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Perley Health invites VISTAS readers to watch their Remembrance Day ceremony on November 11th at 11 a.m. on their Facebook channel: www.facebook.com/perleyhealth. Following the ceremony, a pre-recorded concert honouring all those who served performed by the talented musicians from The Ozerdinc Grimes Family Therapeutic Recreation and Creative Arts Program will be broadcast.



DOG STRANGLING VINE MANAGEMENT PILOT PROJECT A SUCCESS

By Michelle St-Germain

The DSV project is winding down for the season and has been a great success; THANKS TO ALL THE VOLUNTEERS who pitched in this summer to make this happen!

We encourage everyone to have a look at the work that has been done in the centre meadow in Kilborn Park and at the south of the Orlando Park soccer fields. Keep your eyes open for a forthcoming report on the Alta Vista Community Association's website (avca.ca).

Michelle St-Germain, DSV project lead and WRENs Way lead (left); and Suzanne Doerge, Kilborn Park lead (right).

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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.

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Accounts are due on publication.

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

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WANTED



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LAYOUT EDITOR

As a Co-Editor, you will work with the Content Editor, as well as our team of regular writers and a photographer to produce a monthly community paper that our Alta Vista / Canterbury /Ellwood readers look forward to each month.
This is your opportunity to bring fresh vision to our paper, which has been bringing news and interesting stories to our local area for four decades.

ARE YOU READY FOR AN ADVENTURE?

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

VOLUNTEER OPPORTUNITY

We are looking for a community-minded team player to join our team!

VISTAS NEEDS A

CONTENT CO-EDITOR



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YOU COULD MAKE A DIFFERENCE IN YOUR COMMUNITY!



RESPONSIBILITIES

As a co-editor, you will work with the current editorial team: the content editor, layout editor, photographer, and Board of Directors to produce a monthly community paper that our Alta Vista (and neighbourhood) readers look forward to each month.

You could bring fresh vision to our paper, which has been bringing news and interesting stories to our local area for over four decades.

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

LETTER TO THE EDITOR

No word search on SKYLAR’S KIDS PAGE

Every month I look forward to doing the word search but recently I have noticed that there is no word search. I kindly suggest that you should add the word search. I will be very excited if you consider my suggestion.

Sincerely, Isaac T., age 10

Editor’s response:

Isaac, thank you for noticing this and letting us know about what a reader, yourself, needs; and thank you for being a reader of VISTAS.

And to all our young readers, why don’t you send us a message saying what you like and don’t like on the KIDS PAGE and maybe anything new that you would like to see included?

OUR ENVIRONMENT

PHOTOS FROM ELLWOOD’S GARY HOWARD



Male Wild Turkey



Female American Goldfinch



Male American Goldfinch

VISTAS’ Delivery Schedule

2022	VISTAS Delivery Date
December Issue	December 2, 2022
January 2023 Issue	January 6, 2023

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the Norway of the year.”
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- Alta Vista (Pleasant Park to Smyth), 40 papers
- Alta Vista (Randall to Heron), 34 papers
- Bloor, Penhill, Crestwood, 56 papers
- Chattaway, 28 papers
- Chomley, 40 papers
- Dowler, 25 papers
- Heron (Alta Vista to Greenbelt), 13 papers
- Mimosa, 30 papers
- Norwood, and Roger (from Norwood to Alta Vista), 43 papers
- Pixley, 60 papers
- Station Boulevard, 40 papers
- Utah, 32 papers

For East of Haig

Arch	Edgecombe	Maywood
Audrey	Edmond	Melfort
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Avenue P	Elsett	Nerta
Avenue Q	Erinbrook	Orchid
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Avenue U	Folkstone	Plesser
Balharrie	Furby	Pullen
Banghor	Gill	Russell
Blackstone	Glendevon	Saunderson (Smyth to Halstead)
Carnegie	Goren	Shamir
Caverley	Haig	Shelley
Chadburn	Halstead	Smyth (Dauphin to Russell)
Chaucer	Hamlet	Sonata
Connery	Haney	Southvale
Cornish	Hastings	St Laurent (Walkley to Russell)
Dakota	Heaton	Susan
Devon	Howland	Tupper
Dickens	Joliffe	Weston
Drew	Keats	Weyburn
Dunelm	Lemay	
Dwellingham	Magnus	
Dwight	Martha	

VISTAS Vision

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

OPINION

DOES ANYONE REALLY WANT TO LIVE ON THE TWENTIETH FLOOR?

By Janet Mark Wallace



Prior to COVID, many cities had accepted an inevitable trend toward taller and taller buildings. The theory was that small apartments, concentrated together in tall buildings, led to a smaller ecological footprint for their occupants than less dense, low-rise buildings. Then COVID quarantines and closed-up downtowns made us rethink the minimalist apartment and its assumptions of lively public spaces at ground level.

But not everyone was convinced all along that high-rise living was the best way to reduce fossil fuel consumption. Micro apartments mean smaller spaces to heat, and in some cases, smaller commutes. But they also mean that everything required for the occupant has to be brought in from elsewhere. Food growing, water supply, waste processing, and even entertainment, all have to be produced off-site, far away, and delivered, courtesy of fossil fuels, to the consumer. For a lengthy discussion on this topic, I recommend David Holmgren's 2018 *Retrosuburbia*.

Many people have an instinctive preference to live near the ground: under the canopy of trees, with a view of the street, within earshot of birds, and with some confidence that they could escape in the event of an emergency.

Often high-rise living comes with the promise that it will be worry-free: no more yard to care for, no more snow removal. But it comes with a different set of worries: what is one condo unit worth in a 20-storey building if the rest of it becomes infested with cockroaches and owners are largely absentee investors?

And that brings me to the final unpleasant thought for high-rise living: what are we going to do a hundred years from now when these buildings reach their end of life? Will we still have the resources necessary to safely demolish them? Or will we be stuck with them, looming precariously on our once-valuable urban sites, half-occupied, semi-crumbling, strata councils no longer meeting, and only the most stranded occupants remaining in dark and dangerous buildings?

In a less fossil fuel-rich future, one abandoned and derelict house on a street of 20 houses can be taken apart and rendered safe, without requiring particularly specialized equipment. But in that same future, one abandoned and derelict ground floor with 19 floors sitting on top cannot be easily and safely demolished, nor is it safe to leave it sitting untended.

We are leaving our kids a legacy of buildings that are unsuited for an era of reduced fossil fuel use. We need to talk about this before we put up another 40-storey building.

Janet Mark Wallace has been a resident of Ottawa for 22 years. A lifelong environmentalist, she came to an understanding of the Peak Oil theory through the works of Rob Hopkins, Richard Heinberg and David Holmgren. These authors forecasted an era of inflation and political instability once the world's petroleum production peaked and headed into decline. She invites her neighbours in Alta Vista to join her in creating a more interconnected and self-sufficient community through an intentional reduction in fossil fuel dependency.



AFTER A 2-YEAR ABSENCE, IT'S BACK!

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"November is usually such a disagreeable month as if the year had suddenly found out she was growing old and could do nothing but weep and fret over it." - Anne Shirley



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The Honourable | L'honorable

David McGuinty

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- » Canadian Passport / Consular Affairs
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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
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- » 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

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OUR COMMUNITY REPS

HONOURING OUR VETERANS

By Jim Watson, Mayor



There isn't a day that goes by that I don't think of my late father, Beverley Watson, who served with the Royal Regiment of Canada and helped liberate the Netherlands during the Second World War.

This month, I think of him and all those who have served and continue to serve our great nation – some giving the ultimate sacrifice.

As Mayor, I recognized the importance of helping Veterans, appointing Deputy Mayor Matthew Luloff as City Council's Liaison for Veteran and Military Issues in 2019.

A former member of the Canadian Forces who served in Afghanistan in 2008 with the 2nd Battalion Princess Patricia's Canadian Light Infantry, Councillor Luloff is the perfect representative to solidify the City's important relationship with the 23,000 active service members and more than 53,000 veterans living in Ottawa, as well as their families.

Councillor Luloff co-chairs the Veterans Task Force, responsible for developing a culture of supporting our veterans and their families in our community. This includes helping veterans who are experiencing challenges with their transition to civilian life, advocating for our veterans and their families, particularly those not supported by entities (i.e., VAC) to receive complete and appropriate health care, making housing more affordable and easier to secure, as well as enhancing second career opportunities for veterans and their families.

One of the accomplishments that I'd like to highlight from this term of Council was opening the Veterans House supportive housing complex for homeless Veterans located at the former CFB Rockcliffe.

I trust that Councillor Luloff, the Task Force and our strategic partners will continue to deliver projects, facilitate access to resources and promote opportunities for those who have served and continue to serve our great country in the years ahead.

This year marks the 77th anniversary of Armistice Day, and the Royal Canadian Legion's Poppy Campaign continues to run from October 30 to November 11.

Visit www.legion.ca/contact-us/find-a-branch to find poppies near you.

P.S. This is my final column as Mayor of the City of Ottawa. I want to thank all those who participated in the democratic process by volunteering, donating and, most importantly, voting. While the makeup of City Council looks a lot



Mayor Jim Watson's late father, Beverley Watson, with members of the Canadian Armed Forces.

different for the upcoming term, I am confident that our representatives will work hard to build on the momentum of the last 12 years. We have many important projects underway that will continue to transform our nation's capital for years to come, and I can't wait to see it all come to fruition.

OUR COMMUNITY REPS

MESSAGE FROM MARTY CARR, ALTA VISTA WARD'S COUNCILLOR-ELECT

By Marty Carr

I am humbled and grateful for the support Alta Vista has given me by electing me as the councillor for Ward 18 – Alta Vista. While I am currently focussed on staffing and setting up my office for November 15th when I'll be sworn in, I look forward to engaging with all residents of the Ward. It has been a pleasure to have met so many of you on the doorsteps over the last several months, and I look forward to continued engagement with you over the next four years. I will be very focussed on ensuring that Alta Vista keeps pace with respect to both below- and above-ground infrastructure as we welcome many new residents to the Ward over the next decade. In the coming weeks, I will be revamping my website at martycarr.ca to provide information on the status of current projects in the Ward, as well as information on future engagement opportunities.



Alta Vista Ward's Councillor-Elect – Marty Carr

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John Fraser, MPP
Ottawa South

We Remember

I would like to highlight the *Remembrance Week Act*, which I co-sponsored a few years ago. The Bill expands the scope of the *Remembrance Day Observance Act*, 1997 to proclaim the seven-day period in each year that begins on November 5 and ends at the end of November 11 as Remembrance Week. The Bill speaks to the importance of recognizing veterans and the sacrifices they made.

A list of upcoming Remembrance Week events and activities across Ontario can be found on the Veterans Affairs Canada website.

I firmly believe that on Remembrance Day, we must honour and pay tribute to all the brave Canadian men and women who made the ultimate sacrifice, in wartime and in peace, at home and abroad. The *Remembrance Week Act* helps to ensure that our recognition of that sacrifice is not limited to one day. We will remember them.

Here to Help

My staff and I will always do our best to help you. Please contact us if you require assistance with the following:

Birth, death and marriage certificates
OHIP cards
Driver's licences
Congratulatory messages
Family Responsibility Office
General inquiries regarding provincial programs

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www.johnfraser.onmpp.ca



OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

It's not often that board members of HEFC get to dance while they are representing us at fundraising events, but on the afternoon of October 1, Veronica Sanchez found herself on her feet and dancing. She was listening to the original music of the Phoenix Big Band outdoor concert, held in the Billings Avenue driveway of Louis Weatherhead.

About 30 people settled in to listen to the entire concert, while many others came by to listen in to the fun. They all donated generously to HEFC and we received over \$740 in cash, as well as an entire station wagon full of donated non-perishable groceries. We were truly impressed by the generosity of the Alta Vista community as demonstrated at this fun three-hour event! Thanks to the Phoenix Big Band, our Hero for November, for supporting those in our community who are experiencing food insecurity.

The Phoenix Big Band is a group of nine local professionals who love writing and playing music. So far this year, they have presented five concerts, playing for charity. Louis Weatherhead, their spokesperson, explained that they were looking for a charity to sponsor for their October concert when he saw our Heroes article in VISTAS – so they decided to sponsor us! It seems to me that this is a great example of the kind of collaboration that benefits everybody and helps to build a sense of community. Our community newspaper VISTAS provides the information local groups like the Phoenix Big Band need to raise their profile while also highlighting the problem of food insecurity. The event provides a way of stepping forward with practical support in the form of donations of non-perishable food and cash while listening to wonderful music. Additionally, during these events people in the community meet and mingle, getting to know each other in a relaxed and fun atmosphere.

The Phoenix Big Band has a website: thephoenixbigband.com. Their music is 100% original and can be found on music platforms such as Spotify. Members of the band include: Mark Fryars – keyboards and vocals; Steve Ballou – bass guitar, mandolin and vocals; Zeek Gross – alto sax; Dan Sharon – tenor sax, bass; Ian Venables – bass trombone; Megan Venables – trumpet; James Brender – drums; Louis Weatherhead – guitar, bass guitar and vocals; and Tariq Anwar – sound engineer.

The volunteers, staff and clients of HEFC thank the Phoenix Big Band for including us in their concert – and look forward to working with them again next year – with the caution that they may have to host more than one representative, as we all want to be part of the fun next time!



HEFC Board Member Veronica Sanchez with the donations from the musical event.

As many of you will be aware, as we move out of the pandemic, we are dealing with the highest rate of inflation in 40 years. The situation for folks who are already struggling with food insecurity is becoming critical. Moreover, the highest rate of inflation at present is for food staples such as bread, eggs, milk, cooking oil and vegetables, placing the greatest stress on folks with the fewest resources. Many of our clients are first-time users of an emergency food bank. We are struggling to accommodate the number of people lining up for a seven-day supply of food, and are now experiencing our highest-ever level of clients. As the extra funding we received from all levels of government during the pandemic have ceased, we must increasingly rely on community donations. Your support is much appreciated.

As we move into the holiday season, and various events and concerts return after our long pandemic isolation, the volunteers and staff at HEFC are pleased to attend concerts, fundraisers and community events, as well as to meet with school classes and community groups, to share information about our services.

Check out hefc-info@rogers.com for more information.

Check us out on Facebook:

www.facebook.com/HeronFoodCentre.

Check us out on Twitter:

[@HEFC.ca](https://twitter.com/HEFC.ca) or [@HeronFoodCentre](https://twitter.com/HeronFoodCentre).

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.

NOVEMBER WISH LIST

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



HEFC Hero for November, the Phoenix Big Band, performing at the October 1st fundraising event.



OUR COMMUNITY

AV MYSTERIES: CELEBRATING THE
OVERLOOKED PEBBLE DASH STUCCO OF
ALTA VISTA

By Chris Wiebe

Out delivering the October edition of VISTAS, I was stopped in my tracks. A triangle of pebble dash stucco I’d never noticed before was visible in the gable end of a house on Micmac Street. Slightly auburn, the stucco’s finely crushed rock sparkled in the sun – what a revelation in an area dominated by brick and wood-like siding! A quick quiz of the neighbour gardening next door revealed that metal siding, covering the stucco for decades, had just been removed and that replacement siding would soon entomb it once again. Just as Yukon’s melting ice patches are revealing mammoths and Indigenous artifacts frozen for millennia, the cyclical renovation activity in Alta Vista was raising fresh questions for the amateur urban archaeologist. As I finished my VISTAS deliveries, I was left wondering how much more pebble dash stucco was lurking beneath our neighbourhood’s brick and siding facades, and indeed, how much more is hidden in plain sight.

But what is pebbledash stucco anyway, you might ask, and why is it so remarkable? Stucco is made up of an aggregate, Portland cement and water, and is applied wet and hardens to a very dense solid. It can be finished with a remarkable variety of decorative treatments – from coarse rough cast to trowel smeared, to variations embedded with pulverized rock. Vancouver architectural historian John Atkin – one of the few to take any interest in this building material – explains that beginning in the 1920s stucco “was a key element of the French and English revival styles popular in North America.” By the mid-1930s,



crushed rock – like white quartz, black obsidian, and silica rock – was used to enliven the surface, a style of finish known as pebble or rock dash. The word “dash” comes from the fact that decorative rocks are thrown or “dashed” onto the final wet coat of stucco with a scoop and then pressed into the wet mixture with a trowel.

Growing up in Alberta, one saw almost every day the pebble dash stucco that was a big part of the post-war architectural vocabulary in most residential neighbourhoods. If 1950s and 60s Ontario is about brick and Nova Scotia about wood, then BC and Alberta are about stucco, and it stayed popular for decades. Even the 1968 house I lived in had a sort of mullet look (business in front, party in the back) with wood siding facing the street and pebble dash to the rear. Cheap material and labour costs were likely part of the attraction for builders and low maintenance (no painting!) for buyers, but the sleek modernity it lent to otherwise mundane designs undoubtedly played a role. Like the Brutalist fascination with distressed concrete that arose in the same period, designers and consumers embraced the diversity of effects pebble dash could achieve, its plasticity and light-catching textural qualities.

After my mini-epiphany on Micmac, I went trawling for stucco in Alta Vista, and I was surprised by how much I found on offer – hidden in plain sight, indeed! Pleasant Park Road and Billings Avenue, two of the area’s oldest and most diverse streets with lots individually developed over many generations, proved to be fruitful hunting grounds. There are prominent stucco examples like the historic 1941 Beattie House at 2055 Alta Vista Drive – with its delightful English Cottage style combining roughcast stucco and timber elements – but easy to overlook pebble dash was on display close by. A house on Pleasant Park had the same rather subdued auburn and white quartz combination found in the gable end on Micmac, but nearby at Billings and Mountbatten Avenue, I found evidence of a fascinating salt-and-pepper obsidian and quartz blend that really pops and demonstrates pebble dash’s capacity to dazzle and allure.

The quest continues. I remain on the prowl for an example of bottle dash stucco in Alta Vista, a largely regional BC and Alberta specialty stucco where coloured bottles were crushed and added to the pebble dash for extra pizzazz. I fondly remember standing in front of my Edmonton friend’s garage wall and cataloguing the various bottle glass shards on display – brown beer bottle, green Sprite and 7-Up, clear Fanta and milk, and rarest of all, dark blue from milk of magnesia bottles. Local lore has it that these bottles were hand-smashed and blended on site in a unique form of artistic expression by unsung tradespeople. I have found examples of bottle dash stucco on the web in southern Ontario, but are there some right here in Alta Vista? I guess I’ll need to keep walking the streets and ready myself for my next arresting surprise.

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OUR COMMUNITY

A FULL POLICE CAREER IN OTTAWA

By J.J. Healy, RCMP Veterans, Ottawa



Superintendent J. J. Healy & Gracie

Reg.#10111, Corporal J. H. Arthur “Art” Gahagan was my wife, Cathy’s, grandfather. He was born in 1900 in Quinnville, Quebec.* He was the youngest of nine children and when he left the family farm, he initially found work in Cornwall at the paper mill. However, he had always had an interest in policing and in 1925, he joined the RCMP. After Basic Recruit Training, his entire Troop was sent to Ottawa and Corporal Gahagan spent his police career on federal duties

in the Ottawa area.

His work was varied and a lot depended on which events had been prioritized for the day. At the time, post-war, the government was concerned over security and focus in Ottawa was given to the protection of federal properties, VIPs and dignitaries. Corporal Gahagan had a passion for cars and anything with a motor. In July 1927, he went out to the Ottawa airfield to see Charles Lindberg who was arriving as a special guest as part of Canada’s Diamond Jubilee Celebrations. Art was delighted to have the opportunity to actually sit in “The Spirit of St. Louis.” He also became a qualified motorcyclist and was very pleased to be assigned to motorcycle duties on the Hill. His daughter, Eileen, recalled how she and her siblings would plead with their dad for a ride in the sidecar. Corporal Gahagan and his wife had four children. Their only son, Gerald, could recall vivid memories of his father, especially leaving home for work in the morning in his RCMP garb. Gerald recalled a humorous incident that happened at their home in downtown Ottawa.

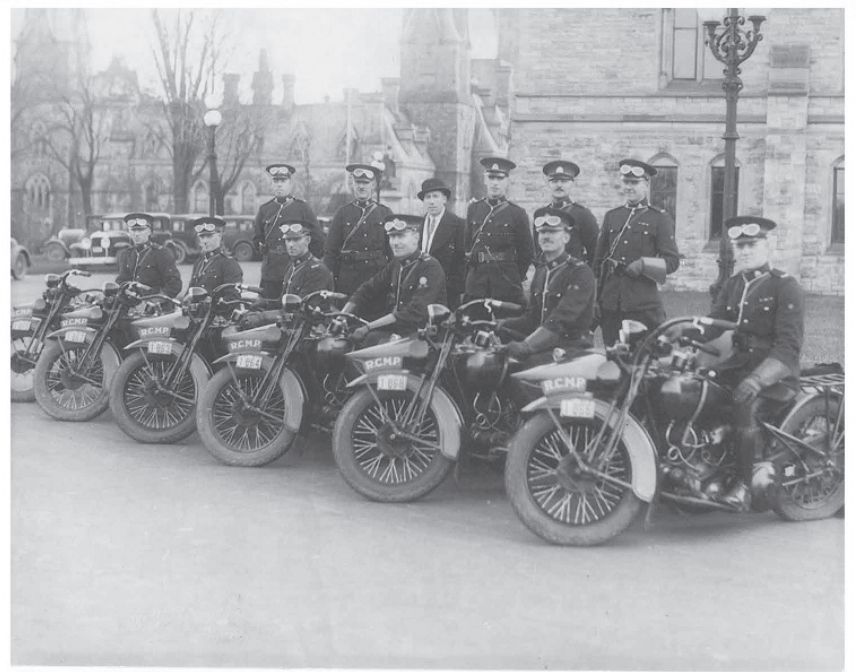
It just so happened that in the good spring and summer weather, Art and his wife would sit on their front veranda on McLaren Street in Centretown. Very often, a needy man or woman would pass their home. More often than not, the person in need would ask for something to drink or maybe a sandwich. Over time, Mrs. Gahagan had become accustomed to these requests for food and drink, so each day she prepared a few snacks so that she would be ready to sit with her husband on their veranda after he returned home from his police duties. However, sometimes Corporal Gahagan would come home from work a few minutes late and this tardiness caused Mrs. Gahagan anxiety.

The reason?

Corporal Gahagan wore his RCMP uniform to and from work. Mrs. Gahagan was afraid that her “visitors” in need would be frightened by the presence of her husband in RCMP uniform.



Corporal J. H. A. Gahagan
Ottawa Notre Dame Cemetery



Standing far upper left:
Corporal J. H. A. Gahagan. Parliament Hill RCMP Motorcycle Detachment. circa 1930

So, when he arrived home, he was whisked immediately into their bedroom to change out of his official uniform and don “civilian” clothes. In this fashion, Mrs. Gahagan could relax and leisurely talk with the people in need while passing out much appreciated food.

After a twenty-five-year career with the Force, Corporal Gahagan retired and immediately joined the Ottawa Corps of Commissionaires for another career related to the security of the National Capital Region. He worked for many years at the National Research Council. His retirement date from the Corps of Commissionaires was April 30, 1973. On that

day, which was meant to be his last day of work, he suffered a stroke while on duty. Sadly, he died two days later at age 72. He did not live to enjoy one day of his retirement. He gave 48 years of service to the protection of our city and worked with great dedication to upholding law and order. He was a gentleman and a gentle man. He penned the following lines to his daughter, Sheila, on December 25, 1943:

“The thing that goes the farthest towards making life worthwhile, that’s worth the most and costs the least, is just a pleasant smile.”

*Quinnville is a place name that is no longer used. Interestingly, the location of the Gahagan family farm is now the home of the bottling plant for Labrador Water on Montée Paiement.



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OUR COMMUNITY

ELLWOOD UPDATE

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



As of October 22nd, residents of Ellwood were keenly looking forward to the results of the mayoral election; the ward Councillor being essentially a foregone conclusion. While there were many Riley Brockington signs, oddly there were very few mayoral signs on our lawns, even though more residents than usual had indicated they were going to vote this time around.

Ellwood's Ridgemont Community Association has a long history of a good and close relationship with every mayor and is looking forward to working with our next mayor who is already well acquainted with our concerns, problems and needs, and has made a commitment to assist in many ways. We would like to invite our next mayor to our Winter Carnival where former mayor Jim Watson will be a guest of honour.

The Ottawa municipal election is very close on the heels of the Ontario government's new housing announcement which, it seems, will include a provision for every Ellwood lot to have at least three housing units – for example, a triplex. Various aspects of the Official Plan's Intensification features were hot election topics of difference and debate. How it all unfolds with the Ontario provincial housing release, the new mayor and the new Council will be of very keen interest.

Ellwood's Ridgemont Community Association remains focused on a fair shake for all, with a commitment to middle-of-the-road solutions, consultation, cooperation and compromise.

Work has begun on the resurfacing and repaving of Banff Avenue, starting with the sidewalk, most of which is already completed. Widened

from four feet to six feet, with special features for people in wheelchairs and blind people, the finished product is absolutely outstanding and gives the neighbourhood a really good spruce-up. But wait – there's more – the sidewalk was supposed to be a concrete curb filled with asphalt, and this was changed to an entirely concrete sidewalk. It gleams like the Copacabana promenade!

City Project Manager Dante Buda indicates that the paving will be deferred until spring/summer 2023. This is due to various factors, one of which is the temperature restrictions for the placement of asphalt. As the road is a full rebuild, they do not want to take any chances with the weather as it could compromise the quality of the end product if rushed during non-ideal temperatures. Buda also indicated that there are no planned traffic calming measures as part of their resurfacing work. He indicated he knows that there have been issues in the area with traffic and speeding. It may be on the list to have traffic calming implemented and he will forward the concerns and questions regarding traffic calming to the appropriate parties at City Hall. Buda has also assured us that Banff Avenue will be completely stripped to ground level to eliminate all the dips and dives so it will be as flat and level as the deck of an aircraft carrier.

One of the most surprising observations of the construction is that the usual cut-through traffic dropped off by at least 70 per cent, which indicates that this traffic can and should be kept on Bank Street where it belongs.

As you know, our next mayor has committed to assisting with a dedicated dog park in Clifford Allen Park, and your Board is looking for suggestions, ideas and comments. Please get in touch with us so we can get it right. Several families with dogs, and one whose child was bitten by an off-leash dog, say that a fenced and gated area are key features.

Once again, this winter we will be operating our community rink, and if you are able to volunteer a couple of hours a week feel welcome to contact us.



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FAMILY MATTERS

How the pandemic sent me on a path of learning at Serenity Renewal for Families

By Natalie Bell, Child and Youth Care Student, Algonquin College – Placement at Serenity Renewal for Families

The strike of the pandemic in 2020 changed the labour market worldwide. Businesses closed their doors and people found innovative ways to earn an income while social media overflowed with professionals who showed off their new passions and skills leading them to brave new careers. It was during this time that despite being a single mom, I decided to take a leap into a new career that has always incited my passion. I decided to go back to school to study in the three-year Child and Youth Care program offered at Algonquin College.

Child and youth care practitioners work in the social service industry to assist and support children, youths and families who can benefit from further developing their social, behavioural, and learning skills. This work is close to my heart as children grow to be our future leaders and role models for the next generation. If they are provided with the right tools, they can shape the future for the better.

In my final year of the program, I have been offered the opportunity to complete my field placement at Serenity Renewal for Families – a non-profit organization with a mission to help and heal individuals and families affected by any form of addiction.

While my official start date at Serenity Renewal for Families was September 12, 2022, I had been attending several meetings since May with my placement supervisor and the program facilitator. These meetings gave me the head start that I needed to become familiar with the agency, the wonderful staff, and the family programs.

My role at Serenity Renewal for Families as a child and youth care placement student includes: working alongside Dawn Hajjar, the new Family and Youth Coordinator, and Lynda Donaldson, Family Programs facilitator, to organize and facilitate the family programs; performing Family Program intake assessments; and participating in staff and board meetings.

It has been an incredible experience so far. Especially, as the family programs at Serenity Renewal for Families are just

returning to in-person since the pandemic began. The two programs that I am currently co-facilitating are the B.A.B.E.S. (Beginning Awareness Basic Education Studies) program and the Strengthening Families for the Future. Both programs are for families with children under the age of 12.

I have been working on modifying the B.A.B.E.S. program to enhance its relevance to the children of today. The updated sessions include colourful visuals that promote diversity, inclusive games and activities, dancing, and mindfulness exercises. Participants will be actively engaged while learning or improving skills to help them understand the effects of substance use in an age-appropriate manner. In addition, children will develop good decision-making skills, coping skills, and will learn the connection between their feelings and self-image.

Another task that I have accepted at Serenity Renewal for Families is sharing the responsibility of conducting Family Program intake assessments. As a member of the Youth and Family Programs Team, I perform assessments to determine a family's needs, strengths, and how our programs can be beneficial. This also provides me with the opportunity to introduce myself to the clients and to establish a client-care relationship.

Getting to know the clients, hearing their stories, and actually being in a position to support them is the experience that I have been seeking as a placement student. Serenity Renewal for Families offers that and more.

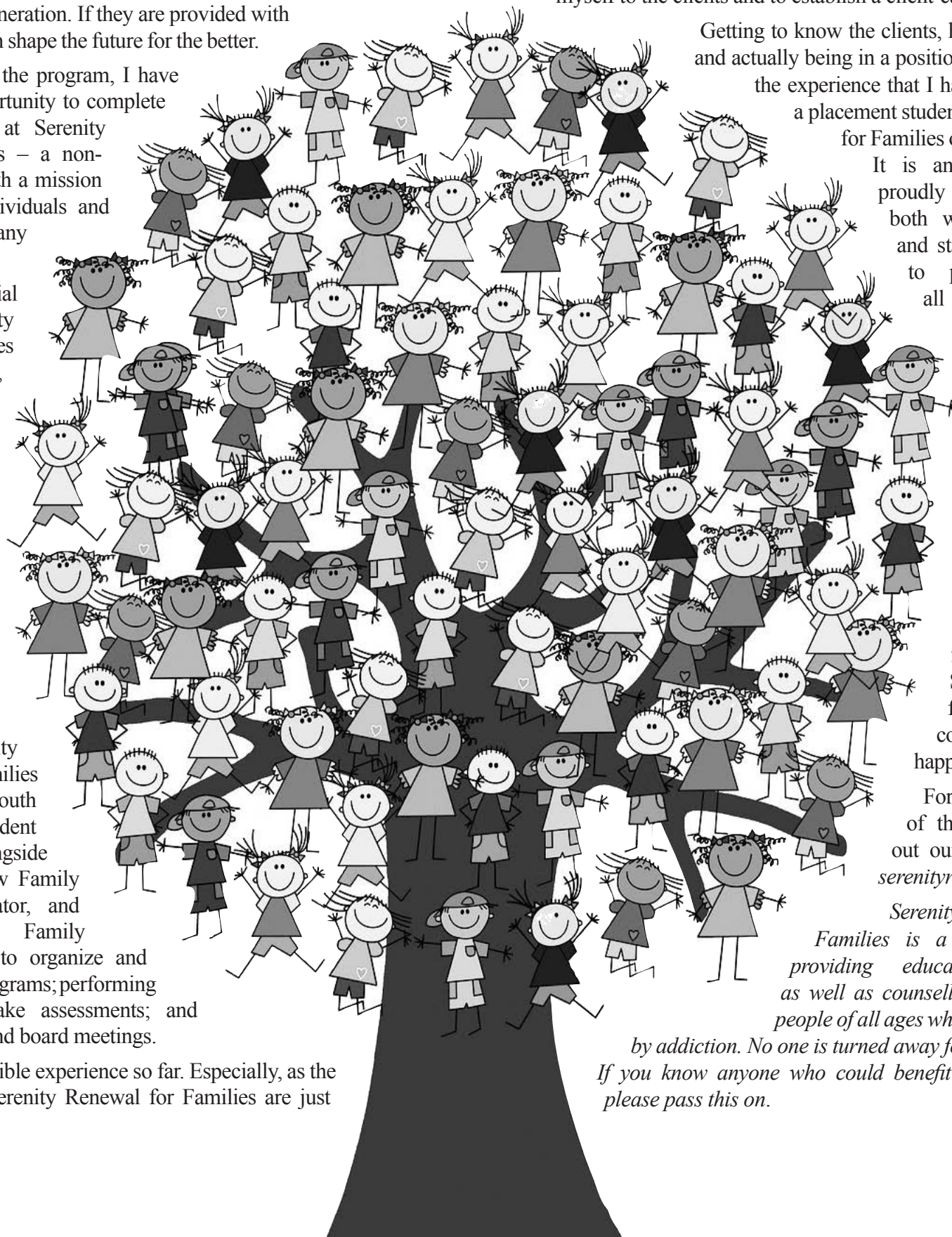
It is an organization that proudly supports inclusion both within the clientele and staff. With a mission to provide care for all involved family members or loved ones affected by addiction, this organization keeps its doors open to everyone.

During the pandemic, I took a leap onto a new career path that led me to complete my field placement at Serenity Renewal for Families – and I could not have been happier.

For information on any of the programs, check out our website at: www.serenityrenewal.ca.

Serenity Renewal for Families is a non-profit agency providing educational workshops as well as counselling and groups for people of all ages who have been affected

by addiction. No one is turned away for financial reasons. If you know anyone who could benefit from our services, please pass this on.



OUR PEOPLE

AUTUMN BIRDSONG AND RICHARD KNAPTON ALONG WRENS WAY

By Courtney Tower



We are standing on that narrow strip of greensward called WRENS Way, neatly mowed land running forever, one can hope, from the Federal Study Centre property on Heron Road to the place where my children grew up, Grasshopper Hill Park. Here, Richard Knapton steps out of his backyard to walk that stretch and look for October's gift of Gray Catbirds and White-throated Sparrows and listen for their distinctive songs. Dr. Knapton is a man one doesn't run across all that often, an international expert on birds, an academic expert with several degrees and years of study, about birds. And especially what sort of bird among many? Why, the sparrow. This 70-year-old man has poured a lifetime of study into sparrows especially among the many species of birds.

"There are dozens of species of sparrow in the world, from House Sparrows to Song Sparrows and Clay-coloured Sparrows," he says as we stand outside his home on Featherstone Drive. "The many, many, species over the world all have their own natural histories, their own idiosyncrasies. All are fascinating to study, their ways of life, where they live and nest, what they eat, their songs of mating or alarm. They are very good study subjects, being not timid, very good to work with."

So good are they that the young Richard Knapton, after a first degree from Lakehead University at Thunder Bay, took his interest in birds to Vancouver, for a master's degree on song sparrows at the University of British Columbia. Then it was the University of Manitoba in Winnipeg for a Ph.D. on the Clay-coloured Sparrow, which ranges throughout central Canada in summer and flies in large flocks to Texas and Mexico for the winter.



VISTAS' birds man at home. Photo credit: Gerri Doherty

That is not nearly all. Dr. Knapton has published a great many papers and other works, on subjects from meadowlarks to cormorants, thrushes to warblers of various sorts and descriptions, even on zebra mussels and arctic butterflies. He has roamed the Canadian Prairies, studied waterfowl along Lake Erie in all seasons, documented birds of several species in Nunavut. His studies impinge on one another: for instance, he showed how zebra mussels invading the Great Lakes affect food supply for waterfowl, how encroaching farmland across the country or the expansion of cities like Ottawa, take away bird feeding and nesting grounds.

Bird Decline Not A Bother?

So, Put Up A Parking Lot

"These phenomena all kill off our world's birds. In just 50 years, 1970 to 2020, in North America alone we've lost 3 billion birds," he says. "In 1970, there were about 10 billion birds living in North America, and in 2020 an estimated 7 billion." A recent issue of the *Guardian Weekly* of Britain gives this chilling information: "Nearly half of the planet's bird species are in decline," it says in reporting from a study by BirdLife International. In North America, there has been a 40% decline in bird life from 1966 to 2013; 57% from 1980 to 2020 in Europe; 88% in Japan, and so on. Farming, its expansion and intensification, is pressuring 73% of species.

Here, says Knapton, a big reason is loss of habitat, in farms and cities. He hums a snatch from that seminal Joni Mitchell song, "They paved paradise and put up a parking lot." Another is tall buildings, skyscrapers of glass and concrete into which birds fly and die. Yet another, and hear this Alta Vistas, is cats. Cats roaming free are feral, stalking and killing birds in vast numbers, he says.

"Don't let your cats out at any time of day unless they are leashed, constrained," he says. "If people knew the damage that cats running free do! --- they are hard-wired to be stalkers and killers. No wonder that in the United States there is a considerable movement called Cats Indoors."

Want To Help Wildlife?

Take An Ecology Safari

Dr. Knapton quit academe 20 years ago as he grew ever more interested in conservation biology. He co-formed Eagle-Eye Tours and until fairly recently conducted groups of eight-to-twelve persons on nature tours over all the continents, including several into Canada's Arctic.

In fact, he looks on this period as one that should be emulated and supported. Contrary to the views often held of wildlife safaris being for the rich or well-to-do, endangering species, he encourages Alta Vistas to join and support ecology-minded tours. Without them, he says, wildlife protections would fall away, poachers and trophy-hunters would proliferate even more than they do now. "If we don't go out and spread the wealth among local communities, there will be no interest in them in preserving local species," he says.

Our VISTAS Bird Writer

Started on Dales, Moors

To go back to the start, our esteemed bird columnist in VISTAS came to Canada in 1968 alone, from a boyhood in Yorkshire, England, where he would hike the dales and moors known to us here from *All Creatures Great and Small* of British television. There he learned to love the sight and sound especially of the curlew and the lapwing.

The youth went to Lakehead University in Thunder Bay, where he met his wife-to-be Lucy Chang and received a bachelor's degree in Biology.

Then came a peripatetic academic life, a master's degree on song sparrows at UBC, a PhD on Clay-coloured Sparrows at the University of Manitoba, post-doctoral studies and teaching at the University of Toronto. Over the years, he taught at Cape Breton University, Brock University, University of Alberta.

Continued on Page 15

OUR PEOPLE

Other basic details are a little hard to come by; he is laconic at best on private details. For instance, about how and why he came alone to Thunder Bay, he will only say there was “a sense of adventure.” Ask how many years he and Lucy have been married, and he says “a lot.”

Richard and Lucy live in their large Featherston Drive home with a huge backyard which in October bears the tidied-up remains of vegetable planting and now the autumn flowers and elegant tall grasses that they so evidently enjoy. Lucy is busy during our two-hour interview with digger and secateur and pail over this large terrain.

The spacious home shelters Richard and Lucy, also their daughter Juliet and her husband Christopher and their two twin children Madelaine and Felix. An adult son, Robert, lives in Edmonton.

Did you know that some bird species have to learn their songs from their dads? With some, the birdsong comes naturally, is innate. With others, Dr. Knapton says, it has to be learned. Almost always, it is learned while in the nests from their fathers. But sometimes, when the father for any reason is not there, the baby bird will learn the song of another bird who is close by. “It can create confusion if, say, you hear a Song Sparrow singing a wren’s song, but it happens,” he said.

And with that little note, we are done. Richard Knapton has in these last minutes been fidgeting a little. “I have to go now and pick up my grandchildren from school,” he says.

And so, this well-schooled man ends a sunny October afternoon visit, on the edge of WRENS Way and the autumn birds to be found there and in the surrounding woods, the junco and the White-throated Sparrow.



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JUST GOOD ADVICE

THE LIGHTS ARE ON, BUT NO ONE'S HOME – SIGNS YOUR HOME IS UNOCCUPIED

By William Humphries, Owner of Reliable Home Sitting Ottawa



It's generally known that hanging a large VACANT sign on your front door letting everyone know you and your family are sunning yourselves down south is not high on the Sensible Things to Do This Year list. But as unwise as that sounds, there are other actions we take (or perhaps don't take) that come pretty close to achieving the same thing.

We're just too excited

First up is announcing on social media that you're jetting off into the sun for three weeks of fun. You probably have hundreds of Facebook "friends," who themselves have hundreds more "friends," so it's not too much of a stretch that somebody in that intricate web of communal connectivity might take an immoral interest in your absence. And it's not just social media – think who else you may have slipped the news to: work colleagues, cab drivers, garbage men, doctors, dentists, barbers – pretty much anyone you recently chatted with and couldn't hold back the exciting news.

Lights, curtains ... no action!

As creatures of habit, we have fairly consistent routines while at home. Every day, we wake at about the same time, leave the house at about the same time, go to bed at about the same time, ponder what our lives mean at about the same time (or maybe that's just me). But most days are slightly different from others and our daily routines are never exactly the same. When you're absent from your home, it doesn't take a PhD in Home Burglary to figure out the lights are on a timer and the curtains have remained unnaturally stationary for a few days.

Keeping up appearances

Having a stuffed mailbox or a pile of parcels on the front doorstep is not normal "at home" behaviour. Not that the parcels would stay there for too long anyway; why risk entering a home when the goods are already outside? And the post is just for starters; you must also think about unshoveled/untrampled snow, cars that never move, absentee garbage cans on garbage day (or garbage cans left out for days after collection), dishevelled flowerbeds and unkempt lawns.

So, what can you do?

Let's be honest: it's not that difficult to figure out if someone is away for any extended period of time, but try not to make it any easier than it is.

Staying off social media is a great start. Wait until your return to talk about your trip.

Installing a security system is another way to protect yourself, although convicted criminals say they can easily disarm one or they aren't fazed by them since they are in and out before you can say, "Didn't we used to have a PS5?" The presence of security cameras is a decent deterrent, and an alarm activated during the crime will ensure a quick exit stage left.

At a minimum, you need to make sure parcels and mail are not left on display. Have a neighbour collect it all daily, or have parcels left at the back of the house and put mail on hold until you return.

Ultimately, non-repetitive change is the key to sowing seeds of doubt. If the curtains are partially closed one day and fully open the next, with different lights on at different times, mail collected, garbage put out and taken in on time, pathways shoveled, lawns mowed, and cars moved, the would-be intruder will quickly move on to a safer bet. And as yet, our home assistant systems won't get the job done; the only way is to have someone visit your home on a regular basis, be it a neighbour, a friend, a relative, or a professional house sitter.

JUST GOOD ADVICE

THE GARDEN GATE

By Patricia Mosher

Ten shrubs with berries for fall/winter bird treats



Berries are an irresistible treat for birds, particularly in winter when food is scarce. The fruits produced by these shrubs provide calories and crucial nutrients that birds need, particularly during the cold winter months when other natural food sources are nonexistent or buried in the snow. Here are some of my

favourites to consider for your Alta Vista garden.

1. Winterberry – a native holly shrub that delivers fireworks of glossy, bright-red berries from late summer through to early spring, making it a must-have for the winter garden. Songbirds love these berries. Winterberry grows best in full sun and tolerates wet soil in spring and drought in summer.



Robin enjoying a feast of red winterberries.

2. Mountain Ash – spring blooms give way to drooping clusters of brilliant red berries in the fall and winter. While most varieties can also be appreciated for their blazing fall leaf display, the leaves of the “Cardinal Royal” Mountain Ash turn a particularly royal reddish-purple in the fall.
3. Cranberry Bush – this low-key shrub is perfect for the back of a border, where its dense form will create a backdrop for showier summer plants. Come fall, however, it stands out with deep burgundy foliage and large, bright red berries.
4. Coralberry – another handsome shrub that waits until winter to turn on the charm. Small, yellowish summer flowers turn into purplish-red fruit clustered along arching stems beginning in October.
5. Tartan Dogwood – provides four seasons of decorative garden features: stunning fall colour, attractive berries, showy red stems and lovely, variegated summer foliage (depending on the variety). Since it grows more slowly than red-twig dogwood, it works well in smaller gardens.
6. Snowberry – noted for their very ornamental, pure white berries, Snowberry shrubs have arching branches that bear beautiful clusters of white berries that last well into winter. This shrub tolerates a range of soil types, even clay. Bonus feature: the small white and pink flowers in summer attract butterflies, hummingbirds and pollinators.
7. Serviceberry – as if the delicious deep blue berries weren’t enough, the Serviceberry (tree or shrub format) supplies showy white flowers in the spring and gorgeous yellow foliage in the fall. This shrub is often used to fill the role of a small tree, growing to about 15-18’ tall, and is adaptable to many garden sites.
8. Chokeberry – a tough, native shrub that produces either red or black autumn berries with an attractive purple/red fall colour. Chokeberries are lower in fat and protein, so birds wait until the more desirable foods are gone before gobbling these up.

9. Elderberry – this luxurious shrub features long, graceful branches. In early summer, the shrub produces flat white flower clusters that turn into purple berries by late summer. Butterflies love the showy, fragrant blooms and the berries are relished by robins, bluebirds and many other songbirds. You’ll need plenty of room for this shrub at 8-plus feet tall and wide.
10. Beautyberry – is perhaps my favourite. It’s a little understated until late summer when its tiny pinkish-lavender flowers morph into abundant clusters of small, violet-purple berries. The Early Amethyst variety is a great choice for smaller gardens as it only reaches 3-4’ tall and wide.

Plant of the month: Larch

If you love the effect of an evergreen tree and the brilliant fall colour of a deciduous tree, you can have both with a larch tree. Larch (also known as Tamarack) is renowned as Ontario’s only native deciduous conifer! These needled conifers resemble evergreens in spring and summer, but in the fall the needles turn buttery yellow and drop to the ground.

Deciduous conifers are a rare find and so they are well worth planting if you have the right location. Although most are massive trees, there are a few types suited to urban garden spaces. The Weeping European Larch, for example, grows to about 6-8’ tall and only 2’ wide with lovely weeping branches held close to the trunk that give it a distinctive winter profile. The Weeping Japanese Larch is similarly on the smaller side, topping out at about 10-12’ tall.

The taller American Larch will grow to be about 50’ tall at maturity, with a spread of 20’. It has a low canopy with a typical clearance of one foot from the ground, and should not be planted underneath power lines. It grows at a slow rate, and under ideal conditions can be expected to live for 60 years or more.

Larches are among the dominant plants in the boreal forests of Canada and thus grow well in Ottawa.

This tree does best in full sun to partial shade. It is quite adaptable, preferring to grow in average to wet conditions, and will even tolerate some standing water. It is not particular as to soil type, but has a definite preference for acidic soils. It is quite intolerant of urban pollution, so streetside plantings are best avoided.

Gardening in the month of November:

- Cover any fragile evergreens or shrubs with burlap or other protective covering.
- Add organic matter (compost/manure) to flower borders and garden beds.
- Protect the bark of saplings from gnawing mice and rabbits by wrapping tree guards around the lowest parts of the trunks.
- Undertake a final raking of leaves off the lawn and garden beds.
- Finish pruning down plants such as roses, spirea, nepeta, and peonies to about 18”.
- Clean away any debris from garden beds containing hostas, garden phlox, and other perennials that can harbour mould and mildew.
- Do a little fall weed control using non-chemical methods such as boiling water (use for weeds in pavers) or the old “dig and pull” method to stay ahead of spring weeds.
- Evaluate the shape and layout of any garden beds and make notes about what works and doesn’t so you can plan accordingly next spring.

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

ARTS & CULTURE

THE GIFT OF ART

By Christiane Kingsley

Art Lending of Ottawa (ALO) will be holding its Holiday Show and Sale on December 10th, from 10 a.m. to 4 p.m., at the RA Centre in Ottawa. This will be our fourth and last show for 2022 and we will focus on gift giving with some smaller artworks available and a special “Rent Artwork for a Friend” program.

Since its beginning in 1970 as a not-for-profit artists’ cooperative, ALO has been offering high quality art for either purchase or rental. For a small fee based on the price of the artwork, our patrons may rent an artwork for a minimum of three months. At the end of this period, if they decide to buy the piece, the rental fee is applied to the purchase price.

For the Holiday Season, ALO has the following creative gift suggestion: “Rent an artwork for a friend.” At the end of the rental period, the artwork may be returned, rented for another three months or perhaps purchased by

you or your friend. For those months, your thoughtfulness will undoubtedly add beauty and warmth to the heart and home of someone special to you.

With ALO, you can always choose from a wide variety of artworks such as oil paintings, watercolours, acrylics, photography, batik, fine art woodworking and mosaics. We have carefully selected all our artists through a jurying process so that you can be confident regarding the quality of our artwork.

Renate Hulley is one of our long-time artists who has used various media including oil crayons, oil paint, acrylic, silk-screening printing and more recently watercolour. Renate first studied design in Germany where she was born; she later earned her B.A. in Arts at Carleton University and taught oil painting at the University of Alberta. Since 1968, Renate has received several prestigious awards and has participated in many group and solo shows. Her still-life florals have always been a favourite and several are displayed in our online gallery on our website. If one really interests you, you could request to have this artwork available for viewing at our December show.

John Hugh Craig also adds to the quality and diversity of ALO. John has been a photographer for 30 years. He specializes in wildlife and nature fine art photography. When you view one of his wildlife photographs, remember that he spends hours observing the animals he photographs and has to slowly gain their trust to get the close-up photos he wants. It is not just a photo, it is a rich experience! John feels he has been successful if his photographs bring the outdoors into the indoors, while bringing happiness and warmth to your home. Until you can see his work in person at our next show, visit our online gallery that features several examples of John’s work. If you love nature, you will not be disappointed.

On December 10th, we invite you to visit our show to view the original and exciting artworks created by more than 30 excellent local artists. At the same time, think how art may enrich a friend’s life.

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



Photo taken by Linda Bordage at ALO’s September 24th show.

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- Children as young as 7 can learn to curl at the RCMP Curling Club (115 St. Laurent Blvd in Ottawa)
- Sunday mornings starting October 16th until mid/late April
- Little Rocks (ages 7-11 from 9 until 10 am) \$100
- Juniors (ages 12-17 from 10:15 until 11:15) \$140
- All equipment can be borrowed from the club (or purchased at the Hogline pro shop located on site)
- Register online at rcmpcc.ca
- Write to Dean Ruth (deangruth@yahoo.com) for more information

ARTS & CULTURE

What's On in Ottawa & Beyond
in November

By Tony Wohlfarth



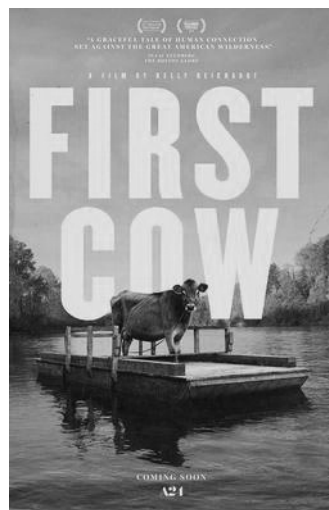
This month, I review two recent films which flew below the radar and a new film directed by Ruben Ostlund. I also review the concert with Loreena McKennitt at the NAC and preview more live music.

First Cow

Set in Oregon during the Gold Rush in the 1820s, *First Cow* is an intriguing film about the bond formed between two men who venture into the wilderness with a cow as precious cargo. Cookie (John Magaroo) befriends King Lu (Orion Lee) in an exploration camp deep into the Oregon outback. The cow's milk becomes the key to their business venture – selling baked goods to the fur trappers.

The scenery is breathtaking, and the cinematography is inspired by and dedicated to the earlier work of Peter Hutton, an experimental filmmaker who died in 2016.

First Cow was directed by a 57-year-old American, Kelly Reichardt. Reichardt received numerous directorial awards for this film, which had its world premiere in Telluride in 2019. The script is written by and loosely based on the book *The Half-Life* by Jon Raymond. The running time is two hours and two minutes.

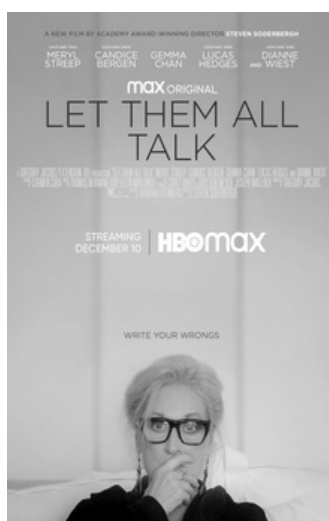
**Let Them All Talk**

Meryl Streep stars as Alice in this delightful story about three old friends reuniting for a trans-Atlantic journey on board the Queen Mary II.

Alice is a celebrated author in New York, who has won a top literary prize in the UK and wants to go in person to collect it. Her agent Karen (played by Gemma Chan) asks the Cunard Line to arrange passage for Alice, her two friends and her nephew Tyler (Lucas Hedges), provided Alice gives an onboard presentation. On the crossing, the foursome meets up nightly for dinner. Roberta (played by Candace Bergen) and Susan (Dianne West) round out the principal cast.

Each of them has their own agenda for their time together. It is this interaction which makes *Let Them All Talk* hugely entertaining.

Let Them All Talk is directed by Steven Soderbergh. Soderbergh has made many famous films – *Citizenfour*; *Traffic*; *Sex, Lies and Videotape*; and *Erin Brockovich*, to name a few. Its release in 2020 coincided with the pandemic. No wonder a film set on board a ship received little attention then. The running time is one hour and 53 minutes.

**Triangle of Sadness**

Triangle of Sadness directed by Ruben Ostlund won The Palme d'Or at the 2022 Cannes Film Festival. It is the second film by the Swedish director to receive the Palme d'Or Prize; his earlier film, *The Square*, also received this honour.

Triangle of Sadness opens on board a luxury cruise ship with two models, Carl (Harris Dickinson) and Yaya (Charlbi Dean). The story becomes more absurd as their onboard adventure takes more twists and turns. Like his previous work, the film is inspired by events in Ostlund's personal life.

The running time is two hours and 30 minutes.

Where can I catch *First Cow* and *Let Them All Talk*?

Let Them All Talk and *First Cow* are both available to rent from Movies'n Stuff, 1787 Kilborn Avenue in Alta Vista Canterbury. Call Peter today to reserve your copy at 613-738-1607.

Where can I watch *Triangle of Sadness*?

The ByTowne Cinema (325 Rideau) is screening *Triangle of Sadness* in the first week of November.

What are you watching?

Each month, we feature good films available to watch now. Have a suggestion? Let us know! Contact editor@vistas.ca and we will endeavour to incorporate your recommendations!

The Visit Revisited

Last month, I had the opportunity to hear Stratford's own Loreena McKennitt perform live at the National Arts Centre (NAC).

McKennitt's music is of Celtic origin. This performance featured songs from her 1991 CD, *The Visit*. Her vocals are strong and her commitment to live performing unwavering after two years of lockdown. McKennitt was joined on stage by three amazing musicians – Brian Hughes, Hugh Marsh and Dudley Phillips. Unfortunately, her cellist Caroline Levelle was unable to perform due to COVID.

The concert was in Southam Hall at the NAC – one of the best venues for live music in the city. It has both great acoustics and fantastic sight lines.

McKennitt returns to Ottawa on December 17 for one night of winter and seasonal music at Christ Church Cathedral. Do not miss this one. Tickets and event information are available at: www.UnderAWintersMoon.com.

Live at the NAC

The National Arts Centre (1 Elgin) features an exceptional line-up this month:

On November 2, it's Fortunate Ones, The Once & Old Man Luedke;

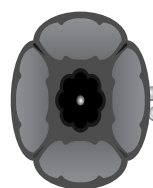
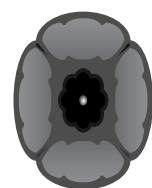
On November 4, it's Sebastian Gaskin;

On November 5, it's Jann Arden;

On November 15–20, it's Broadway Across Canada's *Pretty Woman*;

On November 17, it's Claude Munson.

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

LEST WE
FORGETLEST WE
FORGET

ARTS & CULTURE

More Live Music

On November 3, David Myles performs at St.Alban's Church, 454 King Edward Avenue. For tickets and showtimes, check out: www.ticketweb.ca/event/david-myles-trio-tour-across-st-albans-church-tickets/12091615.

On November 19, Lisa LeBlanc performs at the Bronson Centre, 211 Bronson Avenue. LeBlanc's blend of Acadian music and high energy have received growing recognition. LeBlanc just returned from a tour in France. For more information, check out: www.lisaleblanc.ca.

On November 20, BC's own Mathew Good performs along with Carly Thomas at Algonquin College Theatre. The 51-year-old was the lead singer in the Matthew Good Band and is also a leading advocate for mental health. Tickets and show times are available at the box office or via Ticketmaster. Check out his solo acoustics at: www.youtube.com/watch?v=yqm72uRHW_4.

On November 24, Manitoba's William Prince (pictured below) performs at the Shenkman Arts Centre, 245 Centrum Boulevard in Orleans. I saw Prince perform earlier this year in Edmonton. His vocals and acoustics are incredible. If you have not heard him perform before, check out: www.youtube.com/watch?v=_cTVERVDF5s. Tickets and event information are at: shenkmanarts.ca/en/william-prince.



William Prince

On November 30, Ian Tamblyn makes a rare appearance on stage at Irene's, 777 Bank Street.

Out of Town

The Montreal International Documentary Film Festival (RIDM) is focusing on films from Brazil from November 17-27. For passports, check out: ridm.ca/en.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He attended the Loreena McKennitt concert as a guest of the NAC and screened *Let Them All Talk* courtesy of Movies 'n Stuff.

OUR ENVIRONMENT

VIRGINIA OPOSSUM IN ALTA VISTA?

Alta Vista resident David Shane reports that he set up his trail camera in front of his shed on Michigan Drive to see what critter has taken up residence there. He didn't see much for the first few nights, other than neighbourhood raccoons and feral cats doing a sniff by the opening under the shed ... then to his amazement, he captured a picture of this fellow.



Photo of a opossum taken by David Shanes' trail camera.

While he is not certain, he believes this is a Virginia opossum, a North American marsupial. It's about the size of a small cat, and he says, cute enough until it shows its teeth and rat-like tail. The little guy hung around for about a week and then moved on to the next feeding grounds.



Homemade wood art piece hanging on a new tree by the Orlando Park soccer fields. Photo credit: VISTAS distributor Bruce Burgess

OUR ENVIRONMENT

FRIENDS OF PLEASANT PARK WOODS

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

HOW OLD WAS THIS TREE?

Pleasant Park Woods began its life after the last glacier retreated about 10,000 years ago. Early history of Ottawa shows us that Braddish Billings, who arrived in the area in 1812, settled and farmed this woodlot. On August 12, 1998, the NCC (National Capital Commission) transferred the ownership to the City of Ottawa. Although we have lost many of the trees in Pleasant Park Woods due to disease, pests (Emerald Ash Borer) and storms, we still have some trees that are over 200 years old.

There are several methods to determine the age of a tree. The most accurate method is to count the rings on a stump. This method is known as dendrochronology. Another method is to measure the circumference of the trunk of the tree at 1.4 metres (4½ feet) from the ground. There are growth factor charts available online to determine the age of a particular species; you can estimate the age of the tree by inputting its circumference and species type.



Our maple tree had a circumference of 333 centimetres (131 inches). Using an online tree age calculator estimates that this tree is 191 years old.

Tree size and age are not related. The oldest of Ottawa’s trees can be found at the Arboretum on the Experimental Farm. The oldest tree in Ontario is an Eastern White Cedar and it is over 1,330 years old. The tallest tree in Ontario is an Eastern White Pine, located just west of Arnprior, and it is 47 metres tall, as tall as a 13-storey building, and is more than 200 years old.



“In November, the trees are standing all sticks and bones. Without their leaves, how lovely they are, spreading their arms like dancers. They know it is time to be still.”
– Cynthia Rylant, *In November*



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OUR ENVIRONMENT

UPDATES FROM THE AVCA GREENSPACE STEWARDSHIP COMMITTEE

By Gillian Cooper

Chestnuts for Grasshopper Hill

We are thrilled to let you know that the plan to plant some baby American Chestnut trees in Grasshopper Hill/Kilborn Park is in the final stages of negotiation with the City (touch wood!). Volunteers from the Greenspace Stewardship Committee of the Alta Vista Community Association hope to plant them near the baby Butternuts that were planted this spring.

The American Chestnut, *Castanea dentata*, once dominated many eastern U.S. forests and was common around here. Tragically, around the beginning of the 20th century, a deadly fungus appeared that affects all Chestnuts so that now the species is considered functionally extinct. Until a resistant strain of American Chestnuts can be found or created, the only hope for maintaining the species is to plant as many of the remaining wild-type plants as possible. It is very exciting to welcome another endangered species of tree to our neighbourhood.

Would a rain garden on your property help to protect your home against damage from heavy rain?



Check out the information available on the City of Ottawa's website on its Rain Ready Ottawa program. It's a pilot program designed to encourage residents to take measures to slow the speed of the rainwater that moves over their properties and allow some of it to be absorbed into the soil to sustain their trees and gardens.



Many parts of the city were designed to direct rainwater straight into storm sewers that drain directly into our streams and rivers. Intense rainfall or prolonged rain can exceed the capacity of the pipes and lead to erosion or flooding that can damage homes and infrastructure. As well, the water picks up pollutants that contaminate our creeks and rivers and close our beaches.

The City has created a series of self-guided eLearning courses to help you implement rainwater management projects. Expert advice is also available. Best of all, you may qualify for a rebate of up to \$5,000 to offset the costs of installing a rain garden. Most gardens cost considerably less than that and require very little maintenance, while they protect your home.

Even a small rain garden can make a big difference. Take a look at look at your downspouts and alongside your driveway for possible sites for a beautiful garden. Here's the website: ottawa.ca/en/living-ottawa/environment-conservation-and-climate/protecting-ottawas-waterways/rain-ready-ottawa.

Pleasant Park Woods pathway marking – volunteers needed!

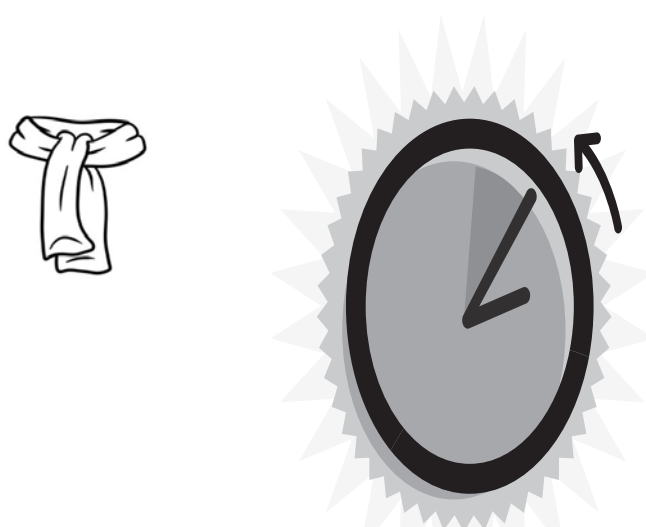
The AVCA Greenspace Stewardship Committee is planning to line the original pathways in Pleasant Park Woods with logs and fallen branches. This will take place after there has been enough frost to be sure the woodland plants are asleep for the winter. A historic map of the property will be used to identify the original paths.

The idea is to encourage walkers and other users to stick to the paths so that the native wildflowers and other undergrowth can recover from the damage caused by overuse during the pandemic and the clean-up after the derecho this summer.

A work bee to line the paths is being planned tentatively for:

- Saturday, November 12 at 10 a.m.
- Rain date on Sunday, November 13, same time.

If you would like to join in, please contact Gillian Cooper at gilliancooperprice@hotmail.com.



DAYLIGHT SAVING TIME ENDS

NOVEMBER 6

OUR ENVIRONMENT

BIRDS OF ALTA VISTA: The Wrens

By Richard Knapton

WRENS Way is named in honour of the Women's Royal Naval Service of both World Wars. Coincidentally, in the bird world, there are in fact several species of wrens that have occurred in WRENS Way, and here we talk about three of them: House Wren, Winter Wren and Carolina Wren.

House Wren

A plain brown bird with a loud and distinctive song, described as a rush-and-jumble tune, and a familiar summer sound over much of southern and eastern Canada. Here in the Ottawa area, it is a fairly common bird, but not especially abundant, inhabiting shrubby, bushy areas with scattered trees. Wrens love brush piles for cover, protection, and as a source of insects. It is an active forager in low branches and shrubs, frequently dropping to the ground and investigating the ground with quick hops. Its flight is steady and level, not undulating.

Male House Wrens start building several nests at once in hopes of attracting a female to mate with. Pairs typically break up by the end of each nesting season and choose new partners the next year.

House Wrens use old woodpecker holes and natural crevices, but will gladly use nest boxes, as well as a bizarre array of nest sites such as old cans, boots, or boxes. If you put up a nest box to attract a breeding pair, put it up well before the breeding season and attach a guard to keep predators from raiding eggs and young. On the website, nestwatch.org/learn/all-about-birdhouses, you'll find plans for building a nest box of the appropriate size for a House Wren.



House Wren: Photo by Bob Baker

House Wrens have one of the largest ranges of any songbird in the New World. It breeds from Canada through the West Indies and Central America, southward to the southernmost point of South America. House Wrens' nests can become infested with mites and other parasites that attack the wren nestlings. Perhaps to fight this problem, wrens often add spider egg sacs into the materials they use to build their nests. In lab studies, once the spiders hatched, they helped the wrens by devouring the nest parasites.

House Wrens are aggressive. A House Wren weighs about as much as two quarters, but it is a fierce competitor for nest holes. Wrens will harass much larger birds in competition for a nest site. For House Wren eggs, temperature inside a nest box can be critical to survival. If a sun-drenched nest box warms above about 40 C for an hour, the eggs will begin to die. If a cold snap chills a nest below about 18 C for more than a day it can also doom the eggs.

Male House Wrens returning north to breed in their first year are more likely to settle close to an established male than farther from it.

Experienced males tend to settle farther apart. Young males may take clues from more experienced males about what areas are good nesting sites.

House Wrens pile twigs into the cavities they choose to nest in, either to make a bed on which to build a soft-lined cup, or sometimes mounded up into a barrier between nest and entrance, seemingly to protect the nest from cold weather, predators, or cowbirds. The cup itself is built into a depression in the twigs and lined with just a few grams of feathers, grasses and other plant material, animal hair, spider egg sacs, and snakeskin. They have a clutch size from three to as many as 10 eggs, the adults incubate the eggs for about 10 days or so, sometimes a little longer, and look after the nestlings for about 15 days.

The oldest recorded House Wren was at least nine years old when it was recaptured and re-released during banding operations in New York in 1993, where it had been banded. House Wren populations have experienced some regional declines, but generally populations have been stable between 1966 and 2019, according to the North American Breeding Bird Survey.

Winter Wren

In the tangled understory of mixed or boreal forests, a tiny bird lets loose with a rich cascade of bubbly notes. This songster is the Winter Wren, shaking as it sings its astoundingly loud and long song. Winter Wrens are among the smallest of songbirds found in our area, with just hummingbirds and kinglets being smaller. It is a mixture of dark and medium browns with dark barring on the wings, tail and belly. It habitually holds its tiny tail straight up and has the odd behaviour of bouncing up and down. This bird hops and scampers among fallen logs mouse-like, inspecting upturned roots and vegetation for insects. They can also cling to tree trunks in a manner similar to a Brown Creeper. In summer, Winter Wrens are found in evergreen forests near streams with lots of fallen logs and dense understories. They utter their loud song especially early in the morning during the breeding season (April–July) when you are most likely to find them perched on a stump or low branch. By late fall most Winter Wrens have left the Ottawa area, with just a few attempting to overwinter in wooded areas usually with conifers. They have a distinctive two-note alarm call, a hard “jip-jip,” which is usually the first indication of the bird's presence; then watch for quick mouse-like movements along fallen logs and upturned roots.



Winter Wren: Photo by Bob Baker

Winter Wrens build domed-shaped globular nests. Males build several nests each season, often near streams in roots of upturned trees, under creek banks, in decaying logs, in hanging moss, or in dead trees. Males build nests out of moss, bark, twigs, rootlets, grass, and other plant material they find close to the nest site to help with camouflage. During courtship, he shows each nest to the female, and she chooses which one to use. Females help line the inside of the nest, but do not build them.

Continued on Page 23

OUR ENVIRONMENT

The clutch size ranges from one to nine eggs, incubation period is 15 days, and nestling period 16 days.

Landscaping with native plants is a good way to provide habitat for Winter Wrens. Maintaining areas with dense vegetation and brush piles can provide foraging and maybe even nesting opportunities.

The Americas are the land of the wren: more than 80 species live in North and South America, but only one wren occurs in the rest of the world (the Eurasian/Winter Wren). Most likely this Winter Wren “island-hopped” from Alaska across the Bering Sea by way of the Aleutian Islands into Siberia, and from there it expanded its range across northern Asia into Europe as far as Iceland!

The Winter Wren is a bird of mature and old-growth forests, and its habitat continues to shrink from logging and fragmentation, so there is concern for the long-term future of the species. The oldest recorded Winter Wren was a female and at least six years six months old, when she was recaptured and re-released during banding operations in California in 2009; she was banded in the same state in 2003.

Carolina Wren

This shy bird can be hard to see, but it delivers an amazingly loud song for its size. The song is variously described as “teakettle-teakettle-teakettle,” and if you track the singer down you’ll find a bird with rich cinnamon plumage, white eyebrow stripe, and long, upward-cocked tail. This species has been wintering farther and farther north in recent decades, such that here in the Ottawa area it is now regularly found in certain woodlands: in WRENS Way, we have had Carolina Wrens on a few occasions. The Carolina Wren is sensitive to cold weather, with the northern populations decreasing markedly after severe winters. The gradually increasing winter temperatures over the last century most likely have been responsible for the northward range expansion seen in the mid-1900s.



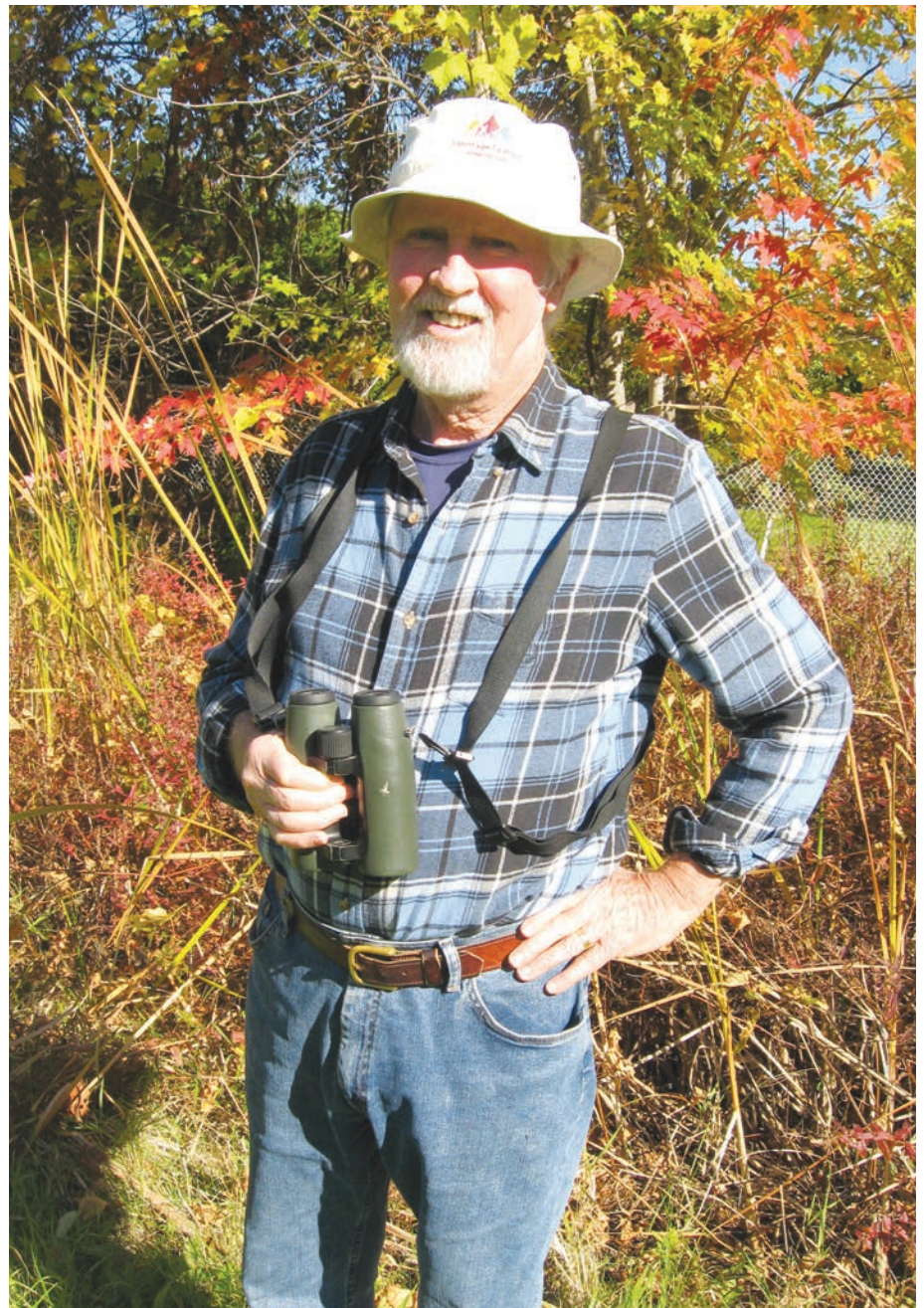
Carolina Wren: Photo by Bob Baker

Carolina Wrens frequent brushy thickets, wet woods, and ravines with dense vegetation. They also occur in shrubby and wooded residential areas and overgrown farmland. Feeding on or near the ground, the wrens run, hop, and flit around leaf litter and tangled vegetation; they dodge in and out of dark spaces created by downed trees, decaying logs, old stumps, and upturned roots. They climb up vines, trunks, and branches, probing nooks and crannies in search of insects. They use their curved bills to turn over decaying vegetation and to hammer and shake apart large bugs. They roost in natural cavities but will also use bird boxes, abandoned hornet nests, hanging plants, barns, old nests, and other shelters. A weak flyer, this wren makes brief, quick aerial forays over short distances. Members of a pair stay together on their territory year-round, forage and move around the territory together, and both defend their territory throughout the year.

Carolina Wrens often come to backyards if food is available and will visit suet-filled feeders in winter. During cold northern winters, these wrens will take shelter in nest boxes containing dried grasses, particularly boxes with slots rather than holes. In spring, they will use nest boxes, but like House Wrens will nest in a variety of sites. They nest in open cavities one to two metres off the ground, in trees, overhangs and stumps. They are versatile nesters, making use of discarded flowerpots, mailboxes, propane tank covers, and other sites, even in old coat pockets and boots! Males often build multiple nests before the pair makes a final selection. If you put up a nest box, put it up well before the breeding season. Attach a guard to keep predators from raiding eggs and young. Find out more about nest boxes on All About Birdhouses. A pair bond may form between a male and a female at any time of the year, and the pair will stay together for life. Clutch size ranges from three to seven eggs, incubation is about 14 days, nestling period about 13 days.

The oldest recorded Carolina Wren was at least seven years eight months old when it was recaptured and re-released in Florida in 2004. It had been banded there in 1997.

Carolina Wrens are particularly common across their range in the Eastern United States and in southern Ontario along the north shore of Lake Erie, and their populations have increased between 1966 and 2019, according to the North American Breeding Bird Survey. Icy, snowy winters can abruptly reduce local populations, but they soon recover. In fact, with rising average winter temperatures over the past century or so, the Carolina Wren has been pushing northward. In recent decades, the Carolina Wren has profited from a proliferation of backyard bird feeders. This is especially true in northern portions of the bird’s range, where natural food sources can disappear beneath winter snow and ice.



Richard Knapton, VISTAS’ AV Birds columnist: Photo by Gerri Doherty

BOOKWORMS DELIGHT

THAWING AS SHE GOES, A NOVEL ABOUT CLIMATE CHANGE (2022)

By Katharine Trim

Reviewed by Marie-Andrée Lajoie

What will living in Ottawa be like in 2050? By whom will Canada be governed? Local author Katharine Trim takes us on an entertaining and informative ride to the future. Not so distant, as we know. In 2050, Canadians have been making enormous personal and societal sacrifices to save the planet. Technology is omnipresent and there are 47 different categories in your home recycling centre!

Together with its climate change theme, the novel mixes a family story and a public service drama. It all works very well. Let’s have a glimpse.

After catastrophic environmental disasters in the late 2020s, the Canadian government, led by the Green Party, develops the principles of the “Post-Consumer” era and puts them into action. Very strict measures are imposed on all aspects of daily life: people grow their food to supplement what they can find or afford in stores, there is no shopping for new stuff anymore, travel is limited, the temperature in buildings is tightly regulated, etc. The novel illustrates very well how difficult life has become. Canadians of the future appear very committed to this new way of life and are proud of their efforts. The “happiness indicators” prove it.

By the early 2030s, Canada, with a large number of countries, has signed the UN “International Protocol for Post Consumerism—Industrial Growth and Responsible Resource Management.” The United States has not followed suit and remains, by 2050, a land of disasters and excess. Canadians who get approval to visit immerse themselves in the world

of “before.” The contrast is a very interesting part of the novel.

The public service of 2050 has been implementing and supporting these measures with success. Further restrictions are planned on the eve of a general election but difficulties and doubts arise. What will Ally Asher, the Deputy Minister of the propaganda department, do? The author obviously has a deep understanding of the plight of the bureaucrat, having spent her career in the federal public service. The public service of 2050 has not changed much. Many of us will recognize ourselves in it.

Against this backdrop, and adding a very human dimension to it, we follow the lives of Kara, the matriarch, her daughters, daughter-in-law and granddaughters. The women are the main drivers of the story. They are well depicted and one gets quite attached to them. The author provides a very useful family tree to help us follow the Ashers, Bernalds and Fulcos as they face the challenges of daily life. It is a tightly knit bunch. It is particularly interesting to see how the different generations are managing in this new world. Many young people are frustrated with their elders who did not make the necessary sacrifices before those were unavoidable. In supporting her family and cooking for her community, grandmother Kara hopes to atone for the sins of the past.

Katharine Trim has spent years reflecting on climate change and on what its impact will be. Her knowledge of many aspects of this crucial challenge is evident. She succeeds in translating her reflection into a realistic depiction of life in the not-so-distant future. It really brought along my own reflection and gave me a new outlook on the urgency of tackling climate change issues in my daily life.

The action is set mostly in Ottawa; it brings the book even closer to our reality. I recommend this book to you; it is food for thought. *Thawing as She Goes* is available in print and as an e-book.

On my nightstand: *West with the Night*, by Beryl Markham; *American Dirt*, by Jeanine Cummins.



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BOOKWORMS DELIGHT

FINDING EVIE

By Catina Noble (2022)

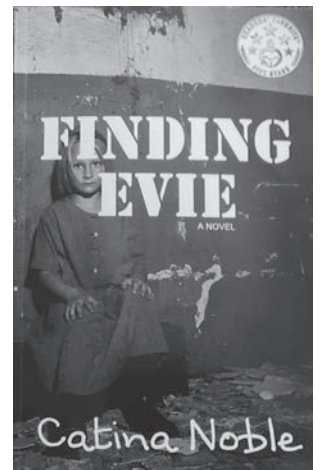
Reviewed by June Coxon

I can't identify with the struggles Evie, the main character in this novel, had growing up or her dysfunctional family. But this book is not only a good read, there are lessons to be learned from it too. With Noble's descriptive writing, Evie becomes a real person as she looks back over the years of her life and recalls numerous incidents – many unhappy, physically abusive, painful, or difficult ones for her – beginning when she was as young as five years old. We read how as a young child she became the parent, not only looking after her two younger sisters but often also performing household tasks her parents (struggling with addictions) should have been doing. But she also recalls some happy times. We learn how she learns to cope with her destructive family situation and how she was determined to succeed in life – and does. As the back cover of the book says of Catina Noble, she “has managed to portray Evie Feathers as though she herself has lived through each and every soul-destroying experience, and come out not merely as a survivor, but as a thriver. *Finding Evie* holds hope between its covers for neglected children.” This novel reminds us that not every child grows up with a happy, carefree childhood, but that children are resilient and can, like Evie, overcome traumatic situations in spite of the odds if they try. If they are observant and fortunate, they can also likely find relatives, friends or acquaintances to count on for support and be there to help in times of need. As Noble writes in the preface, “This is a work of fiction based on the lives of children raised in homes with at least one parent having addiction issues and/or Narcissistic Personality Disorder.”

In the “Afterward” at the end of the book, she offers encouraging advice for anyone being abused, ending with, “Learn how to control the monster instead of letting it control you.” Also listed at the end of *Finding Evie* is a list of the nine other books written by Catina Noble.

Catina Noble is a multi-genre writer living near the Elmvale shopping centre. Her work is eclectic and contains something for everyone. She has over two hundred publications including her books, short stories, poetry and articles. Her work has appeared in several publications, including *Chicken Soup for the Soul: 10 Keys to Happiness*, *Woman's World Magazine*, *Bywords Magazine*, *Y Travel Blog*, *Canadian Newcomer Magazine*, *The Mindful Word*, and *Perceptive Travel*. In 2013, her poem *You Can't See Me* won first place in the Canadian Author's Association (NCR) poetry contest. Four of her books, *Finding Evie*, *Vacancy at the Food Court & Other Short Stories*, *I'm Glad I Didn't Kill Myself* and *Everest Base Camp: Close Call*, have won the Reader's Favorite silver seal of approval.

Catina has a B.A. in Psychology from Carleton University and a Social Services Worker Diploma from Algonquin College. She currently writes, works full-time and is enrolled in the Addictions & Mental Health program at Algonquin College. Her favourite place to write is at a local coffee shop. Sometimes her dog Aspen and cat PJ supervise the creative writing process.



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SENIORS SPACE

PERLEY HEALTH RE-STARTS KEY PROGRAMS

By Jay Innes, Perley Health, Director of Communications

Thanks to successful efforts to contain the spread of COVID-19, Perley Health continues to incrementally re-introduce key programs. For the first time in nearly three years, for instance, Respite House at Perley Health (formerly the Guest House) opened for overnight stays in mid-October.

“We’re really pleased to welcome the return of these guests,” says Perley Health CEO Akos Hoffer. “We may be primarily known as a long-term care home, but we also serve the community in so many other ways.”

Perley Health—renamed last year from The Perley and Rideau Veterans’ Health Centre—is home to more than 350 people living in long-term care (LTC), along with approximately 200 more in independent-living apartments. The Perley, as it’s popularly known, also provides convalescent and respite care, along with an Adult Day Program.

The pandemic forced Perley Health to suspend much of its programming. During the last year, though, it has gradually re-introduced programs by taking advantage of its multi-building campus. Respite House at Perley Health is a detached 12-bedroom bungalow built in 2007 to accommodate adults living with mild to moderate dementia for up to 90 days each year. In the bungalow, there is one bed reserved for a Veteran, funded by Veterans Affairs Canada, and two beds to meet the needs of French-speaking guests.



Respite House guests participate in wide-ranging programming including sing-along time, exercise class, games and even some light cooking.

The Adult Day Program at Perley Health, open to people who live with early to moderate-stage Alzheimer’s Disease and related dementias, has also been gradually re-introduced. To protect the health of residents and tenants, Perley Health temporarily restarted the program last year in Respite House. In May, the Program moved back into the main building.



Carefor Health & Community Services staff take pride in encouraging guests to express their talents in a safe, welcoming space, surrounded by friendly faces.

Carefor Health & Community Services, an independent operator, provides services for the Adult Day Program and Respite House. Among the many benefits provided by The Dementia Society of Ottawa and Renfrew County, support includes free education, activities, support groups and resources for people living with dementia and their caregivers.

Another Perley Health offering—convalescent care, for patients recovering from surgery and other treatments—will reopen 34 beds in the Ottawa residence building in January.

These and other programs contribute to Perley Health’s goal of transforming care for Seniors and Veterans—a goal supported by donations to the Perley Health Foundation. Another essential component—also made possible by the generosity of donors—is the Centre of Excellence in Frailty-Informed Care™, launched in 2019. The Centre of Excellence conducts and shares research into best practices in the care of people living with frailty: the diminished ability to cope with minor stresses combined with an increased likelihood of suffering rapid and dramatic changes in health. In the future, the Centre of Excellence will lead new research projects and the introduction of innovative technologies in Respite House with the goal of always improving care at the bedside.

“Our success is the result of strong support from the entire Perley Health community: staff, partners, donors, and volunteers,” says Akos Hoffer. “Through collaboration, we will transform care for Seniors and Veterans.”



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SENIORS SPACE

REMEMBRANCE DAY AT PERLEY HEALTH

By Roland Lalonde

Dear Neighbour,
Earlier this year, I celebrated my 99th birthday with my family and friends at Perley Health and had so much to be thankful for, including my six children, 11 grandchildren and 20 great-grandchildren.

November marks one year since I moved into Perley Health. All the wonderful things I had heard about the dedicated staff, exceptional care, innovative programs and recreational activities have proven true.

In my 100th year, my life is brimming with good people, a loving family, top-notch care and plenty of things to keep me busy. When I think of the full life I lead, I am also grateful to our community, which adds so much to the quality of life all the residents enjoy.

When I arrived at Perley Health last year, Ross Imrie, an instructor in the art studio, noticed some of my old oil paintings. Hearing that I had given up oil painting for health reasons, Ross suggested I try painting with acrylic paints. I am so glad he did.

I love sitting in front of my easel in my sun-filled room daily, letting my brushes lead the way to colourful landscape paintings. Being creative brings me joy and purpose and puts a smile on the face of many others, including my daughter, Carole.

In my first few months at Perley Health, I completed nearly 20 new paintings, many of which were displayed in the gallery near the art studio this past summer.



Roland Lalonde. Photo credit: Andrea Fabricius



Roland celebrating entering his 100th year with family and friends. Photo credit: Carole Lalonde

My life started in Lowertown, Ottawa, in 1923, where I was part of a big, close-knit family of 10 children, my parents and my maternal grandmother. As a young boy, I loved sports and life with my family and friends. I left school in Grade 9 to begin working with my father, then became a clerk in the Federal Government.

When I was 18, I met the girl of my dreams, Claire. We married two weeks before I shipped out to Europe after enlisting in the Canadian Army. When I returned home after serving my country, I finally met my daughter Madeleine who was born while I was overseas. I visited my dear mother's grave. She passed away in my absence.

In close to 100 years of living, I have seen many things. Serving Canada during the Second World War is something I am proud of and deeply marked by. Even 80 years later, I struggle with what I saw and experienced. A loving family, good friends, a rewarding career, volunteering and a love of art helped me cope.

Claire and I found a home for our growing family in Ottawa, and the years flew by raising children, working and volunteering in the community. I'm proud of the career and success I enjoyed in public service. I always believed in giving back and was happy to serve on boards and give time to our church.

Being able to escape into art and painting at Perley Health means so much to me and is one of the many ways our donors make a difference.

In a few days, it will be Remembrance Day. With its long history of caring for Veterans, Perley Health will mark the day with great dignity and reverence for the many Canadians who served our country. It means so much to my fellow Veterans and me to be honoured and remembered in the place we now call home.

Can I ask you to observe Remembrance Day 2022 by making a donation to Perley Health? Your support would mean so much to all of us who served and sacrificed. A Canadian Flag will be planted on the lawn of Perley Health in honour of your donation.

As you read this you are in good health and enjoying Fall. These months have always been one of my favourite seasons, as the forests and trees change colours and look like giant works of art.

Thank you so much for reading my letter today and considering my request to become a Perley Health donor in time for Remembrance Day.

Best wishes,

Roland "RJ" Lalonde

Father, Grandfather, Great-Grandfather and Veteran

Resident, Rideau Veterans Residence and Proud Donor



You can often find Roland with a brush in hand at his easel working on his latest piece. Photo credit: Peter Warren



SCHOOL NEWS

WONDERING ABOUT THE PLEASANT PARK
SCHOOLYARD?

By Kiana H, Maddy R, and Taylor M, grade 6 students
at Pleasant Park School

Everyone walking past Pleasant Park Public School must be wondering about the construction in the yard.

Pleasant Park is having its schoolyard redone. The grass has been taken out so that the ground can be levelled. The yard is being levelled to stop the continuous floods. We will not

be able to use the field for a little time while the grass soaks into the soil. In the meantime, we have to fit 24 classes on one pavement.

The field is closed off, and classes have had to stay indoors during recess a few times while trucks have been outside on the pavement. Everyone is hoping to get this field open once again.

While the yard is shut, there is one little section of grass in between the portables for kids to play soccer, and we have two play structures and two basketball nets on the pavement. Although it's all jammed up, we have enough room to play with friends. Even though some classes couldn't go outside, we are all happy to have a fun recess.

Sometimes we wish they had let the construction start next year but we can't complain. No more floods will be awesome for the spring. I can't wait until the yard opens back up and then we can have more room to play.

After talking to Mr. Cruise, the principal, we found out that the construction was the School Board's decision. The School Board had made this decision so we won't have flooding issues anymore. More sewers are being added to the field for less water build-up. There are houses by the school that keep getting flooded, so this is to prevent flooding in basements.

The construction started in early July and the decision was made in early June. Once everything is finished, the fences will take one to two days to be taken down in early December. Before that

happens, all the grass has to sit and grow into the soil.

During all this construction we got a new portable for breaks. We will be getting a new baseball diamond and soccer nets. Once all the yard is done, we will be opening up all the sports and using the yard for the sports.



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SCHOOL NEWS

CANTERBURY HIGH SCHOOL STUDENTS THRILLED TO PRESENT THEIR FIRST MUSICAL SINCE 2018

By Arson McTaggart

Photos by Hinata Derouin



Canterbury High School is proud to present its first musical since 2018. Canterbury has a long-standing tradition of bi-annual musicals, and the students are now thrilled to continue this tradition after four years of COVID restrictions. This year's musical is the cult classic *Little Shop of Horrors*, a loud and botanical return back to the theatrical stage.

Here are some of the cast's thoughts on that topic, and their excitement for the production.

Victor Toma, who plays flower shop owner Muchnik, says, "The safe atmosphere of the production is bringing out the best in the cast. We do great things together, we make a good sound together. I love everything that we do, I love the sounds that we make. This is the most extensive thing I've done at Canterbury."

Noah Alexander, who plays the main role, Seymour, says it's definitely surprising. "I'm very excited to be part of Canterbury's comeback to the musical theatre world. I kind of ruled it out of the picture during COVID."

These students made the taxing decision to take on the play. The team of solely high school students, except for the director, Matt Minter, who is the Head of Drama at Canterbury, came together to create this musical production. The students were asked what kind of toll it takes on them and their schedule.

Noah Alexander's routine has changed a lot. "Most lunches I haven't sat with my friends because I'm at rehearsals. I've been at school from 8 a.m. until 5 p.m. sometimes. The closer we get to show time, the longer the rehearsals are going to get."

Victor Toma says, "Practicing for both music and voice lessons got diminished but I think they're all for a good cause. I think I'm going to learn a lot from this."

The cast includes a wide variety of Canterbury students: some students are part of the drama program and some are other, eager students who wanted to participate. They each have different perspectives on how the play is going and what they wish to get out of doing the play. Some gave us their thoughts on rehearsals and something they want the audience to know about the musical.



Noah Alexander explains how they are a quarter of the way through rehearsals. "I think it's going pretty well for the stage we're at. But I honestly just love being at rehearsals."

Victor Toma says how difficult it is to understand his character Muchnik. "Learning the songs, trying to sing them right. Sometimes it's hard technically on my voice, but that is something I have to practice."

Victor wants the audience to know the faults in his character. "I definitely want them to see that I am taking advantage of Seymour because he has the plant that makes my business successful. About the musical itself? I want the songs to be the most memorable."

Noah Alexander sings praise for the crew of the musical. "I am just constantly blown away by our stage designers and stage managers. They honestly work the hardest out of anyone. Seeing how hard the techies work and the more I spend time with the techies, the more I'm just blown away."

Noah wishes for the audience to have fun. "But I think a lot of the characters in the show are dealing with some pretty intense moments and emotions. And I think that's the beauty of the show, it's deep and dark themes but put in a super comedic light."

Lastly, we asked the cast if they had any advice for kids and students wanting to go into acting.

Callum Cain, who plays Orin the dentist, shares what he tells himself at every performance.

"You always have to reassure yourself of the talent you may or may not have. You need to have faith in yourself that you can do things because then other people will."

Victor Toma suggested you be connected to your role. "Be connected to your sound when you're singing. You have to be convinced and physically and fully connected to what you're doing."

You can see the musical on November 24, 25, 26 or 27. The cast and crew would be happy to see you there. The tickets went on sale on October 21 – the QR code for tickets is below. Money raised will go to covering the costs of production, with any profit put into improvements for our auditorium. This school goes to great lengths to further students' artistic abilities and give them the best high school experience they can. Please lend a hand in supporting this artistic school and its students



SCHOOL NEWS

LOCAL PUBLIC SCHOOL FEATHERSTON DRIVE HOSTS AN INSPIRING MEET-THE-TEACHER NIGHT

By Skylar Josephson



On the sunny Thursday of September 22nd, an estimated 250 people attended a BBQ event at Featherston Drive Public School to celebrate post-restriction life as a community. After two years of COVID-19 regulations, most students and families are tired of staying indoors. To combat this, the many staff and parents who volunteered to help out with the event decided to provide free hot dogs and water to anyone who attended this exciting meet-the-teacher night.

Among the group of volunteers, one parent, Laura Campbell, was asked to share her thoughts on the importance of making kids feel welcome at something that can be intimidating to them.

“It’s been a long time for kids to be able to celebrate anything ... this reminds everyone that we’re all together again,” she stated.

Along with the barbecue, Featherston was adorned with vibrant and playful drawings as well as photos of people who provide important life lessons, like Terry Fox, to photos of the students. Walls were packed with what students wanted to share with their families and essential life messages. These messages included mottos such as, “Preparing lifelong learners and caring, contributing citizens,” and “Neurodiversity.”

According to the principal, Brian Chiasson, the meet-the-teacher night was set up into three parts.

“The parents will start off by walking through the building and meeting the teachers in their child’s homeroom class, then at about 5:15 both the parents and children will be gathered inside the gym to meet the whole staff and once that’s done, at 5:30, they will come back outside to socialize and enjoy the festivities.”

Apart from hot dogs and a tour of the school, students were surprised by a special guest of the night: a man on stilts named Luciano Lu. Laura Campbell, who had been in touch with Lu before preparations were decided upon, says that he offered to come to the event for free because he feels strongly about arts and culture for students.

“We didn’t have the funds to do it, so I told him that. But then he still decided to come all the way from Quebec and do it for free!” Campbell smiled from ear to ear. For the man on stilts, the reward of giving high fives to children and seeing the joy on their faces was enough payment.

The school’s fortune didn’t run out there. To cover food costs, the Independent Grocer donated 300 wieners and hot dog buns for students, parents and staff to enjoy.

“We are so fortunate for it to be so nice out after this week,” Campbell said, referring to the miserable weather that had occurred just hours before. She also reports that Ms. Conley’s grade 7/8s ended up tying in the event with their class theme on gratitude. The students wrote detailed thank-you cards to parents, the Independent Grocer and Mr. Lu.

Despite some challenges, the power of a good, loving community full of laughter and warm food made it a meet-the-teacher night to remember!



Luciano Liu, a.k.a. the man on stilts, posing for a photo.



Image of Featherston Public School from afar.

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FAITH NEWS

ARE YOU IN PERFECT HEALTH?

By Brian Neal, Rideau Park United Church



HEALING PATHWAY

It seems that we are all on a healing journey. It is hard to find the perfect balance of work and play, of time with friends and quiet time alone, or of exercise and relaxation. We often have difficulty recovering from the stresses in our life, whether they be physical or emotional. As a result, we sometimes fall short of the optimal health we all desire, and then we may need some help to recover. Let's be clear that optimal health is not just freedom from pain or illness. It encompasses a state of balance and wholeness on all levels: physical, mental, emotional, and spiritual.

Healing Pathway is a ministry started by the United Church of Canada in 1993. It is grounded in strong ethics, a Christian tradition of energy-based healing (laying on of hands), and a formal training and development program for the practitioners, who are all volunteers. Rideau Park United is one of over 50 churches across Canada that offer Healing Pathway,

including six in the Ottawa area. For more about this ministry, explore the Healing Pathway Society's website: healingpathway.ca.

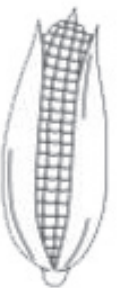
How does it work? A Healing Pathway session facilitates the natural healing process through the power of prayer in combination with energy-based healing techniques applied by trained practitioners. Their intention is to be fully present with the receiver in God's unconditional love, and this opens the door for whatever healing is needed.

Exceptions: Healing Pathway does not replace traditional medicine and health care. Healing Pathway complements traditional medicine and health care by working at the energy level to expedite the healing process and the natural ability of the body to heal itself.

Appointments: In a typical session, two or more practitioners work with the person receiving in a private setting for anywhere from 15 to 45 minutes. The practitioners never work alone, unless a family member can be present during the session. There are no fees, and appointments are open to everyone. You don't have to belong to a particular denomination or even be a churchgoer, although it does help if you believe that there is a higher power at work in the world. All are welcome.

To find out more about Rideau Park's Healing Pathway Ministry, or to make an appointment to receive hands-on healing prayer, email us at healingpathway@rideaupark.ca or call 613-733-3156.

"But there is always a November space after the leaves have fallen when she felt it was almost indecent to intrude on the woods...for their glory terrestrial had departed and their glory celestial of spirit and purity and whiteness had not yet come upon them." - L.M. Montgomery, Anne of Windy Poplars



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FAITH NEWS



"I see a roller coaster!" my brother shouted as he bounced on the back seat beside me. "It's huge!"

While I didn't share his excitement to ride on something that took me to great heights and teased my body's digestive capabilities, I knew more wonderful things awaited inside the park.

This family vacation was different from our past summers. We still travelled with my aunt and uncle and their two girls, but this year, the men had unhitched our trailers in New Brunswick and headed the cars to Ontario. It was our first visit from Newfoundland since my dad's Bible college years when I was little and we had lived in the Peterborough area. This time we were tourists, and Canada's Wonderland was one of the planned stops.

As we pulled into the parking lot, I glanced at my uncle's car, noting that my cousins seemed to have eaten the same jumping bean lunch as my brother. As the oldest, I rolled my eyes at their childish exuberance but couldn't deny that my heart bounced eagerly inside my chest. I saw one of the girls point, and I glimpsed the tips of large colourful rides through the trees. We'd never been to Disney World, but I figured this might be a runner-up to the thrill of going there.

My parents read the admission prices from the big sign outside the gate, and my mom did the math impressively fast. "Eighty-five dollars!" she exclaimed. "It will cost eighty-five dollars for the five of us to get in."

Her tone dampened my excitement, and when I saw my father shake his head, my heart fell.

"That's too much," my mom said. "We can't justify spending nearly a hundred dollars on a few rides."

Something large in my throat threatened to choke me. A pool of tears trying to force its way out, maybe?

Dad started the engine, rolling down his window to speak to my aunt in the car next to us. A dull roar in my ears blocked out the sound of his voice as they compared their thoughts on the value of this excursion. The bouncing in the back seat stopped, and my cousins' vocal cords bulged as they began yelling.

Our car had gone eerily silent. We knew that raising our voices to our parents would only invite new trouble that would work against resolving the current issue. Tears and whining were more our family's style, and we did our share of both as my dad drove away from the magical park. Our hearts were broken, and the disappointment of this day burned an eternal imprint in our minds.

When we recounted this story to my parents forty years later, they had no memory of the event. My siblings and I stared at them in disbelief. Clearly, the incident had not been as emotionally scarring on them as it had been on us.

Memory is strange, isn't it? My two memories from Kindergarten both involve traumatic events (traumatic to a five-year-old, although one did involve a spanking). I've met former classmates as adults who recall much more, and their stories sound fictional to me. I'd like to remember more, but I don't. If I add their memories to my own, I will have a clearer picture in my mind, at least.

As we acknowledge Remembrance Day, we don't retrieve memories from our mind banks. We didn't experience fighting in a world war. However, it is through the memories and stories of those who did undergo wartime life that we can "remember." Our Canadian War Museum's website says, "It [Remembrance Day] marks the end of hostilities during the First World War and an opportunity to recall all those who have served in the nation's defence" (warmuseum.ca). With the passing of Canada's last known First World War veteran, John Babcock, in 2010 (cbc.ca), there is no one left to share their memories (to recall) in person. Yet, Remembrance Day is still a revered tradition in Canada. But now, as we honour those fallen World War I soldiers, ceremonies also focus on the horror of war and the need to embrace peace. We often take the time to show our gratitude to those who serve us, past and present, in our military and peacekeeping forces. The day is not about remembering but remembrance.

In many of our Christian churches, we have a ceremony of remembrance, too. Not one of us attended that special supper that Jesus shared with His disciples, but we acknowledge His death by taking part in bread and grape juice representative of that meal. We follow His command to "Do this in remembrance of me" (1 Corinthians 11:24).



I am grateful that the writers of the Bible recorded their memories so we could learn about the life and death of Jesus. When we "remember" Him during Holy Communion and Easter weekend (and throughout the year), we have the stories of those who were there to inform us.

Now that my story of The Great Canada's Wonderland Tragedy has been written down, there's no excuse for my parents' denials of "remembering!"

What About You?

What will you do on Remembrance Day to remember the fallen? I encourage you to join a local ceremony to acknowledge this solemn occasion.

How often do you remember the price Jesus paid for our salvation? Take a moment to thank Him for giving His life for you. We don't need to wait for a special ceremony to express our gratitude.

Valda Goudie is a teacher and author of Tickle Me with a Crowbar! 2. Visit her site at valsstage.com and download Book 1 for free.

"Welcome sweet November, the season of senses and my favorite month of all." - Gregory F. Lenz

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

We will observe Remembrance Sunday on Sunday, November 13.

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

For more info, visit our website 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



St. Timothy's Presbyterian Church

A warm welcome awaits!

Sunday Worship 10 am

In-person and livestreamed

Reverend Reine Boghos

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Zoom links on church website

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REMEMBRANCE SUNDAY

Nov 6, 10 am

1ST SUNDAY OF ADVENT COMMUNION SERVICE

Nov 27, 10 am

BIBLE STUDY In-person
Philippians: Jesus Our Joy
Wednesdays at 10 am

BAZAAR

Nov 19, 10 am to 1:30 pm
Baking, deli, books, crafts, silent auction.

Tasty mansaf served from 12 pm to 1 pm.
Lunch tickets \$10.

For information or tickets contact the church office.

VISTAS welcomes articles or advertisements for FAITH NEWS from any and all of the diverse faith groups within the community.

Please submit articles to editor@vistas-news.ca, and advertisements to advertising@vistas-news.ca.

Rideau Park United Church



2203 Alta Vista Drive
613-733-3156

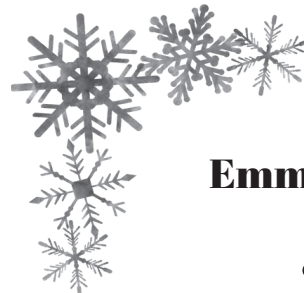
Offerings

Rideau Park offers a wide variety of ministries, programs and groups to meet the needs and interests of children, youth, families, adults and seniors. The diverse set of activities cover many interest areas including Christian education, choirs, bells and chimes, drumming, community outreach, fitness classes, support groups, recreation such as euchre, quilting, social gatherings, United Church Women and much more.

Sunday Service & Sunday School at 10:00 a.m.



Program & Event info at
www.rideaupark.ca



Emmanuel United Church

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Online orders: November 11-26, 2022

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Proceeds to Emmanuel's global partners in Zambia & El Salvador



"When I wear my poppy I'm remembering everyone affected by war, across races, genders, ideologies and borders. I'm remembering the tragedy of war, all wars. I wear it in the hope that wars will be a thing of the past." - Dave Stewart, Canadian writer, musician and filmmaker

HEALTH & FITNESS

FORGET WORLD CRISES AND
FOCUS ON YOUR OWN

By Dr. Sarah Chan



If there is a word for 2022, it would be crisis.

- Mental health crisis
- Climate crisis
- Economic crisis
- Energy crisis
- Affordability crisis
- Fuel crisis

You get the idea. They have been very unwelcome guests that have intruded on almost all aspects of our lives.

Crisis, however, is a word meant to provoke and capture your attention. It is a word that has been used irresponsibly lately because it demands you immediately put aside whatever you are doing, no matter how important, to focus on ...

... the crisis over here!

And it works. As a psychiatrist, whenever I read about the mental health crisis, I can get caught up in hours of never-ending thought loops of how I am going to fix these problems. A patient of mine who works in merchandising for a large big-box store told me how his superiors make him feel responsible for the global supply chain crisis. What crushing, dizzying pressure to be under.

But here is an escape route: The realization that there is very little any one of us can do about these crises, so worrying about them is a complete waste of time and energy.

So, the world is in crisis. Can I ask you to disengage with that for a moment? Close your computer, turn off your cell phone, and sit comfortably someplace private and peaceful.

Take a moment to let the claws of whatever crisis-you-have-been-made-to-feel-is-your-problem (but isn't) release its hold on your brain and body. I hope you feel lighter, freer. Savour this – the clean feeling that comes with recognizing what is not your problem.

When you are ready, please continue: How are you doing? Are you in crisis too?

Thinking about this might seem too big of a task. Your crisis may feel like a never-ending list of to-dos, or like one big slab of impenetrable rock. For me, it feels like a million serpents in a house on fire.

Take a moment to realize how complex and confusing your crisis might be. Unlike the crises covered in the news, your crisis deserves the most valuable resource there is: Your time and attention.

Can you notice how often you brush aside your own difficulties because you are made to feel they are not important enough? Or big enough? Can you notice how you see others who have it worse and how this makes you feel guilty for your own struggles?

Let the world be in crisis. What is most important is that you do not take that on, do not take on what is not yours.

My deepest empathy and love to those of you in personal crises of your own. My deepest admiration for your perseverance and efforts to do your best in a world where that no longer seems to matter. Please take the time every moment of every day to remind yourself and others that it does matter.

My deepest hope is that you have the wisdom of seeing your crisis with compassion and challenging what is no longer working for you. If there is any silver lining to a crisis, it is that it will challenge old ways of thinking and make you consider solutions that you previously thought were not possible. My deepest wish is that you can make the necessary changes to save yourself. It takes tremendous courage to do this.

Realizing I am in crisis, I will start tending to it. I have come to understand that any hope I have in improving the world's problems is to first fix my own.

Dr. Chan is a psychiatrist who works at The Ottawa Hospital and in the community. She is writing this column to increase community awareness and education about mental health.

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OF YOUR
SELF



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



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HEALTH & FITNESS

THE QUADRICEPS MUSCLE

By Sue Reive, Owner of Kilborn Physiotherapy Clinic

One of the largest and strongest muscles in the body is the quadriceps muscle, located on the front of the thigh. It functions to straighten the knee and bend the hip. It is used for numerous activities including walking, climbing, running, kicking, jumping, and squatting. Weakness or tightness in the muscle due to strain can lead to difficulty with activities of daily living and sports. Physiotherapy can rehabilitate the injured muscle.

The quadriceps muscle runs along the thigh (femur) becoming the quadriceps tendon which attaches to the knee cap (patella). It is comprised of four individual muscles: the rectus femoris, the vastus lateralis, the vastus intermedius, and the vastus medialis. The rectus femoris runs from the pelvis (ilium) to the patella and thus crosses two joints. The other three vastus muscles originate off the femur. All four quadriceps muscles unite to become the quadriceps tendon and attach to the patella.

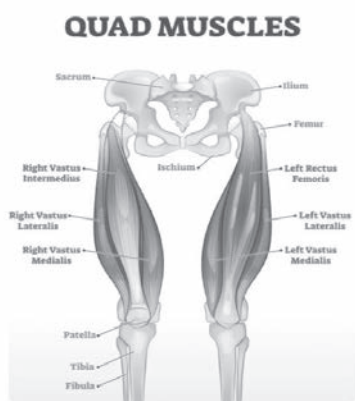
Many activities engage the quadriceps muscle. Kicking and sprinting require a rapid deceleration and place a lot of stress on the muscle requiring it to contract while in a lengthened position (eccentric contraction). Thus, the muscle fibres are vulnerable to stress. Indeed, a quadriceps strain usually occurs when either the muscle is overloaded or from excessive passive stretching. The rectus femoris is the most commonly injured because it crosses two joints. A minor strain of the rectus femoris causing

tightness can affect the hip by limiting hip extension, which can then affect the lower back. Moreover, a tight quadriceps muscle places a lot of stress on the knee joint.

Injuries can be classified as either acute trauma, which often occurs during sports, or chronic, where the pain starts insidiously without any particular incident. There are three grades of muscle injury. Grade one is a minor strain of the muscle fibres, and a feeling of tightening. Grade two is a more significant tear which results in a visible limp, weakness, loss of full mobility, and pain on palpation. A grade three strain involves a large tear in the muscle and patients will usually require crutches to ambulate. The larger the tear, the longer the rehabilitation. Usually, grade one tears require four to six weeks to heal sufficiently.

Assessment involves taking a good history to determine if the injury is acute or chronic and to discover factors which may have contributed to the injury. For example, an improper warm-up or cool-down, not stretching after activity, running in poor shoes, an increase in running distance, or a change in the terrain can all lead to muscle strain.

On examination, the patient's gait is observed, looking for any limping; the range of motion and strength are assessed looking for pain, weakness, and any limitations; palpation of the injured muscle reveals any gaps, pain, swelling, and bruising; and neurological testing rules out any nerve issues. A diagnosis is made from the assessment findings. Significant muscle tears often require imaging such as an ultrasound to view the extent of the injury and help direct the treatment. Most tears are grade one or two and can be successfully rehabilitated with physiotherapy. Treatment includes: modalities to help heal the muscle fibres; exercises to regain mobility and improve the flexibility in the muscle; and strengthening exercises beginning in non-weight bearing and progressing to weight-bearing activities such as squats, step-ups, jumping, etc. The goal of treatment is to return patients to sports and activities of daily living with full strength, mobility, and function.



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SCIENCE & TECHNOLOGY

COMPUTER TIPS AND TRICKS

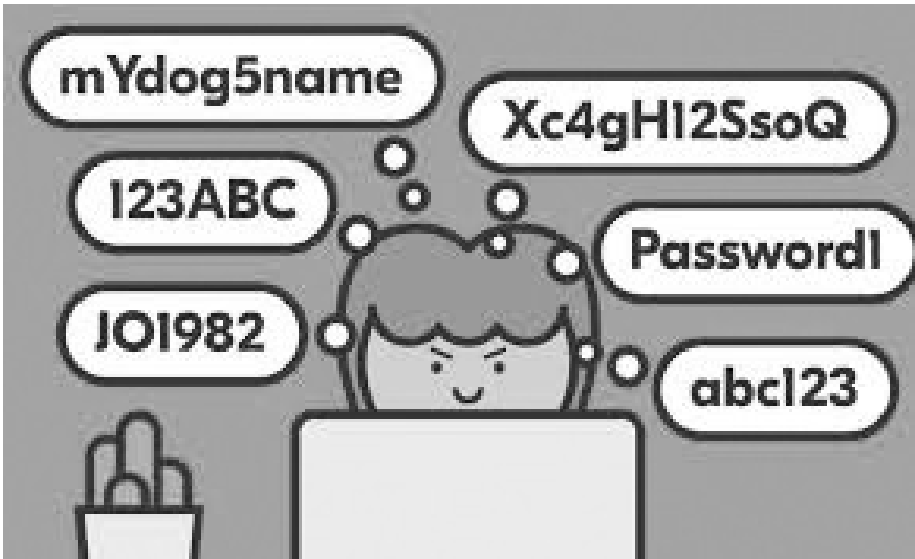
By Malcolm and John Harding, of Compu-Home

Sometimes It’s the Crooks, and Sometimes It’s the Sheriff!

It has become too common in the past year for people to call us reporting that they cannot sign into their important accounts such as their email, subscriptions or financial institutions, and sometimes they cannot even log into their computer itself because they have been locked out. After our countless years of columns documenting rampant online fraud, we imagine that users expect their email, financial and social services to be diligent in battling the bad guys, but now it seems that the pendulum has swung too far and we are actually fighting the people who are trying to protect us.

This sort of call for help comes under the heading of “security.” Sometimes it is a dead end and that is very frustrating for our callers and ourselves. In this column and next month’s, we will give an overview of common security measures and how to avoid their pitfalls.

Your Device: Depending on how you originally chose to set it up, your computer, tablet or phone may sometimes require a code or password just to turn it on. Despite the apparent inconvenience, this setup is not likely to go wrong, because you usually enter the information every day and so you are probably not going to forget it. If your device is set up using a Microsoft Account, Apple ID or Google Account, the device start-up credentials will be the same as for that account. This is an extra level of security but a HUGE extra level of inconvenience if you forget any details.



Websites: Online banking and credit services, cloud data storage, gaming, sites for online purchases, government sites, subscriptions and social media will always require a specific username and password combination, with the username often being an email address and certain requirements dictating the complexity (security level) of the password. There can be confusion if you have more than one email address and the pairing of email and password don’t match.

Email: Email is special but all of the above details apply. Some people access their email using a web browser to go to their Inbox and others use a program such as Outlook, Apple Mail Thunderbird or many others, but they all record your email address and password to give you automatic access to your email account.

Continued on Page 37

“In November you begin to know how long the winter will be.” – Martha Gellhorn

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SCIENCE & TECHNOLOGY

In all cases, you must remember that your login is the same everywhere for an account, no matter which device you are using to access it. This means that if you change your account password while using your computer, for example, you must change it on your tablet and phone also.

It is essential that you create a system for recording these credentials and you must keep it up to date regularly. Paper files stored safely, computer files with cryptic file names, and even password manager software are some choices for keeping organized. No system is perfect, but almost anything is better than scribbling on the back of an envelope or simply trusting your memory.

The first time that you log into a website with a username and password, your web browser will offer to remember that information for you so that you don't have to re-enter it in the future. This feature is seductively convenient, but you must remember that: 1) an unauthorized user would have no trouble accessing all of your secure sites; 2) if you change a

password for a site, the browser's stored information may become out-of-date; 3) if you use more than one browser or more than one device, the information may be in one place but not the other; and 4) not having to type your password, perhaps for years to come, will almost certainly ensure that you don't remember it someday when you need it. In fact, lots of people swear that there is no password for their email when in fact they have forgotten that it exists.

In our next column, we will discuss why "Forgot my password" can make matters a whole lot worse!

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

"And they who for their country die shall fill an honored grave, for glory lights the soldier's tomb, and beauty weeps the brave." —Joseph Drake.



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MRP RENOVATE LANDSCAPE. Located in Ottawa South. After a busy summer of landscaping, MRP will now be focusing after November on interior work such as basement renovations, garages, drywall, framing, painting, and trim work. Our focus is **SMALL PROJECTS DONE RIGHT - projects too small for larger contractors to consider.** Clients that want to reserve for landscaping or other work starting in the spring of 2023 should contact us now. Contact for a free estimate. **613-794-3547. instagram@mrp_renovate_landscape**

CAT MISSING SINCE OCT 16. Zebra. Lives on Lennox Park Ave, Riverview Park. Tabby, short hair, grey-brown, white tip on tail, orange patch on top of head. Shy and nervous, likes food. Please check under decks, shed or garage. **jenniferfau@gmail.com 613-818-2620**



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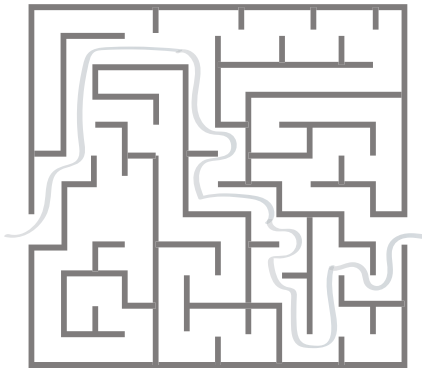
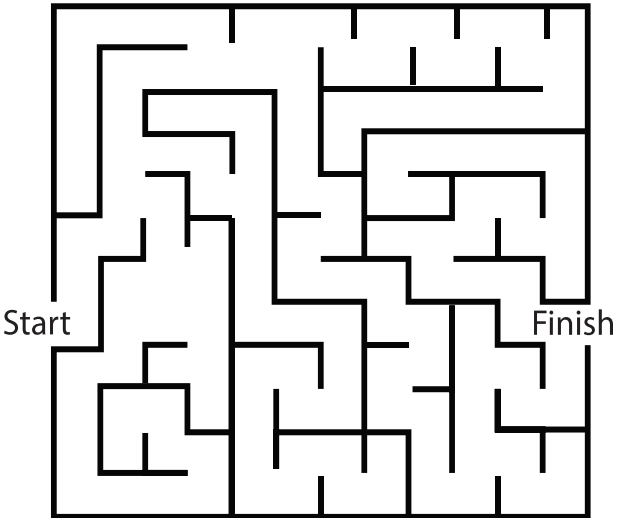


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JOKE OF THE MONTH



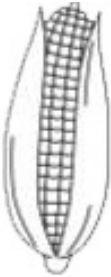
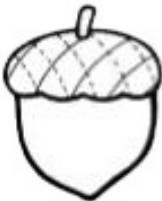
Why shouldn't you tell a secret in a cornfield?
Because the corn has ears.



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Search the entire paper for these seasonal items.



UPCOMING EVENTS



ALTA VISTA LIBRARY – NOVEMBER 2022

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

The Library has temporarily adjusted its hours of operation due to current staffing pressures. Until further notice, the Library's hours are:

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

CLOSED – Friday, November 11 – Remembrance Day

Some information for your visit:

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Most public computer stations are now available. Public computer use is currently limited to two hours per user per day. There are no exceptions. Reservations can be made either at the branch or online from home.
- All seating is now available.
- Meeting and program rooms are now available for booking.
- Please visit our website for the most up-to-date information with regards to programming.
- Outdoor book drops are open 24 hours a day, 7 days a week.
- Museum passes are available once again on a first-come, first-serve basis. Please contact the museum in question before you visit to inquire about hours, closures, protocol, etc.

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

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

FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

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

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

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

BOARD GAME AND PUZZLE SWAP

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

CHILDRENS PROGRAMMING

Family Storytime

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

Wednesdays, November 9 to December 7 at 10:30 a.m. (30 minutes – All ages)

ADULT PROGRAMMING

Sleuth Hounds Mystery Book Club (In-Person)

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30–8:00 p.m. All are welcome.

Thursday, November 17, 2022 **John Banville**

Thursday, December 15, 2022 **Holiday Planning Meeting and Social**

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

Thursday, December 1, 2022 ***The Four Winds* by Kristin Hannah**

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

Le lundi 19 décembre, 2022 ***Petit Traité sur le Racisme* de Danny Laferrière**

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

ONLINE COLLECTIONS AND SERVICES

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

These resources include:

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

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

UPCOMING EVENTS

COMMUNITY EVENTS – NOVEMBER 2022

RIDEAU PARK UNITED CHURCH SPECIAL EVENTS AND COMMUNITY ACTIVITIES

2203 Alta Vista Drive

Online Food Bazaar: To be held on the church website (www.rideaupark.ca) featuring our deli (frozen mini pot pies and pre-made meals), 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 selections at the church on Saturday, November 5.

Christmas Music Concert: Bells, Chimes and Choirs, Sunday, December 4 at 7 p.m. Enjoy the sacred and popular music of the season with Rideau Park's musical ensembles. Sing some of your favourite carols.

23rd Annual Christmas Pageant: Sunday, December 11 at 10 a.m., both in-person and online. Over 50 children and youth from Rideau Park will take the lead in the re-telling of the Christmas Story with a focus on the true meaning of Christmas, along with a dash of humour and a few plot twists!

Exercise or Yoga Classes:

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

Meditation Group Online: Join us each Thursday at 10 a.m. (by Zoom) for 20 minutes of quiet, peace, and mindfulness. Contact Steve (sclifton@rideaupark.ca) for a Zoom invitation.

Euchre Club: Every Thursday at 1 p.m., in the Parlour at Rideau Park. Community participants of all ages are welcome!

Drums Alive: Every Sunday at 11:30 a.m. People from the community, old and young, can drop in at the church and try their hand at many different drums! The drumming experience is guided by Iain MacPherson.

Forest Church: Sunday, November 27, 4–4:45 p.m. Meet at the church for a walk in the Cunningham Woods and a pause for reflection on God's creation. Lead by Elizabeth Bryce – don't forget to dress for the weather!

OASIS (Alcoholics Anonymous) has in-person (and online) meetings at the church on Mondays, 8–9 p.m., while **Twelve Steps to Serenity** (also Alcoholics Anonymous) has in-person sessions at Rideau Park on Thursdays, 7:30 p.m.

ST. AIDAN'S ANGLICAN CHURCH

Yuletide Bazaar – Saturday, November 5, 10 a.m. to 2 p.m. at 934 Hamlet Road (behind the Elmvale Acres shopping centre).

Our Yuletide Bazaar is back in person this year. At the bazaar you'll find baking, preserves, a silent auction, a café and more. Bring your family and friends and enjoy a traditional Yuletide Bazaar!

Carol Sing Concert – Saturday, December 17 at 7 p.m., in person.

Christmas Eve Service – Saturday, December 24 at 7 p.m.

Christmas Day Service – Sunday, December 25 at 9:30 a.m.

ST. TIMOTHY'S BAZAAR

Come to the Bazaar at St. Timothy's Presbyterian Church, 2400 Alta Vista Drive on Saturday, November 19, from 10 a.m. to 1:30 p.m. Choose from the many items available, like yummy home baking and deli, books, crafts, and silent auction. Enjoy a nice fellowship over lunch of mansaf, a tasty dish with meat, rice and vegetables. Tickets for lunch are \$10. Served from noon to 1 p.m. Everyone is invited to be part of this church and community event. For more information or tickets, please contact the church office at 613-733-0131 or sttimsoffice@on.aibn.ca.

IMMACULATE HEART OF MARY CHRISTMAS CONCERT

On Sunday, December 4, 2022, 3:30 pm, at Immaculate Heart of Mary Church, 1758 Alta Vista Drive, come enjoy the music of the season! Again this year, this event will feature local excellent musical groups: the Ottawa Catholic School Board Chamber Choir, the Harmonia Choir of Ottawa, and the Immaculate Heart of Mary Church Choir, accompanied by the Ottawa Wind Ensemble, a 35-member orchestral group. They will be joined by soloist Lindsey Sikora for special tributes to the musical season. Interspersed with this will be carol singing for all to join in.

This 31st Immaculate Heart of Mary Concert is held in support of the Heron Emergency Food Centre (HEFC). Admission to the Concert is FREE and there is ample and easily accessible parking. There will be collection baskets for voluntary monetary donations (cheque or cash).

CANADIAN CENTENNIAL CHOIR CONCERT

Sunday, November 13, 2022 at 3:00 p.m.

"Remembrance / Souvenir"

St. Thomas the Apostle Anglican Church

2345 Alta Vista Drive, Ottawa

Info at: www.ccc-ccc.ca

Tickets \$15 at Brown Paper Tickets: bpt.me/5589741

ST. MATTHEW'S SCARF & JEWELLERY SALE

St. Matthew's Anglican Church in the Glebe is excited to announce its first in-person Scarf and Jewellery sale since the lockdown, on Sunday, December 4 from 9 a.m. to 2 p.m. The sale will be held in the church hall which is accessed through the entrance at 217 First Ave., just west of Bank St. Twenty-five percent of the sales will go to the Ottawa Food bank and all proceeds are for charity.

Our sale features beautiful Christmas presents at very low prices. Browse through our fine collection of new and lightly used scarves, ties, accessories, costume jewellery, silver jewellery, seasonal items and new housewares. Our premium table includes brands such as Hermes, Aquascutum, Brooks Brothers and Coach, to name a few.

PROBUS CLUB OF OTTAWA ALTA VISTA

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

See our website: www.probusoav.ca for more detailed information about the club and its activities as well as contact points, membership information, and meeting location. We will be meeting on Wednesday, November 23 for a presentation about the old Dominion Observatory.

"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale." – Lauren DeStefano

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 or by contacting newcomersclubottawa@gmail.com



ART LENDING OF OTTAWA DECEMBER SHOW

December 10, 10 a.m. to 4 p.m.

RA Centre, Outaouais Room, 2451 Riverside Drive

Free admission, free parking, door prizes

Website: www.artlendingofottawa.ca

AUTUMN PATCHWORK" FINE ART EXHIBIT AND SALE

Kanata Civic Art Gallery

October 19 to November 27, 2022

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

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

OTTAWA CANADIAN FILM FESTIVAL

OCan Film Fest is welcoming viewers back in person this November. After hosting our last two festivals online due to the pandemic, we're excited to welcome viewers back in person, November 3–5, at the Bytowne Cinema for our 6th annual film fest. From comedy, to fantasy, to socio-political dramas, this year's film festival program showcases 12 Canadian-made films that will make you cry, laugh, and leave you thinking. OCan's 2022 film lineup includes:

- The Star Mill [Short|Animation] Director: Daniel Blake, Oakville, ON
- the smallest steps [Feature|Documentary] Director: Nicole Bedford, Ottawa, ON
- The High Road [Short|Documentary] Director: Keith Robertson, Yellowknife, NT

And much more.

Email: info@ocanfilmfest.ca



THE COMPASSIONATE FRIENDS

The Compassionate Friends (TCF) is an international non-profit, self-help support organization, offering friendship, understanding, grief education and hope to families grieving the death of a child of any age, from any cause.

The Worldwide Candle Lighting Celebration, in memory of children who left us too soon, is held annually on the second Sunday in December. Each year at 7 p.m. in every time zone, candles are lit by TCF families in honour of all children who have died. As candles burn down in one time zone, they are lit in the next, creating a 24-hour wave of light that encircles the globe ... that their light may always shine.

On December 11, 2022, at 6:30 p.m., we will be holding a Candlelight Ceremony in Ottawa in the Garden Chapel at Tubman Funeral Home, 3440 Richmond Road. Parents can bring a free-standing picture of their child(ren). We will have inspirational readings, music, and light candles at 7 p.m. and follow with light refreshments.

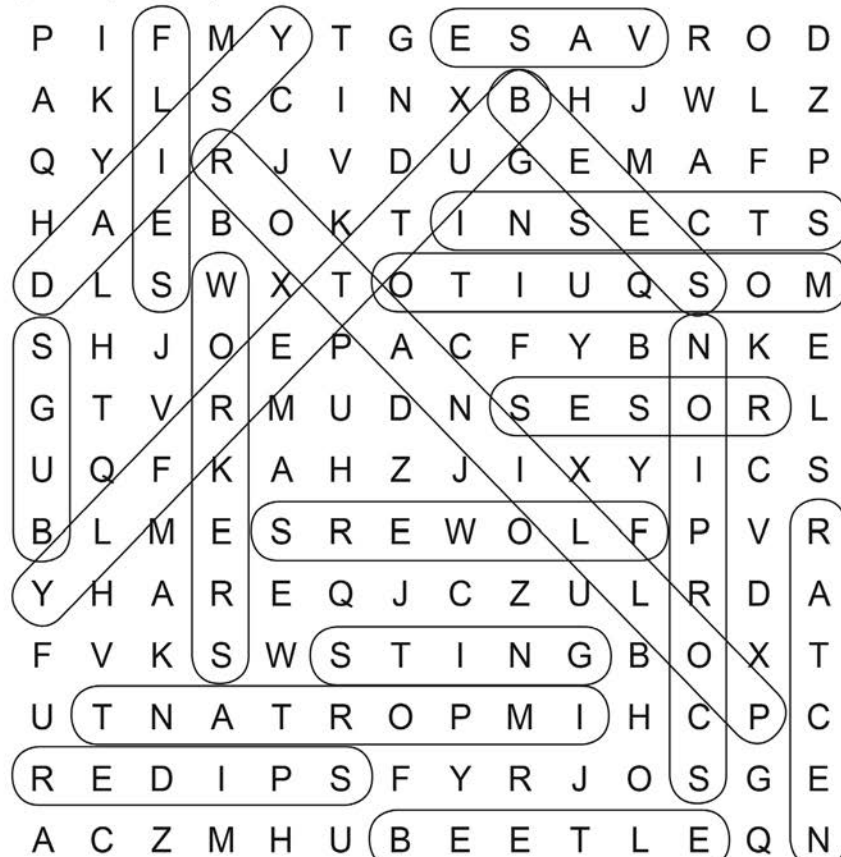
OTTAWA HUMANE SOCIETY

The OHS Auxiliary will be selling high-quality handmade crafts at its Christmas Craft Sale at "The Spot" in the Carlingwood Mall (2121 Carling Avenue) on Friday, November 25, 10 a.m.–9 p.m.; Saturday, November 26, 9:30 a.m.–6 p.m.; and Sunday, November 27, 11 a.m.–5 p.m. All proceeds go to support the animals at the Ottawa Humane Society.

WORD SEARCH ANSWERS



Flowers, Insects & Arachnids



BEES	FLOWERS	ROSES
BEETLE	IMPORTANT	SCORPION
BUGS	INSECTS	SPIDER
BUTTERFLY	MOSQUITO	STING
DAISY	NECTAR	VASE
FLIES	POLLINATOR	WORKERS





Holiday Giving with Heart

Give Purdys Chocolate & help refugee families!
<https://bit.ly/oscrs2022xmas>

Order by **Sun. Nov. 20**
 Pick-up on **Sat. Dec. 10**

A fundraiser by:
The Ottawa South Committee for Refugee Support
 Questions? osrefugee@gmail.com



MOVIES 'N STUFF

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

November 1st

Top Gun: Maverick

After more than thirty years of service as a top naval aviator, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot. Yet, Maverick must confront the ghosts of his past when he returns to TOP GUN to train a group of elite graduates and comes face-to-face with Lt. Bradshaw, the son of his former wingman, "Goose". Tom Cruise triumphantly returns in one of the 5 biggest movies of all time!

Nope

The residents of a lonely gulch in inland California bear witness to an uncanny and chilling discovery. From the writer/director of Get Out.

Dark Winds: Season 1

Follows Leaphorn and Chee, two Navajo police officers in the 1970s Southwest that are forced to challenge their own spiritual beliefs when they search for clues in a double murder case.

Luzzu

A man risks everything to provide for his wife and newborn son by entering Malta's black-market fishing industry. Stunning film out of Malta!

Undine

From the acclaimed director of Phoenix and Barbara - and starring the great Paula Beer! Undine works as a historian lecturing on Berlin's urban development. But when the man she loves leaves her, the ancient myth catches up with her. Undine has to take vengeance on the man who betrays her and return to the water.

The Auschwitz Report

Two young Slovak Jews escape from Auschwitz and make their way back to Slovakia to report the systematic genocide at the camp to the authorities. A hugely important drama that Stephen Farber of The Hollywood Reporter says "this is a harrowing film that will stay with you long after the credits roll."

Luck

The curtain is pulled back on the millennia-old battle between the organizations of good luck and bad luck that secretly affects everyday lives in this charming animated film for the whole family!

Thirteen Lives

A rescue mission is assembled in Thailand where a group of young boys and their soccer coach are trapped in a system of underground caves that are flooding. Stars Viggo Mortensen and Colin Farrell and is directed by the great Ron Howard!

Rogue Agent

The extraordinary and chilling story of career conman Robert Freegard who masqueraded as an MI5 agent and fooled people into going into hiding, and the woman who fell for him, and then brought him down.

Secret Headquarters

While hanging out after school, Charlie and his friends discover the headquarters of the world's most powerful superhero hidden beneath his home. When villains attack, they must team up to defend the headquarters and save the world.

Marcel the Shell with Shoes On

Marcel is an adorable, 1-inch-tall mollusk who ekes out a colourful existence with his grandmother, Connie, and their pet lint, Alan. When a documentary filmmaker discovers them, the short film he posts online brings Marcel millions of passionate fans, as well as unprecedented dangers and a new hope of finding his long-lost family! **Rave reviews!**

Brokenwood Mysteries: Season 8

Finding Alice: Season 1

Alice's husband of 20 years, Harry, falls down the stairs and dies soon after the couple move into the dream home he designed. Alice discovers that some men, including her late husband, hide stuff that they don't want to deal with.

Also:

Lost Illusions

November 8th

The Power of the Dog

Jane Campion's Academy Award winning adaptation of Thomas Savage's novel plumbs repressed desire, psychic violence, and the masculine psyche in 1920s Montana. Starring Benedict Cumberbatch and Kirsten Dunst.

Miss Scarlet & The Duke: Season 2

A Discovery of Witches: Season 3

November 15th

Darby & Joan: Season 1

Former cop Jack Darby & his dog drive along in his battered Land Cruiser. From the opposite direction comes English nurse Joan in her shiny-new motorhome. When they collide they become drawn into a series of mysteries in the outback.

Three Thousand Years of Longing

A lonely scholar, on a trip to Istanbul, discovers a Djinn who offers her three wishes in exchange for his freedom. Stars Tilda Swinton and Idris Elba.

Both Sides Of The Blade

A love triangle story about a woman caught between two men, her long-time partner and his best friend, her former lover. Stars Juliette Binoche in the lead role!

Hatching

12-year-old Tinja is desperate to please her mother, a woman obsessed with presenting the image of a perfect family. One night, Tinja finds a strange egg. What hatches is beyond belief.

She Will

An ageing film star retreats to the Scottish countryside with her nurse to recover from surgery. While there, mysterious forces of revenge emerge from the land where witches were burned.

Pearl

Trapped on her family's isolated farm, Pearl must tend to her ailing father under the bitter and overbearing watch of her devout mother. Lusting for a glamorous life like she's seen in the movies, Pearl finds her ambitions, temptations, and repressions all colliding in this origin story of X's iconic villain.

Moonage Daydream

Calling all Bowie fans! A cinematic odyssey exploring David Bowie's creative and musical journey. From visionary filmmaker Brett Morgen, and sanctioned by the Bowie estate.

Jerry And Marge Go Large

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town. Stars Bryan Cranston and Annette Bening!

Gigi & Nate

A young man's life is turned upside down after he is left a quadriplegic. Moving forward seems near impossible until he meets his unlikely service animal, Gigi - a curious and intelligent capuchin monkey.

Billy Flanigan:

The Happiest Man on Earth

The inspiring journey of Walt Disney World legend Billy Flanigan from his haunted childhood to a life free of fear, shame, and secrets all while brightening lives - one Flanigan at a time. One of the most truly wonderful documentaries of the year!

Beast

A recently widowed husband returns to South Africa, where he first met his wife, on a long-planned trip with his teenage daughters to a game reserve managed by an old family friend and wildlife biologist. Soon, however, a rogue lion begins stalking them. Idris Elba stars!

November 22nd

Hold Me Tight

A woman runs away from her family, forcing her husband to take care of the children she left behind. However....there's more to this story than meets the eye!

The Good House

Life for New England realtor Hildy Good begins to unravel when she hooks up with an old flame of hers from New York. Based on Ann Leary's 'The Good House.' Sigourney Weaver and Kevin Kline star.

The Book Keepers

Determined to keep his late-wife's dream alive, Dick Wall becomes the unlikely spokesperson for her debut memoir and embarks on an unexpected cross-country promotional tour.

Also:

Love, Charlie: The Rise And Fall Of Charlie Trotter

November 29th

Annika: Season 1

DI Annika Strandhed has returned to Glasgow to head up the Marine Homicide Unit, where she is tasked with solving the puzzling crimes and unexplained murders that wash up in Scotland's waters. Starring the wonderful Nicola Walker!

The Flight Attendant: Season 2

The Offer: Mini-Series

We follow the journey to bring this iconic mob drama to the big screen. It was fraught with struggle from the start as actors turned down roles, directors wouldn't touch it and finding a writer such as novelist Mario Puzo was a fight the producers took on with the studio.

Emergency Declaration

A police detective receives a tip about a terrorist attack against a passenger plane but discovers the suspect has already boarded the flight. When a man on board suddenly dies from an infectious virus, fear and chaos spread quickly amongst passengers and crew. Can he save the flight?

Bodies Bodies Bodies

When a group of rich 20-somethings plan a hurricane party at a remote family mansion, a party game goes awry in this fresh and funny look at backstabbing, fake friends, and one party gone very, very wrong.

Also:

Emily the Criminal

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