



Rejeanne Fairhead, as she crossed the finish line at last year's Ottawa Race Weekend, breaking a Canadian Record for the oldest woman to compete in a 5K run. Rejeanne is accompanied by her family. Photo Credit: Tara Fairhead

96-YEAR-OLD CANADIAN WOMAN COMPETES FOR WORLD RECORD AT OTTAWA RACE WEEKEND

By Valerie Boucher

In 2022, then-95-year-old Rejeanne Fairhead participated in her first road race after being encouraged by her friend, Marie. She completed the Ottawa Race Weekend 5K walking in Keds, which set a new national record for women's 95+ 5K speed at 58:52 minutes. This year, at 96, Rejeanne aims for the world record with a new pair of running shoes, a training plan, and a supportive community to back her up.

The current world record for women's 95+ is 55:48 minutes, set by American Betty Lindberg at the Atlanta Peachtree 5K in 2022. To beat this record, Rejeanne is working with Ottawa-based physiotherapist Richelle Weeks, who advises her training. She started with 30 minutes of fast-walking two to three times weekly, gradually increasing to 35–40 minutes. She also does strength training three times a week with exercises including calf raises, glute bridges, and sit-to-stands, where she has slowly added weights.

Richelle's recommendation for anyone starting running is to take it slow and increase speed gradually as they build up their ability. "Don't worry about your pace. Take it nice, relaxed and easy. Fuel properly and get your sleep," she advises.

"One of the beautiful things about running is you can be competitive with yourself. Focus on yourself, don't think about what someone else is doing. You don't know their story or how long they've been training. That's what Reg is doing – she's a year older and looking to improve her time by three minutes compared to last year. It's about improving yourself and learning you're never too old to do interesting and new things," Richelle says.

As part of her walk, Rejeanne is fundraising for

Perley Health Foundation in Ottawa, where she's volunteered for the last 27 years, and has been doing a lot of her winter training in preparation for Race Weekend. Perley Health is home to over 600 Seniors and Veterans living in independent apartments or receiving long-term care.

"Each year I am amazed by the women and men who come together to raise money for Perley Health through the Desjardins Charity Challenge. However, it isn't every year we have a Canadian record holder, let alone someone competing for the World Record on the team! From team members to supporters, we are all cheering Rejeanne on as she raises much-needed funds for Perley Health and walks her way to world record history," says Courtney Rock, Director of Development at Perley Health.

Throughout the years, Rejeanne has stayed active mentally and physically, with activities including bowling, gardening, volunteering, reading – and participating in a race. She also maintains a healthy home-cooked diet, mainly consisting of fresh fruits, vegetables and chicken. As she says, it's about "always having something to keep you busy."

Ultimately, Rejeanne wants to inspire others to stay active, especially as they age, and looks forward to participating in the run with her friends and family. "I'm going to go for the record, but if I don't hit it, I will still enjoy the race and get others to do it. My priority is to support the Perley and encourage others to get out there and do something with their lives."

You can contribute to Rejeanne's Perley Health fundraiser at: racerooster.com/events/2023/64371/tamarack-ottawa-race-weekend-2023/fundraising-organization/40170.

ONCE AGAIN, TAKE NOTE PREPARE

Back in the March and April issues of VISTAS, we front-paged appeals to readers to read, to take seriously, the information on inside pages about the next steps in recasting, changing, the nature and style of living in Alta Vista.

Here we are again, with concrete analysis by the Alta Vista Community Association, on page 7, of seven so-called Discussion Papers put out by the City of Ottawa on the pathways to be taken in creating the zoning regulations that will form the new scene. The AVCA, through its

Planning Committee, finds that these are not really Discussion Papers, but more Policy Papers offering a sense of what will be supported and where. It says these are papers "that will be used to guide the initial draft of the new zoning bylaws" with little room for real consultation and exchange of views.

Please expend the time and focus to see what the AVCA has to say about directions already apparently taken or well on the way to being taken.

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2023

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We invite you to review our draft Plan and provide any feedback that you may have by **Friday, May 5, 2023, at 23:59 (EST)**, and we also encourage you to share this invitation.

Visit www.yow.ca/en/AccessibilityPlan for a link to the Plan and details on how to provide feedback. If you require any accommodations to provide feedback, please contact us at 613-248-2082 or accessibility@yow.ca.

LETTERS TO THE EDITOR

Thank you, VISTAS, for hosting the discussion

Re: “Development of oil was not related to the growth of democracy or the emergence of the industrial revolution” by Michael Paduch, April 2023

Dear Editor,

I appreciated the article that Michael Paduch took the time to write that responded to my Letter to the Editor, “It Might Be the Supply Rather than the Chain,” included in the March edition of VISTAS.

Mr. Paduch makes a useful distinction over the last two centuries between the development of democracy and the increase worldwide of per capita oil consumption. A similar case is laid out by John Michael Greer in his book, *The Retro Future*, in which he describes four distinct periods of the Industrial Revolution, powered in reverse chronological order by nuclear power, oil, coal, and traditional fuels.

Greer points to the pre-coal period as the one we need to look to, to model our post-petroleum economy. Because although the world will never run out of oil, this is largely due to most of it being located in places we’ll never reach.

In the coming years, some oil demand will be replaced by solar, wind, wave and nuclear power, but the equipment for harnessing energy from these sources has only ever been produced by using oil. For example, solar panels manufactured using only solar electricity do not yet exist, and if they ever do, they are unlikely to produce anywhere near the abundance of power that North Americans have come to expect in the last century. For more explanations on this, I recommend VISTAS readers consult *Our Renewable Future* by Richard Heinberg.

Mr. Paduch points to greater engine efficiency as a potential source of reducing our dependence on oil. This reduction can only occur if overall consumption levels remain the same or decline. In other words, car engines that consume only half the gasoline of the past do us no good when everyone is doing twice as much driving.

I very much liked the examples that Mr. Paduch provided of historical oil use. We could certainly look to sixth-century China or ninth-century Baghdad to find some fine examples of how to prepare for a world with lower per capita oil dependency.

For a more modern example of what a low-carbon community might look like, we can look to Jan Schroeder’s Letter to the Editor in the April VISTAS.

Thank you, VISTAS, for hosting the discussion! The Greer and Heinberg books are both available at the Ottawa Public Library.

Janet Mark Wallace

Readers would be interested in more reports on events at local schools

Re: “Hillcrest Boys Basketball is back: the 2022/23 playoff run” by Anthony Hadwen, April 2023

Dear Editor,

Thank you for the full-page report by Anthony Hadwen on the Hillcrest Boys Basketball season. As a former teacher there, I am sure that many in the Elmvale Acres and Alta Vista neighbourhoods would be interested in more reports on sports, drama and music, and charity events at our local schools (including Canterbury High School, Ridgemont High School, Vincent Massey Public School, Pleasant Park Public School, Riverview Alternative School, etc.).

And the Schools and the School Board would appreciate free publicity of positive events showcasing the great jobs done by the students and staff, and some will keep copies or scans of your newspaper reports to cherish for the rest of their lives.

Roger Taguchi

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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.

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LETTERS TO THE EDITOR

Beautiful, older neighbourhoods like Alta Vista should be cherished and preserved rather than tossed into a blender of intensification

Re: "Let's not build a legacy of exclusion" by Lisa Gregoire, April 2023

Dear Editor,

Lisa Gregoire's letter published in the April 2023 edition of VISTAS suggests the opposition to intensification in Alta Vista is rooted in fear; fear of sharing, fear of change, essentially fear of the other stemming from an "us-versus-them" mentality. She unabashedly ties that opposition to polarization, hate and exclusion, and suggests people in Alta Vista somehow believe their rights are more important than those of others.

This sort of unfair characterization keeps coming up from certain corners without much, if any, real justification.

I have lived in Alta Vista virtually my entire life. That's many decades. I can say with certainty, that not once, not a single time, have I had a conversation with a neighbour or fellow resident during which they've expressed resistance to the arrival of people different from themselves.

On just a short stretch of the street on which I live, there are Black, Asian, Arab and Jewish residents. The ages range from children to seniors. There are singles and couples and families. Renters and owners. There are people whose incomes and assets would seem to be very different and whose levels of education and jobs are very different. In other words, there is already the sort of diversity that some seem intent on denying. Perhaps that makes it easier for them to conveniently reframe the debate and unfairly dismiss (and insult) opponents of intensification as being xenophobic.

I think it's fair to say most residents of Alta Vista who oppose intensification do so because of the change it will impose on the beauty, physical character and density of the neighbourhood, qualities that are exactly what attract the new and diverse residents moving into the area.

People appreciate the backyards that are roomy enough to entertain family and for children to play in. Front yards spacious enough to accommodate the trees that beautify and nurture our world. Streets that are quiet enough to walk, cycle and play on. Homes with driveways so that those streets aren't littered with parked cars that impinge on the safe use of the street. A sense of open space that is desired by the people who live and move here. Intensification destroys all of those things and on its own, doesn't even necessarily achieve the laudable goals of producing more affordable housing or reducing the number of motor vehicles. Just visit our denser suburban neighbourhoods, overrun with cars, and that becomes immediately apparent. These are some of the reasons so many people oppose this change. It's because it is change for the worse, not the better.

Intensification of older, established neighbourhoods is the low-hanging fruit of solving our housing problems. Some are presenting it as the only answer. That approach, often politically or financially motivated, represents a failure of the imagination. There are other far more creative and less disruptive solutions to the need for more housing, solutions that don't involve destroying beautiful, older neighbourhoods that should be cherished and preserved rather than tossed into a blender of intensification that leaves every neighbourhood the same, and the worse for it.

Danny Globerman

Alta Vistans need to speak out—now!

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

Dear Editor,

Courtney Tower's appeal to Alta Vistans to take note of the property earthquake called "Intensification" coming to Alta Vista is more than timely, it's a call to arm ourselves with information.

The beautiful, established, peaceful, child-friendly neighbourhood of Alta Vista is about to be turned into an apartment-riddled, up-and-down landscape of brick and concrete. More cars, more traffic, more hideous storefronts, more in and out parking, and fewer life-giving trees. By the way, some glorify the backyard sheds by calling them "Coach Houses," but they were really stables then, and not much more now. Don't be misled by sophistry.

A bit extreme you say? I think not. Read the Official Plan. Read the Transportation Plan. Read the official notices of zoning changes that affect: a) lands throughout the city; and b) all Residential and Village Residential zones. "The recent changes to the Planning Act to allow additional dwelling units has the effect of overriding municipal zoning by-laws, triggering the need to amend the Zoning By-law to account for the requirement to permit three dwelling units, ...," or so says the City.

While a public notice from the City of Ottawa printed in the March 18 edition of the Ottawa Citizen indicated that the proposed zoning and by-law amendments could be found by going to Ottawa.ca/devapps and inputting File Numbers D02-02-23-0017 and -0018, I could not locate them by doing so.

No, Alta Vistans are not being selfish to want to maintain our community as the green and healthy, child-friendly, dog-walker-friendly, cyclist-friendly neighbourhood that it already is. The traffic load is heavy enough, thank you very much. Putting up apartment buildings with commercial storefronts along Kilborn Avenue, for example, will do nothing for anybody and will only increase traffic and noise pollution, while it lowers property values.

Heaven knows the city needs affordable housing, but destroying one person's quality of life to provide another person with housing is so unnecessary! There is plenty of space in Ottawa that can be used. For example, at Smyth Road and St. Laurent Boulevard, the Canada Post lands have acres of space, the Experimental Farm (apart from the heritage buildings) has nearly a square mile of land that no longer is used for research (but does have a beach volleyball court).

Let's get smart about this. We can have lots of new homes without destroying the ones we've got. If Alta Vistans don't get involved now, we will have no one to blame but ourselves. We need to speak out—now!

R. Strong

Open Letter to Mayor and City Councillor, shared with VISTAS

Say NO to funding arena costs

Dear Mr. Sutcliffe,

Now is the time to make very clear that municipal funding of arena costs is NOT available. Bidders should have clear guidance to factor into their hundreds of million-dollar bids that taxpayer funding is off the table. How can City Council entertain subsidizing billion-dollar bidders and millionaire players when the social problems of homelessness and overrun food banks in Ottawa are inadequately addressed?

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Russ Jackson



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OUR COMMUNITY

AVCA'S INITIAL REACTION TO THE CITY OF OTTAWA ZONING DISCUSSION PAPERS

By Judy Korecky, on behalf of the Alta Vista Community Association Planning Committee



The April edition of VISTAS advised residents of a new City of Ottawa consultation on developing a new Zoning By-law with the release of seven Discussion Papers and corresponding surveys. These papers each represent a key issue underpinning the implementation of the new Official Plan (OP): Neighbourhood Zones; Neighbourhood Character; Land Use Strategies; How Zoning Can Regulate Trees; Climate Change, Resiliency and Public Health; Equity, Diversity and Inclusion; and Rural Zoning Issues.

Despite their name, the AVCA Planning Committee finds that these Discussion Papers do not invite discussion or include a process to incorporate feedback. This is a view shared by other Ottawa community associations at a recent meeting of Planning Representatives. The City's survey questions do not seem to be designed to solicit informed feedback. Rather, the survey questionnaires contain some demographic questions (including name, postal code, gender, etc.), and a few questions, typically multiple-choice, that touch on narrow elements of the specific Discussion Paper topic. To note since the original release of the survey questions, some of the demographic questions have since been removed and now an additional question has been included asking for general feedback. However, this new open-ended question has a very low character limit, so only a brief five-line comment is possible.

Furthermore, there is no stated intent to revise the Discussion Papers after receiving responses to the guided survey at the end of each paper. Instead, there will be a "What We Heard Report" and an associated Open House slated for later this year.

Based on the foregoing, it would seem that the "Discussion Papers" are instead "Policy Papers" that will be used to guide the initial draft of the new Zoning By-laws (due to be released in the first quarter of 2024) rather than true consultation documents. In that light, residents may wish to consider them as more of a "heads up" on what is to come in the Zoning By-law, and what may eventually come to their streets.

As expected, the papers make frequent reference to the policy guidance written in the newly approved Official Plan (and as modified by Provincial Bill 23). Also as expected, the new zoning will not include areas reserved for single-family detached homes as Bill 23 specifically provides for up to three units on any serviced lot. Note this is in keeping with trends across North America.

As with the OP, the new zoning will continue to focus on 15-minute neighbourhoods. The Discussion Papers make it clear that zoning can permit commercial uses on streets, but cannot ensure that such uses happen. The only leverage the City can employ is to permit increased density so as to provide the largest potential customer base for commercial establishments.

The key paper on neighbourhood zones outlines the proposed major changes in zoning. At present, the City uses R-1 to R-5 zoning – with much of the AVCA catchment area being R-1 (single-family homes). The new set of categories, N-1 to N-5, focus on defining density, form and function and roughly align with the "transects" the City has established in the OP. Alta Vista is in the "outer urban" transect, and the interior streets of neighbourhoods will be mostly N-2 (detached, duplexes, triplexes, semi-detached and townhouses, with permitted density maximum of up

to 70–105 dwelling units per hectare). Areas around transit though, and within a block or two of corridor streets, will be mostly N-3 (low-rise apartment buildings with six to eight apartments with a permitted density maximum of up to 200–250 dwelling units per hectare). For context, the current densities in the AVCA catchment for single family homes is between 15–30 units per hectare and for duplexes/row houses is around 30–60 units per hectare.

A significant portion of the AVCA catchment area will be affected by transit-related zoning, due to the proposed Heron Road Rapid Transit Busway, Bank Street, Pleasant Park, and Riverside Hospital transitway stations. The City intends for zoning to move all of Alta Vista from "outer" to "inner urban" in character and is beginning by increasing the density of these areas. We need only look to the experience of Elmvale Acres, which was declared a "transit hub" in the OP, thereby permitting up to 40-storey highrise buildings and the recent spate of applications to build several new highrises around this new "hub," to imagine the future of Billings Bridge Shopping Centre area.

In addition to focusing on the need to increase densities around transit routes, both existing and potential, the papers also focus on other so-called "evolving neighbourhoods" along major and minor corridors (Smyth, Walkley, and Heron; Pleasant Park and Kilborn, respectively) and their surrounding streets.

That said, the paper on neighbourhood zones is the clearest indication that the reclassification of the AVCA catchment from "inner urban" to "outer urban," due to the concerted efforts of Alta Vista residents, will make an important difference in allowing our neighbourhood changes to occur more gently over the next years. As an example, the "outer urban" permitted densities are half those of the "inner urban" areas.

The Discussion Papers address the OP policies that focus on the need for the missing middle (multi-unit housing) as well as larger housing units (of at least three bedrooms). Again, the Discussion Papers are clear that the City has no way to ensure that such developments occur. The only tool available to the City is to define more permissive zoning to allow developers to build these units. Time will tell the outcome.

If you have comments on any of the Discussion Papers (located at: engage.ottawa.ca/zoning/news_feed/new-zoning-by-law-discussion-papers-march), we recommend that you send emails to City Staff at newzoning@ottawa.ca, copying Councillor Carr and AVCA rather than or (in addition to) replying only to the survey. **The deadline to submit comments is July 28, 2023.**

More details to follow on the Discussion Papers in the next edition of VISTAS. AVCA will be preparing a written submission on the Discussion Papers and will post a copy of the submission on the AVCA website (targeting June). Stay tuned.

Other pieces will influence development

The City and Province are moving forward with a number of other key pieces that will influence development for years to come. AVCA Planning Committee is following these initiatives closely.

Notably, City staff have prepared a Zoning Bylaw Amendment package to meet Bill 23 requirements, including to allow for up to three units on any serviced lot. This amendment package is to be approved by Council and come into effect in June 2023. As well, the City of Ottawa is updating comprehensive Urban Design Guidelines for Low-Rise Infill Housing that are compliant with the OP for approval by Council in 2023. A draft is to become public in June 2023 to be followed by Council approval shortly thereafter.

Further changes are also being made to the provincial planning framework. On April 6, 2023, the Ontario government unveiled its Housing Supply Action Plan. The proposals include the release for comment of a new Provincial Planning Statement and Growth Plan. Some changes are also proposed to the *Planning Act*, with the introduction of Bill 97 (*Helping Homebuyers, Protecting Tenants Act, 2023*) which proposes legislative amendments with the goal of achieving the construction of 1.5 million new homes by 2031.



John Fraser, MPP Ottawa South

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OUR COMMUNITY

2332 MAJOR E.J.G. HOLLAND VC ARMY CADETS TO CELEBRATE A MILESTONE IN JUNE

By Lt Anh-Thu Dang

Local army cadet unit, 2332 Major E.J.G. Holland VC Royal Canadian Army Cadet Corps, is preparing to celebrate its 75th Annual Ceremonial Review in June.

The upcoming Ceremonial Review is an opportunity for the cadets to showcase their skills and accomplishments to their friends, families, and the community. It's an occasion to highlight the positive impact the cadet unit has had on countless young people over the years.

2332 RCACC was founded on November 25, 1948, and was originally the 3rd Infantry Divisional Signals Regiment Cadet Corps. Over seven decades the corps has undergone many changes, including the incorporation of another army unit, and receiving our current designation of 2332 Major E.J.G. Holland VC RCACC. Today, the corps parades with over 80 cadets and a team of officers and civilian volunteers.

Commanding Officer, Major Patricia Bonacci, spoke about the unit's impact: "2332 RCACC's long-standing history has impacted youth positively in the surrounding community. Many young people in the unit who have gone through the Cadets Program have built life skills such as teamwork and resilience, fostering confidence, loyalty and

respect. The Cadets Program continues to help strengthen our communities and develop young community leaders through this peer-led program."

The Army Cadets Program is a non-profit organization supported by the Canadian Armed Forces and is open to youth between the ages of 12 and 18. In their first two years, junior cadets learn skills such as teamwork, marksmanship, navigation, expedition and drill. Following that, senior cadets learn how to instruct, lead a team, and command a platoon.

Outgoing Regimental Sergeant Major, Chief Warrant Officer Uchelimafor, shared his experience in the program: "Joining the program had a huge impact on my life. Since I joined as a shy 12-year-old, I've learned new skills, developed my confidence, and made lifelong friendships. I'm so proud to have been part of this unit and I look forward to the positive impact they'll continue to make!"

Through their experience in the program, the cadets have participated in community events, local/regional competitions, and summer training. They have developed valuable skills and have formed lifelong relationships with friends and mentors. The cadets of 2332 RCACC are excited to continue their training in the program and make a positive impact in their community.

We welcome all community members to attend our 75th Annual Ceremonial Review on June 3 at 2 p.m.

This FREE-to-join Army Cadet Program is open to youth between the ages of 12 and 18 and is offered locally every Wednesday night at 2100 Walkley Rd. Check out our website, 2332cadets.ca, for more information.



Chief Warrant Officer Uchelimafor leads his final parade as he finishes the Army Cadets Program.



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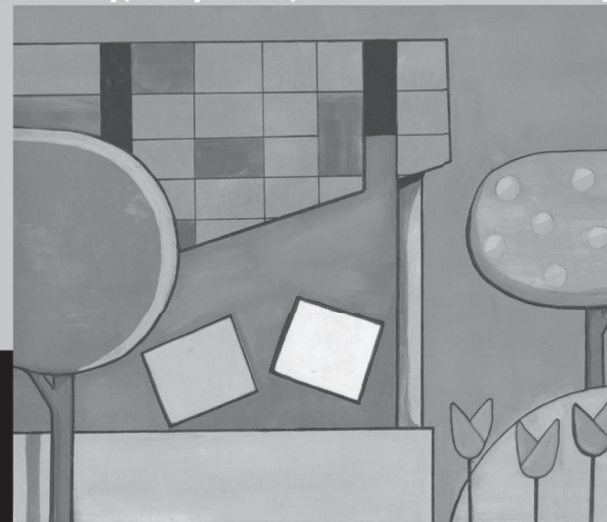
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OUR COMMUNITY

THE FORMER DIOCESAN CENTRE: THE LIFE OF AN EXTRAORDINARY BUILDING (PART 2)

By Chris Wiebe



I'll readily admit that digging into the former Diocesan Centre's (1245–1247 Kilborn Place) past has sent me down a research rabbit hole. Last month, in Part 1 of this series, the connection of the building's architect, Auguste Martineau, to the papal visit to Ottawa, remained an open question. A federal heritage report on one of his earlier buildings, the RCMP headquarters, had mentioned this papal connection in passing: "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." You'll be happy to know I resolved that burning question, but in the process may have opened up fresh mysteries.

In December 1947, Auguste Martineau, the future architect of Alta Vista's Diocesan Centre, received the Medal "Pro Ecclesia et Pontifice" (For Church and Pope) from Pope Pius VII. One of the Vatican's highest distinctions, Martineau was recognized for being the architect of a giant temporary "Repository" – a massive altar, tower and winged structure – erected at Lansdowne Park for the Ottawa Marian Congress in June 1947. Few in our city will have any recollection of this pilgrimage or the creation of one of the world's largest outdoor churches. It nevertheless remains the largest event ever held in the city, attracting 250,000 pilgrims, at a time when its population was just 160,000. Consider the fact that 15 tons of hot dogs, 3 tons of ham, and 1 million soft drinks were consumed at the event!

Mounted by the Archbishop of Ottawa to celebrate the 100th anniversary of the founding of the Diocese of Ottawa (Bytown) in 1847, the event was devoted to the veneration of Mary – the mother of Jesus (thus the "Marian" Congress) – and an opportunity to pray for her intercession on behalf of world peace, then threatened by the escalating Cold War. The event captivated the city with processions of 10-thousands through the streets of Ottawa from Notre Dame Cathedral Basilica to Lansdowne. And while Pope Pius VII didn't attend

the Congress (the first papal visit to Ottawa was in 1984), he did give a live radio address to the assembled faithful.

Auguste Martineau's contribution to this super-sized event was the Repository structure (located where Lansdowne's southside stands now sit), which served as a huge visual focal point and stage for the assembled audience of up to 73,000 people in the open-air church. The blue and white stucco structure was 550 feet long with a 155-foot tower at the centre, topped by a 28-foot statue of the Virgin Mary standing on a globe. It was also charged with less obvious symbolism. As a contemporary newspaper article explained, the inward-sloping spires of the tower formed a kind of M shape (for Mary), and the repeating triangular pattern on the upper back wall of the Repository represented connected M shapes. These gigantic gestures would have accentuated the visual effect of the long ranks of cardinals, archbishops, bishops and other dignitaries who sat in rows on either side of the altar. It must have made for a fantastic spectacle.

Sadly, Martineau's Repository was torn down immediately after the Congress ended, and there have been several online articles lamenting the loss of this Ottawa "megastructure." The high profile of the Marian Congress structure, and subsequent papal medal, however, seems to have brought Martineau a cascade of Ottawa-area church commissions, and with them, he demonstrated his facility with a broad range of architectural styles: the Roman Catholic Church Seminary and later RCMP Headquarters on Riverside Drive (blessed in 1949, I got it wrong in last month's article), the St. Mary's Church (Civic Hospital, 1949), St. Clement (Sandy Hill, 1955), Church of Our Lady (Manor Park 1956), and St. Mark's (Aylmer, QC, 1956).

Nevertheless, one wonders whether the loss of his "breakout" building as an architect didn't linger with him.

I would argue that it most definitely did, that Martineau never quite shook the Repository's grasp, and that the architectural symbolism and forms from this brief Marian Congress (a kind of high-water mark of Ottawa Catholic fervour?) live on around us here in Alta Vista. When you look at images of the Repository, you can't help but notice that the Diocesan Centre – with its finned central tower and elongated wings – bears an uncanny resemblance in scale and design. The Centre's materials and structure are more refined, but the Marian echoes remain. In fact, the extreme length of the two structures is almost the same. So too, with another area church. The Marian Congress featured the consecration of Canada "to the Immaculate Heart of Mary," and a Catholic Church with that very name, designed by Martineau, was opened on Alta Vista Drive in 1954. The massive triangular forms on the front and side facades read as unmistakable references to the repeating triangular motif on the Repository. Like a kind of coded message, the vestiges of the Marian Congress live on, hidden in plain sight on the buildings around us.



Are the triangle shapes on Immaculate Heart of Mary Church (1758 Alta Vista Dr.) a direct reference to the 1947 Marian Congress?



Diocesan Centre architect Auguste Martineau's "Repository building" at the 1947 Marian Congress in Ottawa. Photo credit: Archives of the Roman Catholic Archdiocese of Toronto

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Meet your Ward 18 Office Team

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Executive Assistant: Sarah Falkowsky (sarah.falkowsky@ottawa.ca)
Case Worker: Dave Woods (dave.woods1@ottawa.ca)
Communications Assistant: Heather Moore (heather.moore@ottawa.ca)

Police Week BBQ at Coronation Park May 17

On May 17 from 4p.m. to 7p.m., the Ottawa Police Service will be hosting their annual Police Week BBQ Event at Coronation Park (442 Coronation Avenue). Come out and join us for food, bouncy castles, Little Rays Reptiles, Ottawa Police soccer team, and more. I look forward to seeing you there!

Overbrook/Eastway Gardens Town Hall May 23

Overbrook and Eastway Gardens residents are invited to attend a virtual information session to learn about upcoming development projects in both wards. This session will be taking place on Tuesday, May 23, from 6:30p.m. to 8:30p.m. I am excited to announce that this meeting will be run in collaboration with Ward 13 Councillor Rawlson King. Following the presentation, a Q&A session will take place for residents. A link to this meeting will be shared on my website shortly.

Play Free in Ottawa this Spring and Summer!

Beginning Saturday, April 15, children and youth of Ottawa can participate in "Play Free" – a lineup of free drop-in activities that includes gym sports, swimming, museums and skating.

Every child should have the opportunity to participate in recreation and cultural activities. Play Free is an initiative to reduce financial barriers to participation. The City of Ottawa also offers financial support through the Ottawa Hand in Hand participant subsidy program. Visit ottawa.ca for more information.

City of Ottawa Rain Ready Program

The City of Ottawa, through its Rain Ready Program, has launched a new series of free bilingual online courses where residents can learn all about how they can be rain ready! This series of free online courses will give you the knowledge and skills you need to better protect your property from the impacts of rainfall and flooding.

Learn how to build a beautiful rain garden, the reality of stormwater management in Ottawa, or why you should redirect your downspout. You'll also learn more about how you could qualify for up to \$5,000 in rebates. Learn more about how you can be rain ready and contact the rain ready team at ottawa.ca/rain.

Sign up at <https://rainreadyottawa.talentlms.com/index>.

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:



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Instagram ([martycarrottawa](https://www.instagram.com/martycarrottawa))

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OUR COMMUNITY

THE VERY EARLY DAYS OF THE NORTH WEST MOUNTED POLICE AND THE 'MARCH WEST'

By J. J. (Joseph) Healy



Superintendent J. J. Healy & Gracie

The 150th Anniversary of the Royal Canadian Mounted Police will be celebrated on May 23, 2023. One year ago, I thought that I would make the effort to commemorate this occasion by sharing with VISTAS readers stories about the RCMP, focusing on connections between the Force and Ottawa. It has been my pleasure to compose these stories and share a little of RCMP history with you. I hope that you have enjoyed my tales. This is my 12th and last installment. I wanted to end this commemoration of the RCMP's anniversary with a reflection on the beginning of our national police force and tell you about the "March West" and some of the final resting places of "The Originals."

Many Canadians have some knowledge of the North West Mounted Police and the ordeals they endured while they crossed the Canadian prairies during the summer, fall and early winter of 1874. But, with the exception of the heroic Superintendent Sam Steele, most Canadians might not know any of the names of the approximate 312 individual police officers who took part in this famous March West. As well, Canadians may know very little of their herculean efforts to secure the West for the newly founded Canada.

The March West stands out as a nearly impossible goal which easily could have faltered, but the NWMP did not allow it to fail. Along the trek, the men faced hazardous weather conditions including thunderstorms and snow, a lack of food and clean water, sick and suffering animals, harsh discipline, and poorly fitted boots and uniforms. There was no recreation and there was no allowance for privacy. Day after day, they struggled and endured on a march that took them from Fort Dufferin, Manitoba to Fort Whoop-Up, Alberta. It is important that these brave men be remembered. Their mission was to establish the presence of law and order – especially in response to the Cypress Hills Massacre (June 1873) – and counter the threat of American expansion northward.

After the March West, many of the NWMP scattered to other parts of Canada or to the United States. Some returned to Europe and the United Kingdom, and since 1874, very few records were uncovered that would identify the whereabouts of the early NWMP March West pioneers. Unfortunately, many of the men ended their lives in sad circumstances or met tragic ends.

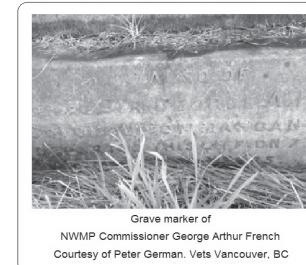
It may surprise Canadians but since the very early creation of the RCMP National Grave Discovery Database in 2001, several dozen graves of the men of the March West have been discovered, documented, cleaned and photographed. Over the past 20 years or so, hundreds of dedicated RCMP Veterans across Canada as well as hundreds of interested civil volunteers have devoted immense time, effort and research to finding the graves of the men of the March West. There has been great success – about 202 graves out of the 312 total have been found! Many of the places of burial for these NWMP pioneers have no grave markers, but this problem has been overcome, one grave at a time, with the generosity of Veteran Affairs Canada and the Last Post Fund.

Research of official documents, birth certificates, death certificates, baptismal and marriage records, and newspaper accounts is time-consuming. Working to chronicle this aspect of Canada's history is important, meaningful work. It is good for the citizens of a country to learn about and acknowledge the people of times past whose resilience helped define a nation. If you would like to learn more about the life stories of individual members of the March West, I invite you to go to www.rcmpgraves.com/vetcorner/vetmonth-jun21.html.

All members of the NWMP deserve to be recognized for their effort to secure the new country of Canada. For the most part, their lives were not easy, and I would like to express my gratitude to all our volunteer veterans and citizens for working so hard to remember them by uncovering these important details of our nation's past. In my estimation, the ongoing work to discover the final resting places of the members of the NWMP is part of a very worthwhile Canadian project.

The names listed below were original members of the NWMP and active participants in the March West. In recent years, their graves have been found and photographed in cemeteries around the world.

In 1873, Sir George Arthur French was appointed the first Commissioner of the Force. He resigned after the March West, and he returned to London, England where he joined the Imperial Army. He died in 1920 at the age of 80. He was buried in the Brompton Cemetery in London, England. His grave was found and photographed by Vancouver RCMP Veteran Peter German.

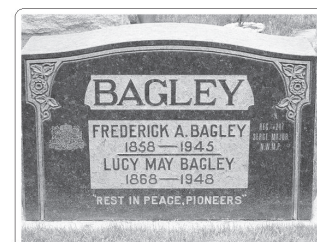


Grave marker of NWMP Commissioner George Arthur French. Courtesy of Peter German, Vets Vancouver, BC

Edwin A. Allen received a Commission in the NWMP in 1874. He resigned in 1877. After the NWMP, he was a Customs Officer in Coutts, Alberta. He died in 1897 at 44 years of age. He was interred in the Woodland Cemetery in Cornwall, Ontario. His grave was found in the Allen family plot by RCMP Veterans Jack O'Reilly and AJH "Joe" Collinson.



Frederick Augustus Bagley joined the NWMP in 1874 at the age of 15, and he retired in 1899. He then fought in South Africa. He died in 1945 at the age of 87. His grave was found in Banff, Alberta by Calgary volunteer Reg Keatley.



Prior to his arrival in Canada, Jacob E. Carvell had served in the Confederate Army. He received a Commission in the NWMP in 1873. After the March West, he was granted leave in 1876 to visit his family in Virginia. He resigned his Commission from Boulder, Colorado. Years ago, I found and photographed his grave in Rileyville, Virginia.



Sub Constable John D. Nash joined in 1873. After the March West, he served in the Fort MacLeod area. His death in 1876 was accidental, and it was the first death in the NWMP attributed to a duty-related cause. Nash was hauling logs with a team of horses for the construction of buildings at Fort MacLeod, Alberta. He was riding on top of the load. While going down a hill, the load spilled and he was fatally crushed by falling logs. His grave was located in Union Cemetery in Fort MacLeod.



First death attributed to duty-related cause. Going down a hill, the wagon load spilled. He was fatally crushed by falling logs.

Happy 150th Anniversary, RCMP!

Signing off, J. J. (Joseph) Healy, Superintendent, R'td



"Le bonheur est la plus grande des conquêtes, celle qu'on fait contre le destin qui nous est imposé."

"Happiness is the greatest of conquests, the one we make against the destiny that is imposed on us."

— Albert Camus

Submitted by Patrick Dagenais

OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

Spring is finally here, and along with our annual Scrop of potholes, garage sales are as much of an Ottawa tradition as our world-famous tulips. This year both our potholes – thanks to our atrocious weather – and our garage sales – thanks to the fading pandemic – seem to be especially huge. Although the garage sales are far more pleasant than the potholes!

At HEFC, we have been fortunate in receiving so much community support for our almost entirely volunteer-led efforts throughout the pandemic. On Saturday, April 16 we were so pleased to meet so many of you at the Giant Canterbury Community Garage Sale, held at Canterbury Community Centre on Arch Street. Thanks to the thoughtful management of Marisa Fusaro, the Program Manager at Canterbury Community Association, we had a table directly opposite the front entrance so we could be seen by every one of the 1,500 people who came through the doors. The interest and support expressed by so many of you are much appreciated.

Our information table was greatly enhanced by the presence of our Hero for May, Natalie Archambault, who contacted us with her idea of selling the brightly coloured crocheted dishcloths she made during the pandemic as a fundraiser for HEFC. Natalie states that she was feeling quite down, depressed and helpless during the pandemic lockdowns, and wanted to do something to help make things better. She taught herself to crochet, from YouTube videos, and hit upon the idea of crocheting dishcloths to sell in order to raise money for the food bank. The rest is history. The dishcloths come in beautiful colours, are perfect for scrubbing those sticky bits, and Natalie is a wonderful advocate for our program. Natalie was also supported by her sister and two nephews who came along to help sell the dishcloths. Additionally, some anonymous person thoughtfully contributed many DVDs, which we also sold to folks who visited our table. We raised over \$200 thanks to Natalie's clever idea.

At HEFC we are experiencing an unprecedented demand for emergency food supplies. In March of this year, a time when we usually begin to see fewer



HEFC Hero for May, Natalie Archambault, with her nephew, Jack G.

numbers of clients, we provided emergency food for a record-breaking 632 households, compared to 487 households in March of 2022. This March we served 73 new households, compared to March 2022 when we served only 20 new households. Each new household needs to be registered in our Link2Feed computer data system, as well as be guided through the whole process, greatly increasing the amount of time required to serve our clients. Overall, we provided nutritious emergency food to 2,039 individuals in the month of March 2023. This is a record-high monthly number of clients in our 36 years of providing emergency food to the residents of Ottawa South.

In May, we will be participating in a city-wide pilot project for all food banks, a Client Satisfaction Questionnaire which will be offered to all our clients after they have been served. Fortunately, this questionnaire will be provided in five languages, including English and French, and will be provided by the City of Ottawa on a tablet. We are hopeful that the additional service time required will be manageable for both clients and volunteers at HEFC.

Our community outreach initiative at the Giant Canterbury Garage Sale was a great experience, and we hope to meet more community members at similar events throughout this post-COVID summer. We will be hosting an information table at the Alta Vista Farmers Market at St. Thomas Anglican Church on August 26, and will be holding our annual Walkathon on Saturday, September 23. Stay tuned for more news!

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.

MAY WISH LIST

We welcome cash and food donations including tuna, canned vegetables, canned tomato sauce, canned soup, chickpeas, kidney beans, cereal, snacks for children, feminine hygiene products and personal care items including toothbrushes, toothpaste, soap, and shampoo.





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OUR COMMUNITY

ELLWOOD ROUND-UP

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



Last month's article on Ellwood and your association's achievements elicited further questions about how we operate and what we do.

Ellwood's Ridgemont Community Association's Board of Directors meets with our City Councillor on the last Wednesday of every other month, starting in January. These two-hour evening meetings had been held monthly for well over 30 years, until Councillor Riley Brockington's tenure. We realized that councillors are having increasing demands for their time and cut the frequency of the meetings in half. The compromise has worked perfectly.

Anything is up for discussion at these meetings and topics have included: reviews of site plans for projects, homes, and businesses like Shoppers Drug Mart, Home Depot, Swiss Chalet, a mixed-use business at Bank and Walkley, and the renovation of the gas station next door; a string of persistent late-night thefts from cars and neighbourhood crime issues; several safety issues and dog attacks; and road repair and traffic problems. Working closely with the Ottawa Police and with the help of an alert resident, a car break-in suspect was recently arrested. The planting of 16 trees, the soon-to-be-installed Girl Guides Little Library at the park, and applications for variances are also considered.

There are literally scores and scores of other issues that are considered, examined and resolved. Ellwood's Ridgemont Community Association has been reputed to be one of the most engaged, well-informed and results-oriented associations in Ottawa. On occasion, a specialist or expert from the City or Ottawa Police is invited to engage with the board and co-operate on solving problems. From time to time, we also work and cooperate with our Member of Parliament David McGuinty.

Intensification File

Much has been said about intensification in Ellwood and how the already underway intensification is being received – you be the judge. Residents all wish to live their lives much as they have without radical changes or bad *feng shui*.

Not only the visual, audio and sensory senses that we so enjoy but also their peace of mind and the anticipation that it is not unduly disturbed in living with neighbours or neighbours-to-be. Being designated as a 15-minute neighbourhood, Ellwood has been ahead of the curve with its proximity to the Walkley OC Transpo Transitway bus stop and the new LRT station. A good number of homes have changed hands and been bought as investments and turned into multi-unit residences.

How is it going so far? – you be the judge.

Where there was enough room for one or two cars at most, now anywhere from four to six and sometimes up to ten are squeezed into a property meant for one or two. Cars are parked all over the front greenspace or that greenspace has been paved over and trees cut down for parking. Green frontage has been

turned into unsightly quagmires to the disbelief of nearby residents. Garbage is left outside way in advance of garbage day and garbage cans are left outside way past garbage day – in one case for two months. Residents come and go and they neglect to take them in. In many cases the properties have refuse strewn around and property standards all but ignored. Imagine, for a minute, two rows of well-maintained homes on a street, one changes hands and becomes a multi-unit residence. Overnight, cars are parked all over the lawn, front and sides, and garbage cans, empty or full left anywhere. Spring cleanup or any cleanup is totally absent. Exorbitant rents are collected, and none or minuscule amounts trickle back to the properties or the community. Doubtless, they are a few exceptions, but rare they are. One resident keeps intoning the famous '70s Joni Mitchell song, "They've paved paradise and put up a parking lot, and they took all the trees put 'em in a tree museum and charged people a dollar an' a half just to see 'em." Another wag who listens to vintage on his very modern music system belts out Loving Spoonful's iconic Daydream hit and says that he will not be able to "to take a walk in the sun and fall on my face on somebody's new-mown lawn." One family, fed up after three speeding cars ran off Banff Ave. into their corner home three times, almost killing them once, has just moved away. Where once there was the solitary accident on an abutting stretch of Bank St. has seen a whole string of spectacular accidents that block Bank for over three hours routing all car, bus and truck traffic through the neighbourhood.

Park Cleanup

Our 26th Annual Park cleanup is scheduled for Saturday, May 13, from noon to 2 p.m. at Frank Licari Park – there will be prizes drawn. You must participate for an hour to be eligible to win. Supplies and gloves will be provided, just bring your own elbow grease and good cheer!

Community Notes

Ellwood's Ridgemont Community Association's 42nd Annual General Meeting will be held on Monday, May 29 in the Rideau Room of the Marriott Residence Inn at 1172 Walkley Rd., behind Shoppers Drug Mart (the entrance is on Annand Private). In attendance will be our Member of Parliament, the Honorable David McGuinty, our City Councillor, Riley Brockington, and Ottawa Police Services Community Officers, Marcus Cibischino and Brad Burleau.

Registration starts at 6:45 p.m. and the AGM will run from 7 to 8:30 p.m. There will be many mystery prizes, and the first person to register will automatically get a door prize. To qualify for a prize, you must prove you live within the community's boundaries or have helped out at the park rink. ID/home address will be checked at the door and a slip completed with your name, home address, email address and phone number to be entered in the hat. Light refreshments will be served. It will be an evening of fun too, good luck and may many of you win. For more details, see our website: Ridgemont-community-association.weebly.com, as the function is still in the planning stage.

And note that our Pot Hole Patrol will be out and about; please let Norm know the exact location of your favourite pothole that needs fixing.

Please feel welcome to contact Norm Payne at normanp@premieregroup.com or 613-288-0034.

NEWS FROM ELLWOOD HOUSE

By Beverly Ensom, Director of Ellwood House (Ottawa) Inc.

Have you heard of Ellwood House? It's a small apartment building providing safe, affordable housing for low- and moderate-income seniors. We've been here on Braeside Avenue since 1987, and we're planning an extension—38 more one-bedroom apartments.

Our Board of Directors

We're a non-profit corporation, operating independently but participating in the campus community at St. Thomas the Apostle church. We have a small working board of directors, and we employ a property management company for day-to-day building administration and support to our tenants.



We have room for two more board members—one from the church congregation and one from the broader community. We meet monthly, except in the summer, and between meetings we keep up to date with goings-on at Ellwood House, usually by email. Board members often take on projects or ongoing responsibilities.

Our board could use expertise in public relations, fundraising, proposal writing, construction/buildings/development, municipal/provincial government. We are a congenial group, pleased to be working on a successful project, excited to be expanding it.

Check us out at www.ellwoodhouse.ca. If you'd like to join us, please send a note and your resume to ellwoodhouse@rogers.com, or just email us for details. We would be happy to talk to you.

The Ellwood House Extension

Plans for the Ellwood House Extension are progressing. We submitted our first site plan to the City in October 2021. The site plan process allows us to work with the City and the community to plan homes for seniors that fit with our Alta Vista neighbourhood. The City has taken into account community feedback—among other considerations—as it requests refinements to the original site plan. Also, the City is examining the campus as a whole as it evaluates the site plan, which adds some complexity. At time of writing, just a few small issues remain to be resolved before the site plan is approved.

As soon as we have site plan approval, we can start to apply for capital funding and move toward construction. In the meantime, a further \$200,000 in pre-development funding from the City has allowed us to work on the many studies and adjustments needed to complete site plan requirements.

OUR COMMUNITY

ALTA VISTA TEEN SERVES HIS COUNTRY

By Aldis Brennan

On September 10, 1939, Canada began shipping its brave young men and women overseas to fight in the muck and terror that was World War II. By the end some 1.1 million had served in the defeat of a rapacious Nazi Germany; many never returned home. The vagaries of time have taken many of the rest – leaving, by some estimates, only 20,000 people who remember the horrors found in those trenches.

Perhaps this explains why enrolment in the Canadian Armed Forces is dwindling. We are losing that collective memory not just of how brutal and violent armed conflict can be, but also why it is sometimes a necessary evil. In Ontario, the percentage of the recruitable population who enrol in the military is so small, it's closer to zero than it is to one. Officer Cadet Thomas Verner, 19, defied the odds.

Growing up in Alta Vista, he dreamed to one day slip the surly bonds of Earth and soar amongst the clouds as an airplane pilot. When he graduated high school last year, he aimed to make good on that childhood vision but wasn't quite sure how until he was driving through Kingston on his way to a hockey tournament and his mom pointed out the Royal Military College.

"That was the first time I had ever heard of it," Thomas said. "I started to do some research and thought that it was right for me."

Contrary to what many assume, the Canadian Armed Forces is not a refuge for the brutish troglodyte. The Royal Military College, like any other post-secondary institution, requires academic excellence. It also requires athletic fitness, bilingualism, and military training in order to graduate.

The first step for Thomas was an interview at his local recruitment centre on Sparks Street in downtown Ottawa. That was followed by specialized testing for his top trade program choices: pilot and Air Combat Systems Officer. Unfortunately, like many youthful dreams, this one didn't come true. But, while Thomas hadn't qualified to be a pilot, he had found the place where he needed to be. So, he embarked on the path to becoming an Air Combat

Systems Officer which will see him direct the missions of aircraft rather than fly them.

"I saw people during the pandemic sitting at their desks all day not really moving," Thomas explained. "I wanted to do something that was more active, something that would challenge me. I can say that right now this is really challenging. You really have to make yourself a better person. You have to push yourself to grow. I'm looking forward to what the future brings."



Officer Cadet Thomas Verner interacts with Lieutenant-General Alain Pelletier, Deputy Commander of NORAD, as part of a professional development event that undergraduate students from the Royal Military College of Canada attended at CFB Trenton. Photo by Captain Hrayr Karageozian, 8 Wing Public Affairs Officer

It turned out the future brought him to the Canadian Forces Base in Trenton for a career day where he got to check out some airplanes and have lunch with the Deputy Commander of NORAD, Lieutenant-General Alain Pelletier. He also had the chance to visit West Point, the American military college, for a rock-climbing competition. Having never strayed much further than his home province and nearby Quebec, these were opportunities he didn't think he would have gotten at any other university.

There is a looming presence though, not felt at any other school. With the opportunities, the lessons, the growth, there is also the very real possibility of a violent death or injury somewhere in his future. Too few are willing to make that sacrifice. More and more people seem to consider the blemishes that dot our history – of which there are indeed some grave ones – as unforgivable and condemn the whole Canadian project to the dust heap. But not Thomas. Instead, the words of an almost forgotten generation echo through his voice.

"Serving my country is something I would like to do," Thomas says. "I don't really think about the dangers to myself all that often. I just think of how I can be helping people."



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OUR ENVIRONMENT

FRIENDS OF PLEASANT PARK WOODS

By the Alta Vista Community Association Green Space Stewardship Committee

May is a wonderful time to explore Pleasant Park Woods. The snow has disappeared and one can spot the trilliums on the forest floor. The sounds of birds singing fill the air and new green growth can be seen with each step you take. You may want to wear rain boots as many puddles exist and many paths may not be walkable.

While you may not like walking through water or on muddy pathways, water in the forest is necessary in order for it to survive and grow. Many trees, plants and animals depend on this water. Remember, a person can survive a month without food, but may not survive three days without water.

Trees are made up of more than 50 per cent water. A large oak tree can consume about 400 litres of water per day. That's a really big puddle! Willow trees are ideal for absorbing water and you will find a few along the stream in Kilborn Park. Ash and red maple trees are also excellent water sponges. Since many of our ash trees died due to disease, it may seem that there is more water in the woods than a decade ago. Deep-rooted trees, like pines, cedars and oaks, can tolerate little to no water, so you won't find many of these near the wet areas of Pleasant Park Woods.

Enjoy your walk in the woods because soon those puddles will be breeding grounds for mosquitoes.



Puddles in Pleasant Park Woods; photo credit: K. Johns

BIRDS YOU MIGHT SEE IN ELLWOOD:

Photos by Gary Howard

A wide variety of waterfowl and songbirds seek shelter and food around Ellwood. Many of these birds fly further north, but a small percentage decide to stay here in Ellwood.



Pied-billed Grebe – A small diving bird that breeds here. These birds eat snails, fish, crayfish and other crustaceans. They nest in the reeds.



Ring-necked Duck – The male has a slight ring around the base of its neck. Daffy was influenced by this bird. These ducks are divers and will eat water vegetation, aquatic insects and mollusks.



Osprey (Fish Hawk) – This bird will hover or slowly fly about 20 to 40 metres above the water and then dive down to catch a fish.



Tree Swallow – Tree Swallows mostly eat flying insects but will eat plant material and seeds when insects are scarce, as well as snails during nesting.



Wood Ducks – The Wood Duck population has increased over the years here. These ducks are fairly shy but occasionally will allow you to see them at closer ranges. They usually stay in the reedy areas. Wood Ducks lay their eggs in hollows in trees, usually at a height of four to six metres. The new ducklings will jump out of the nest and follow their mom to the water.

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Swan on Rideau River by Billings Bridge; photo by Gerri Doherty

OUR ENVIRONMENT

BIRDS OF ALTA VISTA – The Baltimore Oriole

By Richard Knapton

It is May, and spring migration is finally in full swing. New species seem to be turning up every day now – warblers, vireos, thrushes, sparrows, grosbeaks ... and among them is a stunning flamboyant songbird, the Baltimore Oriole!



Male Baltimore Oriole; photo by Bob Baker

The first indication that there are Baltimore Orioles in the neighbourhood is the rich, whistling song of the male, echoing from treetops in the green spaces and parks, a herald of spring in eastern North America. Baltimore Orioles are more often heard than seen; they sing from the uppermost branches of the tallest leafy deciduous trees. Baltimore Orioles are not in deep forests: they are found in open woodland, forest edge, orchards, stands of trees along rivers, in parks, and in suburban backyards. Smaller and more slender than American Robins, Baltimore Orioles are medium-sized, sturdy-bodied songbirds with thick necks and long legs. They have long, thick-based, pointed bills, a hallmark of the blackbird family to which they belong. Adult males are flame-orange and black, with a solid-black head and one white bar on their black wings. Females and immature males are yellow-orange on the breast, greyish on the head and back, with two bold white wing bars. Young male Baltimore Orioles do not moult into bright-orange adult plumage until the fall of their second year. Still, a few first-year males in drab, female-like plumage succeed in attracting a mate and raising young. Females become deeper orange with every moult; some older females are almost as bright orange as males.

The orioles of the Americas were named after similar-looking birds in the Old World, but the two groups are not closely related. Orioles of the Old World are in the family Oriolidae, whereas American orioles are in the same family as blackbirds and meadowlarks, the Icteridae. Both New and Old World orioles are brightly coloured with red, yellow and black. Baltimore Orioles got their name from their bold orange-and-black plumage: they sport the same colours as the heraldic crest and coat-of-arms of England's Baltimore family (who also gave their name to Maryland's largest city). Baltimore Orioles build remarkable, sock-like hanging nests, woven together from slender fibres. The female chooses a nest site within the territory defended by her mate. She often nests in American elms, but will build in other trees, especially maples, cottonwoods, willows and apples. The nest is usually located around seven to nine metres above the ground, and the female builds the nest by herself. She first anchors the nest firmly to a fork in the slender upper branches of a tree. The distinctive nest usually hangs below a branch, but is sometimes anchored along a vertical tree trunk. The female weaves the nest, usually 10 centimetres deep, with a small opening, five cm wide, on top and a bulging bottom chamber, eight cm across, where her eggs will rest. She hangs long fibres over a small branch, then poking and darting her bill in and out to tangle the strands. While no knots are deliberately tied, the random poking makes knots and

tangles, and the female brings more fibres to extend, close, and finally line the nest. Construction materials can include grass, strips of grapevine bark, wool and horsehair, as well as artificial fibres such as cellophane, twine or fishing line. Finally, she adds a soft lining of downy fibres and feathers to cushion the eggs and young. Females often recycle fibres from an old nest to build a new one. Males occasionally bring nesting material, but do not help with the weaving.

Building the nest takes about a week to construct, a bit longer if the weather is bad. The female lays three to seven eggs, with the norm being around four. The eggs are pale grey to bluish-white, measuring 2.3 cm by 1.6 cm on average. The incubation period is 12 to 14 days. Once the nestlings hatch, they are fed by regurgitation by both parents and brooded by the female for two weeks. After this, the young fledge, becoming largely independent shortly thereafter. If the eggs, young or nest are destroyed, the oriole is unable to lay a replacement clutch.



Baltimore Oriole: photo by Bob Baker

Baltimore Orioles are agile feeders that comb the high branches of trees in search of insects, flowers and fruit. They are acrobatic foragers, clambering across twigs, hanging upside down, and fluttering to extend their reach. They also fly out from perches to snatch insects out of the air. Many other birds defend large feeding territories, but orioles defend only the space near their nests, and several neighbouring orioles can be seen feeding close to each other. When courting, the male displays by hopping around the female, bowing forward and spreading his wings to reveal his orange back. A receptive female responds by fanning her tail, lowering and fluttering her wings, and making a chattering call. The species is generally considered monogamous.

Baltimore Orioles eat insects, fruit and nectar. The proportion of each food varies by season: in summer while breeding and feeding their young, much of the diet consists of insects, which are rich in the proteins needed for growth. In spring and fall, nectar and ripe fruits compose more of the diet; these sugary foods are readily converted into fat, which supplies energy for migration. Baltimore Orioles eat a wide variety of insects, including beetles, crickets, grasshoppers, moths and flies, as well as spiders and other small invertebrates. They eat many pest species, including tent caterpillars, Lymantria caterpillars, fall webworms and spiny elm caterpillars, and the larvae within plant galls. Unlike robins and many other fruit-eating birds, Baltimore Orioles seem to prefer only ripe, dark-coloured fruit. They seek out the darkest mulberries, the reddest cherries, and the deepest-purple grapes, and will ignore green grapes and yellow cherries even if they are ripe. An orange cut in half and hung from a tree can entice orioles into backyards. Many people now attract Baltimore Orioles with oriole feeders. These contain essentially the same food as hummingbird feeders, but are designed for orioles and are orange instead of red and have larger perches. Planting bright fruits and nectar-bearing flowers, such as raspberries, crab apples and trumpet vines, can also attract Baltimore Orioles year after year.

Continued on Page 19

OUR ENVIRONMENT

The Baltimore Oriole hybridizes extensively with the Bullock's Oriole where their ranges overlap in the Great Plains – such as in Kansas, Nebraska, Saskatchewan and Alberta. The two species were considered the same for a while and called the Northern Oriole, but in the 1990s, after genetic studies, they were separated again. Research by James Rising, a professor of zoology at the University of Toronto, and others showed that the two birds actually did not interbreed significantly. Their hybrid offspring—brighter orange than a typical Bullock's but duller than a typical Baltimore—can be confusing to identify.

Baltimore Orioles have adapted well to human settlement and often feed and nest in parks, orchards and suburban landscapes. A medium-to long-distance migrant, the Baltimore Oriole spends summer and winter in entirely different ranges. From early April to late May, flocks arrive in eastern and central North America to breed from the southern states north to central Canada including southern and eastern Ontario. They start to leave as early as July for wintering grounds in Florida, the Caribbean, Central America, and the northern tip of South America. On their winter range in Mexico and Central America, Baltimore Orioles occupy open woodlands, gardens, and often shade-grown coffee and cacao plantations.

Baltimore Oriole populations have been declining throughout their range by an estimated 0.84% per year for a cumulative decline of 36% between 1966 and 2019, according to the North American Breeding Bird Survey. The global breeding population is estimated at 12 million. Because they breed in North America and winter in Central and South America, Baltimore Orioles are vulnerable to deforestation and habitat loss in many different countries and their conservation requires international cooperation. Spraying insecticides onto trees not only kills off the Baltimore Orioles' insect prey but may poison the birds directly. In addition, orioles and many other songbirds migrate at night, when they can become disoriented by lights or rainstorms and crash into tall structures such as skyscrapers and radio towers. Among other causes, Dutch Elm disease destroyed a meaningful number of their favourite nesting locations: elm trees.

The record lifespan for a wild bird was just over 12 years (based on a banded bird killed by a Peregrine Falcon in Minnesota), with captive orioles living up to 14 years.

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OUR PEOPLE

Aldis and Michelle Settling In, Contributing

By Courtney Tower



Blood Services on Alta Vista Drive.

They are young and beautiful people, just settling into Alta Vista. Already, starting to contribute. Filled with faith in themselves, enthusiasm, courage. It is a joy to pen an OUR PEOPLE profile of Aldis Brennan and Michelle Marteleira, a couple to be married on September 2nd, when Michelle gets back from helping the earthquake-homeless in Turkey and Aldis writes more assignments for his employer, Canadian Blood Services on Alta Vista Drive.

Step in the front door of the home they recently bought – home, do take note, not house – and you see that this purchase was not for what so often you see in the community: buy house and property, tear down house, cut down trees, build huge house of glass and steel that shouts out “notice me.” No, here Aldis and Michelle have taken off the carpets to disclose hardwood floors. There are paintings and drawings on walls, eclectic art that comes from visits of help for distressed folk in Haida Gwaii (the former Queen Charlotte Islands in British Columbia) or Japan (the nuclear plant release of radiation into thousands of homes), Cuba, Slovakia or round the corner in Ottawa’s Byward Market. Comfortable chairs and tables. Space for sitting in the curve of a window, to watch TV or the kids booting footballs in the leafy street outside.

The lady in her 80s who sold her home of decades to the couple was ecstatic that none of the feared worst happened and she has come back to them for talk and friendship a few times in appreciation.

A House

A Home

“We are still unpacking and moving things around to where they, and we, are most comfortable,” says Aldis, a lanky 6’2” (1.8 metres) with brown hair that stands up straight and makes him look taller. He speaks openly, laughs a lot, has an easy-going manner. Michelle is more petite, with laughing eyes that can brook no nonsense. They have been a pair since COVID-19 began in February of 2020: “We couldn’t go out together on dates to restaurants or the movies and so we would meet in each other’s Ottawa apartments and time moved much more quickly for us,” he says. Both were then employed by the Canadian Red Cross (Aldis has since joined Canadian Blood Services).

It has been a long and eventful road, for each of them. Aldis was born loving to read, in Toronto in 1987. His mother, Daina, a librarian of Latvian descent, instilled in the boy a love of books and reading that went well with his desire to avoid the hurley-burley of schoolyard fighting and bullying. “I read a lot of fiction then, books for young readers but everything else,” he says. “One that stood out for me, still does, was

George Orwell’s *1984* – true enough today.” Now he is more into non-fiction, including at present the tangled history of Latvia and its long story of being invaded, conquered, by Germany, Russia, neighbours, up to today’s uneasy independence.

Books, Comfort

Road From Kamloops

Always, for Aldis, it is the actual hard and soft cover printed books that matter. None of your Kindles or other digitalized methods of books-at-a-glance, books stacked in I-clouds, but “books of paper, that when you turn the pages you feel the difference. The words come off the page more and better than they do off a screen or Kindle.”

Aldis has racked around a good bit. An undergraduate philosophy degree wasn’t the background of choice for prospective employers, so Aldis, who had a penchant for writing, took a two-year journalism course at Centennial College in Toronto (East York). He worked as an intern with Global News, travelled Europe, worked with his father, Frank, rating

the energy needs of homes and schools, took more education (communications and marketing at Humber College, Toronto), finally in 2017 joined the Canadian Red Cross in Kamloops, British Columbia, to help with recovery from the terrible wildfires of that time.

Kamloops set the pathway for Aldis and he worked in communications for the Red Cross all over B.C. and in various parts of the world including Indonesia.

Bullies, Rapists Beware

Michelle Has Your Number

Michelle, meanwhile, born in Ajax, Ontario, who grew up in local schools and took degrees in international and national recovery planning and work at Carleton University, had travelled the world working in places such as Honduras and Japan. She gets sent by the Canadian Red Cross to places of disarray and turmoil to help with

protection of the more vulnerable of the people affected, women, children, the aged, often their protection against men and women in the tent camps who prey on the weaker members.

Last year, she was sent to Slovakia to help with protecting refugees from Ukraine. Aldis joined her there, and proposed marriage to her there, on a mountain-top.

“She is the very model of grace under pressure,” says a proud Aldis. “But underneath that smile and those laughing eyes there is steel, and she comes down hard on anyone bullying or mistreating women and children especially.” Refugee relief camps can be rife with dangers, including rapes, for the weaker, and Michelle is always on the lookout to prevent that, Aldis says.

Aldis, who has switched to communications work for Canadian Blood Services, headquartered in Alta Vista as is the Red Cross, writes volunteer freelance journalism pieces for VISTAS, including one in this issue on page 16 called “Alta Vista teen serves his country.”

“It’s a great way to become engaged in the community,” he says. “I have already gotten to meet people from Ukraine and Canadians who are helping them, I had an interview with our new City Councillor, Marty Carr. I’m getting to know the area and the people.”

“It’s where Michelle and I want to be.”



Michelle and Aldis in Utah: Aldis proposed to Michelle on a mountain-top in Slovakia.



Aldis Brennan at his and Michelle’s new home. Photo credit: Gerri Doherty

OUR COMMUNITY



On Sunday, March 25, the Reverend Tim Kehoe, priest at St. Thomas the Apostle Church on Alta Vista Drive, blessed a pyramid of cans (247) and other non-perishable items (58) collected by parishioners for the Heron Road Emergency Food Centre. On March 28, parishioners delivered the food to the HEFC window, where it was gratefully received. Photo credit: Gerri Doherty



Neighbours of Guildwood Estates are delighted to share this memorable shot from our first annual Easter handball tournament. Charles M. gets one past Dylan P. (goaltender), as Louis C. (right), Jack M. (back left) and Émilie C. (opposite goaltender) look on, with Gavin L. striving for a save in defense (front left). Photo credit: Dylan McGuinty Jr.

ARTS & CULTURE

What's On in Ottawa & Beyond in May

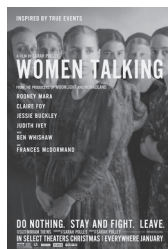
By Tony Wohlfarth



This month, I review another Academy Award-winning film available to rent in our community and recommend three films to screen at the Hot Docs Film Festival in Toronto.

Women Talking

Miriam Toews is an award-winning Canadian author. Her 2018 novel, *Women Talking*, was made into an Academy Award-nominated film by Canadian director Sarah Polley. Toews grew up in Steinbach, Manitoba, in a Mormon family. Polley's film is shot in brilliant monochrome. This cinematic technique adds a sense of timelessness to the setting of the film.



The film opens with a group of – you guessed it – women talking in a barn on what appears to be a collective farm. The conversation is deadly earnest, as they discuss three options for their future – to stay, to fight, or to leave the only home they have ever known. The men of the colony have left to bail out one of their own. For the women, their faith is a pillar of their strength, and their children must be protected. Ona (Rooney Mara) leads the conversation as does Salome (Claire Foy). The only man in the barn is August (Ben Wishlaw), a teacher there to take notes.

Women Talking features a list of emerging Hollywood actresses and a cameo appearance by Frances McDormand, the film's producer and one of Hollywood's most celebrated actresses. McDormand starred in *Three Billboards Outside Ebbing Missouri*, for which she won an Academy Award for Best Actress. Brad Pitt is also a producer.

Women Talking was filmed on location in and around Toronto.

Women Talking was nominated for Best Picture at the 2023 Academy Awards, and won the Academy Award for Best Adapted Screenplay. *Women Talking* is the 10th film Polley has directed. The screenplay was written by – again, you guessed it – Sarah Polley. In her acceptance speech, the Toronto-born Polley praised the Academy for recognizing a film about women talking.

The running time is one hour 44 minutes. *Women Talking* had its world premiere at the Telluride Film Festival last September.

How can I see *Women Talking*?

Women Talking is available to rent from Movies'n Stuff at 1787 Kilborn Ave in Alta Vista. Call Peter today at 613-738-1607.

Live at the NAC

The stages of the National Arts Centre (1 Elgin) come alive this month, with an outstanding array of talent:

May 5, Robert Charlebois;

May 12, Jill Barber;

May 12, Abigail Lapell;

May 13, Mimi O'Bonsawin;

May 14, Ottawa's own Kellylee Evans; and

May 27, the Governor General's Performing Arts Awards.

For tickets and event times, check out: nac-cna.ca/en/calendar/list/2023/05.

Jagged Little Pill

From May 30 to June 4, the NAC stage welcomes Broadway Across Canada's performance of *Jagged Little Pill*. The music – by Alanis Morissette – is iconic. The musical brings to the NAC an outstanding cast from the Hollywood musical.

Tickets at: ottawa.broadway.com/shows/jagged-little-pill

Gil's Hootenanny

On May 1, the annual singalong will be held at First Unitarian Church, 30 Cleary Street with special guest Coco Love Alcorn.

Gil Levine, who died in 2009, was the longtime Research Director for the Canadian Union of Public Employees. See photo to right of Gil and Helen Levine.



For tickets, check out: gilshootenanny.ca.

Emmanuel United Church's Movie Night (1980 Smyth Road)

On May 26, do not miss Emmanuel United's movie night screening of *Rabbit-Proof Fence*. The film was made in 2002 and reflects Australia's appalling treatment of its aboriginal community.

Out of Town

Hot Docs: The 11th Annual Hot Docs Film Festival opened in Toronto on April 27 and continues until May 7. The 11-day event features outstanding documentary films from around the world, discussions with the filmmakers and talks. All daytime screenings are free for students and seniors. More information on the 2023 Hot Docs Film Festival can be found at: www.hotdocs.ca.

Joan Baez – *I Am A Noise*

Joan Baez, who is 78, lives in sunny California. A retrospective of her outstanding singing career is screening at Hot Docs.

The film opens with a serene scene: Baez goes for an outdoor swim. The film captures the most important moments in her career – appearing at Woodstock, her appearances at the Newport Jazz Festival, and her performance in the tribute to Martin Luther King. This richly textured film was made possible by accessing her private archives. One of the filmmakers, Karen O'Connor, is a friend of Joan's.

In Berlin, Baez appeared on stage and took questions from an appreciative audience – ending with an impromptu performance. You can watch the amateur video (18 minutes long) here: www.youtube.com/watch?v=74iObucSijU.

The running time of the film is one hour 57 minutes. It screens at TIFF Bell Lightbox (350 King Street West) on April 27, 28 and 29. The final screening is on May 4 at the Hot Docs Cinema (506 Bloor Street West).

20 Days in Mariupol

This film premiered at Sundance and is now in Toronto for Hot Docs. It shows the devastating impact of the war against Ukraine, captured chronologically by journalists' coverage of residents of the besieged city of Mariupol.

This film is not for the faint of heart. The scenes are bloody and the human suffering, very real. The footage was taken for the major television networks by a dedicated film crew embedded in the civilian population. We see firsthand the mass burial sites reminiscent of World War II. I particularly found the scenes in the maternity hospital very disturbing.

20 Days in Mariupol won the Audience Award in the World Cinema Documentary Competition at Sundance. The running time is one hour 34 minutes.

The film screens on April 29 at TIFF Bell Lightbox, and again on May 4 at Isabel Bader Theatre (93 Charles Street West).

Hebron Relocation

A short documentary, *Hebron Relocation*, tells the story of the relocation of the Inuit community from Hebron, north of Nain, to more southerly locations along the Labrador Coast in 1957. The relocation was devastating for the 500 residents, with the loss of their traditional fishing and hunting grounds and of their homes and friends. In 2005, the Government of Newfoundland and Labrador issued a formal apology to the community.

Hebron Relocation was written and directed by Holly Anderson. The running time is 15 minutes. Produced by the National Film Board of Canada, its North American premiere is on May 3 at Scotiabank Theatre (259 Richmond Street West) and on May 7 at TIFF Bell Lightbox.

Prince of Wales Theatre

Hamilton

The Broadway musical *Hamilton* is on at the Prince of Wales Theatre in Toronto until July 5. Tickets at: hamilton-tickets.com/hamilton-toronto-canada.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He covered the 2023 Hot Docs Film Festival in Toronto and the Berlinale in Berlin.

ARTS & CULTURE

COMMUNITY COLLABORATION BRINGS TOGETHERNESS

By Barbara Szatański, Voluntary Co-ordinator for Art in the Neighbourhood



What do you get when you take a group of creative artists, a community association coordinator, and a city facilities coordinator? It is a fun community-based art festival that brings affordable art to everyone! It's the Spring Art Festival brought to you by Art in the Neighbourhood and supported by the Canterbury Community Association and the City of Ottawa, which will be held on May 13 this year.

This particular event is the metamorphosis of the original semi-annual art show hosted by Art in the Neighbourhood in the spring and fall of each year. These shows first started in 2016 with a small group of like-minded artists. They were all passionate about creating and wanted to get their creations out into the community for others to enjoy. Their basements were filling up! It was thought that the large market-style events that seemed to dominate the Ottawa arts and crafts scene were not to their liking. Not only did these events seem too large, impersonal, and expensive; they did not feature a gallery-style show as the centrepiece to showcase art.

Art in the Neighbourhood's mission is to have affordable art for everyone. With that in mind, patrons are provided a wonderful viewing format in a "gallery-style" show. Art is carefully mixed and curated throughout a grid wall set up in a central space. There is no shortage of styles, sizes, colours and genres of artwork on display. There's art that is full of joy, creates controversy, is thought-provoking, expresses ideas and emotions, and is functional or wearable, too. To be sure, there is something that will capture your eye!

Since 2016, the annual shows have evolved and grown in patronage and in membership. The pandemic put a pause on live shows, so the group turned to the Internet to maintain a place to show their work even if it was virtually. That was the birth of www.artintheneighbourhood.gallery.

Thankfully, the pandemic lost its stronghold on future public events. While looking for a new venue for the shows, Canterbury Community Association's program coordinator, Marisa Fusaro, came up with the kernel of an idea. Why not work together to bring an art show to the Alta Vista community? Everyone needed a change and it was time to do something new! She reached out to the City of Ottawa program coordinator, Cat

Oates, who thought the Jim Tubman Chevrolet Sens Rink would be the perfect venue. While giving people ample space for social distancing, it also provided everyone with enough coverage to be protected from the elements.



Photo credit: Angela Costello

This first Spring Art Festival emerged and was held on May 28 in 2022. It included 30 artists, various kids' activities, live music and food trucks. They narrowly missed the derecho of May 21, 2022 – a storm with winds up to 190 km/h that left a trail of destruction like nothing Ottawa has ever seen or experienced before. The group suffered some effects, as many in the Alta Vista neighbourhood were without power for an extended period of time. For some, the Art Festival was a great place to put the woes behind for a few hours and enjoy this fun scene.

Along with community engagement, Art in the Neighbourhood has been committed to supporting various charities as a group and among its artists: Ovarian Cancer Canada, QuickStart for Autism, Serenity Renewal for Families, Brain Tumour Foundation Canada, Ottawa Food Bank, and Ottawa Boys and Girls Club, to name a few. Serenity Renewal for Families has had silent auctions, donation drives and information tables at a number of the shows and continues to be part of the Spring Art Festival 2023 to be held on May 13.

Beyond the core art group showcasing their artwork, the Festival will once again include two members of the CCA Board who will host a table for kids to explore a little art of their own. This year, art students from CCA's adult art classes, taught by Vicky Collins and Kathy Harker-Fiander, will have an opportunity to showcase their work as well. Join Kaitlynn-Rae at Ifs, Ands or Buttons and make your own button with a customized message or artwork.

On the day of the Festival in 2022, there was a wonderful crew of volunteers from area high schools who contributed time while earning their volunteer hours. Also, volunteering were members of the Canterbury Community Association. All these volunteers helped make short work of setting up grids for the gallery of art, unloading artists' cars, and making sure things flowed smoothly. Having these helping hands again on May 13 this year will be much appreciated.

The combined efforts of the artists, community members, high school students, and volunteers put the emphasis on collaboration, in bringing this joyful event to the community. It really is the meaning of art in the neighbourhood, making art for everyone!

OTTAWA NOSTALGIA & COLLECTABLES SHOW

By Jonno Stokes

Sunday, March 19 was a crisp and sunny day when I pointed my Swinter beater Camry westbound and headed along Hunt Club Road to the Nepean Sportsplex.

The parking lot in the rear of the facility was jammed full of new Ford Explorers, mainly Hybrid SUV Police Interceptors, plus a smattering of older Police Interceptor Ford Taurus sedans, all in Ottawa Police colours. That was the front of the lot. In the back part, there were more police Explorers, these ones in OPP black and white, with the odd police Dodge Charger thrown in. Remember when the cops all drove slant-six Plymouth Fury 1s in the city and V8 Dodge Polaras on the highway? I'm having a dog dish hubcap flashback!

OK back to the story at hand before I am totally derailed here.

Alta Vista's Doug Stroud did a fantastic job of assembling enough dealers to fill Halls A and B of the Sportsplex, and even had overflow dealers in the hallway leading in. Many dealers I recognized from past events, like Ken Aubrey from Bank Street South in Greely. The crowds came out too, it was wall-to-wall visitors and many seemed to be spending. A wide variety of goods were on sale, all

great quality, ranging from Dinky and Corgi toy cars to Petrolia Oil and Gas merchandise, GI Joes to Rock and Roll, or as they say in Rome, "Rockus and Rollus." All necessary staples that any self-respecting man cave should have, plus more. There were also vintage Barbies and Kitchen Collectables to keep the missus happy or at least occupied while the old man would be opening his wallet.

Since I was flying solo, I was able to focus on the task at hand – car stuff!

I purchased from long-time local car guy, Glen Robinson, a terrific new old stock Antique Auto Club of Ottawa bumper badge; now I need a vehicle to stick it on.

Also purchased from a very nice gent from Barry's Bay-way a beautiful "God Bless this Camper" plate. Who knows, maybe there is a camper in my future. Will need a new place to live if I keep on bringing more stuff home, says my better half. Well, "buy what you like" is my motto, and it has gotten me this far in life!

A big hand goes out to Doug Stroud for organizing a very enjoyable show. Next up for Mr. Doug is his Automotive Swap meet event at Merrickville Fairgrounds on Saturday, June 3. Be there or be square!

Jonno Stokes is a long-time resident of Alta Vista and the organizer of the Father's Day Antique Car Show at Billings Estate, this year to be held on June 18.



JUST GOOD ADVICE

THE GARDEN GATE

By Patricia Mosher

Feature: Ten alternatives to lawn grass



frustrating and time-consuming.

So, if you're looking to cut down on your grass (pun intended) while still maintaining a beautiful landscape, here are a few eco-friendly options to consider.

For a bright, sunny area, consider one or a combination of these possibilities:

1. Bearberry cotoneaster –

A bushy, drought-tolerant evergreen shrub that provides excellent ground cover for sloped areas (erosion control), as edging in front of beds/borders, or in sprawling rock gardens.



2. Creeping jenny – The foliage of this low-growing “creeper”

Photo Credit: Bob Vila.com

makes an excellent ground cover, especially in areas where there is a hard border (e.g., foundation, walkway, driveway) to restrict its natural tendency to spread vigorously.

3. Creeping thyme – One of the best things about a creeping thyme lawn is that it becomes a carpet of sweet, pinkish lavender flowers that last long into the season; as an added bonus, thyme also attracts bees and butterflies while repelling mosquitoes.

4. Meadow sedge – A great grass-like, evergreen lawn alternative that loves the sun and is also very drought-tolerant

5. Irish moss – Despite its name, this lush and low-growing evergreen perennial only resembles moss—it's actually part of the carnation family and makes an excellent lawn swap.

Alternatively, if your grass is struggling in the shade of a tree, fence, or your home, consider one or more of these shade-tolerant substitutes:

6. Vinca/Periwinkle – One of the most popular evergreen groundcovers, forming a dense mat of glossy dark-green leaves, studded with bright blue flowers in spring



Photo Credit: Elemental Green

7. Lily-of-the-valley – One of the most fragrant spring bloomers and easily adaptable to dry shade; just be sure to install a physical barrier to keep this wandering plant contained

8. Sweet woodruff – This is an overachiever with old cottage charm; the bright green, delicately-cut foliage forms a thick carpet and is delightfully fragrant when walked upon

9. Bunchberry – A great option that will thrive in damp shade, this native groundcover (alternatively known as creeping/ground dogwood) will reward you with flowers in June and clusters of red berries in the fall, which attract birds

10. Hostas – When planted en masse, large hostas can provide an attractive and lush ground cover, particularly under trees where shade and roots make grass difficult to grow

Please note that some of the above suggestions are vigorous, spreading ground covers that may become invasive, especially if not maintained or contained by some form of barrier. Be sure to read the plant labels and

talk to garden centre staff to ensure you are making the best purchase for your intended application.

Plant of the month: Rhododendron

Few plants can outshine a rhododendron in full bloom. Rhodos, as they are affectionately called, are prized for their large, showy flower clusters of pink, red, white, coral or mauve, which can completely encase the shrub when in bloom. The flowers are bell-shaped and arranged in substantial masses, making for a show-stopping display.



Photo Credit: Proven Winners

While the flowers are their most dramatic attribute, the evergreen

leaves of most varieties mean that rhododendrons can also serve double-duty as a perennial shrub backdrop, providing four-season interest to the landscape. Rhodos also work well as hedges, creating a natural barrier or privacy screen. They prefer moist, well-drained soil and partial shade, making them ideal for planting under tall trees or in shaded areas. The nectar from their flowers also provides a valuable food source for pollinators, while the dense foliage provides shelter and nesting sites for birds. Rhodos require minimal pruning and can thrive for years on neglect.

Although there are hundreds of species in a wide range of sizes and colours, local garden centres in Ottawa will only carry a sub-set for sale that are hardy in our climate. Head to the Arboretum area to view the Central Experimental Farm's spectacular collection in bloom this month. Closer to home, be on the lookout for these jewels of the spring garden throughout the Alta Vista area. Peak flowering usually occurs throughout May.

May gardening

- Begin the month by spring cleaning debris from flower beds, lawns, under trees, and along your home's foundation or fence.
- Divide any overgrown perennials (e.g., hostas, phlox, daylilies, echinacea) and either create a new home for them in your garden or give them away to a friend or neighbour.
- Harden off any seedlings started indoors before transplanting (i.e., gradually acclimating seedlings to outdoor conditions for longer and longer periods of time each day to reduce shock and ensure healthier transplants).
- By the third week of May, it's generally frost-free (though never guaranteed so always look at the seven-day forecast before planting) and thus the time to plant annuals such as geraniums, begonias, impatiens, petunias, coleus, zinnia, etc.
- Give a heavy sprinkle of mushroom compost or composted manure around the base of all shrubs and perennials.
- Mulch flower beds after planting to control weeds, reduce water consumption, and create a tidy appearance.
- Once your spring bulbs (tulips and daffodils) are done blooming, remove the withering flowers to prevent the plants from wasting energy on producing seeds.
- Apply some slow-release nitrogen to your lawn to encourage the grass to rebuild.

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.

JUST GOOD ADVICE

NUTRITIONAL ADVICE: Why hydration is a big deal

By Heather Bonas, RHN



Thank you, VISTAS readers, for your outpouring of support for my first article. Time management is a complex topic but critical when it comes to meal prep and delivery – I hope that the tips I provided in the April VISTAS will make it easier to take a step forward.

My question for May came from an Alta Vista resident who is curious about the benefits of staying hydrated, so let's get into it. These days it feels like everyone has a water bottle in their hand, purse, car or backpack. But despite the fact that many people have developed a water-drinking habit, there are still many of us who struggle to make it into a habit.

Signs of dehydration include:

- Dark urine
- Feeling thirsty (fun fact: if you're thirsty, you're already dehydrated)
- Bad breath
- Muscle cramps and fatigue
- Headaches
- Dry skin
- Low blood pressure
- Decreased sweat production or clammy skin if you're exercising and should otherwise be sweating (even in the winter)
- Elevated cravings for sweet, sugary foods (one of the ways dehydration can lead to weight gain)
- Waking up in the morning with a dry mouth

It is estimated that our bodies are made up of 70 per cent water. Water does everything from helping with constipation and weight gain, and is even thought to help with kidney stones. Constipation is a common problem characterized by infrequent bowel movements and difficulty passing stool. Lower water consumption appears to be a risk factor for constipation. Increasing fluid intake is often recommended as part of the treatment protocol. Kidney stones are clumps of mineral crystals that form in the urinary system. Higher fluid intake increases the volume of urine passing through the kidneys. This dilutes the concentration of minerals, so they're less likely to crystallize and form clumps.

So how much water is enough? A common equation I hear used is half your weight in ounces. So, if you weigh 150 pounds, $150/2 = 75 \text{ oz}/8 = 9 \text{ cups}$. If you're shaking your head right now and thinking that's a lot of water, you're not wrong. Remember that certain fluids (herbal teas) and fruits and vegetables with high water content (melons and mushrooms) also count toward your hydration allowance. Here's my best guidance: start where you are – if you're not drinking any water right now, start with half a cup. First thing in the morning, before coffee or tea or any other beverage, treat yourself to a glass of water. Let water be the first thing that goes into your stomach.

Don't like the taste of plain water? No problem, add some fruit to a pitcher of water and let it infuse in the fridge overnight. Apples, oranges, lemons and limes are a few suggestions; cucumbers and mint are also nice additions.

I have some clients who set reminders on their phones to remember to drink throughout the day. After a few weeks, a new habit is formed and often the reminder is no longer necessary.

Start where you are when it comes to developing a hydration habit, every little bit counts, and your body will thank you for it, but be prepared: once your water intake increases, so will your visits to the restroom.

Heather Bonas is a Registered Holistic Nutritionist (RHN). In this column, she provides practical advice about nutrition and answers questions about health and wellness through the lens of a nutritionist. If you have any questions for future issues, please send them to heatherbonas@gmail.com.

RAIN GARDENS – A natural way to manage water on your property

By Gillian Cooper, Chair of the AVCA Greenspace Stewardship Committee

Rain Ready Ottawa is a pilot program that offers information and rebates to homeowners who install a rain garden on their property. Rain gardens include attractive native perennials and have loose soils that help rainwater seep down into the ground. The idea is to slow the passage of rain so it can be absorbed into the soil to nourish trees and gardens, and stay out of your basement! A downspout directed into a rain garden or other special features, such as a cascade or a rain chain, can make a huge difference to water flow and make a beautiful statement near your house.

Hard surfaces speed the flow of water into the sewers. Heavy or prolonged rain leads to heavy flows that erode stream banks, contribute pollution to our streams, damage homes and infrastructure, and possibly lead to flooding either locally or across the city.

RainReadyOttawaincludesaseriesofself-guidedLearningcourseshelpyou implement rainwater management projects, and offers expert advice (see ottawa.ca/en/living-ottawa/environment-conservation-and-climate/protecting-ottawas-waterways/rain-ready-ottawa). **Best of all, you may qualify for a rebate of up to \$5,000 to offset the costs of installing a rain garden.** Most gardens cost considerably less than that and require very little maintenance, while they protect your home.



"You only live once, but if you do it right, once is enough." — Mae West



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SENIORS SPACE

PERLEY HEALTH IMPROVING CARE FOR SENIORS AND VETERANS

By Peter McKinnon

Two initiatives underway at Perley Health are helping transform care for Seniors and Veterans across Canada. At the core of both initiatives is frailty: an increasingly recognized and studied condition of reduced function and health. A person who is frail is less able to cope with minor stresses and is more likely to suffer rapid and dramatic changes in health. The risk of frailty increases with age, although not all older people are frail.

“Frailty presents an existential challenge to medicine’s traditional approach of treating one disease or condition at a time,” says Dr. Benoît Robert, Chief Medical Officer at Perley Health. “The frailer a person is, the less likely they are to recover from illness or injury, and the more likely it is that a particular treatment or intervention will have a negative impact on their quality of life.”

In 2019, Perley Health developed and began to implement an innovative approach to creating resident care plans. SeeMe®: Understanding frailty together is a comprehensive framework that considers frailty and prioritizes each resident’s values, preferences, and desired lifestyle. Under SeeMe®, the resident, family members and members of the care team—including a physician—meet to develop a care plan. The meeting often involves challenging conversations about the relationship between frailty, medical intervention, and quality of life.

A study published in the Canadian Geriatrics Journal last year demonstrates the benefits of SeeMe®. The study found that SeeMe® resulted in high satisfaction levels among nurses, physicians, and the families of long-term care (LTC) residents. Furthermore, SeeMe® residents and their families were more likely to choose less-invasive interventions to preserve both health and quality of life. Many, for instance, chose to decline cardiopulmonary resuscitation (CPR) and transfers to hospital.

The study was completed by the Centre of Excellence in Frailty-Informed Care™ (CoE), another Perley Health initiative. Established in 2019, the CoE conducts and shares practical research into the care of

people living with frailty. The number of CoE studies published in peer-reviewed journals is steadily increasing.

The CoE is made possible by donations to the Perley Health Foundation. The Foundation’s current campaign—Answering the Call—has raised more than \$9 million to date. Clearly, the campaign’s message of hope, backed by a solid plan, resonates with the community. Donors believe that Seniors and Veterans deserve to live life to the fullest, in comfort and with dignity. And they recognize that the care protocols designed and validated at Perley Health can also improve the lives of Seniors and Veterans across Canada.

Perley Health—formerly The Perley and Rideau Veterans’ Health Centre—is home to 450 people in long-term care, including a 20-bed Specialized Behaviour Support Unit for people living with dementia and a 34-bed Convalescent Care Unit. “The Perley,” as it’s popularly known, also rents independent-living apartments to approximately 200 Seniors and Veterans, provides respite care, along with an adult day program.



In 2019, Perley Health developed SeeMe®, a comprehensive framework that prioritizes each resident’s values, preferences, and desired lifestyle, which could include time to stop and smell the flowers. Donors to The Answering the Call campaign support these innovative care protocols to improve the lives of Seniors and Veterans across Canada.



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HEALTH & FITNESS

CONVERSATIONS WITH PATIENTS: Violence on a psychiatric unit

By Dr. Sarah Chan



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

Kristin came into my care after a three-week hospital admission to an inpatient psychiatric unit. When unwell, Kristin held delusions that she was the wife of Jesus and stopped sleeping and eating. She did not remember much from her hospital stay, but she recalled feeling really happy and motivated in the weeks leading up to it. A feeling she had never had before and missed now that it was gone.

After her discharge, she struggled with depression and anxiety. She had moments where she would become very agitated and suicidal. With the support from the First Episode Psychosis Clinic, medications and time, Kristin has fully recovered and is now in a relationship and back to work.

In my care, Kristin has also been processing what had happened to her. She told me of a memory from the inpatient unit that has continued to bother her. The memory was this: She is approaching the front desk calmly when a nurse tells her she is bothering other patients. Kristin does not understand and begins to protest. Kristin is then cornered by several nurses and security guards, restrained to her bed by her wrists and ankles, and she is given an injection against her will. She is deeply traumatized by this event, saying, "It was an inappropriate use of force for just bothering people."

Whenever she recalls this event, she becomes angry and cannot settle for several hours. I offered to go over her hospital records with her when she was ready, to see what was documented, and she gave me permission to go ahead.

The nursing notes detailed that she was shouting about being possessed and running in and out of other patients' rooms. She was tearful and agitated and would not return to her room to settle down with the nurse. The nursing notes

also documented an attempt to console her and to give her oral medication to calm down, which she refused and continued to run down the hallway yelling.

Kristin sat in stunned silence. "But she said I was only bothering people," was her first response.

This is such a difficult experience. I have worked on the inpatient psychiatric unit for years and have witnessed many times the disinhibited, uncontrollable behaviours of someone in the throes of their mental illness. I suggested to Kristin that we wait until the next meeting to discuss further if she wanted and that it might also be helpful to hear my thoughts as a care provider in this challenging setting.

By the next appointment, Kristin had been trying to come to terms with several things. First, how little she remembered. Second, how what she remembered was completely the opposite of what the nurses experienced, and third, if she had been given a chance, could she have calmed down on her own?

An inpatient psychiatric unit is an extraordinary and complicated place. It is a place of healing while also being a place of chaos. I wanted Kristin to appreciate that the risk for injury and violence is much higher in this setting, so we do not have the luxury of much time before stepping in when someone is disinhibited and escalating. I wanted her to know that as scary as it sounds, she was assessed to not be in control and that this happens in psychotic illnesses. Clinical judgement, therefore, has to be made quickly to ensure minimal physical and psychological harm to staff and patients. All who work on the unit know this and are vigilant, as safety is our biggest responsibility and priority.

I also wanted Kristin to know that the care staff are trained in methods of de-escalation and that force is used as an absolute last resort. There are also measures in place in the hospital to ensure restraints are only used when necessary and not for too long. Patients in physical restraints are seen more frequently and the order to use them expires within 24 hours so their need is reassessed.

I cannot imagine what it would be like to see the world and yourself in a way that differs so dramatically from how others see and experience you and your intentions. And then to be met with force or violence on top of that and the sense of helplessness and confusion that Kristin described. There was harm, and Kristin needed to talk about this. I also needed to hear it.

What I wanted Kristin to know is that force is unavoidable in some cases, and may cause harm, but not for nothing. Because there too was healing. Where these two seemingly irreconcilable concepts come together is in the complex, tragic and triumphant process that is recovery.

****It is important for me to acknowledge that there have been instances of unnecessary and excessive use of force on patients with mental illness in and out of hospital settings and that I do not condone this. This essay speaks only to this one case.**

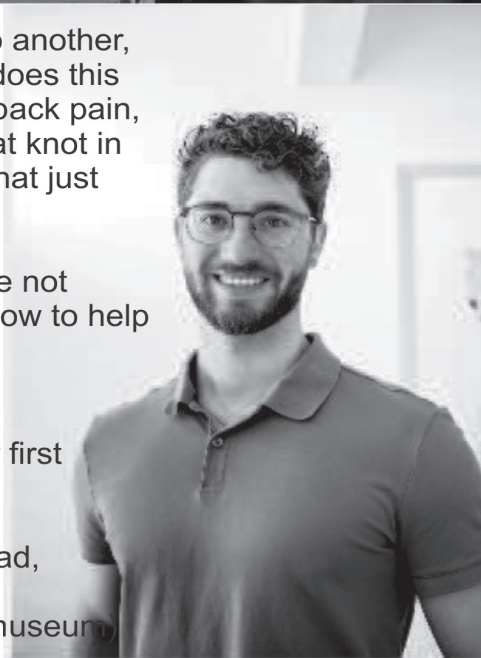
Sarah Chan is a psychiatrist who works at The Ottawa Hospital and in the community. She is writing this column to increase community awareness and education about mental health. Dr. Chan is interested in receiving suggestions for topics for future articles. Please send your emails to: Drchanvistas@gmail.com.

From one Alta Vista resident to another, how are you feeling? Tell me, does this sound familiar; -chronic lower back pain, restless legs, carpal tunnel, that knot in between the shoulder blades that just won't go away?

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HEALTH & FITNESS

COMMON PICKLEBALL INJURIES

By Susan Reive, Owner of Kilborn Physiotherapy Clinic

Pickleball is growing in popularity. The sport, a cross between tennis and ping pong, is easy to learn and is very social. Like any sport though, pickleball can cause injuries. Two common injuries I see are tennis elbow and Achilles tendinitis.

Tennis elbow involves the common wrist extensor tendon. Pain is felt on the outside of the elbow where the tendon originates off the lateral epicondyle of the humerus. The pain is also felt with wrist extension and more so when loaded with weight or resistance. Painting, gripping, opening doors, and even brushing teeth or holding a cup of coffee, can increase the pain. Indeed, gripping the paddle and hitting the ball repetitively can lead to strain, particularly if there is twisting involved. The pain can be very debilitating and requires treatment. Tendon injuries can be a mild strain to a complete tendon rupture that requires surgery. Left untreated, these injuries can become chronic and interfere with activities of daily living.

Physiotherapy treatment is helpful. A thorough assessment will examine the flexibility and strength of the surrounding muscles, and exercises to stretch and strengthen the muscles are prescribed accordingly. Modalities to enhance the healing process are employed. Education is given on the use of a brace and return to sport. A gradual return to play is recommended to avoid re-injury. Poor technique and biomechanics need to be addressed.

The Achilles tendon is the extension of the calf muscle and attaches to the back of the heel. It functions to point the foot downward and allow push-off during walking. The Achilles tendon is vulnerable to injury due to the quick stop-and-start while running for the ball during pickleball, which places stress on the tendon.

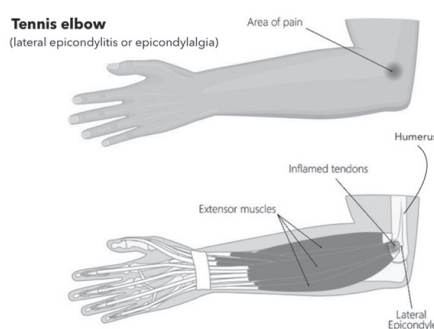
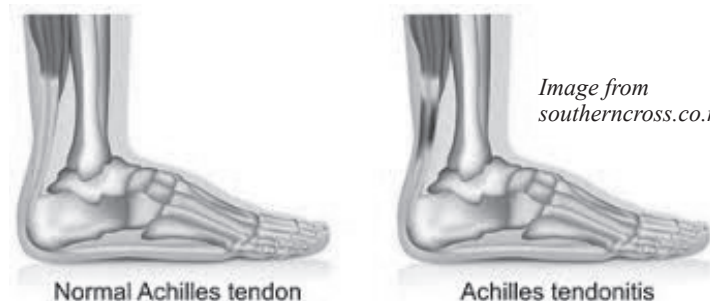


Image from healthnavigator.org.nz

Achilles tendinitis is an inflammation of the tendon either where the tendon attaches to the heel bone or about three centimetres above the heel. Note that because the blood supply to the tendon is poor at two to six cm above the heel, the tendon is vulnerable to strain in this area. The Achilles tendon can become inflamed from overuse, sudden increase in activity, running or jumping sports, and improper footwear leading to increased strain in the tendon, and not warming up or stretching properly after sports.

Signs and symptoms of Achilles tendinitis include swelling, pain on walking especially with toeing off, pain on palpation of the tendon, and pain to rise up



on the heels or stretch the calf muscles. Patients often have tight calf muscles and are restricted in their mobility.

Treatment includes rest from the aggravating activity. Sometimes people will need to wear an Aircast boot for a few weeks to allow the tendon to heal. Cycling on a stationary bike as an alternative to walking can be beneficial to improve range of motion and strengthen the muscles without aggravating the tendon. Icing the swollen tendon to reduce inflammation, modalities to enhance healing of the tendon, gentle stretching, and strengthening calf muscles, massage, and soft tissue release techniques to improve flexibility in the calf muscles are also helpful. Kinesiotape for the Achilles tendon can be helpful as well. Ensuring that the patient's footwear is supportive is essential. With pickleball, a court shoe is preferable as it provides more lateral support and traction. A gradual return to pickleball is incorporated once the tendon has healed sufficiently.

To avoid injury, people should do a proper warm-up and cool-down, use the proper shoes, ensure the paddle grip is sized correctly, and pace themselves. If you have not been that active, don't go out and play for two hours; start with an hour and take some rest days between games.

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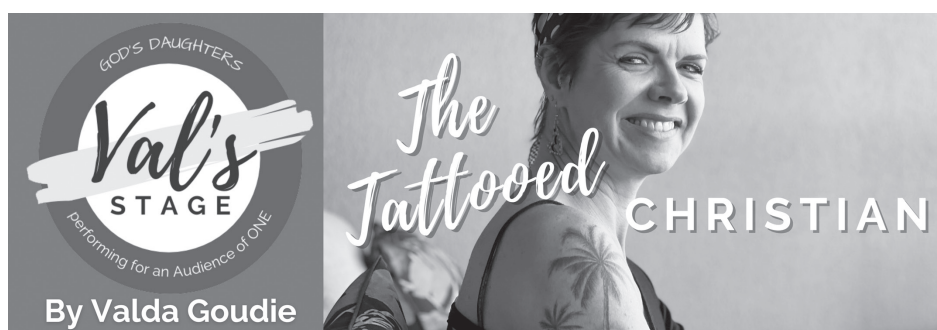
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FAITH NEWS



What do you think about Christians with tattoos? You may not be a fan of marking “the temple” in such a way. If you are of a certain age and religious affiliation, you might loudly vocalize your distaste. If that’s you, buckle up. Valda’s taking you on an inky ride today.

I’m a tattoo girl. If you walk behind me in the summer, you will see artwork on my calf that announces, “Made in Newfoundland.” I got this tattoo to show that I’m proud of my heritage. Newfoundland is a beautiful province with wonderful people. While I may not want to live there, I’m grateful for my roots. I was raised in a good family who believed in Jesus, so my roots were deep in faith from the very beginning.

A glance at my other ankle reveals a tattooed anklet with three charms. There is a letter on each one: R, D, and B. These are the first letters of the names of my three sons. This inked piece of jewelry shows my love for my family. My boys were once a part of my body, and this tattoo guarantees they always will be. I am blessed to have three amazing young men for sons.

If I’m wearing a sleeveless top, you will see a fancy heart on my left shoulder. This represents love. Love has been a constant in my fifty-three years of life. My parents and siblings loved me first, then my husband, followed by my children. I am blessed to have friends who love me, too, as well as my extended family. And, of course, God loved me even before I appeared in that hospital in northern Newfoundland. Love has got me this far in life, and I will be forever grateful.

My latest (and biggest) artwork might cause you to take a second look (and raise an eyebrow?). Two palm trees grow out of the inky sand on my upper arm, fringed branches spreading across my shoulder. This ink represents my love for nature and God’s creation. It’s a reminder of travel to tropical

destinations and the dream of someday being a snowbird with a winter home down south. I am grateful to a creative and generous God. I may not be rich by the world’s standards, but I am rich with His blessings.

Finally, (there are more tattoos, Valda?) the smallest but most significant artwork peeks out from underneath my watch strap. A small gray cross placed where I see it most often reminds me of what Jesus did for me. It is a reminder of who I am—a child of God. I am thankful for the cross and salvation.

I don’t have the Strawberry Shortcake tattoo, the scary clown on the dad who drops off his kindergarten child, or the full calf portrait of George Costanza (from Seinfeld, AKA Jason Alexander) ... I’ve seen them all and won’t judge those choices, but I won’t ever regret mine.

The Bible doesn’t really give us direction on the religiosity of tattoos. However, it does tell us to write things on our hearts. Proverbs 3:3 says:

Let not MERCY and TRUTH forsake thee: bind them about thy neck; write them upon the table of thine heart: (4 So shalt thou find favour and good understanding in the sight of God and man.) (KJV)

When I looked at the different Bible versions, I was surprised to see the differences in terms:

*Let LOVE and FAITHFULNESS never leave you;
bind them around your neck,
write them on the tablet of your heart. (NIV)*

*Never let LOYALTY and KINDNESS leave you!
Tie them around your neck as a reminder.
Write them deep within your heart. (NLT)*

How could three interpretations of this text be so different?

They all describe attributes of God. What are we writing on our hearts? We document and create a photo album in our hearts to remind us of God’s mercy, truth, love, faithfulness, loyalty, and kindness—in other words, His GOODNESS.

You may not want to document His goodness in ink on your body, but I encourage you to write those mementos on your heart. Never forget all that God has done for you. When life strikes you down low, as it tends to do, you will need to remember the goodness of God. These reminders will provide hope in those dark moments that your GOOD, GOOD Father will get you through.

Through tattoos, I celebrate my roots, family, love, nature and dreams, and salvation—God’s GOODNESS.

What helps you remember?



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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FAITH NEWS



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Spirituality Community Service

BOOKWORMS DELIGHT

LAND LINES (2022)

By Raynor Winn

Reviewed by Marie-Andrée Lajoie

Walking is an activity enjoyed by many and its benefits are numerous and well-documented. But what about “extreme” walking? This book is an autobiographical travel story set on walking trails in Scotland and England. The beauty of the land is in full display as is the difficulty of the terrain and of the weather. Flora, fauna and vistas are described with much talent and passion.

Raynor Winn is a British author and a long-distance hiker. Her first book, *The Salt Path* (2018), details how her husband Moth and herself escape the reality of financial ruin and a degenerative disease by walking the South West Coast Path (630 miles, between Somerset and Dorset). Her second book, *The Wild Silence* (2020), sees husband and wife find a new home and embark on an Icelandic trek.

In *Land Lines*, Moth’s disease has progressed again. Would another long walk help? Is it cruel to suggest it as he is too weak for normal, ordinary daily activities?

Of course, the suggestion is made. Fresh air and their passion for nature have too strong an appeal for these very courageous and adventurous people. And they hang on to the belief that this trek will help Moth’s health. Some might call them crazy. So they embark on the difficult Cape Wrath Trail in North West Scotland with their heavy rucksacks.

The sick husband displays an enormous will to live to the fullest. They encounter snow, rain (so much rain), heat, insect bites big and small, tent problems, hunger and thirst, and blistered feet. They get scared and discouraged. They also marvel at the phenomenal beauty they encounter and at the kindness of strangers. Many times, the author feels guilty about having suggested such an adventure to a sick man but they continue on. And he slowly displays a new-found strength. One feels their drive is inescapable.

The author is well known amongst serious trekkers and she is recognized along the way. The descriptions of the numerous encounters with fellow

walkers and inhabitants of villages and towns are most endearing. Much tea is drunk. Having achieved their goal of walking the Cape Wrath Trail, Ray and Moth decide to continue on and end up walking the South West Coast Path from Scotland to their home in Cornwall.

Can walking cure a degenerative disease? Definitely not, but it can apparently slow down its progress. It is almost miraculous that someone who appeared to be at death’s door can achieve such an enormous physical feat. It is a testament to courage and to the power of Nature.

Anxiety over the state of the environment and the impact of the pandemic provide additional background to the story. The strong bond between husband and wife is inspiring.

I have not yet read the first two installments of this walking saga but I will. And I am looking forward to seeing where these exceptional people will walk next. I am also adding Scotland to my list of future destinations.

On my night table: *Kiss the Red Stairs* (Marshe Lederman); *Klara and the Sun* (Kazuo Ishiguro); *Dinners with Ruth* (Nora Totenberg).



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SCIENCE & TECHNOLOGY

COMPUTER TIPS AND TRICKS

By Malcolm and John Harding, of Compu-Home

Disappointed to be Revisiting ... (Part 1)

Our last column was the first-ever on the subject of computer monitors, but this time, sadly, we are compelled to go back to online security for the umpteenth time. Media references are at an all-time high, and our many-times-a-week telephone conversations with our clients, ranging from narrow escapes to expensive and frustrating incidents of people being victimized, bear this out.

It is safe to say that when most people think of online security, they first imagine virus attacks. Actually, right now that fear is misplaced. In 2023, we are seeing far fewer viruses than in the past. The highly publicized “Ransomware” almost always targets large businesses and institutions because these victims can (and sometimes do) pay huge sums to rescue their data. Bluntly, you and I are really not worth the time for Ransomware hackers.

Any of the common anti-virus utilities, including most of the free ones, will protect your computer adequately. Cell phones, tablets, and usually Macintoshes are rarely targeted by viruses and probably don’t need an anti-virus utility. We are now recommending the most basic level of virus protection utility, whether it is a commercial (paid) version or one of the free ones. It is universal that your anti-virus publisher is going to be urging you

to buy additional protection in the form of add-ons or enhancements, and we suggest that you ignore their dire threats about how vulnerable you are if you don’t pay the extra.

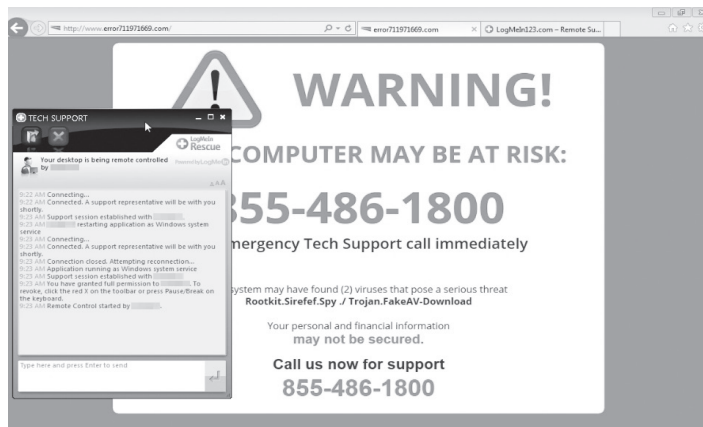
By our definition, a virus attacks the computer, while fraud attacks the user. Although viruses are dwindling, fraud is exploding and it is important to be aware of the various kinds of fraud and how to cope with them. Unlike viruses, fraud can attack users of phones, tablets, and both Mac and Windows computers, and so we all should be vigilant and know what to look for.

Starting with a disagreeable experience that is extremely common today, we can pretty much guarantee that sometime soon you will undergo a *popup fraud attack*. To prepare yourself, start by Googling “popup fraud” and clicking on “Images” to see examples of the sort of thing that will suddenly appear on your screen. They vary in the details but they all have certain features in common: nowhere to click to close the page; aggressive sound effects; a telephone number that you “must call;” name-dropping popular security software; and finally, a warning not to shut down your computer. The latter is exactly what you should do – shut down. Press and hold the power switch on your computer while you slowly count to 12. Release the button, wait for a few seconds, and then tap that same power switch to turn your computer back on and the attack is gone (until the next time). This sort of attack is utterly random and does not relate to any recent computer activity. NEVER call the number on the screen, because if you do you will encounter a well-trained, articulate and polite criminal who will do his best to convince you to allow him access to your computer, leading eventually to a demand for payment ranging from the high hundreds, into the thousands, of dollars.

If you have been fooled by popup fraud, you are in good company; this attack has a high rate of success. Speak to your bank or credit card company to see whether or not it will help and reverse your charges, and check to see if the crooks have deposited malware on your computer.

In our next column, we will explore some more of today’s common fraudulent online activity and how to protect yourself.

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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SCHOOL NEWS

ALTA VISTA STUDENT SKATING SUCCESS!

By Amira O., Ishana A. (AV grade 8 students),
Kathleen Connelly (AV teacher)

After a difficult past two years for extracurricular activities and thanks to a team of dedicated community volunteers, students at Alta Vista Public School were back on the Alta Vista Outdoor Rink this season! Despite many challenges, such as the drastic temperature swings, huge snowfalls, and even many rainy days, it was amazing to see our rink come to life through great effort, and for so many people to be able to enjoy it this season.

Our goal at AV is to make all of our activities as accessible and inclusive as possible. For skating, this means having skates and helmets in all sizes available to all of our students. Managing equipment in a school of over 600 students has always been a challenge. Skates and helmets inevitably get left or lost in classrooms, which often means that the next student needing the same equipment has to miss out on their skate. We needed a better solution – Rink Ratz to the rescue!

After much deliberation, we landed on the idea to build a permanent skate storage for Alta Vista’s equipment in the skating shack. Keith Sherlock (a former AV parent) jumped at the opportunity to help and quickly got to work. The result was far beyond our expectations! This new storage has helped get our students out on the ice, many who otherwise would not have had the opportunity to have this experience; no more students sitting in the snow because they’d forgotten their skates or students running back and forth from the school because they’d grabbed the wrong pair.



New skate storage for Alta Vista’s equipment in the skating shack

Next season, we’ll be upping our skating game even further. AV School Council has just approved our request to purchase a Sparx skate sharpening machine to keep our equipment in good condition. We hope to be able to offer some skate-sharpening services to the community as a fundraiser as well. Stay tuned.

This year, we had over 400 grade 1–8 students use the rink, most of these students skating weekly during their Phys. Ed. period. For many students, this season marked their first time on skates. Although a bit overwhelming, it gave them an opportunity to challenge themselves and try something new. For grade 8 student Ben N., it was his first time skating. After a few times, using the skates provided, he really enjoyed having the opportunity to skate. With his friends and teachers supporting him, he was able to have a fun experience.



Grade 5 Alta Vista students enjoying a day on the rink

It really does take a village. Thank you to AV students who helped pack down the snow during their Phys. Ed. periods. Thank you to the AV School Council who always supports us by purchasing helmets and helping us secure skates and to all the parents who made time in their busy schedules to volunteer to tie skates. And once again, a huge thank you to all the Rink Ratz who kept us on the ice this season: Brad, Dhaval, Doug, Dylan, Gary, Johann, Karl, Mike, Keith, Phil and Rey. An extra special thank you to Ingrid for helping coordinate Facebook posts and communication with the school, to Keith for building us our new skate storage shelving unit in the skate shack and to Riaz for his never-ending determination (even at 2 a.m.) to keep the rink open as much as possible for our students. The students and staff at Alta Vista are very grateful to have such a dedicated team supporting us!



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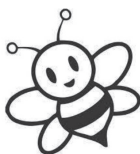


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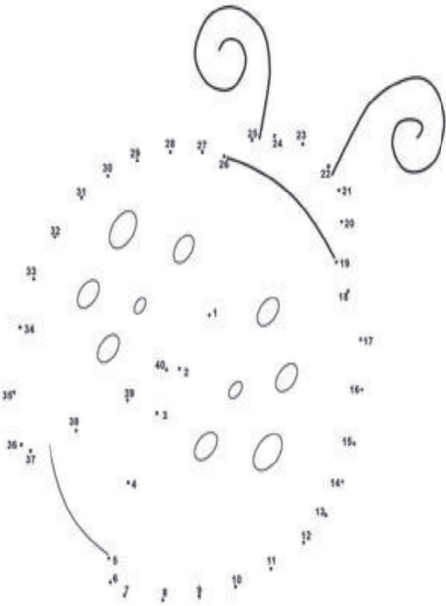
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Bluebell
Buttercup
Carnation
Columbine
Cosmos
Crocus
Daffodil
Dahlia

Echinacea
Foxglove
Freesia
Gardenia
Geranium
Hibiscus
Hyacinth
Impatiens
Iris
Jasmine
Jonquil
Lavender
Lily

Lotus
Marigold
Nasturtium
Orchid
Pansy
Petunia
Rose
Snowdrop
Tulip
Violet
Wisteria
Yarrow
Zinnia

CONNECT THE DOTS

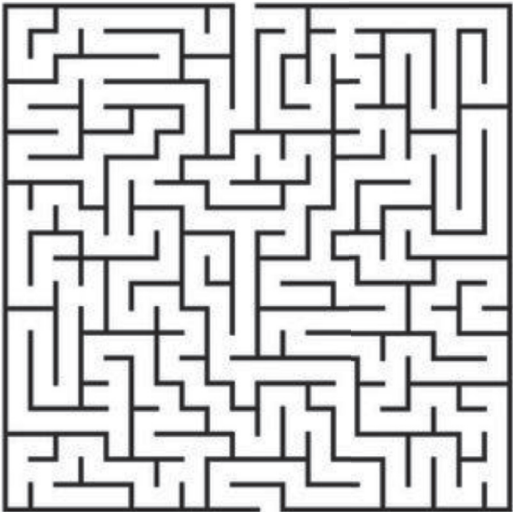


JOKE OF THE MONTH

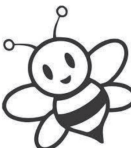
HOW DO YOU GET A SQUIRREL TO LIKE YOU?

Act like a nut.

MAZE



Search the entire paper for these seasonal items.



UPCOMING EVENTS



ALTA VISTA LIBRARY – MAY 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 – Monday, May 22 – Victoria Day

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. Please visit our website or call 613-580-2940 for exact days and times.

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 p.m. All are welcome.

Thursday, May 18

Clare MacKintosh (any title)

Thursday, June 15

***The Death of Mrs. Westaway*
by Ruth Ware**

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. All are welcome.

Thursday, May 4

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

Thursday, June 1

***The Night Portrait*
by Laura Morelli**

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 15 mai

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

Le lundi 19 juin

***Tiohtià:ke*
de Michel Jean**

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.



**Steven A. Neal,
*Lawyer***

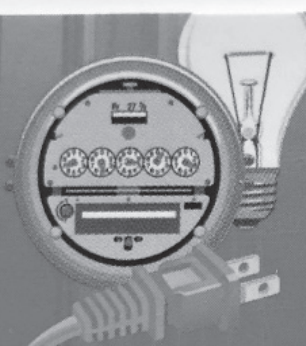
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Are you buying or selling your home? Refinancing? Looking to revise your will or grant a power of attorney? Call today to find out how we can help you! We also offer notary services.

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

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UPCOMING EVENTS

COMMUNITY EVENTS – MAY 2023

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

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

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

Forest Church: Sunday, May 28, 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.

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

Yoga Classes: Chair Yoga and Gentle Mat Yoga with Margaret – 10:30 am. Thursdays (Chair Yoga) and Fridays (Gentle Mat) through May.

Fitness Classes: 50+ Fitness with Faiza – 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 sclyfton@rideaupark.ca for an invitation.

Euchre Club: Thursdays, 1 p.m., in the Parlour.

Drums Alive: Drop-in drumming class, for all ages, 7:15 p.m., on selected Tuesdays and Wednesdays – May 3, 9, 16 and 17. Try your hand at drumming! Contact Iain MacPherson, choirdirector@rideaupark.ca.

Rideau Park's Chancel Choir: Rehearsals on Thursdays, 7:30 p.m. In June, we meet on Sunday mornings only, at 9:15 a.m., to put together the service music. New members are always welcome. Contact Iain Macpherson at 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

691 Smyth Road

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: Take Time to be Wholey, our light exercise program for seniors, has sessions from 10:30–11:30 a.m. every Monday and Friday. Following the session on the first Monday of each month, the Pastoral Care team is offering a sandwich-and-soup lunch for \$10 for the TTtbW group (email Roxanne.delmage@gmail.com to sign up).

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.

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 Joyce White at welcoming@emmanuelunited.ca or the office.

Friday Film Nights: Friday, May 26, 7 p.m. Watch *Rabbit Proof Fence*, the story of three Australian Aboriginal girls making a daring escape from their internment camp. Admission is free. Drinks, popcorn snacks and will be available

ST AIDAN'S ANGLICAN CHURCH

934 Hamlet Road; 613-7330102

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

Game Night is Thursday, May 25 from 7 to 8:30 p.m. in the church hall. Come and join us for an evening of fun and board games! All ages welcome. No cost. Light refreshments provided.

ST. THOMAS THE APOSTLE CHURCH PARKING LOT SALE AND BBQ

Saturday, June 10 at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive (beside fire station) from 9 a.m. to 1 p.m. Call Jim at 613-523-2487 to reserve a spot with a table for \$20.

THE OTTAWA CANCER HUB PROGRAMS

Art Therapy: May 2, 10–11:30 a.m.; May 16, 5:30–7 p.m.

Nia Holistic Fitness: May 2, 9, 16, 23 and 30, 7–8 p.m.

Yoga Flow: May 4, 11, 18 and 25, 5–6 p.m.

Meditation: May 2, 10, 17, 24 and 31, 10:45–11:45 a.m.

Programs are free for those affected by cancer and their caregivers, thanks to the generosity of our donors.

Location: The Ottawa Community Cancer Hub at 1500 Alta Vista Dr.

To register visit: ottawacancer.ca/calendar

OTTAWA HUMANE SOCIETY

Would you like to help us support the animals at the Ottawa Humane Society? Join us at the Auxiliary's monthly business meetings, 1:30–3 p.m. the first Thursday of every month (except July, August and December). We meet at the animal shelter, 245 West Hunt Club Rd across from Lowe's. The next meeting is Thursday, June 1. Free parking. Proof of COVID vaccination or exemption required, please. For more information, contact Loreen at loreenohs@gmail.com, or go to ottawahumane.ca/get-involved/volunteering/ohs-auxiliary.

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, May 24 for a presentation from the "Ottawa Riverkeeper."

SPRING ART FESTIVAL

May 13, 10 a.m. to 4 p.m., at the Jim Tubman Chevrolet Rink (2185 Arch St.)

Brought to you by Art in the Neighbourhood and supported by the Canterbury Community Association and the City of Ottawa.

YOGA IN CANADA SUMMIT 2023

Wednesday, June 21, on the surface of the Jim Tubman Chevrolet Rink (2185 Arch St.)

This event will bring together Dr. Ravi Ravindra, Professor Emeritus at Dalhousie University and Sri Supratim Talukder, professional Bharatanatyam dancer, choreographer, and teacher. Joining them will be Ms. Radhika Pillai, professional Bharatanatyam dancer, choreographer and teacher, who runs an established school of dance in the west end of our city. These presenters will explore the theme of "Embodying Divinity" in our yoga practice.

Online registration will be available soon at tgifottawa.ca.

UPCOMING EVENTS

CANADIAN CENTENNIAL CHOIR

This Is Why We Sing: Musicals / Voilà pourquoi nous chantons: Comédies musicales

Tuesday, May 16, at 7:30 p.m.

Centretown United Church, 507 Bank Street

Tickets: Adult: \$25; Senior/Student: \$20; Available at bpt.me/5589759

Originally planned for May 2020, this is the third instalment in the Choir's popular This Is Why We Sing series of concerts. Choir members have chosen familiar choruses and favourite songs drawn from popular shows such as West Side Story, Les Misérables, Guys and Dolls and many more. The concert will present the Choir in various configurations, accompanied by a small band (piano, bass, drums).

HIKE FOR HOSPICE



Saturday, June 3

Registration: 8:30 a.m.; Hike 10 a.m.

Field House, Carleton University, 1125 Colonel By Drive P5

Hike for Hospice Care Ottawa is back in person this year. Hundreds of supporters come out each year to raise money in support of important services offered at no charge to individuals with life-limiting illnesses and their families. It's a wonderful day for friends, families, neighbours, dogs and the community to come together again in person and walk in memory of a loved one.

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.

SKYLAR'S KIDS PAGE ANSWERS

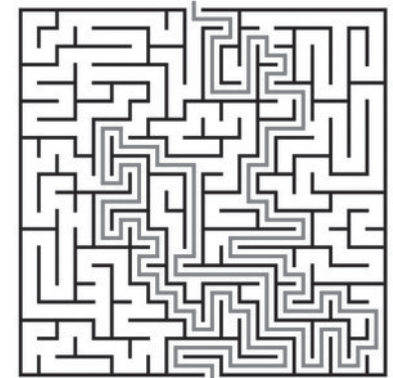
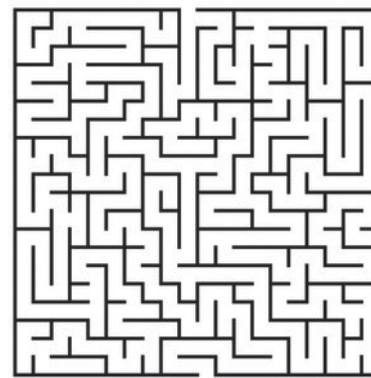
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Amaryllis
Anemone
Aster
Astilbe
Begonia
Bluebell
Buttercup
Carnation
Columbine
Cosmos
Crocus
Daffodil
Dahlia

Echinacea
Foxglove
Freesia
Gardenia
Geranium
Hibiscus
Hyacinth
Impatiens
Iris
Jasmine
Jonquil
Lavender
Lily

Lotus
Marigold
Nasturtium
Orchid
Pansy
Petunia
Rose
Snowdrop
Tulip
Violet
Wisteria
Yarrow
Zinnia



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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. MAY 2023 738-1607
www.moviesnstuff.com

May 2nd

Cyrano, My Love

Paris, France, December 1897. Young playwright Edmond Rostand's inspiration has abandoned him. Desperate and penniless, he persuades the great actor Constant Coquelin to perform the main role in his new play. But there is a problem: Coquelin wants to premiere it at Christmas and Edmond has not written a single word, only the title "Cyrano de Bergerac".

Man in the Basement

Simon and Hélène decide to sell the basement of their building in Paris, but the man who buys it has a troubled past and turns their life upside down.

Rafiki

Kena and Ziki live very different lives in Nairobi. Kena works in her father's shop and awaits the start of nursing school, while Ziki passes the days hanging out with her friends and making up dance routines. Their paths cross when their fathers run against each other for seats in the County Assembly, and they find themselves drawn to each other.

The Forger

In 1942 Berlin, a young Jewish graphic artist refuses to be intimidated by the Nazis and audaciously adopts the identity of a German naval officer to escape being deported like his family.

80 for Brady

Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl. All-Star cast including Lily Tomlin, Sally Field and Jane Fonda!

Under The Vines: Ssn 2

Invitation to a Murder

1934. Miranda Green and five other strangers, are invited to the remote island mansion of billionaire Lewis Findley. As the weekend progresses the clues about why they have been invited begin to unfold along with a sinister mystery.

Your Honor: Season 2

Beans

In 1990, two Mohawk communities enter into a 78-day armed stand-off with government forces to protect a burial ground from developers. Winner of the prestigious Canadian Screen Award for Best Motion Picture!

The Crown: Season 5

The smash hit show is back! Focuses on the marriage between Diana, Princess of Wales and Prince Charles, followed by their divorce and private romantic lives.

May 9th

Glory

A reclusive railway worker's life falls victim to the chaos of bureaucracy after he turns in millions of dollars he found on the tracks. From the director of the excellent movie The Lesson, this one gets even higher reviews!

Fisherman's Friends: One And All

Sequel to the original fan favourite!!! After the highs of performing on the pyramid stage at Glastonbury, the group struggle with their second album. During a divisive tour of South Australia, they will trace their ancestors and embrace a new community, and discover their musical DNA.

Let it Be Morning

An invitation to his brother's wedding forces a man and his family to return to the Arabic village where he grew up. After the wedding, with no explanation, the village is put under lockdown by Israeli soldiers. A gentle satire by the director of the wonderful The Band's Visit!

Brother's Keeper

In an isolated boarding school in Anatolia, a Kurdish pupil falls suddenly ill. While his condition deteriorates, and the adults in charge are unsympathetic, the only one who tries desperately to help him is his best friend. Incredible reviews for this film!

Joyride

Joy, overwhelmed by her newborn baby, makes up her mind to leave her baby with her sister. Her plans take an unexpected turn when Mully, a teenager, steals her taxi to escape his debt-ridden father. The wonderful Olivia Colman stars!

Knock at the Cabin

While vacationing at a remote cabin in the woods, a young girl and her parents are taken hostage by four armed strangers who demand they make an unthinkable choice to avert the apocalypse. The latest twisty thriller by the director of the Sixth Sense M. Night Shyamalan!

James Hemings: Ghost In America's Kitchen

James Hemings. was the first American trained as a master chef; he was also the brother-in-law and enslaved property of Thomas Jefferson. One of the best reviewed documentaries of the year!

May 16th

Boston Strangler

Loretta McLaughlin was the reporter who first connected the murders and broke the story of the Boston Strangler. She and Jean Cole challenged the sexism of the early 1960s to report on the city's most notorious serial killer. Stars Keira Knightley and Carrie Coon!

Luther: The Fallen Sun

A serial killer terrorizes London while disgraced detective John Luther sits behind bars. He decides to break out of prison to finish the job by any means necessary. The final chapter in one of the greatest British detective series of all time - and starring the great Idris Elba.

Operation Fortune

Elite spy Orson Fortune must track down and stop the sale of a deadly new weapons technology wielded by a billionaire arms broker. Reluctantly teamed up with some of the world's best operatives, who are different in every way imaginable. Great cast includes Hugh Grant, Aubrey Plaza and Jason Statham!

Mummies

Fun family film alert!! Follows three mummies as they end up in present-day London and embark on a journey in search of an old ring belonging to the Royal Family.

Tetris

The story of how one of the world's most popular video games found its way to players around the globe. to bring Tetris to the masses.

Litvinenko

Determined detectives work to prove who was responsible for the death of Alexander Litvinenko, in one of the most complex and dangerous investigations in the history of the Metropolitan Police. The great David Tennant stars!

Ant-Man and the Wasp: Quantumania

Ant-Man and the Wasp find themselves exploring the Quantum Realm, interacting with strange new creatures and embarking on an adventure that pushes them beyond the limits of what they thought was possible. The beginning of Marvel's Phase 5.

May 23rd

Creed III

Adonis has been thriving in both his career and family life, but when a childhood friend and former boxing prodigy resurfaces, the face-off is more than just a fight.

The Worst Ones

To the surprise and consternation of the local community, a director selects four teens from a French housing project to star in his new film. But, everyone in the neighboru hood is surprised: why only take the "worst ones"?

Petit Maman

Nelly, an eight-year-old girl, has just lost her beloved grandmother and is helping her parents clean out her mother's childhood home. One day, her mum abruptly leaves, and Nelly meets a girl her age as she's building a tree house in the woods. From the director of the masterpiece Portrait of a Lady on Fire!

Detectorists: Movie Special

Shazam! Fury of the Gods

The film continues the story of teenage Billy Batson who, upon reciting the magic word "SHAZAM!" is transformed into his adult Super Hero alter ego, Shazam.

Cocaine Bear

After a 500-pound black bear consumes a significant amount of cocaine and embarks on a drug-fueled rampage, an eccentric gathering of cops, criminals, tourists, and teenagers assemble in a Georgia forest.

May 30th

The Lost King

Guided by instinct and spectral visions, an ambitious writer and amateur historian defies the academic establishment to unearth Richard III's long-missing remains in a Leicester car park. Steve Coogan stars.

Moving On

Two old friends reconnect at a funeral and decide to get revenge on the widower who messed with them decades before. Legends Jane Fonda and Lily Tomlin star!

The Quiet Girl

A nine-year-old girl from a dysfunctional family goes to live with distant relatives for the summer. Living with a middle-aged farm couple, she discovers a new way of living. One of the best reviewed films of the year!!

A Good Person

Allison's world crumbles in the blink of an eye when she survives an unimaginable tragedy, emerging from recovery with an opioid addiction and unresolved grief, she forms an unlikely friendship with her would-be father-in-law. Starring the great Florence Pugh and Morgan Freeman!

VISIT OUR WEBSITE - MOVIESNSTUFF.COM