



A hair-raising problem! I got in OK, but how do I get out? Photo Credit: Gerri Doherty

‘OUR PEOPLE’ IS BACK!

Read Courtney Tower’s story on page 22 about our neighbour and regular contributor to VISTAS, Patricia Mosher, a gardener with a love for colour and harmony and beauty. In OUR PEOPLE, Courtney describes how Patricia would have us see that beauty in a garden lies in practical planning, in eschewing random delights of this gorgeous flower and that one for what works best in our soils, shades, climate and spaces.

And if you have any suggestions for future stories in OUR PEOPLE, please be sure to let us know (email editor@vistas.com or ctower@sympatico.ca).



Patricia in a garment of many colours – like her gardens. Photo credit: Gerri Doherty



This plan is Patricia Mosher’s starting point for building a garden.

HERE’S A GOOD START TAKE NOTE, PAGE 5

Readers can start now to take note and prepare for a long but hopefully fruitful contribution to the future look and nature of Alta Vista and nearby neighbourhoods.

If you should go back to the previous issue of VISTAS, on Page 1 and developed in the article on page 9 by the Alta Vista Community Association, you will see that the all-important re-zoning exercise

for the Ottawa area is about to begin in earnest. Turn to page 5 for the AVCA’s exposition of how and when the exercise is to take place, starting now. The seven issues to be covered are posted on the website engage.ottawa.ca/zoning, and the article gives a guide to how proceedings will follow.

It’s your Alta Vista.

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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

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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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2023

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LETTERS TO THE EDITOR

Let’s not build a legacy of exclusion

Re: Alta Vistans and Neighbours: Read This, Take Note, Prepare by Courtney Tower, March 2023

Dear Editor,

A good friend just fixed my old turntable and I’ve been geeking out on vinyl again. I was listening to an old Yes album at high volume recently while cleaning the house and one line really struck me: “No matter what the truth is, hold on to what is yours.”

I was very disheartened with your front-page story last month. It seems that the writer, and some very vocal members of this community, are determined to scare us into thinking there’s a coming war. Never have I seen so many folks passionately opinionated about urban planning. I think it’s because they are afraid: afraid of losing what they’ve worked hard to acquire, I guess. Afraid of being forced to share limited resources. Afraid of change.

Listen, I get it. The last couple of years have thrown us all for a loop. Though predicted by epidemiologists for years, the COVID-19 pandemic was still a shock to our communities, nations, relationships, economic and healthcare systems, and our mental health. Everything, really. And while the years ahead will reveal deeper impacts, we know some of the obvious lessons already. Change happens without our permission. Trauma can’t always be avoided. Desperately clinging to what we know and love doesn’t mean we get to keep it.

Ottawa, like so many major cities around the world, is grappling with monumental challenges: population growth, strained municipal budgets, homelessness, addiction, paltry social services, disability supports and recreation facilities, new Canadians looking for work and a place to live, unpredictable weather and power outages, rising heat and humidity.

No matter what the truth is, hold on to what is yours.

Alta Vista is rife with land and greenery, built in the 1950s when the car was king. That was 70 years ago and the world has dramatically changed. Some people are afraid of zoning changes that will intensify the population density here. But I’m afraid of what will happen if we don’t invest in active transportation and walkable, diverse, mixed-use neighbourhoods. I’m afraid of the polarization of our society, the proliferation of online hate against vulnerable people, and fake news.

It’s time to push back against the burgeoning us-and-them divide. Let’s remember, the planning decisions we make now are not for now, they are for the next two decades. The next generation. Let’s not build a legacy of exclusion. Let’s stop whispering about “crime” and property values and build a community—a city—that is accessible to everyone, not just those with time, education and privilege. Ask yourself this: why do we deserve so much? Why do our rights matter more than someone else’s? As the pandemic taught us, we are all vulnerable humans in the end, a couple of pay cheques away from ruin.

At the risk of belabouring my Saturday rock ‘n roll wisdom, (and my socialist hippie leanings), the next song on that Yes album was also prescient.

“It can happen to you. It can happen to me. It can happen to everyone eventually.”

Lisa Gregoire

Thank you Dr. Knapton!

Dear Editor,

I so enjoy the VISTAS newspaper, especially the articles on birds. As a newcomer to Ottawa and a bird enthusiast, I’m so excited to find so many feathered friends in the area. I’m forwarding a not-too-clear photo of a hawk lurking in a tree a few feet from my tiny window finch/cardinal feeder. After reading Richard’s article, I’m not so surprised to find this “guy” in the area.

Susan Novak



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2023	VISTAS Delivery Date
May Issue	April 28, 2023
June Issue	June 2, 2023

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Audrey Hepburn*



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- Banbury, 8 papers
- Bloor, Penhill, Crestwood, 56 papers
- Broadmoor, Barnhart, 19 papers
- Florida, Atwater, 40 papers
- Grasmere, 39 papers
- Heron (Alta Vista to Greenbelt), 13 papers
- Mimosa, 30 papers
- Neighbourhood Way, 35 papers
- Pixley, 60 papers
- Renova, 55 papers
- Station Boulevard, 40 papers
- Webster, 24 papers

For East of Haig

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Avenue N	Edmond	Monteith
Avenue P	Elderfield	Nerta
Avenue Q	Elsett	Orchid
Avenue R	Erinbrook	Othello
Avenue S	Fairdale	Pleasant Park
Avenue T	Fife	Plesser
Avenue U	Fleming	Pullen
Balharrie	Folkstone	Russell
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Chadburn	Haig	Shelley
Chaucer	Hamlet	Shelburne
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Cornish	Heaton	Sonata
Corry	Howland	Southvale
Dakota	Holt	St Laurent (Walkley to Russell)
Devon	Joliffe	Susan
Dickens	Keats	Tilson
Dorval	Lemay	Tupper
Drew	Magnus	Weston
Dunelm	Martha	Weyburn

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.

LETTERS TO THE EDITOR

Alta Vista must adapt to new realities: Change doesn't mean we can't continue to love and appreciate our neighbourhood

Re: Alta Vistas and neighbours: Read this, take note, prepare, by Courtney Tower, March 2023

Dear Editor,

I'm responding to Courtney Tower's front-page article in the March issue of VISTAS and the advice to "be on guard" for changes resulting from new zoning regulations. Mr. Tower speculates that: "Zoning could change the face of Alta Vista and its neighbours as never before." I say bring it on. We live in a ward with low density, low walkability, food deserts, and poor cycling and pedestrian infrastructure in a city with a weak transit system. We need greater housing density to help mitigate the effects of climate change because, in the long run, increased density means less reliance on private vehicles to get around. We desperately need more affordable housing. I am not planning to be on guard against the changing faces of Alta Vista and our neighbouring communities. What we do need to guard against is sprawl and the costly infrastructure required to maintain it. I plan to pay attention to the zoning consultations, but I will enter them in a spirit of openness to the progressive change enshrined in the Official Plan rather than in fear and resistance. Neighbourhoods like ours, built in the heyday of the '50s and '60s car culture, must adapt to new realities and as residents, we need to take responsibility for that. It might not always be easy, but change doesn't mean we can't continue to love and appreciate Alta Vista.

Jan Schroeder

Open letter to Canada Post (shared with VISTAS): Canada Post employees have better chance of avoiding injury crossing Kilborn to the community mailbox located near Grasshopper Hill than do children and frail seniors

Dear Canada Post,

I am writing with respect to the recent change in home mail delivery on Kilborn Avenue to a community mailbox.

I am requesting the Delivery Safety Assessment that was conducted. I am also interested in the parameters that were considered and who was consulted for the assessment.

I know the safety of your employees is important but what consideration was given to the children and frail seniors who now must walk across Kilborn to the community box for their mail?

It is my understanding that the addition of bicycle lanes to both sides of Kilborn with restricted parking led to the need for this assessment.

We were informed that the restricted parking resulted in an increase in parking fines received by Canada Post. Please provide the numbers over the last two years relative to the numbers in the preceding five years. Did you contact the City of Ottawa to discuss this issue?

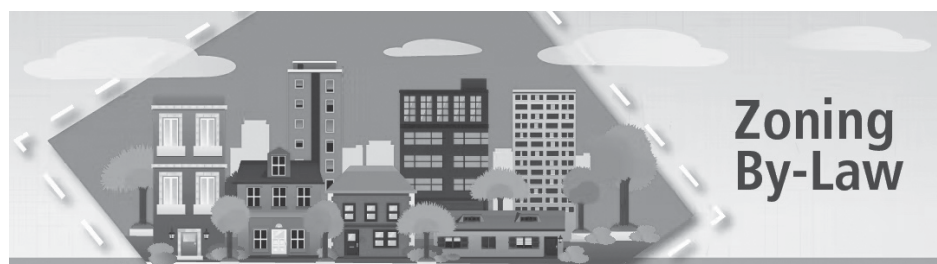
My experience is that your employees park on the side streets, off Kilborn, to prevent tickets, and as a reasonable safety measure. In recent memory, I have seen only one Canada Post vehicle parked on Kilborn Ave. It was after the change to the community box, and the vehicle was parked directly under the no-parking sign while the carrier delivered mail to the north side of Kilborn. Perhaps employees should be instructed on current protocols.

In my opinion, a fit, properly trained and outfitted Canada Post employee has a better chance of avoiding injury than do untrained children and frail seniors.

Robert Leitch

To date, Mr. Leitch has received a letter from Canada Post acknowledging his correspondence and assuring a response to address the issues he raised.

OUR COMMUNITY



CONSULTATIONS NOW OPEN ON THE DISCUSSION PAPERS FOR THE COMPREHENSIVE RE-WRITE OF THE ZONING BY-LAWS

By Garry Lindberg on behalf of the AVCA Planning Committee

On March 6, the City posted seven discussion papers on Engage Ottawa (engage.ottawa.ca/zoning). Consultations and comments on the seven papers are open for the next three months so there is ample time for feedback. These papers provide a heads-up of the direction the City is planning to take in the re-zoning exercise and associated policy papers.

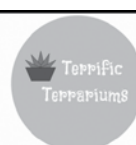
The seven topics are:

- Neighbourhood Zones
- Neighbourhood Character
- How Zoning Can Regulate Trees
- Climate Change, Resiliency, Public Health
- Equity, Diversity and Inclusion
- Land Use Strategy for the New Zoning By-law
- Rural Zoning Issues

For each topic, there is a discussion paper, a one-pager (summary), and a very short questionnaire. Please consider reviewing the discussion papers; they are not long and we find the one-pagers do not do justice to the complex topics. The questionnaires comprise 10 questions, of which two to three are topic-based (mainly multiple choice) and the rest are demographic, including name and postal code – as a means to better understand the views of different demographic and geographic groups.

The AVCA Planning Committee assessments of these papers will be available next month, and over the course of the next months, different stakeholders will be presenting their views in the media. All of this should help you shape your own views so that you can provide informed feedback to the City by June through these surveys or through other means.

Happy reading!



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OPINION

DEVELOPMENT OF OIL WAS NOT RELATED TO THE GROWTH OF DEMOCRACY OR THE EMERGENCE OF THE INDUSTRIAL REVOLUTION

By Michael Paduch



A reader, Janet Mark Wallace, wrote to the editor in the March VISTAS (see “It might be the supply rather than the chain” on page 3) concerning important topics of modernity, expressing the sentiment that oil is what drove the growth of democracies over the past 200 years.

However, let’s first make sure we understand where oil use came from. Historical sources tell us that the Chinese were among the first civilizations to refine oil. They were refining oil for use as an energy source. Between AD 512 and 518, the Chinese geographer Li Daoyuan introduced the process of refining oil into various lubricants.

Oil was often distilled by Arab chemists, with descriptions given in Arabic handbooks such as those of Muhammad ibn Zakariya Rāzi (c. AD 865–925). The streets of Baghdad were paved with tar, derived from petroleum accessible in the region.

In the ninth century, oil fields were exploited near Baku, Azerbaijan. These fields were described by the geographer Abu al-Hasan in the 10th century, and by Marco Polo in the 13th century. Arab and Persian chemists also distilled oil creating military products known in Western Europe by the 12th century.

In 1846, Abraham Gessner of Nova Scotia produced kerosene from coal, and, in 1854, Ignacy Łukasiewicz of Poland invented the modern method of oil refining used today. That period, however, was not the beginning of the Industrial Revolution, the 1760–1840 period that involved the transition from manual methods to machines-based methods.

In other words: Europe advanced without oil for about 80 to 100 years, resulting in massive improvements in its standard of living. Only what followed mostly after the 1850s could be attributed to oil development, and even that not immediately. Steam machines fueled by burning wood, coal or coke did not require oil for anything but lubrication.

Also inaccurate is the representation that oil somehow was a precursor of modern democracy. The Constitution of the United States was ratified in 1788, a hundred years before modern oil refining. The Polish Constitution of May 3, 1791, considered Europe’s first and the World’s second modern national constitution, had come into force in 1789. Then, we had France and the formation of the French Consulate in November 1799 ...

So, we can see that the development of oil was not related to the flourishing of democracy or to the emergence of the Industrial Revolution. Oil followed these developments after a considerable lag.

The Industrial Revolution created scientific techniques, methods and approaches that operated and continue to operate without the use of oil: water-powered systems of energy generation (e.g., Hydro-Quebec), the use of ocean waves and wind turbines, as well as various gravitational and geothermal inventions implemented without any reliance on oil or gas, and then, of course, nuclear power.

Economists and analysts generally agree we are nowhere near the end of the oil supply; instead, we are no longer keen on using oil to power passenger

vehicles as we are concerned about the impact on the earth’s temperature and air. So, while we will continue using oil as it is an essential component of the chemical and pharmaceutical industries, we will greatly reduce our reliance on it.

Can we live with less oil in our lives? Yes! A car we buy today consumes sometimes five to seven litres of gasoline per 100 km/h; the same size car 30 years ago burned twice as much fuel. How is it possible? When markets tell engineers that people won’t buy fuel-inefficient cars any longer, suddenly new technologies emerge.

As to why things are getting more expensive? Two reasons:

1. We allowed our politicians to print too much money in the past three years and this always leads to inflation; and
2. We are buying fewer goods from certain cheaper labour countries as we no longer are comfortable supporting their military adventures with our money.

Michael Paduch has been an Alta Vista resident for the past 15 years. He has a graduate degree in engineering, which launched a successful IT career, as well as an MBA. For the past decade, Michael has been coaching competitive tennis at Carleton University Tennis Center while he continues his IT career with the public sector.



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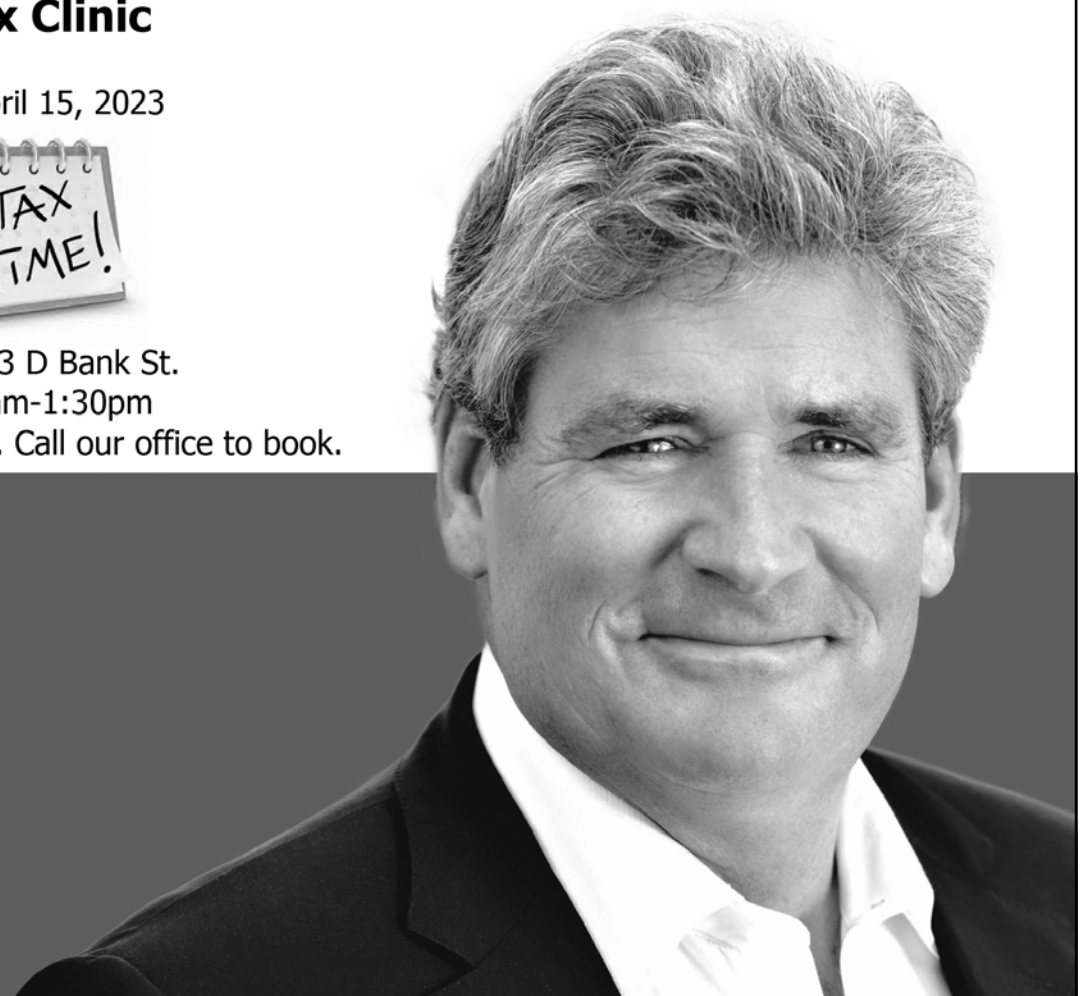
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OUR COMMUNITY

THE FORMER DIOCESAN CENTRE: THE LIFE OF AN EXTRAORDINARY BUILDING (PART 1)

By Chris Wiebe



The afternoon weather was sunny and warm when the Roman Catholic Grand Seminary of Ottawa, St. Thomas Aquinas (now the former Diocesan Centre, 1243–1247 Kilborn Avenue) opened on Sunday, October 6, 1957. Thousands gathered on the street and freshly laid Seminary lawns for the colourful ceremony. Wearing a white robe and biretta, Pope Pius VII's representative, the Most Rev. Giovanni Panico (the Apostolic Delegate to Canada), presided over the blessing of this important new institution, leading a long procession of dignitaries around the exterior of the building and along every interior hallway.

And what a phenomenal edifice it was. “Imposing” was the word used in the press. Stretched across the crest of the hill above Billings Bridge, the warm yellow brick of its three-storey main building and its fresh copper spire would have gleamed in the sun. The building's vast street frontage measured 445 feet in length, a mere 25 feet less than Centre Block on Parliament Hill. It still feels colossal today, like an IMAX movie where you constantly need to swivel your head from side-to-side to take it all in.

Trawling through the newspapers and reconstructing the sequence of events that led to the creation of this new Grand Seminary, you can't help but feel blown away by the sheer speed and audacity: the building's architectural model made public January 1956 to spur fundraising; sod turning by Archbishop M.J. Lemieux on May 24, 1956; building half-finished by September 1956; and, interior finished, furnished, and fully functional for opening in October 1957. Simply, wow. Such was the incredible societal and institutional vivacity in the 1950s, driven by a post-war reconstruction zeitgeist (was the mantra “Build Back Bigger ... Faster”?) to make up for the lost 1930s and 1940s when investment in social infrastructure was virtually nil.

To all appearances, the seminary on Kilborn was built as the replacement for a lost Roman Catholic Diocesan Seminary (1200 Vanier Parkway) constructed between 1949–1952 at a cost of three million dollars. That multi-winged steel-frame and limestone veneer structure didn't even get the chance to be blessed as a Seminary before being leased (commandeered?) in January 1953 by the federal government as a new RCMP Headquarters. It was bought outright in 1958, and anointed as a Recognized federal heritage building in 1992. Encircled by barbed wire and crowded by later RCMP buildings, it is very hard to get a sense of the original seminary without binoculars.

The push for a Seminary came at a time of unprecedented demand for priests (1950 saw a high-water mark of 689 priests in the Ottawa Diocese) and expansion of church infrastructure to meet the explosive growth of the post-war baby boom – Canada grew from 12 million to 16 million, 1945–55. And the new “fireproof” Grand Seminary on Kilborn met that need with top-notch facilities: residential rooms for 100 students, 15 professors and 18 nuns, 18,000 books in two libraries, and two wings extending back from the main building containing a large chapel and classroom spaces.

Singled out for praise at the October 1957 opening ceremony was the building's architect, Auguste Martineau, an Ottawa resident who had also designed the original seminary on Vanier Parkway. Chiefly active from the 1940s to 1960s, Martineau has been under-appreciated despite being a prolific and innovative architect of many landmark Catholic buildings in the Ottawa-Gatineau area (e.g., Immaculate Heart of Mary, 1758 Alta Vista Drive), Northern Quebec and Montreal. The federal heritage report for the RCMP headquarters

offers an intriguing Pope Pius VII connection to Martineau worthy of further research: “The architect was a graduate of the Ecole des Beaux Arts, Quebec, and received this and other commissions from the RC Diocese of Ottawa after the pope personally selected him for design work related to a papal visit to Ottawa.”

A close examination of the former Diocesan Centre on Kilborn reveals Martineau's

deft design hand and careful use of high-quality materials. While reflecting the monumental classical tradition, the building's traditional detailing is reduced and flattened to a bare minimum in the modernist style. Column capitals, for instance, are subtly expressed with two raised bands of brick and a different brick pattern in between. Like the RCMP headquarters and others in Martineau's oeuvre, the building's powerful presence stems in large part from its very long flat-roofed form and formal composition, with its overall effect of linearity and balance. Its sense of monumentality is heightened further by the vertical emphasis of the central entrance tower, with its elongated limestone fins and windows resolving in a conical copper roof and tapered spire.

Taken together, the Grand Seminary on Kilborn was an extraordinary achievement by the diocese, having raised \$1.5 million from the laity, the equivalent of over \$15 million today. Following the opening ceremony, at the lunch for clergy and laypeople involved in fundraising, the Ottawa Citizen reported that Archbishop Lemieux raised concerns: “Some people, he said, found that their enthusiasm had led them to pledge more than their pocketbooks could stand. To make the campaign a complete success, he said, “I rely very much upon your help to collect 85 and even 90 per cent of the sums which were pledged.” A rallying cry, surely, after a hearty lunch, but also an ominous bit of foreshadowing. Lemieux gave voice to an anxiety around finances that would hound the new institutional building in the years ahead.



The main entry to the former Diocesan Centre (1243–47 Kilborn Ave). Note the high-quality materials like limestone, and the classical design elements.



The monumental building is 445 feet long, just 25 feet less than Centre Block on Parliament Hill.



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OUR COMMUNITY

ELLWOOD UPDATE



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

Are you curious about the Ellwood neighbourhood and its community association?

New residents and others have been curious about this enclave and *Ellwood's* Ridgemont Community Association, how it came about, what it does, and our efforts and accomplishments.

A post office (where Home Depot is) was set up in 1906 by William Ellis and Charles Wood – hence Ellwood!

The area became an important Canadian Pacific Railway marshalling yard called Ellwood Junction, still used and is now the site of the new Albion Road LRT train depot. A rail spur led to a train station on the spot of the new Walkley LRT station.

In those days the post office was the nexus of small communities and Ellwood was about as far from Parliament Hill as Carleton Place is from Ellwood today – in relative terms. Next door was a small school established in the mid-1850s and demolished in recent memory. Around 1912 the area was subdivided into fair-sized lots where our streets currently are and a few homes popped up. The area was named Ridgemont Park and Paardeburg Park after Boer War battles, and that is how the association got its name. Our park was a huge and productive pear orchard, hence why so many homes had pear trees.

Ellwood as we know it really took off after the Second World War when homes – many of them quintessential veteran's homes and bungalows – mushroomed, mixed in with a characteristic blend of unique homes. Over the years, most of these have been renovated and expanded to what you see today. Recently, over two dozen have been replaced with the latest designs, also one-of-a-kind. Another big project was the construction of about 150 new homes built between Jasper Avenue and Albion Road where the association, the developer and the City came to an agreement on house density and preservation of green space, resulting in a very appealing collection of homes and parkland. Incidentally, one of our residents was a member of the super-secret Ultra espionage effort at Bletchley Park and she met Winston himself!

The association was loosely formed in the early 1960s and formally incorporated in the late 1970s. Most kids went to Ridgemont High School and many went on to stellar careers, quite a few also buying homes here or returning to their family residences.

Ellwood's Ridgemont Community Association is vigorously involved in all aspects of life – from legendary street dances, summer BBQs, winter carnivals, popular AGMs (at the last one, over \$2500 was given out in door prizes), park clean-ups and more. Plus, very close engagement with City Hall concerning myriad aspects that encompass our lives. Advocating, assisting, advancing our interests, sticking up for aggrieved people, standing up to developers, championing causes, and working very closely with the Ottawa Police Services for a safe and secure neighbourhood. During COVID, quite a few people needed someone to listen, cheering up or assistance finding employment.

The association's board consists of 15 directors, with an excellent and diverse cross-section of residents, and has a record of very productive, consultative and close cooperation with every Councillor and Mayor, all the way back from Joan O'Neil to Riley Brockington, George Nelms to Mark Sutcliffe.

Some of our successes are:

- The removal and relocation of a contentious, industrial-sized Liquid Oxygen tank illegally erected by a business without any community consultation or clearance from the City, drawing in Mayor Jim Watson, who was once, briefly, our Councillor.
- Working very closely with Shoppers Drug Mart on their site plan for a 100 per cent fail-safe accident prevention feature, plus agreeing to place their parking lot behind rather than in front of the store for better curb appeal.
- The closing of Brookline Avenue at Bank Street to prevent cut-through traffic and several speed and traffic restrictions on various streets to enhance safety.
- The establishment of two series of Neighbourhood Watch programs.
- Obtaining the funding and assistance of several developers and businesses to provide new play structures in our two parks.
- Monitoring and enforcement of property standards by absentee landlords whose tenants cause problems for residents.
- An outright ban on driving schools practicing on our streets.
- Agreement with Home Depot to reduce the size of their store, and limit all truck access strictly to the two ramps onto and off Bank St.
- A \$1.5 million project for the replacement of the water pipes and repaving of Vancouver Avenue – work discussed and approved in every detail between several City departments and the association.
- Consultation between South Keys Mall developers and *Ellwood's* Ridgemont Community Association prior to its construction.
- Rejection of several attempts by various driving schools to purchase homes and turn them into driving schools.
- Reduction in the density of the housing subdivision between Jasper and Albion and increase in the preservation of parkland/greenspace.
- A negotiated agreement for the lot and empty lot at the Swiss Chalet so that several permanent restrictions apply, including no access to Vancouver Ave. by strategic placement of its entrance.
- Working very closely with the City on the Re-Development of Bank Street from the inception of the project over 15 years ago.
- Operating the winter rinks – said to be two of the finest.
- Close involvement and consultation with the Marriott Hotel's complex application, negotiated so that parking lot/road access restrictions of their two buildings are very strict, with no access to Bank St. in perpetuity. Provision made for emergency vehicles for safe and damage-free access to Anand Private plus an agreement to allow access on foot through this area to the proposed transit station at the foot of the Marriott Hotel/Distillery Condo. Also, the setback from Walkley increased from the original application. A new (to be built) pedestrian crossing on Bank near Surrey
- No left turns from Bank instituted on Kitchener, St. Paul, Foxbar, Vancouver, Notting Hill, and Surrey streets during morning and evening rush hour to prevent cut-through traffic.
- Consultation with the developer and City prior to construction of the subdivision on Glenhaven Private and adjacent streets.
- *Ellwood's* Ridgemont Community Association is reputedly the only community association in Canada that Canada Post negotiated with for the placement of all community mailboxes in Ellwood – with no exceptions. And this has worked out perfectly.
- And most recently, a sustained effort to repave the entire length of Banff Avenue not only resulted in success, but also a completely new sidewalk!

Community notes

The popular Annual Park Cleanup is back again on Saturday, May 13, 12–2 p.m., rain day May 14. There will be prizes!

The City of Ottawa held an open house on the Bank Street Redevelopment at Ridgemont High School on March 9 for the stretch from Riverside East/West to Ohio Avenue. The hall was packed – standing room only. While this will not directly affect Ellwood, those who must drive through that stretch can expect inconvenience and traffic congestion due to construction. The City assures all will be done.





MARTY CARR

Alta Vista Ward 18

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Meet your Ward 18 Office Team

The Alta Vista ward office is fully staffed with a dedicated team ready to serve you. Please reach out to us at anytime by email or by phone at 613-580-2488.

Councillor: Marty Carr (martycarr@ottawa.ca)
Office Manager: Jane Gibson (jane.gibson@ottawa.ca)
Executive Assistant: Sarah Falkowsky (sarah.falkowsky@ottawa.ca)
Case Worker: Dave Woods (dave.woods1@ottawa.ca)
Communications Assistant: Heather Moore (heather.moore@ottawa.ca)

Trees in Trust

The City of Ottawa's Trees in Trust program needs your help to find suitable locations for street trees. Street trees are available by request on a first come, first served basis. Please note the following information and criteria:

- There will be no charge to the homeowner (supply and planting will be provided by the City).
- The program applies only to homes with street frontage (the space between your property line and the roadway).
- The property owner must pledge to assist with the proper tree care (watering) for the first three years of the tree's life. Instructions will be provided.
- Trees will be a minimum size of 50 mm diameter, or 2 to 3 meters in height.
- Limit of one tree per single fronting household or two trees per corner lot.
- The proposed location must meet the Trees in Trust program criteria.

In addition, tree planting projects on school property within the City of Ottawa are eligible to apply for the Schoolyard Tree Planting Grant Program. The application deadline is June 1, 2023. Trees are already set to be planted at Featherston Drive Public School and Hillcrest High School. A big thank you to Gillian Cooper and Janet Mark Wallace for their leadership in this!

Hydro Ottawa Presentation – Keeping Ottawa Connected

I invite you to join us for a virtual information session on Thursday, April 20 from 7p.m. - 8p.m where Hydro Ottawa will be discussing their upcoming initiatives. At this meeting, Hydro Ottawa will discuss their power outage restoration process, their tree trimming program, emergency preparedness, how to use generators safely during prolonged power outages and ways to help you stay safe and prepared for the next storm. Following the presentation, there will be a Q&A period for residents. A meeting link will be shared on my website shortly. I look forward to seeing you there!

Ottawa Wildflower Seed Library Virtual Presentation

Spring is upon us! If you have a green thumb, you're in luck. Ottawa's Wildflower Seed Library will be providing a presentation to both new and seasoned gardeners to showcase ways to tend to your garden. The Ottawa Wildflower Seed Library is a grassroots organization that works to promote gardening with native plants to provide food and habitat for bees, butterflies, insects, birds, and other wildlife. Operating like a regular library, the Ottawa Wildflower Seed Library provides free seeds that you can "check out" to grow in your own garden. Once they have bloomed, you can "return" some seeds to the library for others to "check out." This presentation will take place virtually on Wednesday, April 5, from 6:30p.m. to 7:30p.m. A link to this meeting is posted on my website.

Stay Connected

Website: Please visit my website www.martycarrottawa.ca

I invite you to visit the site regularly to find out about the latest news and events, community resources, and information about what's happening at Council and at the City of Ottawa. Your feedback is important, so let us know what you think so we can continually improve our information sharing.

Weekly Newsletter: For the latest news on what's happening at City Hall, and across our community, please subscribe to my newsletter. Delivered to your inbox every week in the official language of your choice, the Ward 18 Weekly is my way to keep you up to date on important news and events as well as opportunities to get involved in our community. There is a link to sign up for the newsletter on my website—or call 613-580-2488 to subscribe.

Social Media: I invite you to follow me on my social media channels for frequent updates and more informal news and views:



Facebook (Marty Carr - Alta Vista/Quartier Alta Vista)



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OUR COMMUNITY

VOLUNTEERING WEAVES US TOGETHER

By Christine Franklin

National Volunteer Week is April 16–22 and this year's theme is "Volunteering Weaves Us Together." The fabric of our community is strengthened through the connections we make when we share our time, experience and perspectives with each other. This happens when we are volunteering with a local organization, giving attention to friends and neighbours, or helping someone cross the street.

Five years ago, I launched Impact Hours, a free website that was originally directed to facilitating connections between Ottawa non-profit organizations and individuals aged 55+ who were interested in volunteering their time and skills. Since then, hundreds of people have used the online platform to send expressions of interest to non-profits, including some younger adults looking past the website's original "55+" branding.

Inspired by those keen to share with other generations, I shifted Impact Hours' focus to promoting intergenerational connections through volunteering. Here are just a few examples of how one could share their time with someone of another generation:

- Retiree: driving older adults to medical appointments or being an ESL volunteer tutor;
- Mid-career individual: sharing their business experience with youth entrepreneurs; and
- University student: volunteering at a Seniors residence or with an organization that helps older adults with digital literacy skills.

For many people, their lifestyles offer limited contact with individuals of different generations. However, wonderful things can happen when different age groups come together, including the potential for improved health outcomes, knowledge-sharing, and an increased sense of belonging—in both directions.

As we go about our daily lives, let's seek out opportunities to connect with people of different ages. Think about reaching out to a neighbour, offering to run an errand or inviting them to join you at a community event. There are also organizations across the city, as close by as the South-East Ottawa Community Health Centre, with a range of volunteer opportunities having different time commitments and flexibilities.

National Volunteer Week offers each of us an opportunity to personally reflect on the efforts we can make in our community to brighten days with new connections and meaning.

The weaving of our individual threads leads to new possibilities in the expanse, strength and vibrancy of our community's fabric. Enjoy a Happy National Volunteer Week!

Christine Franklin is the founder of Impact Hours and a federal public servant. Her website is www.impacthours.org.

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OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

As grocery prices continue to rise faster than increases in income, an increasing number of folks are unable to afford enough to eat and are feeling rather desperate. The statistics speak for themselves. In January 2023, HEFC served 1,710 individuals, an increase of 430 people from January 2021.

Many more families are arriving at food banks this year for the first time than in past years. In January 2021, we served 397 households, of whom 18 were coming for the first time. In January 2022, we saw 423 households, and 32 were coming for the first time. In January 2023, we served 516 households, and 41 were coming for the first time.

Coming to a food bank is not an easy decision. Admitting to oneself that you do not have enough money to eat properly, to feed your family, is a humiliating experience. We feel a sense of shame and failure. We judge ourselves and are often judged by others as being somehow “losers,” even though we have no control over the circumstances including war, pestilence, and inflation that have combined to generate our unhappy situation. Visiting a food bank can seem like an admission of personal failure.

Our volunteers at HEFC are well aware of how difficult it is for many of our clients, especially first-time clients, to come to ask for food and to go through the required registration process. We attempt to be sensitive to this situation, to make the process as dignified as possible.

Michele Le Saux, our Hero for April, has been volunteering at HEFC since January 2021. She registers new clients, entering their names into our Link2Feed database, which is supported by the Ottawa Food Bank and registers clients on a citywide basis, but she prefers to be at the front desk, distributing seven days' worth of nutritious, culturally appropriate food and getting to know our clients. Michele states that it is currently impossible for most folks on public assistance to get by without help from the food bank, as is reflected in the sharply increased numbers of people who arrive after the middle of each month. She says of her experience as a front desk volunteer, “You can see the stigma they feel – of not being able to provide for their family – in their eyes.”

Michele is a retired space engineer who worked for the European Space Agency. She has lived and worked all over the world, in South Africa, Tanzania, the Netherlands, France, and Argentina. She is now retired and living in Arnprior, making the trip in town to HEFC every Thursday. She misses the fresh and unprocessed food she learned to love in the many countries where she has spent her wonderful career, so she has a huge garden and donates her overflowing vegetable bounty to HEFC every summer.

Michele especially enjoys the opportunity to work with other volunteers who come from all over the world, Palestine, Columbia, Barbados, but who now work together as a team here in Ottawa to serve our client population. She is also utilizing her engineering perspective, devising ways for us to register clients more quickly and efficiently through the use of computer tablets at registration to reduce waiting time for clients.

I asked Michele what she would like to tell people about her work at HEFC and she said, “We all live in our little bubbles, and think they are the whole world. We need to get out and meet people who are different, who have had different lives. HEFC is an essential social service for everyone.”

Volunteering at HEFC is indeed an opportunity to get out of our own little bubbles and realize how life is for others.

When the concept of “food bank” was first promoted back in the early 1980s, it was viewed as a way to redistribute food to those who need it. Let us consider the idea of a “bank,” the chosen term for this service. We go to a financial bank not only to withdraw money but to deposit surplus money as savings for future hard times. Others may borrow that money, make use of it, and then, in their turn, return it with interest, for others to use. We all benefit. So, let us say to our neighbours who need to withdraw food from our food banks – “No problem. When you are on your feet, you also can contribute to the food bank, so that others may benefit in their turn. There is no more stigma here than there is in getting a loan from a financial bank.”

Members of the Board of HEFC are happy to share information about the service we, all together, provide for our community, and to make presentations at community events. Call us at 613-737-9090 or email us at hefc-info@rogers.com for more information.

Check out: hefc-info@rogers.com

On Facebook: www.facebook.com/HeronFoodCentre

On Twitter: [@HEFC.ca@HeronfoodCentre](https://twitter.com/HEFC.ca)

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

APRIL WISH LIST

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



Michele Le Saux, HEFC's Hero for April

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OUR COMMUNITY

LONG-TIME ALTA VISA RESIDENT ROBERT H. SIMMONDS, 17TH RCMP COMMISSIONER, DIES RECENTLY

By J.J. Healy, RCMP Veterans, Ottawa



Robert Henry Simmonds was born in Keatley, Saskatchewan in 1926. He served overseas during the last year of WWII, and he served Canada from 1977 to 1987 as the 17th Commissioner of the Royal Canadian Mounted Police. Commissioner Simmonds died in Ottawa in the presence of his family on January 17, 2023; he was 96 years of age. He will long be remembered as a model of the true Canadian police officer. Commissioner Simmonds lived a full, exciting and adventurous life. He left a great legacy of law enforcement and dedicated service to Canadians.

Commissioner Simmonds' RCMP career is well documented. He joined the Force on April 23, 1947. He underwent Basic Police Training at "Depot" Division in Regina and subsequently, he was posted to various detachments in Alberta. In 1953, he was a member of the Musical Ride that participated in the Coronation of Queen Elizabeth II in England. In 1957, he was transferred to Calgary Subdivision as a criminal investigator. He was commissioned to the rank of inspector in 1964. Soon, he was transferred to BC.

From 1966 to 1976, Commissioner Simmonds served in Burnaby and Victoria, including assignments in the Staffing and Personnel Branch and as the Officer Commanding Victoria Subdivision. In 1976, he was promoted from Chief Superintendent to Deputy Commissioner in Charge of Administration in Ottawa. On September 1, 1977, he was appointed by the Prime Minister as the 17th Commissioner of the RCMP. In 1987, he was appointed an Officer of the Order of Canada.

My professional friendship with Commissioner Simmonds goes back to 1966. As a new inspector, he was appointed Officer in Charge of Burnaby Detachment on British Columbia's Lower Mainland. I, too, was stationed there, beginning in 1965. I had the good fortune to know him all these years, and to also serve a long spell under his command as Commissioner. During the weeks and final few days of his life, I had the honour to accompany retired RCMP Ottawa veterans Kevin Mole and Roy Berlinquette to visit and share memories with Commissioner Simmonds in his residence. I fondly recall his quick smile.

At 96 years of age, Commissioner Simmonds' memory was remarkable and his wit was sharp. During each visit, he wanted to know about current happenings in the Force, and he took particular interest in the many ways that the Force had changed since his tenure as Commissioner, which ended with his retirement in 1987. Roy Berlinquette mentioned a few changes at RCMP "HQ," especially the increasing role of Civilian Members. Roy also mentioned that he (Roy) and I were troop-mates. Roy said that I was our Troop's Right Marker. I told the Commissioner that Roy gave me all sorts of headaches at "Depot" in 1964. It caused him to laugh non-stop.

Commissioner Simmonds said that he was lucky to have lived a long life, and he reflected on his policing career. He easily recalled some of the 'ole timers whom he had served with down through the years. He recalled, for instance, that Commissioner S. T. Wood inspected the Musical Ride in 1947.

He also recalled the many occasions that he had met Queen Elizabeth. He mentioned that the Queen was an easy conversationalist, especially about

the horses that the Force had presented to her over the years.

One morning, the topic turned to the separation of the Security Service from the RCMP in 1984. Commissioner Simmonds said that the duties of the Security Service should not have been part of the policing mandate of the RCMP. The responsibilities of the Security Service were distinct from the duties of police officers. I asked him if he recalled Assistant Commissioner H. P. Tadeson whom I met as CO of "Depot" in the mid-1970s. He was curious about why I would mention Tadeson's name, so I related that Tadeson had been a personal friend and mentor to me years ago, and he too had a long history in Security Service both at "HQ" and in Toronto. He spoke highly of H. P. Tadeson, and he said that Tadeson was someone whom he (Simmonds) could rely on for telling him what was going on inside the Security Service during the MacDonald Commission in the early 1980s.

During another visit, Kevin Mole explained how technology has affected and changed Canadian policing. The topic of changes to policing piqued the Commissioner's attention, and he was fascinated by Kevin's explanation of computers in today's police cruisers. Kevin also mentioned Floral, Saskatchewan, and Commissioner Simmonds was quick to recall that Floral was the birthplace of hockey great Gordie Howe. The Commissioner loved sports, but he preferred football to hockey. He boasted of being a lifelong Saskatchewan Rough Rider fan, and he fondly recalled the days of Quarterback Ron Lancaster and Hall of Famer George Reed. Football was in his blood.

Commissioner R. H. Simmonds was a great Canadian and a person of great character. He never forgot his modest and humble roots which began in Saskatchewan. As a boy, his early education was taken in a prairie one-room schoolhouse. He was a friend of the constable on the street and well respected by higher-ups. He unquestionably went the extra mile over 10 years while meeting the strenuous demands of the Commissioner's Office. His reputation was built on hard work and high ethical standards. His life was one of service to Canadians. It was a special honour for me to have known him, and most memorable for me to be close to him in his final days. May he rest in peace.

Commissioner Simmonds' spouse Suzanne Sarault predeceased him.

Editor's note:

This will be the last story from J.J. Healy – VISTAS thanks him on behalf of ourselves and our readers for his regular contributions.



RCMP Commissioner R. H. Simmonds



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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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OUR COMMUNITY REPS

HOUSE TO HOME HELPS NEWCOMERS TURN THEIR HOUSES INTO HOMES

By Marty Carr, Councillor for Ward 18, Alta Vista

During my time as Councillor, I have been fortunate to have had the opportunity to visit many wonderful organizations and learn about their inspiring initiatives. Suzi Shore Sauvé, an Alta Vista resident, has made it her mission to help newcomers turn their houses into homes. Since October 2021, she has worked hard to help new refugees who come to our city, often with next to nothing, feel at home. She worked closely alongside new refugee Asad Rahimi, Warehouse Manager, to move this initiative forward. Her organization, House to Home (H2H), is an interfaith, not-for-profit organization that provides community-donated essential home furnishings and household items to refugees arriving in Ottawa. Started in Suzi's garage and having grown to a 10 thousand-foot warehouse in December 2021, it is apparent just how great the need for this initiative is in the community.

House to Home strives to give dignity, security and comfort to Ottawa's newcomers. To date, House to Home has furnished 500 residences. When we asked Suzi how House to Home is funded, she explained that it is run

through her own means and community support. With the growing need in the community, we are excited to support House to Home in its mission as we welcome more newcomers to our city.

House to Home accepts gently used furniture, kitchen items, small appliances, linens and towels. Items can also be dropped off at 729 Ridgewood Avenue, across from St. Elias Church, Monday, Tuesday and Wednesday from 10 a.m. to 2 p.m. Please note that there is a fee for home pickup. If you would like to make a monetary contribution, you can do so here: www.gofundme.com/fully-furnish-the-homes-of-refugee-families.

Furnishing homes is expensive and Suzi can't do it on her own. Together, we can help her reach her \$15,000 fundraising goal as House to Home continues to grow. With your support, we can ensure that this important initiative can continue to be offered. If you know of other volunteers in our community doing inspiring work, I encourage you to contact our office.



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FAMILY MATTERS

IS TECHNOFERENCE A ‘THING’ IN YOUR LIFE?

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

I love technology! It's above and beyond what I could have ever imagined. Cell phones, internet, data, laptops, facetime, social media – all unheard of when I was a kid.

As a psychotherapist and coach, however, I've seen a downside. In a relatively short period of time, the cultural influence of technology has created a worldwide habit – we've become mesmerized by our cell phones. Although we now have instant access to random people and data, we're becoming more distant from the most important people in our lives.

Our devices have quickly infiltrated our lives and, often, it seems as though we'd prefer to interact with our phones rather than those we are with. Our phones are often the last thing we look at before bed, and the first thing we look at in the morning.

Where technology was meant to make our lives easier, it seems that it has become a huge distraction that is putting relationships at risk.

Here are some questions to ask yourself to see if technology is interfering in your relationships:

- Do friends and family complain that they have to compete with your phone for attention?
- Do you go to your phone to avoid awkward conversations?
- Do you get a high from checking your phone?
- Do you take your phone with you everywhere you go and feel stressed out if you can't check it every 15 minutes?
- Do you keep your phone on the table while eating dinner?
- Do you interrupt others or yourself to check a message?
- Are you missing out on important conversations?

It's easy to understand why we've become preoccupied with technology. As humans, we love novelty. The instant gratification of pings and rings from texts and phones, and “likes” on facebook cause the release of the chemical dopamine, which gives us a “high” feeling, which is hugely addictive. We want more and more of it so that we can keep that high feeling.

A common complaint I hear from couples I work with is that they have to compete with their partner's device so that they can be heard. Rather than dinner for two, the partner feels like the fifth wheel. As soon as a device is placed on the table, it sends a message that those present are not as important as a message from a device.

Children and teens report feeling unimportant as parents manage their stress by escaping to their phones to numb out and de-stress. Parents feel at a loss in trying to get their kids' attention as they've become hooked on games.

Professor Sarah Coyne calls the phenomena of choosing technology over people who are present in the room “technoference.” Another term coined is “phubbing” – the habit of snubbing a physically present person in favour of a cell phone. The word comes from a combination of phone and snubbing. It's an unpleasant experience to be in the middle of a conversation with someone when suddenly you get put on hold while they tend to something more important – their phone. This leads to people feeling unimportant and ignored.

Want to reduce your reliance on your phone? Here are a few tips to consider:

1. Be mindful by tracking how much time you are actually spending on your phone. You may be shocked when you see the numbers.
2. Prioritize the cost of investing time on your phone versus the time you could be spending with loved ones.
3. Ask others to share the impact that your device use is having on them. Remember, they are letting you know that they miss having you around.
4. Create rules together about device use and lead by example. Consider having device-free meals.
5. Make conversations safe and comfortable so you don't have to rely on gadgets to feel better.
6. Consider removing from your phone the apps you are most attached to.
7. Get an alarm clock rather than relying on your device to wake you up.
8. If someone's technoference is affecting your relationship, share the impact that their being on the phone is having on you. Request time limits. Be patient as it takes time to unlearn a habit.

Technology is here to stay. We just need to be sure that we are the ones determining how much and when to use it rather than having it run us.

Serenity Renewal for Families supports families affected directly or indirectly by addictions. We are celebrating 40 years of service in Ottawa. If you wish to make a donation or know someone who could use our support, please visit www.serenityrenewal.ca or call 613-523-5143.



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OUR ENVIRONMENT

BIRDS OF ALTA VISTA – The Brown Creeper

By Richard Knapton

It is the beginning of April, and spring migration here in the Ottawa region is becoming more evident with each passing day. The first songbirds to arrive are short-distance migrants – those birds that migrated south last fall but did not go very far from here, no farther than the middle of the United States, for example. Some that spring to mind are Song Sparrows, Dark-eyed Juncos, Golden-crowned Kinglets, White-throated Sparrows, perhaps Eastern Phoebes, and perhaps returning American Robins. There is, however, one species which belongs to these early, short-distance migrants that often slips by unnoticed at this time of the year – the Brown Creeper.

Brown Creepers are tiny songbirds. Streaked brown and buff above, with their white underparts usually hidden against a tree trunk, Brown Creepers blend easily into furrowed bark. Their brownish heads show a broad, buffy stripe over the eye (the supercilium). They have long, spine-tipped tails, slim bodies, and slender, decurved bills. Brown Creepers are well camouflaged and can be inconspicuous against tree bark in a shady forest. When alarmed, they use their super camouflage pattern, landing on a tree trunk, flattening their body, and spreading their wings. When remaining motionless, they look just like bark.

Brown Creepers are woodland birds with an affinity for the biggest trees they can find. They feed by spiralling up stout trunks and main branches, probing into crevices and picking at loose bark with their thin bills. Starting near the bottom of the trunk, they work their way up the tree to close to the top, then fly to the bottom of another tree to begin again. The Brown Creeper holds its short legs on either side of its body, with the long, curved claws hooking into the bark, and braces itself with its long, stiff tail. Both feet hop at the same time, making the bird's head duck after each hop. Because of its specialized anatomy, the creeper rarely climbs downward: once high in a tree, it flies down to begin a new ascent at the base of a nearby tree. These birds creep slowly with their body flattened against the bark, probing with their beak for insects. They will rarely feed on the ground.

Brown Creepers sing a high, warbling song; they also give a high, wavering call note that sounds similar to that of a Golden-crowned Kinglet. Once learned, the high, insistent call note can alert you to the presence of these birds. Their piercing calls can make this hard-to-see but common species easier to find. When fighting for territory, males will sing a high-pitched song.

Brown Creepers breed primarily in mature coniferous forests; the tree species vary greatly across its range but include pine, spruce, hemlock, white pine, redwood, Douglas-fir, and fir. You can find them at many elevations, up to about 1,500 metres elevation in eastern North America and all the way up to the tree line (around 4,000 metres) in parts of the West. In winter, the species moves into a broader variety of forests and then becomes easier to find, in deciduous woodlands, suburbs, parks and orchards.



Brown Creeper showing camouflage; photo by Christian Artuso

Continued on Page 19



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OUR ENVIRONMENT

Brown Creepers burn an estimated four to 10 calories per day; by eating a single spider, a creeper gains enough energy to climb nearly 70 metres vertically. The naturalist W. M. Tyler, writing in 1948, captured this species' energy and fragility in this description: "The Brown Creeper, as he hitches along the bole (trunk) of a tree, looks like a fragment of detached bark that is defying the law of gravity by moving upward over the trunk, and as he flies off to another tree he resembles a little dry leaf blown about by the wind."

In the breeding season, Brown Creepers eat a wide variety of insects and their larvae (including stink bugs, fruit flies, gnats, beetles, weevils, butterflies, moths, lacewings, caddisflies, scale insects, leafhoppers, katydids, plant lice, ants and sawflies) along with spiders and their eggs. They mainly patrol large, live trees with deeply furrowed bark, which harbours the highest densities of insects. Sometimes in winter, they will eat suet, and occasionally sunflower seeds, pine seeds, grass seeds and corn. You may have been lucky to have one visit your feeders.

When nesting, both adults investigate several possible nest sites. They almost always choose a spot between the trunk and a loose piece of bark on a large, dead or dying tree – either deciduous or coniferous – in a dense tree stand. They occasionally nest in large live trees with peeling bark or in dead portions of live trees. Nests are between a metre to 12 metres off the ground. They build their hammock-shaped nests behind peeling flakes of bark. The female takes a week or two to build the nest, while the male helps by bringing nesting material (he often sings nearby). She builds the frame of the nest by layering twigs and strips of bark, then uses insect cocoons and spider egg cases to stick those materials to each other and to the inner surface of the tree bark. The nest cup, up to six centimetres deep and 15 centimetres across, consists of wood fibres, spider egg cases, hair, feathers, grass, pieces of leaves, lichens, and mosses. The usual clutch size is five to six eggs, smooth and white, speckled with pink or reddish-brown. Creepers usually have just one brood per year, the incubation period is 13–17 days, and the nestling period is 14–20 days.

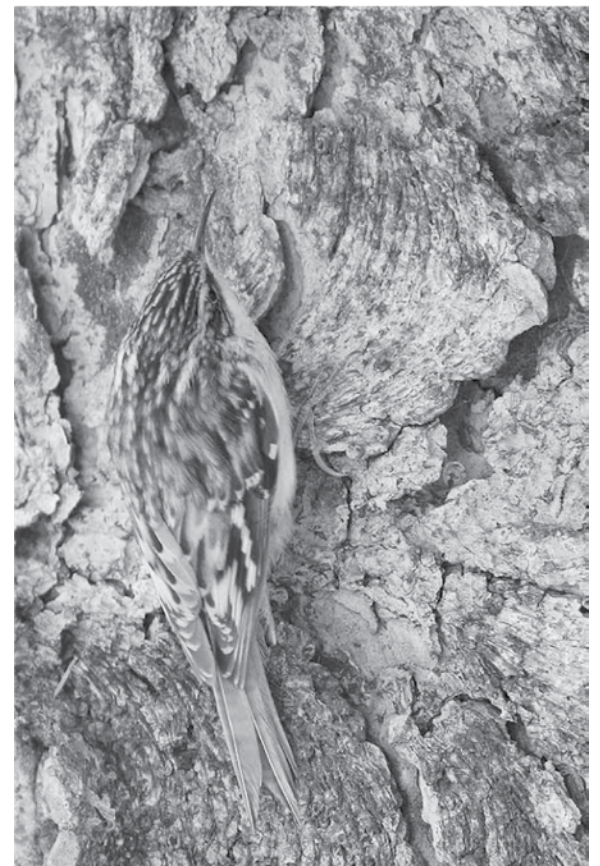
During the breeding season, males have intense singing competitions to establish and defend territories of five to 15 acres. Creepers are probably monogamous, with partners staying together until several weeks after

the chicks fledge. Both parents feed the fledglings. Territories break down late in the breeding season. In winter, creepers often roost communally, which takes place in natural holes or even in nest boxes. They also join mixed-species flocks. Adults may be preyed upon by many predators, including domestic cats and Northern Shrikes, and nests are in danger from several animals including red squirrels, flying squirrels, and deer mice. When adults see or hear a predator, they freeze, silently pressed against the bark.

Timber harvesting, including both clear cutting and selective

cutting, has removed many of the large, live trees in which creepers forage, and salvage-logging has removed many of the dead and dying ones they nest in. Forests are also becoming more and more fragmented, posing another threat to creepers. Populations may have increased in the east in recent decades, possibly because forests have regrown and many large trees have been killed by Spongy Moths (formerly known as Gypsy Moths) and Dutch elm disease, creating nesting habitat.

The oldest Brown Creeper on record was at least five years, five months old when it was recaptured and re-released during banding operations in Illinois in 2010.



Brown Creeper; photo by Christian Artuso



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OUR ENVIRONMENT

INTERESTED IN HELPING OUR LOCAL GREENSPACES?

By Michelle St-Germain, Lead of the AVCA's Invasive Management and Land Restoration Project

Swallow-wort, commonly known as dog strangling vine (DSV), has been spreading rapidly across the city of Ottawa and has wreaked havoc in many of our green spaces, pushing out much of our native flora. Dog strangling vine is also a serious threat to the monarch butterfly, a species at risk in Ontario. Monarchs can mistake DSV for milkweed and lay their eggs on the vine. Milkweed is the only host that will support monarch larvae.



Swallow-wort

Moreover, many trees planted by the City in these green spaces have been choked dead by DSV and many more will be lost unless it is managed. However, the City has limited resources to manage DSV.

In 2022, the AVCA piloted a DSV management project in two ecologically significant areas of the Alta Vista neighbourhood, namely Orlando Park Annex and Kilborn Park. The pilot project was a great success:

- Over 2,000 hours of effort were given by 55 volunteers;
- Over 1,000 pounds of DSV roots and 500 pounds of DSV seed pods were bagged;
- Over 25 City-planted trees were saved from DSV and 100 new native trees and shrubs were planted; and
- Over 2,000 native flowers and grasses were planted.

So we are now expanding our efforts to include all of the formerly called Heron Green Space Corridor (from Heron to Smyth roads). We will continue to combat DSV, improve native habitats, protect existing trees, allow new native trees to flourish, and strengthen knowledge and experience for broader invasive plant management.

We are looking for volunteers who are interested in spending a few hours outdoors with us either on a regular basis or an intermittent basis (or even just once!). No special skills or knowledge are required, and team leaders will show you everything that needs to be done! Management practices set out by the Ontario Invasive Plants Council will be followed. No pesticides or power tools will be used.

It will be a great opportunity to meet some of your neighbours, get fresh air and exercise, learn about invasive species, and strengthen ecosystems in our Alta Vista greenspaces. And for high school students, it's a great way to complete community service hours.

We are also collecting dark tarps and large flattened cardboard boxes with all tape removed that you may have to donate.

If you'd like to join up or want more information, just send us an email at avcadsv@gmail.com.

If you can't come out and volunteer, you can still help reduce the spread of DSV by learning to identify and remove it from your own property. The Ontario Invasive Plant Council is an excellent source of images and information. You can visit their website at: www.ontarioinvasiveplants.ca.

Looking forward to meeting you!

MOURNING DOVES

By Madelaine Knapton, Richard Knapton's granddaughter

During the fall Mourning Doves migrate, but every year a few stay behind for the winter. I see one or two every once in a while. But one day, I saw five right outside my window. I asked Grandad about them and he said that they feed on the ground. On the internet, I found out that they feed on seeds, peanuts, grasses and sometimes snails. Mourning Doves store their food in an esophageal sac called a "crop" so they can eat it in a safe place. The record is 17,200 blue grass seeds in a single crop. Mourning Doves can survive the desert heat and drink brackish spring water without becoming dehydrated!

Mourning Doves perch on telephone wires and their flight is fast and bullet-straight. Their call sounds like cooing, and when taking off their wings make a whinnying sound. My grandma says she loves the sound of Mourning Doves cooing in the spring. Mourning Doves are the most hunted species in North America. They spend a lot of time on the ground, most vulnerable to prowling cats. The average lifetime of a Mourning Dove is three to four years. The oldest Mourning Dove was a male that lived for 30 years and four months.



Mourning Dove in winter; photo by Bob Baker



Mourning Dove; photo by Bob Baker

OUR ENVIRONMENT

FRIENDS OF PLEASANT PARK WOODS

By the Alta Vista Community Association Greenspace Stewardship Committee

Have you heard howling in Pleasant Park Woods recently? If you have, it could be a sign that there are coyotes nearby. Coyotes are wild animals that have learned to live in urban areas and there have been many sightings of them in the City of Ottawa. They are mostly nocturnal, sleeping during the daytime, but most sightings occur in the early morning, at dusk and late evening.

Coyotes are pack animals and they usually live in groups of two to six. In Eastern Ontario, their average weight is 15 to 18 kilograms (35 to 40 pounds). They can jump a distance of over four metres so they might be able to get into your backyard. They are very fast runners and can reach speeds of 56 to 69 kilometres per hour. Did you know that coyotes are colour-blind? In urban areas, they mostly eat rodents, such as voles, and they also catch rabbits. They also may feed off bird feeders if they are available. You should never leave out food for wild animals.

Unlike some animals, coyotes only have one litter per year. Their mating season is around Valentine's Day, and they usually give birth in late April or early May. They are most vulnerable when they have a litter and will be very protective of their babies. If you encounter a coyote, do not turn

your back and run away. Slowly back up and remain calm. Maintain eye contact, stand tall, wave your hands and make lots of noise. Remember that wild animals are usually afraid of humans and will avoid them.

If you do sight a coyote you can report it to Service Ottawa online at ottawa.ca, email 311@ottawa.ca, or phone 311. If a coyote is posing an immediate threat or danger, you should call 911. Please also post on our Friends of Pleasant Park Woods Facebook page. Remember that springtime is the time to watch for new growth in nature, so watch out and enjoy your walk in Pleasant Park Woods.



Last year, 476 coyote sightings were reported to the City.

SURE SIGNS OF SPRING: Photos by Gary Howard



Red-winged Blackbirds are one of the first migratory birds to arrive in Ottawa. They quite often are accompanied by the Common Grackle.



Although the American Goldfinch can stay in Ottawa year-round, they have to morph out of their winter colours. This male American Goldfinch is just starting to turn into its mating/summer plume.



Another sign of spring is when you hear or see a Killdeer. These birds are ground feeders and if there is too much snow, they perish.



Groundhogs sleep during the winter and seem to come out in certain areas on February 2nd. Actually, the males, which sleep in their own burrows, will venture over to the female burrow to mate in March/April and stay there until the four to six pups are born, then will leave. While groundhogs live for about three years, they only start breeding when they are two years old.

OUR PEOPLE

PATRICIA MOSHER

Colours, Harmony, Even Order Together, In Patricia's Garden

By Courtney Tower



Not so fast, springtime readers, although welcome back to OUR PEOPLE after its absence in two issues of VISTAS because I wasn't feeling up to snuff. Not so fast, I mean, about the urge and surge to get out the catalogues for the colourful, enticing, rhapsodic photos – and their promises – of the most beautiful flowers going. Not so fast, to the temptations of the nurseries that abound in Alta Vista and Ottawa. Not so fast

to all those intending new or enhanced flower gardens front and back.

Not so fast, because Patricia Mosher would have us, first and foremost, plan carefully, to see that beauty in a garden lies in practical planning, in eschewing random delights of this gorgeous flower and that one for what works best in our soils, shades, climate, spaces. Patricia Mosher is a gardener with a love for colour and harmony and beauty, but strives to achieve those effects by planning, rigorous attention to detail and studied research – all matters dear to a trained policy analyst's heart and mind.

Trained and expert policy analyst is what Patricia Mosher is, or was for about three decades in federal government departments and agencies until retirement two years ago, someone at one with statistics and charts and maps and grids and other such tools. That is her nature, her style, the essential thinking of an MBA (Ottawa University) graduate; but one married to an upbringing from childhood in coaxing plants into life in a frigid place, Labrador City.

Gardening In Labrador City From Dad To Daughter

"It comes from my Dad, who worked for an iron mine in Labrador City for 35 years, from a young apprentice to an industrial machinist by day and to having and loving the biggest vegetable garden in the short summers of our town of eight or 10 thousand people," she tells me.

"And after he retired and went back to Bridgewater, Nova Scotia, where his farming family was from, he had huge gardens until he died several years ago, and I would come from Ottawa to help him in the spring," she adds. "It was all due to him, since my mother (Ruby, a Newfoundland nurse he met and married in Labrador) can't keep a houseplant alive; she hates to get her hands dirty." Neither did gardening enthusiasm rub off on Patricia's younger siblings, Carolyn and Robert. But for Patricia, "happiness and pride, for me, is in the gardens I've helped build, including our own, and nurtured, which follow the seasons with their blooms, to see them in an order and harmony with each other in colours and sizes and the spaces that they take up."

Patricia's husband of 33 years, Igor Dymytryk, often is seen behind the lawn mower or otherwise helping with yard work on their beautiful garden on Cunningham Avenue. A high-tech software engineer, he also is constantly building, refurbishing, fixing house and home from the garage that is his workshop year-round. And he always is instantly ready to come to the aid of another neighbour in distress. Their daughters, Natasha, 22,

and Chelsea, 19, beautiful young women, adorn the family home. It all goes back to Labrador City, where Igor and Patricia knew each other in kindergarten and became high school sweethearts as they grew up.

Patricia always gardened in married life that began when she and Igor were in their 20s, for years starting flowers with seeds in pots under special grow lights at home when spring would arrive, in the Applewood Acres area of Alta Vista until moving to Cunningham Avenue 18 years ago. She was forever helping friends with their new or needy gardens, friends who admired her taste and skills.

After Retirement

A New-Old Calling

When retirement came, Patricia launched a second calling and started a garden design business she calls Ottawa Plant By Numbers, which is not nearly so mechanistic as the name and its association with Paint By Numbers may imply. She has a design plan on the website, a scene-on-a-grid, with flowers arranged in their appointed spaces by colour, size (so that big ones don't out-shade and overwhelm little ones), by seasons of best greenery and best blooming, in soils of various types and conditions.

She hastens to add that this is a plan of what can be but does not have to be, one that is there as a flexible tool. "I design a recipe, if you like, for a person's garden," she says. "I take out the mystery of designing a garden but I only do that after consultations with the owner, after learning just what he or she wants, and we put the appropriate plants that they want in their best places."

Patricia wants to make it clear that "each garden design is a one-off, and not at all a kind of automatic 'paint by numbers' exercise. It is a way of bringing harmony and order, and of making use of my decades of experience with the soils of Ottawa, the weather, trees that use up nutrients in the soil and provide shade, proximity to or distance from traffic."

Here's A Road Map Get Out And Drive

"So I provide a plan that the owner can follow, a road map if you like. And the owner goes ahead and does her or his own planting. Or, often, I'll go beyond that and do the planting for them, from A to Z, and they can see it grow from there."

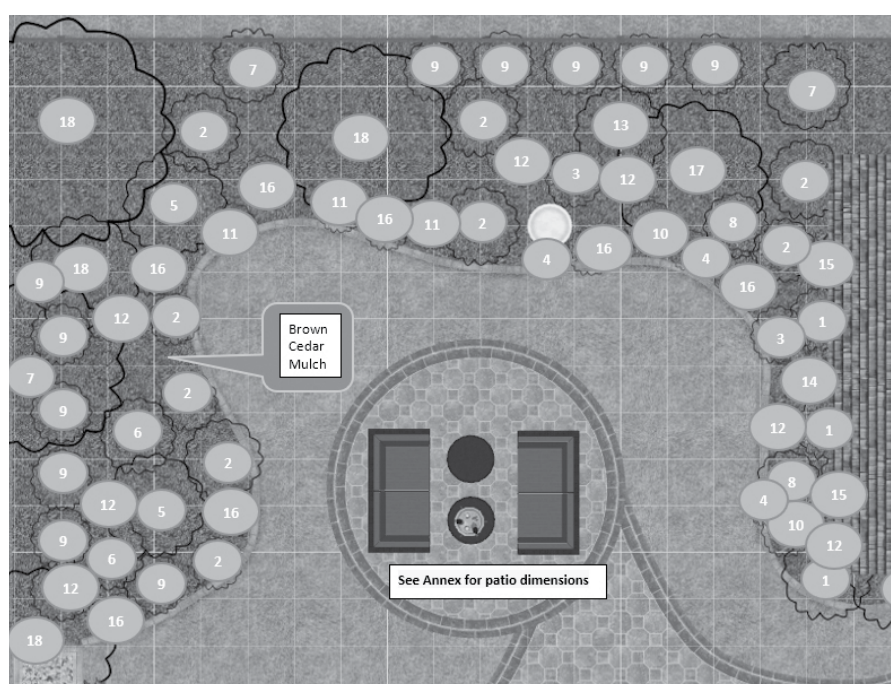
Planting the seeds in pots in the pre-spring times was always a great delight for Patricia at her Applewood Acres home, one she has largely given up in their years on Cunningham Avenue. "But I must say that growing from seed is such a great way to inspire in children the love of growing flowers and vegetables," she says. "The simple joy of achievement on children's faces, as the first shoots appear from seeds planted, is always wonderful to see."

Patricia, readers will know, writes a monthly gardening column in VISTAS, one that is more than a how-to type of column but which imparts her enjoyment of the plants she writes about.

Far be it from this column to go over her special likes and dislikes, but in broad lines, she's attracted to plants that, together, provide colour and beauty in a garden but that, as well, draw in bees and butterflies and birds.

For the bees and butterflies, one might think, she likes phlox, roses, black-eyed Susans, echinacea. Always, peonies.

For the birds in the backyard, think water. As Patricia says: "There's nothing more enjoyable than looking at your beautiful garden and seeing a bird taking a bath."



Plug the spaces in with plants according to design in Patricia Mosher's "Plant By Numbers."

ARTS & CULTURE

What's On in Ottawa & Beyond in April

By Tony Wohlfarth



The 2023 Academy Awards are in the books. The film *Everything Everywhere All at Once* won all the major awards, including Best Picture. This month, I review a hilarious Canadian docudrama that premiered in Berlin and a nice family drama available in our community. I also look back on the 2023 Junos.

Blackberry

Blackberry is a hilarious feature-length film about an iconic Canadian company in the 1990s.

Blackberry opens with a familiar disclaimer, i.e., this film is inspired by real events and real people. Directed by Matt Johnson (pictured here in Berlin), *Blackberry* had its world premiere at the 73rd Berlinale in February and will be released theatrically in May.

Johnson assembled an exceptional cast. Jay Baruchel plays the role of Mike Lazaridis; Glen Howerton plays the role of Jim Balsillie. Remarkably, Johnson filmed *Blackberry* in Waterloo. As the credits roll, we learn that it's "Waterloo, Ontario." The script is based on the book *Losing the Signal* by two *Globe and Mail* reporters, Jacquie McNish and Sean Silcoff. At the press conference for the film at the Berlinale, Johnson sported a Blue Jays t-shirt.

Blackberry captures the creative energy inside a hi-tech start-up. A team of computer engineers work night and day to make mockups. The team of computer nerds looks forward to movie nights as a diversion. Lazaridis refuses to consider assembly in China, due to quality concerns. Balsillie takes the reins of the company after he was fired from another hi-tech company. He entices execs away from companies like Google, which draws the ire of the Securities and Exchange Commission. The NHL is one of Balsillie's pet projects. At one point, the company jet is diverted to New York City to make a meeting with Commissioner Gary Bettman (a cameo appearance by Mark Critch).

Blackberry was the toast of the fest at the annual Berlinale reception at the Canadian Embassy on February 18 (pictured here). The running time is two hours and one minute.



Matt Johnson at the press conference at Berlinale. Photo credit: Mahara Seguid, African Refugee News, Berlin



Canadian filmmakers celebrate at the reception in the Canadian Embassy in Berlin, February 18. Photo credit: Wellington Love, 15 Minutes PR, Berlin

Aftersun

Paul Mescal is a young Irish actor who plays the lead role of Calum in *Aftersun*.

Calum and his 11-year-old daughter Sophie (Frankie Carlo) are on a beach vacation. It could be March break. The father and daughter enjoy swimming, late-night walks and visits to a theme park. They reminisce about an earlier vacation – making it clear this family trip is about rebuilding their relationship. As the title suggests, much of the film is about how they spend their evening hours and, on occasion, become separated.



As a father, I appreciated the intimacy of these moments. At one point, Calum tells Sophie she can tell him anything. No drama, no hysterics, just a vacation. Mescal's performance is masterful, garnering an Academy Award nomination for Best Actor.

Aftersun is directed by Charlotte Wells and produced by Barry Jenkins. I screened it during the Edinburgh Film Festival last August, and it was clearly a crowd favourite as its director is Scottish.

Aftersun had its world premiere at the 2022 Cannes Film Festival last year. The running time is one hour and 42 minutes.

How Can I See Aftersun?

Aftersun is available to rent from Movies'n Stuff at 1787 Kilborn Ave. Call Peter today at 613-738-1607 to reserve your copy.

In Berlin

During my time in Berlin, I discovered the German Resistance Memorial Centre. The centre pays tribute to those who resisted Nazism, including Claus von Stauffenberg, who led an attempted coup known as Operation Valkyrie on July 20, 1944 against Hitler. In its courtyard, I found a personal tribute (pictured here). The centre is well worth a visit. Admission is free.



Wreath in front of the German Resistance Memorial Center, Berlin. Photo credit: Tony Wohlfarth

At the Junos

I participated virtually in covering the 2023 Juno Awards in Edmonton in March. The best of Canadian music was celebrated in a three-hour broadcast from the Alberta capital.

Ottawa's own Angelique Francis won her first Juno for Best Blues Album, *Long River*. Francis paid tribute to her father for inspiring her love of music. Grand Prairie's Tennille Townes won her first Juno for Best Country Album. Another highlight saw Nickelback inducted into the Canadian Music Hall of Fame. A complete list of all the winners can be accessed at: www.junoawards.ca.

The Irish Film Festival of Ottawa

Fans of Gallic cinema look forward to the return of the Irish Film Festival, April 12–14. The screenings take place at Arts Court, 2 Daly Ave. One of the films at the fest is *An Irish Goodbye*, which won an Academy Award (to enthusiastic applause) at last month's Oscars for Best Live Action Short Film.

The venue is a welcoming space – decked out in green – where you can enjoy food and conversation from the Emerald Isle. The artistic director, Patrick Murray, leads lively discussions following many of the films. Tickets at: www.irishfilmfestival.ca.

Live at the NAC

The National Arts Centre (1 Elgin) welcomes an outstanding range of performers this month. For tickets and event information, check out: nac-cna.ca/en/calendar/list/2023/04.

The Ottawa Grassroots Festival

The 11th Grassroots Festival will be on April 20–23 at St. Andrew's Church, 82 Kent St. and at Irene's, 885 Bank St. The headliners have been announced – Benji Rowland, Moonfruits, Mia Kelly, Ken Yates and Altreza Tarviji. For tickets and more details, check out: ottawagrassrootsfestival.com.

The Mayfair (1074 Bank St.)

St. James United Church is holding a sing-along and encore screening of the 1965 classic, *The Sound of Music*, on Saturday, April 22. Tickets at: www.mayfairtheatre.ca/move/the-sound-of-music-sing-a-long.

The Hot Docs Film Festival

The 30th anniversary of the Hot Docs Film Festival will take place in Toronto on April 27–May 3. Hot Docs brings together the best documentary films from around the world. For tickets, check out: www.hotdocs.ca/festivals/hot-docs-festival.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He covered the 73rd Berlinale in February and the Junos last month.

ARTS & CULTURE

THE WARMTH OF OTHER SUNS – THE EPIC STORY OF AMERICA’S GREAT MIGRATION (2010)

By Isabel Wilkerson

Reviewed by Marie-Andrée Lajoie

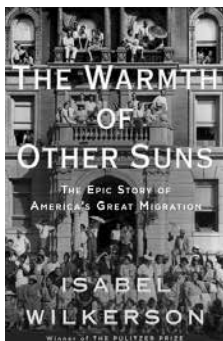
In a random discussion on Black History Month, a friend suggested I read *Caste – The Origins of our Discontents* by Isabel Wilkerson, which came out in 2020. I decided to go back and read the author’s first book, *The Warmth of Other Suns*, which was published in 2010.

The book’s title is inspired by an excerpt from *Black Boy*, a poem by author, journalist and activist Richard Wright:

“I was leaving the South
to fling myself into the unknown ...
I was taking a part of the South
to transplant in alien soil,
to see if it could grow differently,
if it could drink of new and cool rains,
bend in strange winds,
respond to the warmth of other suns
and, perhaps, to bloom.”

(Richard Wright was born in 1908 near Natchez, Mississippi and fled the South in the 1920s. His novel *Native Son* (1940) was a remarkable success and inspired a play and a movie.)

Journalist and professor Isabel Wilkerson, the first black woman in the history of American journalism to win a Pulitzer Prize (1994), presents an impressive historical study of an in-country migration that changed the face of the United States. From hundreds of interviews and thorough research, she brings us the story of three African-Americans who fled the lynchings and mistreatments black people were enduring in the South. Between 1915



and 1970, around six million left the South to find more freedom, better pay and better quality of life in the Northern and Western U.S. Not to say that life was perfect in those areas, but there was a great need for workers (especially because of the First World War) and it was generally safer. There was still much discrimination, as we learn in the book.

The three migrants left the Jim Crow South to escape poverty and indenture. The Civil War and Reconstruction did not free African-Americans from economic and social slavery. Through their stories, a complete picture of this internal migration and its impact everywhere emerges. How they had to disappear quickly and quietly to avoid violence, how difficult their escape was, how their integration into their new surroundings was treacherous, and how their life unfolded.

Pregnant Ida Mae Brandon Gladney, her husband George, and their two children left Chickasaw County, Mississippi, in late October 1937. They left a life of sharecroppers, earning hardly any money from their backbreaking work in the cotton fields of white farmer, Mr. Edd. They travelled by train to Milwaukee to join a sister and later settled in Chicago.

George Swanson Starling left Wildwood, Florida on April 14, 1945. Having attempted to organize black farm workers, he had been warned that his days were numbered as citrus grove owners in the area had enough of his actions. He escaped and established himself in New York City where he had visited family and friends before.

Dr. Robert Joseph Pershing Foster left Monroe, Louisiana on April 6, 1953, driving to California to establish his medical practice and move his wife and two daughters to a new life of freedom. On his journey from Louisiana to California, no hotel or motel would accept him as a client as this would have driven away other (white) visitors. His new life in California was far from what he had expected.

This is an imposing book, both in its length and content. It is in my view a most valuable investment of time. Very well written and very detailed, it reads like a novel although one might pause along the way to reflect, and continue later on. The stories are intermingled and advance chronologically. I highly recommend this book.

On my night table: *Sand Talk*, by Tyson Yunkaporta; *The Paris Library*, by Janet Skeslien Charles; *Native Son*, by Richard Wright.

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JUST GOOD ADVICE

DISCOVERING THE MAGIC OF NATIVE PLANTS

By Lynn Jones,

Reprinted from the January 2023 Watershed Ways column from the Ottawa River Institute

“Native plants” are trees, shrubs and wildflowers that have been present in the landscape for thousands of years. Cutting-edge research tells us these native plants have a very powerful ability to boost biodiversity.

Examples of native plants in the Ottawa Valley include Pines, Oaks, Cedars, Silver and Sugar Maples, Birches, Chokecherry, Hawthorn, Goldenrod, Asters, Evening Primrose and Black-Eyed Susans.

Native plants were diminished greatly in numbers by settler activities such as forestry, agriculture, road-building, and expansion of cities and towns. The loss of native plants has led to serious declines in pollinators and songbird populations. The good news is we can restore pollinator and songbird populations by reintroducing native plants to the landscape.

Native plants have a seemingly magical ability to create a thriving web of life. Planting some native trees, shrubs and flowers in an otherwise barren field or swath of lawn can in very short order attract hundreds of species of insects, birds and other animals interacting with lush greenery and native flowers in complex and wonderful ways!

The ability of native plants to create thriving webs of life is a result of their co-evolution for millennia with insects, birds and other animals that depend on them for food and habitat. If you bring some of the native plants back, the species that depend on them come back too.

A special category of native plants is known as “keystone plants.” These plants are especially good at boosting food webs and magnifying biodiversity. Some examples of keystone plants in the Ottawa Valley are Oaks, Pines, Birches, Chokecherries, Hawthorns, Blueberries, Goldenrod and Asters. Detailed lists are available on the National Wildlife Federation website (www.nwf.org/Garden-for-Wildlife/About/Native-Plants/keystone-plants-by-ecoregion).

Keystone plants support large numbers of different species of pollinators and/or caterpillars. Many people are less than enthusiastic about caterpillars but we need to learn to love them! They are the main food for songbirds. To take just one example of how important caterpillars are to songbird populations, consider that a chickadee raising young needs to collect upwards of 500 caterpillars each day to feed its babies in the nest!

Much of the new knowledge about native plants and their phenomenal contribution to biodiversity is the work of a scientist named Douglas Tallamy at the University of Delaware. Tallamy discovered the amazing ability of native plants to boost biodiversity through practical experience on a piece of farmland in Pennsylvania where he built a house in the early 2000s. He planted native species on his property and his neighbour planted exotic imports from Asia.

After a dozen years or so, Tallamy noticed that he had hundreds of different species of caterpillars on his oaks and other keystone plants, while his neighbour had none. In turn, those hundreds of species of caterpillars supported dozens of species of breeding birds on his property. For an inspiring 40-minute video introduction to Tallamy’s work, check out “Saving Nature with Doug Tallamy.” (www.youtube.com/watch?v=MyFSCZU30yg)

In addition to helping bring back songbirds, there are many other reasons to be enthusiastic about restoring healthy ecosystems. Scientists like Tallamy remind us that humans are totally dependent on “services” provided by native plants and animals in thriving ecosystems such as mature forests, meadows and wetlands. These services include oxygen and food production, water quality improvement, carbon sequestration, erosion control and many more.

Bringing back native plants and the rich diverse ecosystems they support is something that can be done by everyone – individuals, schools, municipalities and business owners can all participate. One way to start is to reduce mowed grassy areas. Plant part of the mowed area in native trees, shrubs and flowers, and then watch biodiversity take off!

The Corner Pollinator Garden (cornerpollinatorgarden.net) is a wonderful blog about turning a piece of lawn in the west end of Ottawa into a thriving garden full of many species of plants, pollinators and birds. The gardener, Berit

Erickson, provides a wealth of information including a list of sources for native plants in the Ottawa Valley.

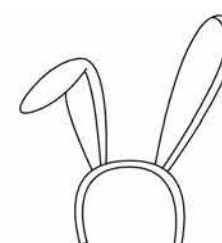
Another source of information, as well as plants and seeds, is the Ottawa Wildflower Seed Library (wildflowerseedlibrary.ca), a grassroots organization that promotes gardening with native plants to provide food and habitat for bees, butterflies, insects, birds and other wildlife.

There are many other internet sources of information about the native plant revolution including the City of Ottawa and the Ottawa Horticultural Society which both include native plant pages on their websites.

Lynn Jones is a founding member of the Ottawa River Institute and an Alta Vista resident. ORI is a non-profit, charitable organization based in the Ottawa Valley whose mission is to foster sustainable communities and ecological integrity in the Ottawa River watershed.



Chickadees reside year-round in the Ottawa Valley. They must gather hundreds of tiny caterpillars to feed their young every day. Keystone plants that support many species of caterpillars help chickadees reproduce successfully. Photo: Doug Tallamy



NUTRITIONAL ADVICE: I FEEL SO RUSHED AT DINNER TIME: CAN YOU HELP ME WITH MEAL PLANNING?

By Heather Bonas, RHN



Meal planning is all about time management – it’s that simple: making time today, to make tomorrow easier. Making your health a priority means deciding that planning for, preparing and nourishing your body is important and worth the time.

Below are a couple of tricks. If this list feels overwhelming, pick one and give it a try – the solution doesn’t have to be all or nothing. If you find yourself struggling, ask yourself why.

1. Plan to make: two breakfasts, three lunches and three dinners every week.
2. Double what you make for dinner so you have leftovers for lunch.
3. Overnight oats are a breakfast lifesaver: find five ½ cup mason jars and you’re set for the week.
4. Double a smoothie recipe and you have two mornings covered.
5. Soups make lunches quick and filling – fill a thermos and you have a warm lunch wherever you are.

Here’s the thing: we think that planning and preparing meals should take zero minutes. It just doesn’t. Once you realize that, you’ll be on your way. So, find two favourite recipes and start there. Make a list, shop, prep, eat. Changing habits takes time and doesn’t happen overnight. It took you a while to get where you are, so it will take some time to unravel.

Heather Bonas is a Registered Holistic Nutritionist (RHN). Her intention with this column is to provide practical nutrition advice and to answer questions about health and wellness through the lens of a nutritionist. She has learned through her own health challenges that the journey to well-being isn’t a straight one, but it’s the most important one you’ll take. There might be stops/starts along the way, but what matters is the decision to start and move forward. The goal of her practice is to guide people who are tired of being sick and tired, and who are frustrated with their current level of health. If you have any questions for future issues, please send them to heatherbonas@gmail.com.

JUST GOOD ADVICE

THE GARDEN GATE

By Patricia Mosher



Feature: Ten garden trends for 2023

It's no surprise that the popularity of gardening is on the rise. Many of us are striving to create an outdoor space, balcony, or front entry area that makes us happy – ultimately creating a respite from everything else going on in the world.

With April showers soon giving way to May flowers, here are some trendy ideas to set your gardening gears in motion this spring and summer.

1. Bouquet gardens: Many gardeners are experimenting with growing cut-flower gardens at home. Tulips, asters, black-eyed Susans, dahlias, cosmos, peonies and daisies are just a few of the flowers that will fill your vase from spring through fall.
2. Cottage gardens: Cottage-style gardens feature colourful and fragrant blooms bursting from garden beds and are often distinguished by elements such as wheelbarrows, bikes and other found/antique objects to add a bit of whimsy.



Photo credit: House Beautiful

3. Going vertical: Many gardeners are maximizing small garden spaces by planting vertically. This can be achieved with an arbour, trellis or pergola; hanging baskets, planter boxes and containers; fence shelving, pouches or other mounted containers; as well as living walls for training plants.
4. Mediterranean-style gardens: Not only is this garden style conducive to using less water – it's also stunning. Lavender, salvia and herbs such as rosemary and oregano will all help to evoke the feel of Provence.
5. Replacing lawns with meadows: Swapping out lawns for drought-tolerant and pollinator-friendly plants is not new but the appreciation for lawn alternatives (a mix of 2/3 native grasses and 1/3 flowering perennials) continues to be on trend.
6. Stone pathways: Creating a serene garden space that incorporates natural stone pathways is a sure-fire way to draw the eye through the garden. Rustic paths laid with small stones or stepping stones encourage us to take time to appreciate the garden.
7. Adding texture with foliage plants: Recognizing that foliage has so much to offer can open a whole new world of possibilities; by including foliage in a variety of textures adds depth and complexity to a garden or container (e.g., Lamb's Ear, Coral Bells, ferns).
8. Vegetable gardening: Anyone who's tried a tomato straight from the garden knows that homegrown is best. In addition, the health benefits and satisfaction from growing one's own food is unbeatable, not to mention, very much on trend.
9. Low-maintenance gardening: Gardeners continue to find it helpful to include a variety of easy-to-maintain plants so they can have a beautiful outdoor space along with plenty of time to sit back and admire it too.
10. Decorative water features: A bird bath can attract birds that won't otherwise visit feeders or bird houses during the summer. Alternatively, outdoor water fountains and mini ponds are available in a variety of styles and sizes to provide a spa-like vibe to any garden.

Plant of the month: Hellebores (Lenten Rose)

Hellebores are a group of evergreen early-spring flowering perennials in the buttercup family. Although hellebores often resemble wild roses, they are not true roses. They get their common name, Lenten Rose, from the rose-like flowers that emerge in spring around the Christian observance of Lent. Just when it seems that spring will never arrive, hellebores burst into bloom, channelling the promise of spring.

Continued on Page 27



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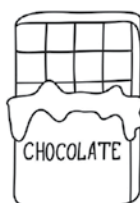
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For more information, please contact us at info@aladin.services or look at our website at www.aladin.services.



JUST GOOD ADVICE



Photo credit: Paramount Garden Centre

I love Lenten Roses for their early-season blooms of traditional colours ranging from white to pink to light plum. Many Lenten Roses have a long, eight to 10-week bloom period, which begins in about mid-late April in our area. They are typically the first perennial plant to bloom in our Ottawa gardens and are even in bloom ahead of the daffodils.

This plant's shade tolerance makes it an outstanding plant for adding colour, texture and form to an ornamental shade garden, among the daffodils and in areas between shrubs and under trees. Mature plants form clumps that are 30–60 cm tall and similarly wide. They can be the stars of the early spring garden as specimen plants, in masses as a foil for spring bulbs, and can even be used as a tall ground cover.

April gardening

Spring is definitely in the air, so this is the month to start getting geared up for gardening. Here are a few suggestions to get your green thumb ready for spring.

- Apply a dormant spray on any roses, fruit trees/bushes (e.g., raspberry), junipers and flowering shrubs to protect against a summer outbreak from over-wintering pests, larvae and fungal diseases.
- Unwrap any shrubs/trees on your property and inspect for winter damage (prune off broken limbs as necessary).
- Start a few annuals from seed to get a head start on spring – easy options include marigolds, impatiens, zinnia, coleus, nasturtium, and cosmos.
- Force pussy willows and/or Forsythia blooms inside.
- Start dahlia bulbs indoors if you have a sunny window.
- Save your egg shells and sprinkle the dried, crushed shells around the base of any Hostas to deter snails this summer.
- Pre-order any new plants (perennials and/or shrubs) to have them delivered right to your door just as prime planting time arrives in May. Check out all the beautiful plants available for spring delivery from local and online nurseries.

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

HOMEOWNERS, CONSIDER HIRING A HOUSE SITTER WHILE YOU ARE AWAY

By William Humphries, Owner of Reliable House Sitting Ottawa

As homeowners, we all understand the importance of keeping our homes secure, well maintained, and functioning properly. But what happens when we have to be away from home for a few nights or even much longer? That's where a house sitter comes in. A house sitter can provide a wide range of services to homeowners who are away from their homes, ensuring that their homes are secure and well maintained, and that any potential issues are addressed promptly. Here are some of the reasons why homeowners should consider hiring a house sitter to visit their homes while they are away.

Peace of mind

One of the primary benefits of hiring a house sitter is peace of mind. Knowing that someone is looking after your home can provide invaluable reassurance. A house sitter can keep an eye on your property, check for any potential issues, and address them promptly if they arise. Additionally, a house sitter can provide updates on the condition of your home, so you always know what's going on.

Home maintenance

A house sitter can provide valuable home maintenance services while you are away. These services can include heating, basement and faucet check-ups, snow clearing from walkways and steps, and lawn, hot tub and pool maintenance. By having a house sitter take care of these tasks, homeowners can prevent larger problems from developing and keep their homes in top condition.

Day-to-day tasks

In addition to home maintenance, a house sitter can also provide assistance with day-to-day tasks. Services such as garbage, recycling, compost management, curtains and lights management, mail and parcel collection, and indoor plant watering can all be handled by a house sitter. By providing these services, a house sitter can help homeowners feel more at ease while they are away and prevent potential problems from developing.

Pet care

For homeowners with pets, a house sitter can provide invaluable care and attention. By providing pet care services, a house sitter can ensure that pets are fed, watered, and walked regularly. Additionally, a house sitter can provide playtime and attention, which can be particularly important for pets who are used to having their owners around.

Cost-effective

Hiring a house sitter can be a cost-effective solution to keeping your home in top condition while you are away. By having a house sitter address potential issues promptly, homeowners can prevent more significant problems from developing. This can be much more cost-effective than waiting until a problem becomes larger and more costly to fix.

Home insurance

Homeowners insurance can be a critical consideration for homeowners who are away from their homes for an extended period. Some insurance policies may require homeowners to have someone check their property regularly to ensure that any potential issues are addressed promptly. Hiring a house sitter to visit your home while you are away can provide peace of mind that your home is being looked after, and it can help satisfy your insurance policy's requirements. In the event that something does go wrong, having a house sitter who can respond quickly can help minimize damage and prevent the issue from becoming more significant, potentially saving homeowners thousands of dollars in repair costs.



HEALTH & FITNESS

CONVERSATIONS WITH PATIENTS: YOU ARE MORE THAN YOU KNOW

By Dr. Sarah Chan



In these essays, I feature interactions I have had with patients that I have found to be meaningful and thought-provoking. Any details about the patient's identity have been modified to protect patient privacy and confidentiality.

Wayne is a 40-year-old man who has struggled all his life with his mental health. He tells me about the significant physical and emotional abuse at the hands of his father who would strike him when he was unhappy with him, which he later realized was anytime he wanted. Wayne resorted to trying to do everything he could to please his unpredictable and angry father. He remembers being ordered to finish any leftover food even when he wasn't hungry, only to be ridiculed later for being overweight. His father would beat him because his newest girlfriend accused Wayne of looking at her disrespectfully. Wayne's mother was not in the picture because his father would not allow it, and unfortunately, his mother did not object.

When I first met Wayne, I was struck by his bright demeanour and warmth. He quickly opened up about his struggles with a frankness that made me realize he was not as fragile as he believed. He was unemployed but was denied social assistance. This rejection further convinced him that he was unworthy. He was always going to be a "have not," begging for what he believed others were entitled to. This was a reason he had wanted to see me: Could I help him get on disability support? Without it, he did not see a way to have any quality of life. His anxiety and depression made it impossible for him to leave the house, let alone find work.

I experienced some of the impacts of his childhood trauma firsthand in our time together. He struggled in regulating his emotions with me, often because he would misinterpret my well-intentioned comments to be criticisms in disguise. I remember an early example when I asked him for clarification. He responded angrily, "I see that you don't believe me."

I came to appreciate how dangerous he felt the world was for someone like him. Someone not only with his childhood but who also was overweight and physically disabled. He could never trust anything good being said to him; he was so used to these comments being a precursor to being cut down, abused and silenced.

I have been seeing him now for several years and he has come a long way. In our last session, he told me about a hobby he restarted because it made him feel calm and helped him process painful emotions: colouring. He showed me what he was working on while telling me what kinds of markers and paints he used and the technique to get the different effects he wanted. My eyes got bigger and bigger as he unveiled piece after piece of colour, shimmer and beauty. He even started teaching art to his neighbours.

I commented on his creativity, and he interrupted me, "I am not creative, I can't even draw well." He then tells me how he is very particular about his art supplies and says, "I guess I am just picky and demanding, I'm sorry about that."

I interrupted him with an exercise. During this session with him, I was very aware that it felt different from previous ones. Usually, I feel deep compassion for him and sadness for the life he has had. I listen deeply to pick out the small barbed comments he makes about himself so I can point them out to him and

process them. In this session, however, I felt inspired, in awe and proud. I found myself thinking, "I am not the expert today!" I admit I was a little jealous.

The exercise was to close his eyes and contemplate the following words:

- Community
- Expertise
- Excellence
- Ambition

He looked at me, puzzled as if these words were foreign and random. I proceeded to tell him that these were the words that came up for me today, to describe him.

I told him, "you believe yourself to be demanding, indulgent and ungrateful about your art supplies because this is how you were made to feel growing up. But what I hear throughout the conversation today is how you have standards. You actually are striving for excellence in the art you create and that is nothing to apologize for. I also would like to point out how your art comes so naturally to you, so much so that you have enough to share with those you love and rather than drain you, it energizes you. I could feel it just talking to you."

"I also need you to realize that I hear within you your ambition to be not just good, but great, in art and even more, you have what it takes to get there."

He had never associated himself with these traits and values. Never heard these words mentioned in any way to describe him. But it is there, isn't it? He needs to know it. It is about time.

Sarah 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. Dr. Chan is interested in receiving suggestions for topics for future articles. Please send your emails to: Drchanvistas@gmail.com.

A DECADE OF TOILET TALK—WHAT'S NEXT?

By Taylor Victoria Northwood

The GottaGo Campaign celebrates its 10th year in 2023. To mark this milestone, we are releasing the *GottaGo Timeline Project*. This project was created by Taylor Northwood, a Carleton University history student, and will be available on the GottaGo Campaign website (www.gottago-ottawa.ca). Needing a place to "go" is an "everyone" issue and the availability of a network of clean, safe and accessible public toilets is a vital public health concern for all people as the GottaGo Campaign has promoted over the last decade.

This infographic media collection will showcase every milestone that the campaign has achieved since its humble beginnings in November 2013 until now. The project includes the stories of how GottaGo lobbied successfully for public toilets in the Hurdman and Bayview LRT stations (Phase 1) and their successful advocacy for porta potties at city splash pads and sports fields.

GottaGo is continuing to focus on the issues of way-finding signage as many public toilets are considered "hidden." They also plan to continue lobbying the local government through events like the "Sandwich board" actions and the World Toilet Day Report.

GottaGo has also achieved widespread public support from community members, organizations and prominent community leaders—after all, everyone needs to go. Their mission has been primarily focused on Ottawa, but has also drawn inspiration from like-minded organizations nationally and internationally that also believe that the presence of public toilets for everyone is a fundamental human right.



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HEALTH & FITNESS

ILIOTIBIAL BAND SYNDROME

By Sue Reive, Owner of Kilborn Physiotherapy Clinic

Many runners suffer overuse injuries, particularly if they increase their mileage or the intensity of their workout too quickly. One common injury is Iliotibial Band Syndrome. Indeed, studies show that five to 14 per cent of runners will suffer from Iliotibial Band Syndrome.

The iliotibial band, referred to as the ITB, is a string band of fascial tissue that runs from the outside of the hip (greater trochanter) to the outside (lateral) aspect of the knee (tibia).

The ITB is an extension of the fascia of the gluteus maximus and tensor fascia lata. When these muscles contract they pull on the ITB, which provides pelvic stability and lateral knee stability.

Because the ITB moves slightly forward and backwards with bending and straightening of the knee, it can become irritated where it passes over a bony projection on the femur called the lateral femoral epicondyle. Moreover, the ITB bursa, a fluid-filled sac that lies below the band at the upper outside aspect of the knee, can become inflamed if the ITB is tight and compressing the bursa.

Causes of ITB syndrome include weak hip abductor muscles (the gluteal muscles), causing the tensor fascia lata to work extra hard and thus placing more force and increased tension on the ITB. As well, a sudden increase in the distance of running or walking, hill training and speed training can all contribute to ITB Syndrome.

Symptoms of ITB Syndrome include a sharp, burning pain at the lateral aspect of the knee, especially during weight bearing. Many runners who develop ITB Syndrome often report a quick onset of pain that is so intense they limp and are unable to run at all. Climbing stairs aggravates the ITB, as well as sit-to-stands and any activity where the knee is repetitively bending and straightening, with the ITB rubbing over the lateral femoral epicondyle. This rubbing of the ITB usually occurs at 30° knee flexion during heel strike to midstance in the gait cycle.

On examination, patients will often have swelling. Inflammation of the ITB bursa is obvious. On active range of motion testing, there is often pain on flexion of the knee (bending), usually at 30° flexion, especially in weight bearing but often in non-weight bearing as well. Palpation reveals tenderness at the ITB where it crosses the lateral femoral epicondyle and sometimes its attachment into the upper lateral tibia. On strength testing, there is often weakness in hip abduction. Flexibility testing reveals tightness in the ITB, tensor fascia lata and gluteal muscles.

Treatment includes a period of rest from aggravating activities, modalities such as electrotherapy and ultrasound to reduce the pain and inflammation, soft tissue release techniques to improve flexibility in tight muscles, and strengthening of any weak muscles. A gradual return to sport is introduced when the pain has resolved sufficiently, especially with weight-bearing activities. Footwear is addressed to ensure it provides the proper support. Education on running is provided: proper technique, interval and hill training, and how to slowly increase mileage to avoid injury.

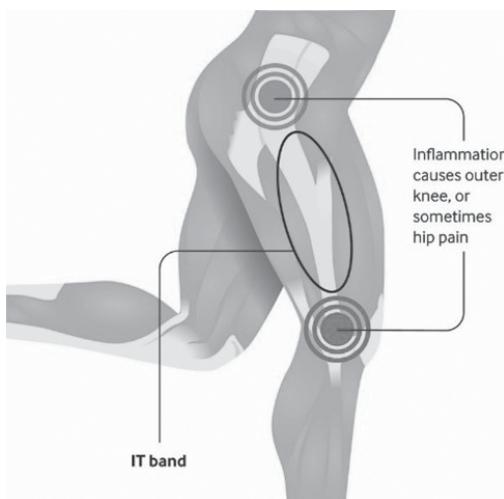


Photo from www.rxlist.com

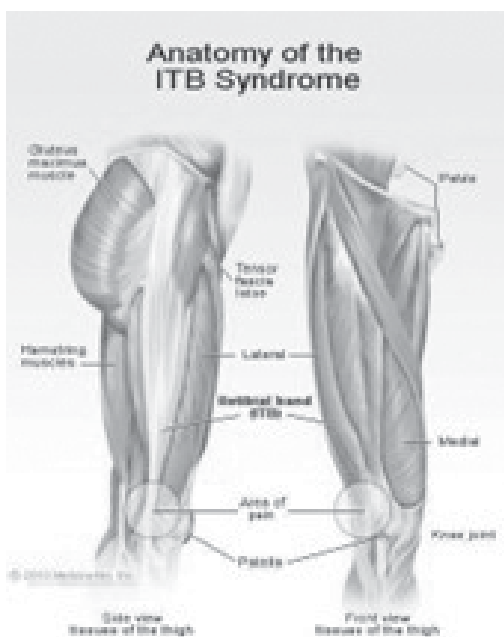


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SENIORS SPACE

RESPITE HOUSE AT PERLEY HEALTH RE-OPENS

By Dan Lalande

In 2020, Respite House at Perley Health, a facility providing safe, compassionate and accessible care for adults living with early to mid-stage dementia, was directed to close its doors—a pandemic precaution. As a result, this vital service was not available to caregivers, who according to a 2022 study by the Alzheimer's Association, spend an average of 26 hours a week or more providing for their parent or partner. This caregiving commitment results in missed opportunities to take care of personal business, pursue their social or recreational interests, or enjoy a little travel.



A staff member from Carefor Health & Community Services shares a smile with a guest at Respite House at Perley Health. The experienced and capable team enhances the strengths and abilities of each person through social, emotional and physical support. Photo credit: Perley Health

Now, Respite House at Perley Health, formerly the Guest House, has re-opened, once again offering affordable overnight care and short daytime stays in a homey and stimulating atmosphere. For guests, it's an opportunity to socialize and take part in various activities; for caregivers, it's a chance to relax and recharge.

"Respite House at Perley Health offers a break for my wife, and a break for me as well," explains John, husband of Deanna, a current guest. "It's very reliable. I've had a couple of workers come into my home and it just didn't work out. But these days away from our house are working out very well. I'm very happy."

Twenty years ago, Perley Health (formerly The Perley and Rideau Veterans' Health Centre), Carefor Health & Community Services, and the Dementia Society of Ottawa and Renfrew County raised funds to address the growing need for support among those living with dementia. Today, Respite House at Perley Health, located at 1750 Russell Road, offers services enhancing the strengths and abilities of each guest through social, emotional and physical support, in both official languages.

Respite House at Perley Health is a purpose-built 12-bedroom bungalow with comfortable and safe common areas. It provides spacious areas for relaxing indoors and outside, and a variety of activities to help guests socialize or rest during their stay. Each guest has a private room with an ensuite bathroom and a shower. Hot meals and regular snacks are provided throughout the day. In recognition of Perley Health's long history of providing care to Veterans, one bed, thanks to the support of Veterans Affairs Canada, is reserved for Veterans' use.

"It's part of our mission to go beyond healthcare to meet the unique needs of our community and help our Seniors and Veterans thrive in a place they can call home," explains Akos Hoffer, Perley Health CEO. "We're excited to be able to offer this much-needed short-stay care after such a long pause."

Guests must complete an assessment process before visiting and a short daytime stay is required in advance of an overnight booking. Staff from Respite House at Perley Health are available to assist with the referral process.

For more information, visit www.PerleyHealth.ca/respice-house.

FAITH NEWS



I clung to Mary Magdalene as the earth shook beneath our feet again, the eerie silence of the predawn intensifying our fear. Our hearts ached from witnessing Jesus' death, so we agreed to visit his tomb together before the sun peeked over the hillside.

As the tremors ended, I focused on the entrance to the tomb, where several Roman guards stood next to the large stone. Would they roll it aside for us to tend to the body? Neither man looked approachable or amenable to acting on such a request from two ragged women. We should have waited for daylight.

As we neared, the tomb suddenly lit up with a brilliant light. We stopped short and shielded our eyes with our hands at the blinding radiance.

Mary cried out beside me as we spotted a figure, standing near the stone blockade. He was dressed in white from head to toe, and his face glowed like a frozen flash of lightning. Paralyzed with fear, we watched him roll away the massive stone as if it were nothing. He then nimbly hopped up to sit on it.

My heart pounded wildly as the guards fell to the ground, one by one. Had they died? Would we be next? I could feel Mary trembling under my vice-like grip on her arm, her thoughts likely as dark as mine. But my eyes were locked on the mystical creature sitting before us while I fought the urge to run and drag my friend with me.

"Don't be afraid," he said.

The heavenly sound of his voice flowed into my soul, and I instantly felt lighter. Despite the shaking earth, the possibly dead guards, and the appearance of this supernatural man sitting before us, my spirit obeyed, and I was no longer afraid. This was about Jesus. I leaned in to hear his words, even though his voice was loud and strong.

"I know you are looking for Jesus, who was crucified."

We both nodded mutely, and the angelic creature gestured to the open doorway to the tomb. "Your Messiah isn't here! He is risen from the dead, just as he said would happen."

Mary mirrored my wide eyes and open mouth as we looked at each other. Jesus was alive?

The angel moved to the doorway of the tomb. "Come, see where his body was lying."

I forced my feet into action and pulled Mary to the entrance to cautiously peek in. Empty - it was empty!

Continued on Page 31



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Holy Week & Easter Services

Sunday, April 2 8:00 & 10:00 am
Passion Sunday with the
Liturgy of the Palms

Thursday, April 6 7:30 pm
Maundy Thursday
Holy Eucharist & Compline

Friday, April 7 11:00 am
Good Friday Liturgy

Sunday, April 9 8:00 & 10:00 am
Easter Sunday Holy Eucharist

Contact the office for the
Sunday School schedule
(alternates between in-person and Zoom.)



St. Thomas the Apostle Anglican Church
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FAITH NEWS

There was no smell of death, no body wrapped in cloth. But we had watched Joseph lay him there! Where was he? How could this be?

Too scared to ask the glowing creature standing behind us, I looked at my companion. “Where is he?” I hissed.

Mary’s eyes were still big and round. She lifted one shoulder at me and looked toward the stranger for an answer.

He spoke with authority, “Now, go quickly and tell his disciples that he has risen from the dead, and he is going ahead of you to Galilee. You will see him there.”

As the edges of his body seemed to shimmer and become transparent, he said, “Remember what I have told you.” And then he was gone.

Mary’s fingernails bored into my arm as her words tumbled out in a heap. Words like: Jesus. Gone. Empty. The tomb. Questions including: What? How? Where?

“We have to tell the others!” I cried. “They will never believe it, but we have to tell them—Jesus is alive!”

We joined hands and danced, leaping in the air, with an energy we shouldn’t have had after two sleepless nights of mourning.

“Come on!” Mary laughed, “Let’s tell everyone!”

Then her face grew serious as she looked toward the rock where God’s messenger had sat. She pointed to the guards, who were getting up slowly with fear and anger written on their faces.

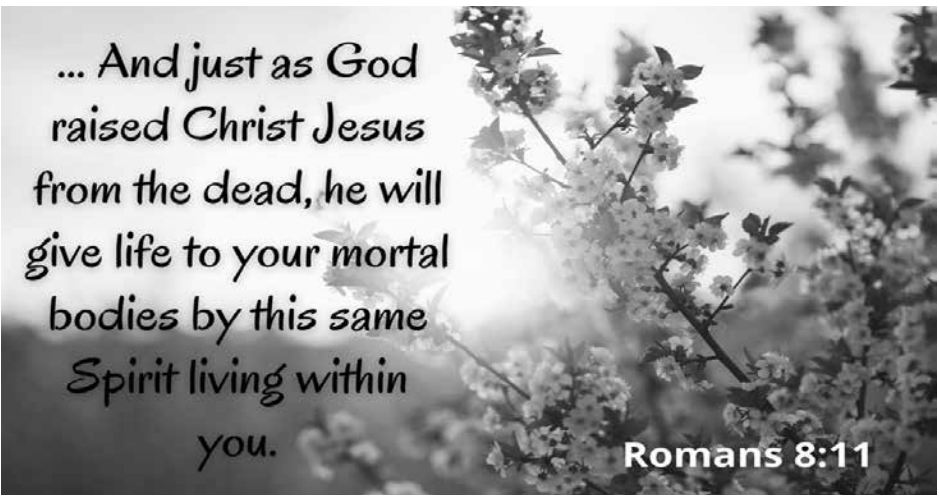
“Trouble is not finished here. We must not delay sharing this amazing news!”

We hurried off to the shouts of the guards, demanding we return with an explanation. Once they were out of sight, we ran, giggling and crying with joy toward town. God chose US to be his messengers! Praise be to God; Jesus has risen! He is risen, indeed.

As we read the accounts of Jesus’s death and resurrection in the four Gospels of Matthew, Mark, Luke, and John, we read different details in each. This retelling is based on the story told in Matthew 28. Were there more women present? Was Mary Magdalene alone? If we get hung up on the particulars, we miss the main point of the story:

JESUS HAS RISEN!

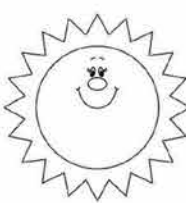
The Easter story is the pinnacle of the Christian faith. Our lives have meaning and purpose because Jesus became a man and died for us. Because of the events in this story, we can have a personal relationship with a God who loves us and cares about everything we care about. We have comfort for today and hope for our future—eternal life with Him!



Happy Easter!

Valda Goudie is a teacher and author of the *Tickle Me with a Crowbar!* series (available on Amazon and Kobo.com). Visit her site at valsstage.com and download Book 1 for free.

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



WHEN PEOPLE FORGET

*When people forget
And they reach for idols
For fame
For riches
For alcohol
For gambling
For drugs
For cigarettes
For food
For multiple partners
For pornography
For clothing
For gaming
For many things
To fill the hole
All that happens is
The hole gets deeper
The need gets stronger
Things and people let us down
Fear sends out roots
And grabs hold
We see the world
and think it's the end
the All
and that hurts
because chaos is scary
not at all satisfying
or peaceful
or comforting.
ABANDONED!*

WHEN PEOPLE REMEMBER

*When people remember
When they get an inkling
That maybe truth is different
Than they may have thought
And they ask for help from
A power greater than
themselves
'Are You there? Help me.'
Something changes
In very small ways
And in very large, cosmic ways
Colours, beautiful and animated
Begin their journey
Spirit moves
Answering the call
Little by little, the cry
Gets more persistent
The prayers become faithful
Life is turned around
From death to light to Love
A new world of
grace shines through
And forgiveness leads us
To peace and restores our souls.
We are filled with joy
And our hearts welcome love.
No more abandonment
Infinite Love waits for us
To remember
Whose we are.
HALLELUJAH!*

C. Inrig, 28 February 2023

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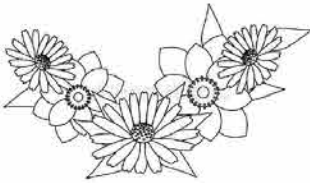
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Frank Lloyd Wright, Architect*





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SCIENCE & TECHNOLOGY

COMPUTER TIPS AND TRICKS Your Monitor

By Malcolm and John Harding, of Compu-Home

We have looked through past columns and discovered the startling fact that we have never shared our vast wisdom on computer monitors. This is surprising because the monitor is what we stare at almost all of the time that we are using our computers and it ranks at the top of the list of components that a computer cannot do without. In the cases of laptops, tablets and smartphones, the monitor is an integrated part of the device and just one of many considerations in the purchase and use, so it is more helpful to focus today on the traditional monitor that connects with wires to a desktop computer.

When the day comes that there is no picture on your monitor or it is hopelessly degraded, the fault lies in one of two places: either your computer is not sending out a video signal or the monitor is not displaying it. If your problem is that the monitor itself has failed, there are grounds for you to think you are lucky. Replacement monitors are relatively inexpensive and easy to install on your own with only minor assembly, whereas a fault within the computer is going to require a trip to the workshop.

When you are looking for a replacement monitor, you will probably at least consider a larger one. Monitors are measured diagonally across their screen, usually in inches, and while the norm used to be about 18", the most preferred choice nowadays is 24" or sometimes larger due to recent years' improvements in sharpness and colour, and gradually reduced prices. There are lots of 24" models with decent specs from the major manufacturers for less than \$150 and swapping in one of these will go a long way toward making you feel like you have a brand-new computer, with a more vibrant display and more workspace. It is also worth mentioning that monitors often go on sale with significant discounts. When you consider that a monitor is likely to have a lifespan of a decade, the yearly cost is not prohibitive.

Monitors can come with special features that you may or may not find useful. Some have built-in webcams with microphones and speakers or

extra USB ports, but if you already have this equipment, don't let these escalate the price. Some models boast a "high refresh rate," which is only important if you do a lot of gaming. On the other hand, a stand that allows height and tilt adjustment can be helpful.

The most (unnecessarily) complicated specification related to monitors is resolution. You can spend countless hours researching the subject and becoming an expert, or you can take our word for it that at this time, 1080p is the sweet spot for computer monitor resolution. A number less than that might mean that for some activities you will notice a bit less sharpness, but more than 1080p will often be more than your computer can deliver (p stands for "pixel"). Most standard-use monitors now are 1080p.

In recent years, there have been a few changes in the shape of the connectors between desktop computers and monitors, but most monitors today have at least two of the socket shapes that may be needed and there are inexpensive adapters that can make any computer plug fit any monitor. When you disconnect the wire that runs from the back of your computer to your present monitor, make careful note of the shape of that plug. The four common shapes are, from oldest to newest: VGA, DVI, DisplayPort, or HDMI (see below). You will simply tell (or show) the salesperson the plug that comes from your computer and that will determine whether or not you will need an adapter for the monitor you are considering, but if you have a choice remember that the newer the connector, the better the result.

We hope that when the day comes that you need a new monitor you will find one that suits you and provides a great viewing experience.



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

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SPORTS NEWS

HILLCREST BOYS BASKETBALL IS BACK: THE 2022/23 PLAYOFF RUN

By Anthony Hadwen

Hillcrest's Senior Boys Basketball team is an excellent indicator that things are rebuilding in the high school sports community after the pandemic. In 2021, there were no games played and last year was a limited restart. This year, however, featured a full schedule, and the Hillcrest Hawks were having a good season. As the playoffs started for the 2022/23 season, the team was ready to hunt for a championship banner.

Sports are a vital part of our community health. School sports allow young athletes to try new things, develop skills to the next level, and get their moment in the spotlight. Family, friends and fans get an opportunity to share in the excitement and share memorable moments together.

However, there are challenges: coaches are hard to find and students are busy outside school.

The basketball program at Hillcrest took a big step forward when it secured the services of a recent graduate, Tristan Balmaceda, to coach the team. In a short period, Coach Balmaceda has developed impressive credentials, as a skills coach with a top, local club team, while still playing competitively for Algonquin College. He understands young players, and, with his natural enthusiasm, is able to communicate what they need to do to develop skills and to work successfully together as a team. He also supplies a cheering section. His mother, Mercedes, is at most games, and she cheers enthusiastically.

In the first playoff game against Brookfield, it was clear that Hillcrest had the players it needed to compete. They opened up an early 10-point lead thanks to their core group. James Texeira, a natural scorer with club experience was making threes and hitting his signature pull-up jumper. Dashon Patovitra was penetrating aggressively and leading the fastbreak. Hadi Dia was strong near the basket at both ends. Brookfield however was inspired by a vocal home crowd and evened the score before the half. It remained close into the fourth quarter. All season, Coach Balmaceda has told his players that to win, the rest of the team needs to get involved, in particular, by creating intense defensive pressure. They did that. While Hillcrest kept scoring, Brookfield's top players faltered. Final score 68-56.



Hillcrest coach, Tristan Balmaceda, with his mother, Mercedes (holding her clappers).

For all, it was an enjoyable reminder of what was missed during the pandemic. Young athletes had a chance to shine in front of a vocal crowd. Despite the fierce rivalry, competition remained positive. Near the end, James Texeira slipped, and the crowd roared, suspecting that he had been "crossed-over." Jim, his father, who teaches at Brookfield, turned and shook his head to correct them. Smiles all around.

Hillcrest fans would now get their chance to enjoy the drama, because the semi-final was at Hillcrest. The opponent, Maurice Lapointe, had three Club team players on their team, who began the game hitting long shots, and rebounding

intensely for easy baskets. Before the end of the first half, Hillcrest was down by 16! Still, Coach Balmaceda had done his scouting and had a plan. In the second half, Hillcrest switched to a half-court pressure defence and soon the other team was forcing shots and turning the ball over. On offense, Hillcrest was more organized and focused under pressure. By the fourth quarter, the deficit was down to four. Since halftime, the crowd had been building to about 300 interested, but subdued, fans – for many, after COVID, this was a new situation. Now that the game was close, they were engaged. Mercedes and her immediate neighbours were leading the cheers in the stands, and Hillcrest was closing the game out on the court. Texeira hit a long three, stole the ball and fed Patovitra for another quick basket. Dia was controlling the defensive rebounding. Final score was 76-71. With inspired coaching, disciplined play and fan support, Hillcrest was moving on to the City Finals against Sir Robert Borden (SRB), a higher-ranked, larger west-end school.

It was going to be close. Hillcrest was a faster, more skilled team, but SRB was organized and methodical. Their size and team defense were keeping Hillcrest scorers off balance. Hillcrest did not shoot well and again they were down at the half. SRB extended the lead to eight early in the second by getting the ball to larger guys near the basket. Still, you knew that Hillcrest was going to increase the defensive pressure and make a comeback. Also, Mercedes had brought extra clappers to pass around. SRB fans had trouble matching the "Let's Go Hillcrest" chant, as Hillcrest began to even the score.

With seven seconds to go, Texeira hit two free throws to tie the game, sending it to overtime. Hillcrest had salvaged another opportunity to win. However, Hillcrest fell behind again. Shots did not drop, and SRB snuck inside to score. They never gave up, but SRB's defense prevented Hillcrest from fully implementing Coach Balmaceda's offensive plan. Time had run out on the Hawks. Final score: Sir Robert Borden 50, Hillcrest 48.

For Hillcrest, it was a heartbreaking loss, because there are always moments that could have been different. But in these situations, you learn a greater respect for the game. The coach will think of new ways to handle the many momentum swings and unexpected moments, and the players will develop new skills and ways to work with their team. The community will always be ready to support the players, celebrate the win, and if they lose, help get the pieces back together and fight another day. The Hillcrest bench was full of young players energized by the example set by this year's team, that, in Coach Balmaceda's words, "never stopped fighting to win." They will be working hard for their chance to bring a title home for the Hillcrest faithful next year.



Hillcrest Hawks 2023 – Bowed but not broken.

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FITNESS 50+ at Rideau Park United Church - live classes on Tuesday and Thursday from 9 am to 10 am. Warming up from toes to head, cardiovascular section, muscle conditioning, balance, flexibility, stretching. Contact **Faiza** at **613-408-6391** or **faiza_v@hotmail.com**

WANTED: Someone to clean my house once a month. Approximately 2-3 hours. Bungalow townhouse off Kilborn. Please call **613-523-4249**.


MRP RENOVATE LANDSCAPE located in Ottawa South. Our focus is **SMALL PROJECTS DONE RIGHT - projects too small for larger contractors to consider**. We do everything from landscaping, interlock, fences, retaining walls, decks. In the late fall and winter we focus on other small projects needed by households including interior work such as basements, garages, drywall, and bathrooms. Clients that want to reserve for work starting in the spring should contact us now. Call for a free estimate **613-794-3547** Instagram **@mrp_renovate_landscape**

SKYLAR'S KIDS PAGE

WORD SEARCH



W H M Z A L K R S G U B E C H T Q I
F T U L Y I J B E P Q N O P A S D X
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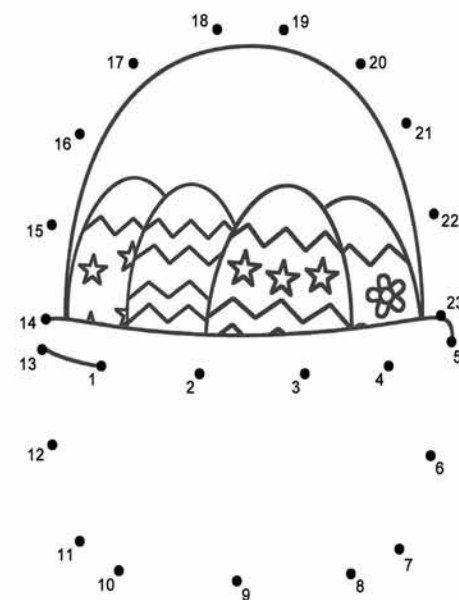
				
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BUNNY	FLOWERS	INSECTS	RABBIT	TULIP
BUTTERFLY	FROG	LADYBUG	ROBIN	WORM



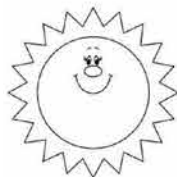
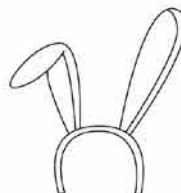
COLOURING PAGE



CONNECT THE DOTS



Search the entire paper for these seasonal items.



UPCOMING EVENTS



ALTA VISTA LIBRARY – APRIL 2023

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, April 7 – Good Friday

Sunday, April 9 – Easter Sunday

Monday, April 10 – Easter Monday

Please note the following when visiting:

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Public computer use is currently limited to two hours per user per day. To reserve a computer ahead of time, 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.

FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

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

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 **complete** board game or puzzle and trade it in for one that is “new to you.” Please make sure that any games or puzzles that are brought in are complete with no pieces missing.

CHILDRENS PROGRAMMING

Family Storytime

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

Monday and Wednesday mornings at 10:30 a.m. (30 minutes – All ages). No Storytime on Monday, April 10 (Easter Monday).

ADULT PROGRAMMING

French Conversation Group (Intermediate)

Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required. Tuesdays, 6:30–7:45 p.m.

Sleuth Hounds Mystery Book Club

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.

Thursday, April 20

Andrew Cartmel - any in the Vinyl Detective series

Thursday, May 18

TBD

Book Banter

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

Thursday, April 6

***This is Happiness*
by Niall Williams**

Thursday, May 4

***The Spoon Stealer*
by Lesley Crewe**

Infusions Littéraires

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

Le lundi 17 avril

***Ma mère avait raison*
d'Alexandre Jardin**

Le lundi 17 avril

***Les hirondelles de Kaboul*
de Yasmina Khadra**

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.

To access these resources and much more, visit biblioottawalibrary.ca/en/databases/search-all. A valid Library card is required.



UPCOMING EVENTS

COMMUNITY EVENTS – APRIL 2023

RIDEAU PARK UNITED CHURCH

Office: 613-733-3156; Website: www.rideaupark.ca

Nearly New Clothing and Used Book Sale: Friday, April 21, 6–8 p.m., and Saturday, April 22, 9–11:30 a.m. at Rideau Park. Search out gently used, good quality clothing for spring and summer; sizes and styles for everyone. Find your summertime reads – murder, romance, and mystery to choose from.

Forest Church: Sunday, April 23, 4 p.m. Meet at the church for a walk in the Cunningham Woods and pause for reflection on God's creation. Lead by Elizabeth Bryce – dress for the day!

Harmony Club: Wednesday, April 26, 10 a.m.–11:30 a.m., neighbours in the community age 60 and over, you are invited to a coffee/tea social with music, conversation and good fun. Bring along your family and friends.

Bells in Spring Concert: Sunday, May 7, 7 p.m., enjoy the bells and chimes ensembles of Rideau Park along with guest bell choirs as they play both sacred and popular music to celebrate the spring season.

Camp Awesome: Rideau Park will be hosting this summer day camp for children, from August 14–18. For more information, check the website: camp-awesome.ca/summer-camp.

Yoga Classes: Chair Yoga and Gentle Mat Yoga with Margaret – Improve balance, strength, and flexibility in a gentle, mindful practice, 10:30 a.m., Thursdays (Chair Yoga) and Fridays (Gentle Mat) through April.

Fitness Classes: 50+ Fitness with Faiza – Cardio, stretching and strengthening sessions for all fitness levels, 9 a.m., through to the end of June, Tuesday and Thursday options available.

Meditation Group Online: Thursdays, 10 a.m. (by Zoom) for 20 minutes of quiet, peace and mindfulness. Contact scifton@rideaupark.ca for an invitation.

Euchre Club: Thursdays, 1 p.m., in the Parlour for cards, fun and friendship!

Drums Alive: Drop-in drumming class, for all ages, 7:15 p.m., on selected Tuesdays and Wednesdays, April 4, 5, 18 and 26. Try your hand at drumming! Contact Iain MacPherson, choirdirector@rideaupark.ca.

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.

EMMANUEL UNITED CHURCH

Office: 613-733-0437; Email: office@emmanuelunited.ca; Website: www.emmanuelunited.ca

Children's and Youth Christian Education Programs: Nursery is available every Sunday. In-person Sunday school activities for children, aged 4 to 12, are being held during Sunday services.

Seniors Exercise Program: TttbW or Take Time to be Wholey, our light exercise program for seniors, has sessions from 10:30–11:30 a.m. every Monday and Friday.

Worship Services: Sunday, 10–11 a.m., in person or online. Join us for coffee and conversation after the service.

Meditation: Mondays, 7–8 p.m. by Zoom. If you wish to learn how to meditate and find more quietness, you are welcome to join fellow meditators.

Fellowship Coffee with Roxanne: Tuesdays 10–11 a.m. by Zoom. Roxanne Delmage, our Pastoral Care Provider presents a topic and folks present reflect together on the topic, as well as what's happening with them individually. To join, contact her at Roxanne.delmage@gmail.com.

Thursday Morning Discussion Group: Thursdays, 10–11:30 a.m. by Zoom. The group is currently discussing a set of Easter lectures by John Dominic Crossan.

“Live Well, Die Well,” a presentation by Roxanne Delmage and the Pastoral Care team about Advance Care Planning: Monday, April 24, 2–4 p.m. in the CE hall of the Church.

Spring Community Yard Sale: Saturday, May 13. Rent a table to sell your reusable treasures, or drop by to meet your neighbours and pick up some bargains. To register for a table, or for more information, contact welcoming@emmanuelunited.ca or the office.

ST AIDAN'S ANGLICAN CHURCH

934 Hamlet Road; 613-7330102

Website: staidansottawa.com; Email: staidans@bellnet.ca

St Aidan's is a vibrant, diverse, and affirming parish, and we would be delighted to welcome you into our community! Come and worship with us on Sundays at 9:30 am and on Wednesday mornings at 10 a.m.

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, April 26 for a presentation about bone health from Osteoporosis Canada.

SECOND ANNUAL ECO MARKET

Saturday, April 22, 9 a.m. until 4 p.m.

Discover the art of sustainability at our second annual Eco market. The event will be hosted at Re4m Design and Fabrication Studio and neighbouring partners at 136 Billings Avenue. Join us on Earth Day for this special event featuring local eco-vendors, makers, material collection drives and recycling initiatives.

OTTAWA HUMANE SOCIETY SPRING CRAFT SALE

Friday, May 5, 10 a.m.–9 p.m. and Saturday, May 6, 9:30 a.m.–6 p.m.

The OHS Auxiliary will be selling high-quality handmade crafts at its Spring Craft Sale. The sale takes place at “The Spot” between Bentley and Laura Secord, Carlingwood Mall. All proceeds go to support the animals at the Ottawa Humane Society. We accept cash, credit (over \$10) or debit. Sorry, no table rentals. Free parking. For more info, contact Loreen at loreenohs@gmail.com, or go to facebook.com/OttawaHumaneSocietyAuxiliary.

FIBRE FLING 2023 ART SHOW AND SALE

Friday, April 21 from 10 a.m.–5 p.m. and Saturday, April 22 from 10 a.m.–4 p.m.

Kitchissippi United Church, 630 Island Park Drive

Fibre Fling 2023 showcases many dazzling original works of art created by local textile and mixed media artists. These one-of-a-kind hand-made pieces use dyeing, embroidery, beading and felting. Entrance fee is \$5. A portion of the show proceeds are donated to the Stephen Lewis Foundation and the Ottawa Food Bank. Mask-wearing is recommended. To learn more, visit www.out-of-the-box.org or follow us on Facebook ([@OOTBFibreArtists](https://www.facebook.com/OOTBFibreArtists)) or Instagram ([@outoftheboxfibreartists](https://www.instagram.com/outoftheboxfibreartists)).

“Take care of your body. It's the only place you have to live.” — Jim Rohn

UPCOMING EVENTS

ARTEAST OTTAWA'S SPRING IS IN THE AIR EXHIBITION

March 6 to May 8 at the François Dupuis Recreation Centre (2263 Portobello Blvd., Ottawa); free admission.

Arteast Ottawa, in conjunction with the Community Exhibition Space at François Dupuis Recreation Centre, is proud to present an exhibition of artworks by four Arteast Ottawa members. Elena Nahum Leroy presents playful multimedia works in a small format; Deanne Acres Lans is showing modern very colourful acrylic paintings; Rashmi Rekha is back with a superb collection of spring-like images and Jean-Marc Poey surprises us with his distinctive photographs. All the artwork is for sale.

SING-A-LONG-A SOUND OF MUSIC

Saturday, April 22 at the Mayfair Theatre, 1074 Bank Street

Bring the whole family and celebrate your favourite movie musical by singing along to the onscreen lyrics. Everyone is welcome to come in the costume of a favourite character or scene ... and join in as much (or as little) as you want! Produced by Glebe-St. James United Church

Time: Doors open at 12:15 p.m.; Screening at 1 p.m.

Cost: \$20 (Adults/Youth); \$10 (12 and under)

Tickets on sale at livefromtheGLEBE.YAPSODY.COM.

C.A.R.P. LUNCH & LEARN WEBINAR

CareTO: Investing in Our Seniors Through Emotion-Centered Approaches to Care

April 5, 12-1 p.m.

Speaker: Josh Matlow, Councillor, Toronto-St. Paul

This Lunch & Learn is being presented by the Canadian Association of Retired Persons and Family Councils Ontario. Councilor Matlow will share the changes taking place within the Municipal Homes in Toronto, from development to implementation of the CareTO model of care. The presentation will include how the changes began to their current situation and plans for the future.

Register at: us06web.zoom.us/join/zoom/register/WN_HMQDonNvSn2Zx5DaMhYOfw

AVCA SPRING CLEAN-UP

Sunday, May 7 and Monday, May 8

Bring along a few extra bags while out enjoying our beautiful green spaces. The AVCA Greenspace Stewardship Committee will be posting signs ahead of the event.

WORD SEARCH ANSWERS



W H M Z A L K R S G U B E C H T Q I
F T U L Y I J B E P Q N O P A S D X
S J N I B O R H L V M C S U T L E K
P E D W G X E K J O A Z R M C Q F B
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BIRDS	CALF	GARDEN	LAMB	SNAIL
BLOSSOM	CATERPILLAR	GRASS	NATURE	SPRING
BUGS	CHICKS	HATCH	NEST	SPROUT
BUNNY	FLOWERS	INSECTS	RABBIT	TULIP
BUTTERFLY	FROG	LADYBUG	ROBIN	WORM

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REALTY
BROKERAGE

ICON Agent

No one has sold more properties in Faircrest Heights for 2019, 2020 & 2021. This is based on OREB MLS sales data, by either # of ends sold or total dollar sales volume. The neighbourhood of Faircrest Heights, comprising of approximately 670 homes, is the north part of Alta Vista and is defined by many as the area between Smyth Road to the north, Lynda Lane to the east, homes on both sides of Pleasant Park Road to the south and the Via Rail corridor to the west. This material is not intended to solicit properties already listed.

MOVIES 'N STUFF

1787 Kilborn Ave. April 2023 738-1607

moviesnstuff.com

April 4th

Shotgun Wedding

Darcy and Tom gather their families for the ultimate destination wedding but when the entire wedding party is taken hostage the bride and groom must save their loved ones--if they don't kill each other first. Jennifer Lopez stars!

You People

A new couple and their families reckon with modern love amid culture clashes, societal expectations and generational differences. Stars Jonah Hill and Eddie Murphy!

The Son

Peter has his busy life with new partner Beth and their baby thrown into disarray when his ex-wife Kate turns up with their teenage son, Nicholas. Stars Hugh Jackman, Laura Dern and Anthony Hopkins!

Edie

83 year old Edie believes that it is never too late - packing an old camping bag, leaving her life behind and embarking on an adventure she never got to have - climbing the imposing Mount Suilven in Scotland. An uplifting and adventurous drama/comedy from Scotland!

The Estate

Two sisters try to win over their difficult-to-please aunt in hopes of becoming the beneficiaries of her wealthy estate, only to find the rest of their greedy family has the same idea. Toni Collette, Anna Faris and Kathleen Turner star!

A Quiet Passion

The story of American poet Emily Dickinson from her early days as a young schoolgirl to her later years as a reclusive, unrecognized artist. The 2017 powerful biopic gets a proper DVD release and stars Cynthia Nixon!

Sundown

A wealthy man is vacationing with loved ones at a resort in Acapulco, Mexico until he receives a phone call. There's been a death in the family, and everyone must return home. However, the man pretends to lose his passport, which delays his return. Tim Roth stars.

Guerros

After being sent by his lone mother to live with his brother, a young boy and two restless teens search for folk-rocker Epigmenio Cruz on the streets of Mexico City during the student strikes of 1999.

Juniper

When a self-destructive teenager is suspended from school and asked to look after his feisty alcoholic grandmother as a punishment, the crazy time they spend together turns his life around.

Falcon Lake

A shy teenager on a summer vacation experiences the joy and pain of young adulthood when he forges an unlikely bond with an older girl. Rave reviews for this French Canadian drama going back all the way to the Cannes premiere!

Marie Antoinette: Season 1

Transforming from the young Dauphine to the Queen of Style and a true fashion icon, Marie Antoinette will eventually understand the rules and secrets of the Court and will attempt to recreate Versailles in her image: free, independent and feminist. But her successes will provoke jealousy and rivalry.

Sanditon: Season 3

The final season of Sanditon continues the story of our high-spirited heroine, Charlotte Heywood (Rose Williams), and her friend Georgiana Lambe (Crystal Clarke). What adventures, scandals, intrigue and above all else—romance—await our favorite characters?

M3GAN

M3GAN is a marvel of artificial intelligence, a lifelike doll that's programmed to be a child's greatest companion and a parent's greatest ally. But when the program starts to exhibit alarming faults, can anybody stop it? Huge hit horror movie!

APRIL 11th

Suspect: Season 1

Joseph O'Loughlin has the perfect life: a beautiful wife, a loving daughter, and a successful career as a clinical psychologist. But it all begins to unravel when the police seek his professional opinion about the murder of a young woman.

Living

In 1950s London, a humorless civil servant decides to take time off work to experience life after receiving a grim diagnosis. Featuring an Oscar nominated performance from the great Bill Nighy!

Infinity Pool

James and Em Foster are enjoying an all-inclusive beach vacation in the fictional island of La Tolqa, when a fatal accident exposes the resort's perverse subculture of hedonistic tourism, reckless violence and surreal horrors. Starring the great Mia Goth

Emily

EMILY imagines Emily Brontë's own Gothic story that inspired her seminal novel, "Wuthering Heights." Haunted by the death of her mother, Emily struggles within the confines of her family life and yearns for artistic and personal freedom, and so begins a journey to channel her creative potential into one of the greatest novels of all time.

God's Country

When a college professor confronts two hunters she catches trespassing on her property, she's drawn into an escalating battle of wits with catastrophic consequences. Thandiwe Newton stars.

The Outlaws: Year 1

Seven strangers from different walks of life forced together to complete a community payback sentence in Bristol. Great new series starring Christopher Walken!

Good Grief: Seasons 1 & 2

Two sisters inherit a funeral home - and its eccentric employees. While Ellie is keen to uphold her grandfather's legacy, Gwen can't wait to leave. Can they figure out their lives while staring death in the face? Another great comedy series from New Zealand! **Chess Story**

To withstand the psychological torture of the Gestapo, a lawyer imprisoned by the Nazis finds refuge in the world of chess.

The King of Laughter

The life of Neapolitan actor and comedy playwright Eduardo Scarpetta, who was active during the late 19th and early 20th centuries.

April 18th

Marlowe

Set in 1930s Los Angeles, legendary detective Philip Marlowe (Liam Neeson) is hired to find the ex-lover of a glamorous heiress (Diane Kruger) but the disappearance unearths a web of lies and a deadly investigation where everyone involved has something to hide.

Cobra: Seasons 1 and 2

Follow the British Prime Minister and his Cabinet Office Briefing Room A (COBRA) committee, comprised of leading contingency planners and senior politicians, as they navigate the difficulties in overcoming a major national crisis. Robert Carlyle stars.

Charlatan

The breathtaking story of successful Czech healer Jan Mikolasek, who diagnosed and healed people using his intuition and strong familiarity with plants. Critical raves!

April 25th

Magic Mike's Last Dance

Mike Lane takes to the stage once again when a business deal that went bust leaves him broke and bartending in Florida. Hoping for one last hurrah, Mike heads to London with a wealthy socialite who lures him with an offer he can't refuse -- and an agenda all her own.

A Chiara

A 15-year-old girl lives in Calabria, Italy, and is suddenly abandoned by her father. The young girl then begins to understand the reasons he left and soon realises that she will probably have to leave Calabria soon too.

His Dark Materials: Season 3

The third and final season of Philip Pullman's His Dark Material's trilogy returns with an adaptation of the final book in the best loved book series, The Amber Spyglass.

Bloodlands: Season 2

An accountant's murder pulls DCI Tom Brannick into a hunt for a fortune that he's been hiding since his days as "Goliath". He forms an alliance with the victim's widow, but as Tom tries to conceal their trail, he comes closer to being unmasked.

Alice, Darling

A young woman trapped in an abusive relationship becomes the unwitting participant in an intervention staged by her two closest friends. Anna Kendrick stars.

Jesus Revolution

The true story of a national spiritual awakening in the early 1970s and its origins within a community of teenage hippies in Southern California. Kelsey Grammer stars!

STILL PLAYING!

Don't forget about these huge hits from February and March!

Babylon

A tale of outsized ambition and outrageous excess, it traces the rise and fall of multiple characters during an era of unbridled decadence and depravity in early Hollywood. Stars Brad Pitt and Margot Robbie.

Women Talking

Women in an isolated religious colony struggle to reconcile with their faith after a series of sexual assaults. Stars Rooney Mara, Claire Foy, Frances McDormand and directed by Sarah Polley. One of the best reviewed films of the year and a nominee for Best Picture (and winner for Best Adapted Screenplay)!

She Said

The Fabelmans

Inspired by Spielberg's own childhood, The Fabelmans is the story of Young Sammy Fabelman who falls in love with movies after his parents take him to see "The Greatest Show on Earth." Armed with a camera, Sammy starts to make his own films at home, much to the delight of his supportive mother. Multiple Oscar Nominee!

Tar

A Man Called Otto

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down. Starring the great Tom Hanks!

The Banshees Of Inisherin

One of the most talked about films of the year so far! Although Pádraic (Colin Farrell) and Colm (Brendan Gleeson) have been lifelong friends, they find themselves at an impasse when one abruptly ends their relationship, bringing alarming consequences for both of them. Nominated for 9 Oscars, including Best Picture!

Glass Onion

Tech billionaire Miles Bron invites his friends for a getaway on his private Greek island. When someone turns up dead, Detective Benoit Blanc is put on the case. Sequel to the smash hit Knives Out and starring Daniel Craig, Hugh Grant and many others!

Everything Everywhere All At Once

When an interdimensional rupture unravels reality, an unlikely hero must channel her newfound powers to fight bizarre and bewildering dangers from the multiverse as the fate of the world hangs in the balance. Completed the Oscar sweep of Best Picture, Best Director, Best Actress and both Supporting Actors!

VISIT OUR WEBSITE - MOVIESNSTUFF.COM