)

The Classic Theatre Festival is back in a new home (Arts Court, 2 Daly Avenue).

Last month, the CTF staged *The Four Poster Bed*, a play originally written for the stage by Dutch director Jan de Hartog.

Next season, the CTF is staging two plays – *Affairs of State* by Louis Verneuil, and *Sleuth* by Anthony Shaffer.

The CTF generously provides a Save-a-Seat program, which provides unsold tickets to those unable to afford tickets to Broadway productions.

Tickets are now available for both shows at: [www.classictheatre.ca](http://www.classictheatre.ca).



### City Folk

Lansdowne Park is the place to be for two weekends of live music this month.

City Folk kicks off on September 8th with Ottawa's own Kathleen Edwards. On September 15th, the headliner is Matt Anderson. It wraps up on the 17th with Sarah Harmer. Tickets and event information are available at: [cityfolkfestival.com](http://cityfolkfestival.com).

### @ Gladstone Theatre (910 Gladstone)

The Gladstone is the place to be on September 9 for the Ottawa premiere of *Galaxy Warriors*.

Tickets are available at the box office or online: [www.thegladstone.ca](http://www.thegladstone.ca).

### Out of Town

On September 8–18, film buffs from around the world will gather in Toronto for the annual Toronto International Film Festival (TIFF). For tickets and films to watch, check out: [www.tiff.net](http://www.tiff.net).

### Edmonton Folk Music Festival (EFMF)

The 43rd EFMF returned to Gallagher Park in Edmonton on August 4–7, for the first time in three years.

A highlight for 2022 was seeing Allison Russell perform live (see picture, below). The Montreal-born Russell has received many Juno and Grammy nominations for her CD, *Outside Child*. Russell was joined in Edmonton by Ottawa's own Steve Marriner (pictured here) and Tony Dee along with Kobo Town (also pictured) and its founder Drew Gonsalves, who is also from Ottawa. One hundred and twenty thousand participated in the 4-day celebration of live music.



Allison Russell



Steve Marriner



Tony Dee

### The Ottawa International Animation Film Festival

Later this month, The Ottawa International Animation Film Festival returns with the best animated films from around the world. For tickets and event information, check out: [www.animationfestival.ca](http://www.animationfestival.ca).

The OIAFF runs from September 21 until the 25th.

### @ The National Arts Centre (1 Elgin)

Broadway on Canada's performance of the musical *Anastasia* kicked off on August 30 with nightly performances until September 4.

On September 16, it's *Starwalker: A Celebration of the Songs, Music and Life of Buffy Sainte Marie*;

On September 22, it's James Keelaghan;

And on September 29, it's the Doxas Brothers.

For tickets and event information, check out: [nac-cna.ca/en/calendar/list/2022/08/P48?](http://nac-cna.ca/en/calendar/list/2022/08/P48?)

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



ARTS AND CULTURE

Art Lending of Ottawa: Great Art by Local Artists

By Christiane Kingsley

Art Lending of Ottawa (ALO) invites all art lovers to its Fall Art Show on September 24, at the R.A. Centre on Riverside Drive.

ALO is a not-for-profit artists' cooperative established in 1970 in the National Capital with a very unique mission: to make high-quality art affordable for more people. To achieve this, it offers artwork not only for sale but also for rental. For a small fee, our clients can create beautiful change in their own spaces with new original art every three months if they wish. They can experiment with different art styles and even apply the rental fees against the purchase price if they decide to give a forever home to an artwork.

Our patrons, even those new to art collecting, can feel confident regarding the quality of the art since all of the ALO artists have gone through a jurying process and have been carefully selected. All of our artists are from the Ottawa area. Several of them have won prestigious awards and most have been developing their artistic skills through years of practice or through courses with renowned teachers.

One of these award-winning artists is Anne Remmer Thompson, a watercolour and acrylic painter and teacher. Anne was born and brought up in the Glebe where her father was a teacher at the Glebe Collegiate. At a young age, she was selected to study art at the National Gallery with tutors who were members of the Group of Seven. Anne went on to study art extensively, to be the recipient of many awards, and to have numerous successful solo and group shows. Her paintings are in hundreds of public and private collections throughout Canada, the USA, and Europe. Anne has found time to support many local art organizations: she is a Past President of the Ottawa Watercolour Society, of Art Lending of Ottawa and of the Nepean Fine Arts League. In 2022, she is one of the driving forces behind ALO where she wears many hats. Anne states that ALO excited her in 1970 and still does, especially since it allows so many people to enjoy the magic of original art through its rental program.

Like Anne, Linda Bordage is another award-winning artist living in Ottawa although she created a series of paintings from scenes from the Glebe and received prizes for her wonderful work. This very busy artist dedicates a good portion of her time to ensuring the running of ALO. She was juried in as an artist member in 2016 and was soon named to the Board and became President five years ago. She was instrumental in allowing ALO to survive through the pandemic by developing our online business. Now that we have returned to live shows, Linda continues to astonish us all with her energetic support of ALO and her talent for working with people. In spite of all this work, Linda still finds time to enjoy and create high-quality art, and teach art to children and new immigrants. Linda's art is a testimonial to the artistic variety available at ALO: she works in oil, watercolour, acrylic, pastel, alcohol ink, printmaking and lately she has been creating stunning mosaics! Linda feels that each medium offers another way to express the subject, the light and unique emotions.

On September 24, do drop by our ALO art show to feel for yourself the magic of Anne's simple, peaceful style, of Linda's new exciting creations and the beauty and originality of artwork created by more than 30 excellent local artists.

Christiane Kingsley is an award-winning Ottawa artist who has been showing with ALO for over five years.



JUST FOR FUN

One of the daily messages posted in Al Charron's beautiful flower garden at his home, which is located next to the transportation/utility corridor by the Kilborn gardens:

English Lesson

- Tsunami is spelt with a silent T.
- Knife is spelt with a silent K.
- Psychology is spelt with a silent P.
- Honesty is spelt with a silent H.
- Wife is spelt with a silent husband.

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

**we've got you COVERED**

**Rubin's PAINT**

QUALITY TOOLS

ECO PRODUCTS

CUSTOM PAINT SPECIALIST

EXPERT SERVICES FOR OVER 60 YEARS

**Corner of Bank & AltaVista**

2649 Alta Vista Drive  
Serving Ottawa Since 1952

**613-521-3636**

**Senior Housing & Relocation Specialists**

**Care Navigation & Advocacy Experts**

*Solutions start with conversations*

Call: 613.277.6449  
Email: info@agewellsolutions.ca  
Visit: agewellsolutions.ca



## HEALTH AND FITNESS

### COVID-19 And Masks: They Aren't Over 'Till They're Over

By Dr. Mary Fernando



Wandering around town, one would think that the pandemic is over. With the end of the mask mandates, few wear masks even in crowded indoor areas.

So, is this year the time when COVID-19 is no longer an issue?

Looking at the information from two of our data powerhouses suggests not only is COVID-19 not over: by many measures it's worse now than last year.

Bill Comeau, a University of Waterloo statistician, has calculated that not only are Canada's hospitalizations continuing to grow, but every day in 2022 they have been above the 2020-2021 average. On July 25th, hospitalizations were 10 times higher than a year ago.

Tara Moriarty, a professor at University of Toronto, has calculated that 33% of all the 44,000 COVID-19 deaths in Canada have occurred thus far in 2022.

The impact of COVID-19 is not limited to deaths and hospitalizations because long COVID impacts up to 30% of all those who get infected. Even with a mild infection, there can be long term heart, lung and kidney damage as well as neurological changes. Vaccinations do somewhat reduce the risk of Long COVID by about 15%.

#### Vaccine Doses' Impacts Wane

#### Keep On Renewing

Where are Canadians on vaccine uptake? We have found that each dose of vaccine wanes over time, so new doses have been offered 5-6

months after the previous dose. However, many are well past six months since their third vaccine dose, leaving them only about 52% protected against severe COVID. After the fourth dose, the protection against serious disease rises to about 80%, but only about 50% of eligible Canadians have had their fourth dose.

So, if COVID-19 still continues to put people in hospital and kill them, why are many people not masking or receiving updated vaccines?

If people don't see others who are impacted by COVID-19, it's easy to ignore that it is happening. Also, the present variants can result in milder infections: people hear that this is so, perhaps have known people with milder infections, and think COVID-19 has become all mild. They are so, so wrong.

The good news is that bivalent vaccines are coming in the fall. To date, we have only had the same vaccines over and over again. The new vaccines are better able to protect us against the present variants, are more durable in this protection and may become yearly vaccines. The bivalent vaccines have already been approved in the UK and are now being reviewed by Health Canada. Olivier Pilon, press secretary to Procurement Minister Filomena Tassi, said vaccines would be available later this year if they're approved. If these vaccines have the durability and protection against the new variants that studies have shown, we could be looking at yearly vaccines for COVID-19, similar to yearly flu shots. What we need to do is to keep updated on our vaccines and put on our masks in high-risk situations until the new vaccines come.

We've made it this far, a few more months is hopefully all we need to see better days; but for now, wear your masks in groups, on trains and planes, in stores or in other circumstances where people are gathered together and the ventilation is not strong.

*Dr. Fernando is an Ottawa physician who writes often for the Canadian Medical Association journals and for other medical publications.*



## Fall Program Registration is Now Open!

### Classes for Children, Adults, and Seniors

Adult Fitness 🍎 Sit Fitness 🍎 Yoga 🍎 Tai Chi 🍎 Martial Arts  
Dance for Children, Teens, and Adults 🍎 Girls and Boys Basketball  
Art Classes for Adults 🍎 Leadership Group for High Schoolers  
Co-operative Playgroup for Pre-Schoolers, and more!

**Register online: [www.cca-acc.ca/programs](http://www.cca-acc.ca/programs)**

**Fall Session Dates: September 12 - December 23, 2022**

**Pick up our latest brochure at the Canterbury Community Centre, 2185 Arch Street**



## LOCAL BUSINESSES



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

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

Dr. Fred Campbell  
Dr. Sara Anstey  
Dr. Sameer Dedhar  
Dr. Nell Haney  
Dr. Nazli Sammak  
**613-247-20/20**  
[www.eye-care.ca](http://www.eye-care.ca)



ELMWOOD  
SCHOOL



**Confidence  
belongs here.**

How do I describe the Elmwood experience?  
**In a word: community.**

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

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

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

[Elmwood.ca](http://Elmwood.ca)

# RCMP CURLING CLUB OPEN HOUSE

September 8 @ 7pm

115 St. Laurent Blvd

Spots available in the Learn to Curl  
program offered on  
Friday evenings.

For further information email [manager@rcmpcc.ca](mailto:manager@rcmpcc.ca)  
You do not need to be a member of the RCMP to join.



# FAITH NEWS



**Serving as the hands of Christ**

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

**8:00 am** Holy Eucharist in person (Traditional)

**10:00 am** Holy Eucharist in person and on YouTube

Contact the church office for the **Sunday School** schedule for the fall.

Services are livestreamed on our YouTube channel.

For more info, visit our website [www.stthomasaltavista.ca](http://www.stthomasaltavista.ca) or call the church office at 613-733-0336.

**We look forward to seeing you in person or online.**



**St. Thomas the Apostle Anglican Church**  
2345 Alta Vista Drive  
613-733-0336 [www.stthomasaltavista.ca](http://www.stthomasaltavista.ca)



**St. Timothy's Presbyterian Church**

**A warm welcome awaits!**

**Sunday Worship 10 am**

In-person and livestreamed

**Reverend Reine Boghos**

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

**Come worship with us!**

**In-person Sunday School**

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

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

**MISSION SUNDAY**

Guest speaker from  
**The Ottawa Mission**  
Sept 11, 10 am

**VIRTUAL**

**CAFÉ CONNECTIONS**

Make a cup of coffee and join us for a time of fellowship via Zoom.  
Fridays 10-11 am

**BEDTIME STORIES**

**WITH JESUS**

Saturdays at 7 pm  
via Zoom

**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](mailto:editor@vistas-news.ca), and advertisements to [advertising@vistas-news.ca](mailto:advertising@vistas-news.ca).

**Rideau Park United Church**

2203 Alta Vista Drive  
613-733-3156



**Fall Forward**

**Join us this fall as we move forward with an increasing availability of in-person gatherings, programs and activities to complement our current and online offerings.**

**For more information please visit [www.rideaupark.ca](http://www.rideaupark.ca)**



**Spirituality Community Service**



*"Autumn seemed to arrive suddenly that year. The morning of the first September was crisp and golden as an apple." – J. K. Rowling*



## FAITH NEWS



“Where did you stay in Mexico?” an acquaintance asked me one day while tanning at the pool. She was looking for a place to snowbird for two months and wanted my recommendation.

“I like to know that someone has been there and enjoyed it,” she said.

While our winter vacations are limited to a week, I still research my options before I book those seven days at a resort or on a cruise ship. I don’t always know someone who has been to the chosen destination, so I head to the internet. Reading reviews—the bad and the good—gives a lot of insight into what we can expect if we go there. I read the bad ones with the mindset that some people complain about everything and are difficult to please. I also believe that people are more likely to write a negative review than a positive one. Sometimes, we just don’t take the time to give the positive feedback the host deserves. But their rating is vital for travellers who have never visited the area or know someone who has.

Taking a step to give one’s life to Jesus is a big commitment too. Those who know little about God’s way of living might hear negative things about “the church” in general and wonder if there’s any solace to be found there. They might be looking for good reviews to make Christianity look more inviting to them.

What might a good review look like? Here are ten 5-star reviews (with backup evidence) that we could use to make a godly life look desirable to an unbeliever:

☆☆☆☆☆ **“The pastor’s sermon on Sunday uplifted my spirit and gave me hope to face my week.”**

*He must have a strong belief in the trustworthy message he was taught; then he will be able to encourage others with wholesome teaching and show those who oppose it where they are wrong (Titus 1:9 NLT).*

☆☆☆☆☆ **“The ladies in my small group at church prayed for me. Not only did I feel better, but I appreciated their love and support.”**

*“I also tell you this: If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you. For where two or three gather together as my followers, I am there among them.” (Matthew 18:19-20)*

☆☆☆☆☆ **“I asked God to take my anxiety about what’s happening, and I immediately felt my jaw muscles relax.”**

*Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (Philippians 4:6-7)*

☆☆☆☆☆ **“I had such guilt about the things I had done in the past. It’s a relief to know that God has forgiven me, and He gives me the strength to resist when I’m tempted to fall back into my old ways.”**

*But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness (1 John 1:9).*

*Since he himself has gone through suffering and testing, he is able to help us when we are being tested (Hebrews 2:18).*

☆☆☆☆☆ **“I have become a better person since I accepted Jesus into my heart.”**

*By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. (2 Peter 1:3)*

☆☆☆☆☆ **“I’m nervous about accepting this new job, but God has given me inner peace about it.”**

*But when I am afraid, I will put my trust in you (Psalm 56:3).*



☆☆☆☆☆ **“I am so thankful for all that God has done for me. I’ve learned to be content with what I have and to trust Him to provide for my needs.”**

*The Lord is my shepherd; I have all that I need (Psalm 23:1).*

☆☆☆☆☆ **“When I am vulnerable or embarrassed to share my mistakes with a friend, I have Jesus to talk to. I know He cares and understands.”**

*This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most. (Hebrews 4:15-16)*

☆☆☆☆☆ **“I don’t know how this situation is going to work out, but I’m trusting God that He will show me what to do.”**

*Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. (Proverbs 3:5-6)*

☆☆☆☆☆ **“I’m not afraid of dying because I know that it’s not the end but the beginning of a better life with Christ in a place He has prepared for me.”**

*Jesus told her, “I am the resurrection and the life. Anyone who believes in me will live, even after dying” (John 11:25).*

*“There is more than enough room in my Father’s home. If this were not so, would I have told you that I am going to prepare a place for you?” (John 14:2)*

What 5-star reviews have YOU given lately?

Pray with me:

*Dear Jesus, help me to share the benefits of knowing You with everyone I meet. May my words and actions be 5-star reviews for Your Kingdom.*

Amen

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



## FAITH NEWS

### EVERY CHILD MATTERS: ORANGE SHIRT DAY and the NATIONAL DAY FOR TRUTH AND RECONCILIATION

By Areta Crowell

You may soon see a flag with the words EVERY CHILD MATTERS on the corner of Smyth Road and Botsford Street. Do you wonder why it's there and what it means? This is one way that Emmanuel United Church is honouring the National Day for Truth and Reconciliation, September 30th. It is there to remind our community and the people who pass by to remember the tragic legacy of the residential schools, the horrors the children experienced, and to grieve with the survivors and their families.

September 30th has been known as Orange Shirt Day since 2013, designated by Indigenous leaders as part of an effort to promote awareness and education of the residential system and the impact it has had on Indigenous communities. The use of the orange shirt as a symbol was inspired by the accounts of Phyllis Webstad, of the Stswecem'c Xgat'tem First Nation and a residential school survivor, who on her first day of residential schooling at six years of age was stripped of her clothes, including the new orange shirt her grandmother bought for her, and never returned. The orange shirt now symbolizes how the residential school system took away the Indigenous identity of its students.

In 2021, Canada took another step to carry out the recommendations of the Truth and Reconciliation Commission (TRC) by creating a federal statutory holiday to commemorate the tragic legacy of residential schools in Canada. September 30th, Orange Shirt Day, is now also the National Day for Truth and Reconciliation. Ontario has not made it a provincial statutory holiday, but it is one of remembrance.

Emmanuel honours the intent of the day and the importance of everyone learning about, remembering and mourning this dark part of our Canadian history. Together we commemorate those who died as well as the survivors, their families and their communities, as called for by the TRC and Indigenous leaders.

Over the course of more than 100 years, some 150,000 Indigenous children were taken from their families and forced to attend federally funded and church-run residential schools, where many suffered physical and sexual abuse, malnutrition and neglect. More than 4,000

are believed to have died; more than 1,800 unmarked graves have been identified. Many Canadians were unaware of this horrific history until the discovery of the unmarked graves came into the national news in 2021, but the Indigenous communities have long known and suffered from the trauma along with the children and their families.

Our country is still learning the full impact of residential schools. Join Emmanuel as we use this time to learn more of the truth as we seek reconciliation.

What can you do? You can wear an orange shirt on September 30th. You can learn more about the history and ramifications of the residential schools by going online; you can read the final report of the Truth and Reconciliation Commission. We can all be part of reconciliation.



Keith Jeacle with Emmanuel's Orange Shirt Day flag.

*"Late summer is perfect for classic mysteries . . . while big ambitious works of nonfiction are best approached in September and early October, when we still feel energetic and the grass no longer needs to be cut." - Michael Dirda*



Carolyn

**KROPP**

### A Fresh Perspective

Candidate for Councillor Alta Vista Ward 18

#### Alta Vista Focused

Commit to opening a Ward office to expand the Councillor's availability in the community and address day-to-day concerns.

#### Fiscal Responsibility and Progressive Policies

Ensure that municipal taxes remain affordable while protecting essential City services.

#### Working Collaboratively

Build trust and teamwork within City Hall and across the community to address the unprecedented economic, social, environmental and cultural pressures we are currently facing.

For more information, please visit her website: [www.carolynkropp.ca](http://www.carolynkropp.ca) or phone: 613-515-0543 or email: [carolyn@carolynkropp.ca](mailto:carolyn@carolynkropp.ca).



613-260-8175  
[www.greensideup.com](http://www.greensideup.com)  
   /HansenOttawa

DESIGN • BUILD • MAINTAIN

# HANSEN

LAWN & GARDENS LTD.  
SINCE '88

Hansen has always covered you up  
to 300cm for the winter season.

We've been creating stress free winters since 1988. You Deserve It!  
Contact Hansen for your driveway clearing  
quote today!  
613-260-8175

 <b>\$1,999,990</b> <b>269 Roger Road</b> <b>Alta Vista</b>	 <b>\$1,299,900</b> <b>2027 Woodcrest Road</b> <b>Faircrest Heights</b>	 <b>\$999,900</b> <b>1505 Caton Street</b> <b>Faircrest Heights</b>	 <b>\$1,049,900</b> <b>1781 Dunkirk Crescent</b> <b>Playfair Park</b>	 <b>\$1,519,000</b> <b>360 Roger Road</b> <b>Alta Vista</b>
 <b>502-3590 Rivergate Way</b>	 <b>3122 Apple Hill Drive</b>	 <b>258 Holmwood Avenue</b>	 <b>1605 Dorion Avenue</b>	 <b>150 Rachael Avenue</b>

PM

PAUL MCCUNN

SALES REPRESENTATIVE

Laurie Richards

Sales Representative with Paul McCunn

613.733.9100

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



ROYAL LEPAGE

Performance Realty

Brokerage, Independently Owned and Operated

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

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



## LOCAL BUSINESSES



### KILBORN PHYSIOTHERAPY CLINIC

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

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

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

### L.S. MOORE & SONS

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



Commercial & Residential

613-521-3911

Free Estimates perrymore2001@rogers.com Established 1935



Steven A.  
Neal

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

P. 613.737.4140

F. 613.737.7903

1719 Bank St.

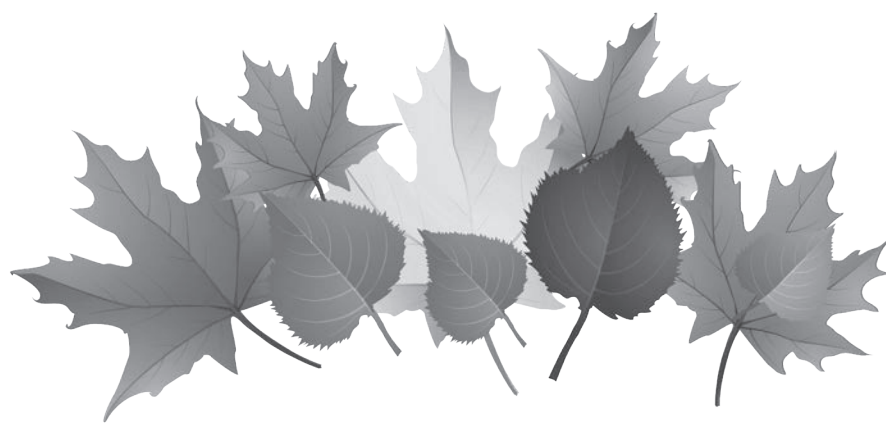
Suite 305

Ottawa, ON

steven@payetteneal.com

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

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



**MURRAY'S  
RESIDENTIAL  
PAINTING**

**613-590-9732**

www.murraysresidentialpainting.com

# TRUSTED & KNOWLEDGEABLE

real estate advisor

*Let me help you!*

FaircrestHeights.ca



**Andre Major**, Broker, MBA

**613-262-0606**

andre@andremajor.com

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

**exp<sup>★</sup>ICON Agent**  
REALTY  
BROKERAGE

**Top 1% of 85,000 eXp agents Worldwide**

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



SCHOOL NEWS

Being a student during a pandemic

By Leia Fourney



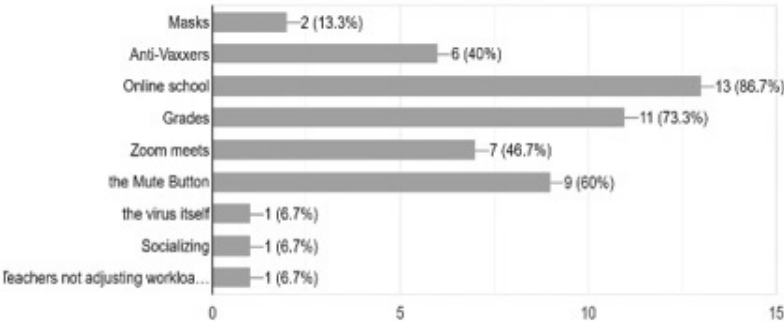
As a high school student, I have noticed an increase in anxiety and a decrease in productivity and motivation during this latest pandemic. So, I wanted to see if that was a phenomenon, or unique to me. I started with gathering data, by doing informal polling of a group of my peers. I made a google form, asking about how the pandemic has affected their mental health and then used their answers to create my article.

I wanted to establish if all my group were already in high school when the pandemic started. Only two out of the 17 were not in high school when the pandemic started, with one person saying they did not mind the transition, they found it to be a very easy way to be introduced into high school. For them, everything was clearly laid out ahead of time versus other years where they find out what their courses were and where their lockers were on the first day. They also liked how, due to the pandemic, everyone was uncertain; in a way, it levelled the playing field.

But many of my respondents were already in high school when the COVID pandemic started, and the answers were all the same. The transition was one of the most difficult parts of the pandemic, with students calling it brutal, shocking, and stressful.

The vast majority found that their anxiety increased and was triggered by different factors. An overwhelming number of people said that online school is what lead to the uptick in mental health issues, with grades coming in second.

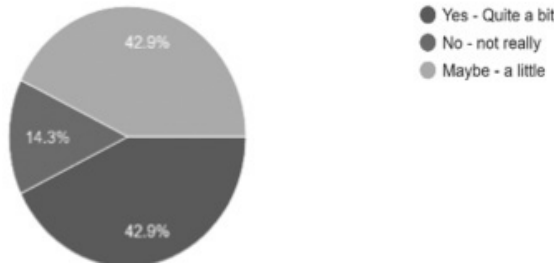
(If you are able to answer) What factors increase(d) your anxiety?  
15 responses



The imaginary audience is a psychological state in which teens feel like they are always being silently watched and judged by their peers. With the pandemic, my peers have seen an expansion in their fears regarding the imaginary audience, due to a lack of interaction with others. They have found that due to COVID making everyone quarantined, their social skills have decreased. The lack of interaction and understanding of body language that comes with talking to someone was somewhat gone when you only had your family to talk to. They found that this loss of understanding of social dynamics would lead to awkward and uncomfortable situations where they feared they were judged by their peers. This was not the only thing that caused unease with the teenagers, however. Many also feared that the mute button was not working properly, and this made online work more difficult. This fear that the mute button would malfunction, fed into the fear of the imaginary audience.



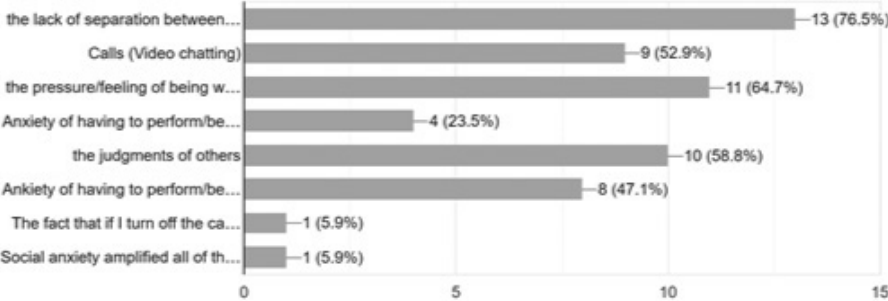
If yes, do you feel your fears or anxieties regarding the imaginary audience have increased during COVID?  
14 responses



They would constantly check to see if the mute button was on and working, otherwise worrying about their class hearing their conversations. This eventually led to “Zoom Fatigue.”

Zoom Fatigue is a type of burnout named after the video chat app that people experience after long calls. Science shows that while video chatting your brain misses social cues and body language due to delay, so your brain fills in the missing space. However, this takes a lot of energy and can leave you feeling exhausted. So, what are students doing to try and combat this burnout?

For you what are some factors that contribute to "Zoom Fatigue"? Check off all that apply.  
17 responses



Some do constructive things like taking many breaks away from electronics, exercising, and getting a good night’s sleep the night before. Others drink coffee or simply avoid online video calls altogether. The pressure of always having to perform perfectly was exhausting. Trying to maintain eye contact to look engaged, the fears of the imaginary audience, and the lack of separation between work and home environment, were all major factors that contributed to zoom fatigue tormenting my peers.

So, what can we do to mitigate Zoom Fatigue? Well, Professor Jeremy Bailenson, director of the Stanford Virtual Human Interaction Lab, suggested doing things like minimizing your screen so it’s not the only thing you see, turning your camera off, thinking more about the room you are videoconferencing in and where the camera is positioned, and during long stretches of meetings, giving yourself an “audio only” break. He wanted to make it clear that he was not denouncing these platforms, he was simply stating that there are ways to use the tool without exhausting yourself, saying, “Videoconferencing is a good thing for remote communication, but just think about the medium – just because you can use video does not mean you have to.”

Students today are under an unusual amount of added stress due to the pandemic; this poll shows that. With this uptick in mental health issues that were brought on by the pandemic, parents and administrators need to be more aware of changes in teens, resources need to be more accessible to all, and discussions about mental health should be encouraged. This will help kids feel seen and heard.

Leia Fourney, a graduate of Hillcrest High School, is the runner-up recipient of the 2022 Celine Tower grant. She is currently enrolled at Carleton University in Journalism.



## SPORTS NEWS

### HAVE YOU HEARD ...?

*By Peggy MacLeod, Executive Committee, RA Curling Club*

... that the new home of the RA Curling Club is in the new Curling Centre of Excellence at the RA Centre.

The Centre of Excellence provides the Club's members with the opportunity to play on ice installed to exacting standards set by Curl ON for their high-performance players' tournaments. Combined with the Club's new rocks, the conditions are perfect for exciting games.

To add to the on-ice experience over the summer, the RA Centre is renovating the old hockey changing rooms area into a welcoming inclusive space for everyone, with lockers, changing areas, washrooms and showers that meet the new guidelines of the Ontario Accessibility Act. The facilities both on and off the ice can be enjoyed by individuals who have physical mobility challenges.

Even with the exciting new facility, the Club is most proud to offer leagues for all ages and skill levels. The Club has been active since 1957, offers day and evening leagues, fixed, and draw curling, four-person and doubles leagues, 10-week Learn to Curl programs, both in the daytime and the evening, a Development League for those seeking assistance in refining their technique and strategy, and a Youth program on the weekends. The Membership ranges from novice to recreational to competitive. This year our season is beginning on Tuesday, October 11th.

If you are new to the area, or to curling, the club's volunteer convenors and committee members will help you locate a team to play on.

If you have no or little curling experience, that is not a problem as the RA Curling Club offers programs for all skill levels and provides support to new, experienced and advanced curlers. New to the Sport? Our Learn to Curl programs will get you playing. Our trained instructors are ready to help you. Want to give curling a quick try? Drop into one of our short Try Curling sessions coming early this fall.

For Members of the RA Curling Club, there are numerous benefits, a great social atmosphere, competitive fees, instruction for new members, great ice, friendly competition. Plus, it is a terrific way to keep active whether you are 8 to 88, and to make new lasting friendships.

For more information or to register please contact the RA's Member Service staff by phone at 613-733-5100, or come by in person to the Member Services desk located near the East entrance of the RA Centre, 2451 Riverside Drive. You may also visit the Curling page on the RA's website at [www.racentre.com/Curling](http://www.racentre.com/Curling).



## CLASSIFIED ADS

**BRENNAN BROTHERS LTD.** Finish Basements, Bathrooms, Kitchens, Drywall, Painting, all flooring, all roofing, repairs, doors & windows, decks, build houses. We do stipple ceilings and repair them. **10% Fall discount** Free estimates, guaranteed workmanship **613-733-6336**.

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

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

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

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

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

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

**SEEKING OCCASIONAL HANDYMAN(WOMAN) SERVICES IN ALTA VISTA.**

Initial work would be 2-4 days --replacing rotting deck boards; minor electrical; screen door repair, etc. References. \$25/hour. Please respond with your information to: **peter.fiander@gmail.com**.

**CHAIR YOGA at Rideau Park United Church** - Live classes on Thursday mornings at 10:30am (60 mins) starting 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) starting 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.

**MRP RENOVATE LANDSCAPE.** Located in Ottawa South. With over 10 years experience we specialize in projects that are too small for big contractors. We can repair or create new projects from: interlock, retaining walls, decks, and fences. We also do interior projects such as: drywall, trim work, framing, tiling, and painting. Contact for a free estimate. **613-794-3547**. Instagram@ **mrp\_renovate\_landscape**.





# MORE THAN JUST SENIOR LIVING. IT'S A NEW LIFE.

Our communities offer residents  
a new path for living. Providing peace  
of mind and freedom, so you can  
focus on living your best life.

- Full continuum of care: Independent Living, Assisted Living, and Memory Care
- Private suites in a vibrant community
- Nutritious, and delicious meal plans
- Join in activities and events to stay healthy, happy, and connected.

In-person tours are now available.

Josh at Oakpark 613-260-7144

Brian at Maplewood 613-656-0556

Sabine at Riverpath 613-327-9655

Book yours today!



JOIN US FOR  
OUR OPEN HOUSE

**OCT 1**  
10-3pm



ALTA VISTA



RIVERVIEW PARK



BEECHWOOD

riverstoneretirement.ca



# AQUA DRAIN

SEWER SERVICES INC

## 24 HR EMERGENCY SERVICE

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

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

Tel 613-731-5500

Fax 613-822-0463

Toll free 1-866-809-1504

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



*"It was a lovely afternoon - such an afternoon as only September can produce when summer has stolen back for one more day of dream and glamour." - L.M. Montgomery*

\$699,900

2212 Utah Street, Alta Vista



- Modern energy efficient upgrades
- Finished basement
- 4 bedroom, 2 full bath
- Fenced backyard
- Numerous updates
- Close to major hospitals, schools, public transit, pathways, and green space

**ARNETT**  
TRACY ARNETT REALTY LTD., BROKERAGE.

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



2176 Alta Vista Drive, Alta Vista

159 Gilmour Street, Ottawa, K2P 0N8 ~ [www.tracyarnett.com](http://www.tracyarnett.com) ~ 613-233-4488

This is not intended to solicit properties already listed for sale

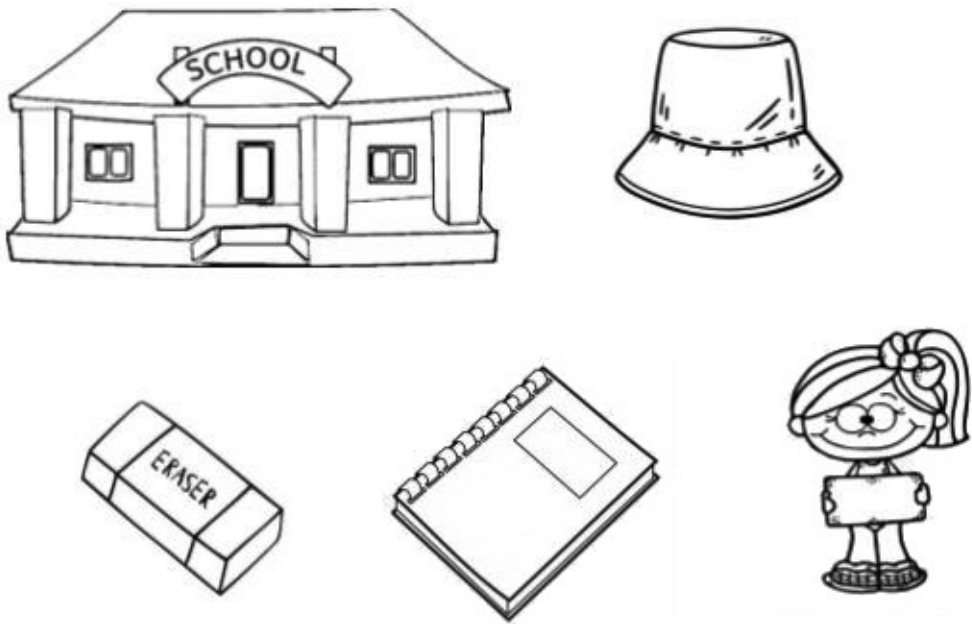


SKYLAR’S KID’S PAGE

CONNECT THE DOTS



FIND THESE IMAGES



COLOURING PAGES





## UPCOMING EVENTS



### ALTA VISTA LIBRARY – SEPTEMBER 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](http://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.
- Friday: 1 p.m. to 6 p.m.
- Saturday: 10 a.m. to 5 p.m.

**CLOSED: Monday, September 5 – Labour 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](http://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](http://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](mailto: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 (\$0.50 until September 10)
- 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.**

**\*Back to School Sale on all children and teen books until September 10. All children's books will be half-price at \$0.50 each.**

### 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

#### Packing School for Picky Eaters

Join Erin Kropac, a registered dietitian, who will share some lunch ideas and tips that will help please picky eaters and add more variety to your child's lunch. Please register.

**Thursday, September 1 at 6:30 p.m. (60 minutes)**

#### 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, September 15, 2022 **Ian Hamilton – Ava Lee series**

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

#### 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, September 8, 2022 ***The Giver of Stars* by JoJo Moyes**

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

#### 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 19 septembre, 2022 ***Tableau final de l'amour* de Larry Tremblay**

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

**Please visit [biblioottawalibrary.ca/en/program](http://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](http://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](mailto:infoservice@biblioottawalibrary.ca).



## UPCOMING EVENTS

### COMMUNITY EVENTS – SEPTEMBER 2022

#### RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

Office: 613-733-3156 ext. 228

Email: [info@rideaupark.ca](mailto:info@rideaupark.ca)

Welcome to all! Please worship with us on any Sunday, either in-person or online. For details, see [www.rideaupark.ca](http://www.rideaupark.ca). We are gradually introducing more in-person events and regular weekly activities at the church to complement the online activities. Volunteers are always welcome. Watch the church website or phone the church office for the latest information. Rideau Park can also be reached through our Facebook Group, Instagram, and our YouTube channel.

#### Special Events at Rideau Park

**Welcoming Luncheons – Your Invitation!** Although Rideau Park has been open for some time since the COVID shutdown, we are looking forward to seeing and hearing from more church members and also more of the broader community, as we begin a new fall season. And so, this is your invitation to join us for lunch, coffee, juice and conversation, as you wish, around 11 a.m. on Sunday, September 11 and/or Sunday, September 18, after the service. The luncheons are free of charge. There is lots of space to eat, meet and greet, both inside the church and outdoors. Hope to see you there!

**Fall Bazaars:** Rideau Park United will be having not one, but two fall bazaars in 2022.

- **Outside in September:** We invite you to join us in person on Saturday, September 24, 10 a.m.–2 p.m., for our Outside Bazaar where you will find books (popular paperbacks), crafts of all kinds, Kids Korner, General Store (household items, hardware, sporting goods), and the Boutique (fine china, crystal, purses, scarves, soaps, candles, linens, jewellery and more). Perhaps you will find the perfect gift!
- **On-Line in November:** Then Rideau Park will be holding an online Food Bazaar the first week of November on the church website ([www.rideaupark.ca](http://www.rideaupark.ca)) featuring our deli (frozen mini pot pies), bake table, jams/jellies, pickles and relishes, and Tea Room take-out. Order online between Monday, October 31 and Friday, November 4, and pick up your goodies at the church on Saturday, November 5.

**Exercise or Yoga Classes** – Several in-person options starting in September and October:

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

- 50+ Fitness with Faiza, Gentle Movement (Feldenkrais Method), and also Fitness with Michaela. Get moving, strengthening and stretching! All fitness levels are encouraged and supported.
- Yoga with Margaret – Deepen your breathing, improve balance, strength, and flexibility in a gentle, mindful practice.

#### Other Connections with Rideau Park

**Foster Farms Fruit & Vegetable Stand** at the corner of Alta Vista & Cunningham. From now to later in October, enjoy local, fresh-picked fruits and vegetables in season, including corn, root vegetables, and apples, then finish with pumpkins and squash as the frost threatens. Monday to Friday: 10 a.m.–6 p.m.; Saturday 10 a.m.–5 p.m., Sunday: closed.

**OASIS (Alcoholics Anonymous)** has returned to in-person meetings (as well as online) at Rideau Park United on Mondays from 8–9 p.m.

#### EMMANUEL UNITED CHURCH

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

E-mail: [office@emmanuelunited.ca](mailto:office@emmanuelunited.ca); Website: [www.emmanuelunited.ca](http://www.emmanuelunited.ca)

Welcome! Join us for our Sunday Worship service in person or live stream. Please wear a mask while in the church. Many of our worship services and activities for spiritual and social connection are also available online. For information or meeting details (including how to join us by Zoom), contact our office or visit our website.

**Seniors' Exercise Program:** Take Time to be Wholely (TTtbW), our light exercise program will resume on Monday, September 12 and continue Mondays and Fridays at 10:30 a.m.

**Sunday, September 11, 10 a.m.:** Last Worship Service; thank you and farewell to Rev. Brian Copeland and Sandra Copeland.

**Sunday, September 18, 10 a.m.:** We welcome our new Minister of Worship and Pastoral Care, Rev. Grant Stuckless.

**Wednesday, September 28, 7 p.m.:** Teleos – A group for all women, meeting to discuss current issues from a theological perspective. Tonight, planning for the coming year.

**Friday, September 30, 2022:** National Day for Truth and Reconciliation (Orange Shirt Day) Wear an orange shirt to honour the Indigenous children who were sent away to residential schools. We can all be a part of reconciliation.

#### ST AIDAN'S ANGLICAN CHURCH

934 Hamlet Road

Join us every Sunday at 9:30 a.m. for our in-person service or watch us on YouTube at St Aidan's, Ottawa. Our Wednesday 10 a.m. service will resume on September 28.

For inquiries, please give us a call at 613-733-0102, or visit us on social media.

Website: [staidansottawa.com](http://staidansottawa.com)

Facebook: [facebook.com/saintaidansottawa](https://facebook.com/saintaidansottawa)

YouTube: *St Aidan's, Ottawa*

#### RCACC Welcome Back BBQ!

2332 Major E.J.G. Holland VC Royal Canadian Army Cadet Corps (RCACC) invites everyone to our Welcome Back BBQ on Wednesday, September 14 from 6:30 p.m.–8 p.m. at 2100 Walkley Rd. We are starting our training year with a community BBQ to catch up with our returning cadets and welcome new cadets. Come out for some good food and learn about the Army Cadets Program offered right across the street from Canterbury HS. Visit the calendar on our website at [2332cadets.ca](http://2332cadets.ca) for more information!

#### 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](http://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, September 28 for a talk on the subject of "NCC Monuments."

*"Wine is the divine juice of  
September." – Voltaire*



## UPCOMING EVENTS

### 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](http://ottawanewcomersclub.ca) or by contacting [newcomersclubottawa@gmail.com](mailto:newcomersclubottawa@gmail.com).

### OLD OTTAWA SOUTH GARDEN CLUB

The Old Ottawa South Garden Club is planning an exciting series of meetings and activities for the 2022-3 season which starts on September 13, including presentations on Canadensis, the Nation Capital Region botanical garden, selecting trees for your property, growing herbs and edible plants and our popular, seasonal urn insert and wreath-making workshop for the holidays.

New members would be most welcome to join us; yearly membership for individuals is \$25 and for families is \$40. Registration for the 2022-23 season will soon be available at: [oldottawasouth.ca/programs](http://oldottawasouth.ca/programs).

### OTTAWA HUMANE SOCIETY

Would you like to help us support the animals? If you like to bake or make crafts or would like to volunteer at our events, you can help raise money for the animals at the Ottawa Humane Society. Find out more by joining us at our monthly business meeting 1-2:30 p.m. Thursday, September 8 at the animal shelter, 245 West Hunt Club Rd (across from Lowe's). Free parking. All are welcome. Mask required please. For more information, contact Loreen at [loreenohs@gmail.com](mailto:loreenohs@gmail.com), or go to [ottawahumane.ca/get-involved/volunteering/ohs-auxiliary](http://ottawahumane.ca/get-involved/volunteering/ohs-auxiliary).

### ART LENDING OF OTTAWA FALL SHOW

**ART  
LENDING  
of  
OTTAWA**

# LIVE SHOW

September 24, 2022 10:00 am to 4:00 pm  
Buy or Rent Original Art by Local Artists

**R. A. CENTRE**  
Outaouais Room  
2451 Riverside Drive  
Ottawa

Free Parking  
Free Admission

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

\*If you miss this show, note that ALO will hold another show on Saturday, December 10th, from 10 am to 4 pm at the same venue.

### 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.

**CAPITAL REGION  
MODEL RAILWAY TOUR  
2022**

**VISITES DE CHEMINS DE FER MINIATURES  
DE LA CAPITALE**

A VIRTUAL TOUR OF SOME OF THE AREA'S BEST MODEL RAILWAYS  
UNE VISITE VIRTUELLE DE CERTAINS DES MEILLEURS CHEMINS DE FER MINIATURES

Video presentations available through our website	<b>SATURDAY OCTOBER 22 2022</b>	<b>SAMEDI OCTOBRE</b>	Présentations vidéo disponibles sur notre site web
<b>FREE</b> No registration required		<b>GRATUIT</b> Aucune inscription requis	

[WWW.CAPITALTRAINS.CA](http://WWW.CAPITALTRAINS.CA)

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

### CORO VIVO OTTAWA

Coro Vivo Ottawa, with our conductor Antonio Llaca, is having an Open Choir Rehearsal. Let's see YOU there! Come sing with us on Saturday, September 10 at 2 p.m. at the Orleans United Church, 1111 Orleans Blvd, and have some fun. All voices welcome! \*Masks Required\* Information/Registration: [membership@corovivoottawa.ca](mailto:membership@corovivoottawa.ca).

### 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](http://stmarysottawa.ca/alpha); [tinyurl.com/stmarysalpha](http://tinyurl.com/stmarysalpha).

Alpha is free, the experience priceless!



# MOVIES 'N STUFF

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

## August 30th

### **The Phantom of the Open**

Maurice Flitcroft, a dreamer and unrelenting optimist, managed to gain entry to The British Open Golf Championship Qualifying in 1976 and subsequently shot the worst round in Open history, becoming a folk hero in the process. Stars the wonderful Mark Rylance and Sally Hawkins!

### **1883: Mini-Series**

The prequel to Yellowstone, 1883, follows the original Dutton family as they embark on a journey west through the Great Plains toward the last bastion of untamed America. It's a stark retelling of Western expansion, and an intense study of one family fleeing poverty to seek a better future in America's promised land — Montana.

### **Signora Volpe: Series 1**

A disillusioned British spy-turned-detective starts a new life in the beautiful heart of Italy, but soon finds out trouble follows her wherever she goes. Huge new British series!

### **Maria by Callas**

An intimate look at the life and work of Greek-American opera singer Maria Callas, as told in her own words. Wonderful documentary!!

## September 6th

### **Days of the Bagnold Summer**

A teenager spends his summer listening to heavy metal music and trying to get along with his librarian mom. A highly rated drama with an astounding 92% positive score from critics!

### **Peacemaker: Season 1**

Picking up where 2021's The Suicide Squad left off, this James Gunn-created series continues the saga of Peacemaker, a compellingly vainglorious superhero/supervillain who believes in peace at any cost - no matter how many people he has to kill along the way.

### **The Lost Leonardo**

A great documentary chronicling the mystery surrounding the Salvator Mundi, the first painting by Leonardo da Vinci to be discovered for more than a century, which has now seemingly gone missing.

### **Columbus**

A Korean-born man finds himself stuck in Columbus, Indiana, where his architect father is in a coma. The man meets a young woman who wants to stay in Columbus with her mother, a recovering addict, instead of pursuing her own dreams.

### **Chained for Life**

A beautiful actress struggles to connect with her disfigured co-star on the set of a film. Hailed by critics as: "Darkly funny and impressively ambitious, Chained for Life is as unpredictable as it is original." One of the rare films to score 100% on Rotten Tomatoes.

### **Wakefield: Mini-Series**

Gifted psychiatric nurse Nik Katira is the most stable person at Wakefield mental health unit in the Blue Mountains of Australia. As his own sanity suddenly starts to slip, he finds himself questioning the line between reality and madness.

### **The Pursuit of Love: Mini-Series**

Set in Europe before World War II, the story follows the adventures of charismatic, fearless Linda Radlett and her best friend/cousin Fanny Logan. Consumed by a desire for love and marriage, each seeks out the ideal husband.

### **Too Close: Season 1**

A dedicated forensic psychiatrist, Emma Robertson, is assigned to assess the sanity of Connie Mortensen, a mother accused of a despicable crime.

### **Lunana: A Yak in the Classroom**

An aspiring singer living with his grandmother in the capital of Bhutan dreams of getting a visa to relocate to Australia. Nominated for Best International Film at the 2021 Oscars.

### **Harry Wild: Season 1**

When retired literature professor Harriet "Harry" Wild becomes the victim of a mugging, it starts a series of events that lead Harry to a whole new life. Harry goes to stay with her son, Charlie, a senior Guard. When she realizes Charlie's latest investigation bears striking similarities to an obscure Elizabethan play and her offer of help is rudely rejected, Harry decides she will find the killer herself to prove she was right. Jane Seymour stars!

### **Cha Cha Real Smooth**

A young man who works as a Bar Mitzvah party host strikes up a friendship with a mother and her autistic daughter. One of the top reviewed movies of the year so far!

### **Delicious: Seasons 1, 2 and 3**

A drama series about food, love and infidelity in Cornwall.

### **After Yang**

In a near future, a family reckons with questions of love, connection, and loss after their A.I. helper unexpectedly breaks down. Colin Farrell stars.

### **Obi Wan Kenobi: Mini-Series**

Kenobi is forced out of hiding after a threat to a young Leia surfaces. But... is he walking into a trap set up by his old pupil, the once Anakin Skywalker, now Lord Darth Vader? The answer lies within - and it's pretty cool to see!

### **Star Trek: Strange New Worlds Season 1**

A prequel to Star Trek: The Original Series, the show will follow the crew of the USS Enterprise under Captain Christopher Pike.

## September 13th

### **The White Lotus: Season 1**

A social satire set at an exclusive tropical resort, this limited series follows the exploits of various guests and employees over the span of one highly transformative week.

### **Father Brown: Season 9**

Goodfellow turns to Father Brown when he witnesses Mallory frame an innocent man. Mrs. McCarthy gets an unwelcome birthday surprise when her life is threatened by a mysterious avenging angel.

### **Where the Crawdads Sing**

Abandoned as a girl, Kya raised herself in the dangerous marshlands of North Carolina. For years, rumors of the marsh girl haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, she opens herself to a new and startling world. However, things are about to take a turn...

### **Elvis**

The life and music of Elvis Presley, seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker played by the great Tom Hanks!

### **The Forgiven**

Takes place over a weekend in the High Atlas Mountains of Morocco, and explores the reverberations of a random accident on the lives of both the local Muslims, and Western visitors to a house party in a grand villa. Stars Jessica Chastain and Ralph Fiennes.

### **Vengeance**

A writer from New York City attempts to solve the murder of a girl he hooked up with and travels down south to investigate the circumstances of her death and discover what happened to her.

### **London Kills: Season 3**

One of Britain's most thrilling series returns. Seasons 1 and 2 available right now!

### **Lightyear**

While spending years attempting to return home, marooned Space Ranger Buzz Lightyear encounters an army of ruthless robots commanded by Zurg who are attempting to steal his fuel source.

## September 20th

### **Outlander: Season 6**

The sixth season of Outlander sees a continuation of Claire and Jamie's fight to protect those they love, as they navigate the trials and tribulations of life in colonial America.

### **The Reef: Stalked**

Nic, her younger sister and two friends seek solace through a Pacific island kayaking adventure. Hours into the trip the women are stalked by a shark and must band together, face their fears and save each other.

### **The Black Phone**

Finney Shaw, a shy but clever 13-year-old boy, is abducted by a sadistic killer and trapped in a soundproof basement where screaming is of little use. When a disconnected phone on the wall begins to ring, Finney discovers that he can hear the voices of the killer's previous victims.

## September 27th

### **Hidden: Season 3**

Another of Britain's great series returns with elite detectives investigating a series of murders.

### **Mayor Of Kingstown: Season 1**

A crime drama about an important contemporary issue, America's prison system, "Mayor of Kingstown" follows the McLusky family in Kingstown, Mich., where the business of incarceration is the only thriving industry. From the makers of Yellowstone!

### **The Munsters (2022)**

A bizarre romantic comedy for the ages, as The Munsters make their triumphant return to the screen in this all-new feature film.

### **House Of The Lost On The Cape**

A 17-year old girl experiencing a sense of yearning and comfort in the traditional Japanese house "Mayoiga" in this wonderful family anime film.

### **Wisting: Seasons 2 and 3**

While on a crime scene inspection, a serial killer escapes, aided by a mysterious accomplice who has evaded the cops for years. Det. Wisting & his team are caught up in a manhunt, racing against the clock to stop them before more lives are lost.

**VISIT OUR WEBSITE - MOVIEINSTUFF.COM**