

# VISTAS

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Alta Vista-Canterbury Community Newspaper (FREE)

Vol. 42 No. 6 June 2023



The Tulip Festival comes to Ellwood on the right of way on the two sides of this residential corner lot, with 125 bulbs being planted each year for the past six years. It brings much joy to residents and passersby. And the homeowner has a pact with the squirrels and rabbits, who don't munch on the bulbs. (See the Ellwood update on page 12 for an update on the City's proposals for new uses of right-of-way spaces.)



American Robins can be seen throughout our neighbourhood at this time of year, but they can also be seen throughout the year, even in the middle of winter. However, what is interesting and still unresolved is ... are the robins we see in summer the same as the ones we see in winter? To answer this question and learn more about these birds, see *Birds of Alta Vista* on pages 16–17.

*American Robin; photo by Bob Baker*

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## LETTERS TO THE EDITOR

### Grow Native Plants Instead

Re: "The Garden Gate" by Patricia Mosher, May 2023

The gardening column in the May edition of VISTAS lists alternatives to lawn grass. However, five of the 10 plants listed are invasive species. Bearberry Cotoneaster is native to China and will soon crowd out native plants. It must not be confused with bearberry *Arctostaphylos uva-ursi*, which is native to Canada (a favourite food of bears) and withstands harsh winters well. Creeping jenny, a European species, is also invasive, particularly the green type. Vinca, commonly known as periwinkle, has few pests or diseases outside its native European range, which contributes to its persistence. Lily-of-the-valley, native to Eurasia, looks delicate and pretty but develops a tough, dense mass of roots and will quickly take over your garden. It is also highly poisonous. Even sweet woodruff, native to northern and central Europe and North Africa, spreads so readily that it is considered invasive.

Although not all non-native plants are invasive – hostas, for example, do not damage the ecosystem – making changes to your garden landscape is a wonderful opportunity to plant native species. Native plants will attract pollinators such as bees, butterflies and hummingbirds, as well as songbirds. The Ontario Invasive Plant Council has excellent guides on choosing beautiful non-invasive plants for your garden, see [www.ontarioinvasiveplants.ca/resources/grow-me-instead](http://www.ontarioinvasiveplants.ca/resources/grow-me-instead).

The Canadian Wildlife Federation's Gardening for Wildlife program encourages Canadians to transform gardens into wildlife-friendly habitats. On the Federation's website, [cwf-fcf.org/en/gardening-biodiversity.html](http://cwf-fcf.org/en/gardening-biodiversity.html), there is excellent information on planting native species, helping local and migratory wildlife and, at the same time, enjoying the benefits and beauty they bring.

*Esther Becker*

#### VISTAS response

Thank you, Ms. Becker, for your feedback. We agree that the "Grow Me Instead" guide from the Ontario Native Plant Council provides many alternatives to potentially invasive species and is a great information source for anyone seeking grass and ground cover options. We have included a feature on native plants in this June issue of VISTAS, and it includes a reference to the Ontario guide for native plant lists and invasive plants to avoid.

We would point out that the May article did include a caution in regard to your concern, as follows:

"Please note that some of the above suggestions are vigorous, spreading ground covers which 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."

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



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# LETTERS TO THE EDITOR

# DISTRIBUTION OF VISTAS

## Area politicians, please take a stand on the intensification issue

**Re: “Beautiful, older neighbourhoods like Alta Vista should be cherished and preserved rather than tossed into a blender of intensification” by Danny Globerman, May 2023; and**

**“Alta Vistas need to speak out—now!” by R. Strong, May 2023**

Dear Editor,

I very much agree with the excellent letters of Danny Globerman and R. Strong. To summarize in my words what is being said:

- Beautiful residential areas are assets to the beauty and character of Ottawa. Why destroy them?
- Space to play and relax in your own yard, to garden, and to park your vehicles is a good, not a bad and wasteful thing.
- Wanting to maintain these areas has nothing to do with bigotry. Bigotry is sometimes the charge of those who oppose something or someone and want to prejudice the discussion in their favour.
- People chose to live in Alta Vista for its neighbourhood’s amenities. Those who want to live in a more closely populated living area with no yard to maintain can move downtown.
- There is indeed a “call to arms” in Alta Vista and in other similar neighbourhoods on this issue! Neighbours, please take a stand.

I would like our area politicians to take a stand on this issue. Mr. McGuinty, Mr. Fraser, and Ms. Carr, where do you stand? – and not on the fence, please.

Thank you very much VISTAS for all you do.

*Douglas Stuart Walkinshaw*

## Correction: Pope Pius XII (not Pius VII) was Pope in 1947

**Re: “The former Diocesan Centre: The life of an extraordinary building (Part 2)” by Chris Wiebe**

Dear Editor,

A friend forwarded me the May issue of VISTAS thinking I might be interested in one of the articles. I read many of them and was truly impressed with the quality and variety of the coverage.

In the article on the former Diocesan Centre, I came across a reference that I thought was a typo, but when it appeared a second time, I realized that it was an error. The author was talking about 1947 and thereabouts, so when he cited Pope Pius VII, twice, I realized that he was referring to Pope Pius XII. This slip may have been pointed out to you already, but just in case, I’m passing along my observation in the hopes that a correction will be published in the June 2023 issue.

*Rosa Murnaghan*

### Editor’s response:

Thank you, Ms. Murnaghan, for your email and your interest in VISTAS. As you and other readers have noted, Pius VII was indeed Pope circa 1800. VISTAS must have swapped Vs for Xs at one point in putting both this article and the Part 1 article in the April paper together and never looked back. We apologize for this error; we should have caught it but it is good to know people are reading things carefully!

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September Issue	September 6, 2023
October Issue	October 4, 2023

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**The Merry Dairy Ice Cream Truck is coming to Alta Vista on Sunday June 25 from 11-12:30!**

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Malcolm and John Harding

## 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.

## VISTAS Volunteer Carriers Needed

### For West of Haig

- Anoka, 35 papers
- Bloor, Penhill, Crestwood, 56 papers
- Grasmere, 39 papers
- Heron (Alta Vista to Greenbelt), 13 papers
- Juno, 36 papers
- Mimosa, 30 papers
- Neighbourhood Way, 35 papers
- Pixley, 60 papers
- Portland, 34 papers
- Renova, 55 papers
- Station Boulevard, 40 papers

### For East of Haig

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Avenue N	Edmond	Orchid
Avenue P	Elderfield	Othello
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Avenue R	Erinbrook	Plesser
Avenue S	Fairdale	Pullen
Avenue T	Folkstone	Russell
Avenue U	Furby	Sandra, Ellen
Balharrie	Gill	Saunderson (Pleasant Park to Smythe)
Banghor	Glendevon	Saunderson (Halifax to Pleasant Park)
Blackstone	Goren	Shamir
Carnegie	Haig	Shelley
Caverley	Hamlet	Shelburne
Chadburn	Haney	Smyth (Dauphin to Russell)
Chaucer	Heaton	Sonata
Connery	Howland	Southvale
Cornish	Holt	St Laurent (Walkley to Russell)
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## LETTERS TO THE EDITOR

### Canada Post deemed community mailbox necessary due to safety risks for its Delivery Agents serving Kilborn Avenue

Re: “Open letter to Canada Post: Canada Post employees have better chance of avoiding injury crossing Kilborn to the community mailbox located near Grasshopper Hill than do children and frail seniors” by Robert Leitch, April 2023

Dear Mr. Leitch:

... At the outset, I acknowledge the move from door-to-door delivery to a community mailbox site was an unexpected change for you, and all impacted residents, and I assure you this decision was not taken lightly. In this instance, it was deemed necessary due to safety risks for our Delivery Agents serving Kilborn Avenue. As you may be aware, our local Operations and National Collection and Delivery teams conducted several route safety evaluations before agreeing to implement this new delivery method. Throughout these evaluations, our concerns focused on the risks for our Delivery Agents due to drivers frequently crossing over into the cyclist lane during delivery hours. Canada Post carefully selects each community mailbox site across the country, taking into account factors such as traffic patterns, proximity to home addresses, and the safety of our customers and employees alike. I want to assure you that our teams consulted local City of Ottawa officials to find the best possible site for your community mailbox, all while following specific guidelines to mitigate the impacts on our customers.

Of note, our community mailboxes feature a robust design with secure locks, large individual and parcel compartments, and an outgoing mail slot. While these are added values for some, we recognize not all of our customers may be able to reliably retrieve items from a community mailbox on a daily basis. Our Delivery Accommodation Program ([www.canadapost-postescanada.ca/cpc/en/our-company/about-us/corporate-responsibility/accessibility/delivery-accommodation-program.page](http://www.canadapost-postescanada.ca/cpc/en/our-company/about-us/corporate-responsibility/accessibility/delivery-accommodation-program.page)) supports those customers with a functional limitation, limited mobility or other health condition impacting their ability to access their mail.

... While I understand this may not be the answer you were hoping for, I appreciate the opportunity to verify that our stringent health and safety criteria are being met. Canada Post remains committed to the efficient delivery of all items entrusted to us and will continue to work hard to provide all Canadians with high-quality service.

*Chief Operating Officer, Canada Post*

## OUR COMMUNITY

### FURTHER UPDATE BY THE AVCA ON CITY OF OTTAWA ZONING DISCUSSION PAPERS

*By Garry Lindberg, on behalf of the Alta Vista Community Association Planning Committee*

The May edition of VISTAS provided the Alta Vista Community Association’s initial reaction to the City of Ottawa Zoning Discussion Papers, which effectively outline the City’s general thinking on the preferred future for homes and lots in Alta Vista among other parts of Greater Ottawa, in an article written by Judy Korecky. In the article, AVCA told VISTAS readers to “stay tuned” as more details were to follow on the Discussion Papers in the June issue of the newspaper. The Planning Committee would be preparing a written submission on the Discussion Papers and posting a copy of this submission on its website (targeting June).

The Planning Committee’s detailed set of comments on the Discussion Papers will now be ready no later than July 30, 2023. As VISTAS is not published during the summer months, these further comments cannot be included in VISTAS when they appear, but they will be posted on the AVCA web page ([avca.ca](http://avca.ca)). Of note, some of the comments will be quite technical in nature, as well as being quite detailed.

Readers are encouraged to seek out these comments and read them as AVCA shifts its attention to the upcoming first draft of the new zoning by-laws scheduled to be published no later than the first quarter of 2024. Take note that AVCA is working with Councillor Marty Carr to arrange a community briefing on this vital subject.

## OPINION

### A COMMUNITY FIT FOR SENIORS

*By Xavier Bradbury-Jost*



At the Alta Vista Community Association meeting of March 21, Seniors’ Watch Alta Vista expressed interest in “Naturally Occurring Retirement Communities,” shortened to NORC. The Council on Aging of Ottawa defines a NORC as “a geographic designation for an area such as a rental/condo building or neighbourhood block that just so happens to house a high density (variably defined as 30–60 per cent) of older adults.” Per the concept’s core definition, NORCs arise out of existing housing and community infrastructure.

NORCs allow seniors to continue to live within the fabric of their own residential communities. This is great news for the nearly 100 per cent of Canadians aged 65 or older who want to live independently in their current home for as long as they can, according to a survey conducted in 2020 by the National Institute on Aging (NIA).

NORCs are not purpose-built, nor are they inhabited solely, or even mostly, by seniors. So who else lives in these communities?

To answer this question, we need to explore what NORCs are made up of. For seniors who no longer drive, who are a quarter of Canadians aged 65 and over as of 2013 according to a CBC news article, this includes pleasant streets that are easy to cross, with slow-moving traffic, and nearby recreational and cultural facilities like libraries, book clubs, public swimming pools and places of worship. It also includes amenities they can walk to where they meet their immediate needs, like grocers, pharmacies and clinics.

Now let’s consider the cashiers, receptionists, maintenance personnel, pharmacists, physicians, product inventory clerks and managers that run these places. They all need a place to live, and it’s ultimately more convenient and less costly for everyone if those workers are able to live in the same neighbourhood. To this end, each neighbourhood should have a mix of housing which can accommodate people as they move through different stages of life, and are employed at various income levels.

This question of proximity is especially important when we consider seniors that require at-home care from personal support workers (PSWs) or their younger relatives. If the people who care for our seniors aren’t able to live in the same neighbourhood, either because they’re priced out of that neighbourhood or can’t find suitable housing within it, they need to use more resources to reach their client’s or older relative’s home. In the case of PSWs, this will often mean raising the rates they charge, particularly if they have to drive. Our seniors’ caregivers also risk being less reliable during emergencies when they come from further away.

While it’s always worth mentioning that daily walking does wonders for seniors’ physical and mental health, what’s more insightful is that daily walking is best enabled when done as a means to meet regular needs like buying groceries.

So for those of us who dream of retiring in the same city, we should look no further than the neighbourhoods where we spent most of our lives, and make them meet the needs of seniors over time. Planning for a fulfilling retirement might be as much about adapting our neighbourhoods to adequately house all the demographics needed to look out for senior well-being as they are about pension plans and RRSPs.

These other demographics also stand to benefit from living near seniors. A study on senior longevity found that youth have much more positive views on seniors in societies where the younger demographics spend more time with seniors, and that this leads to a longer lifespan for these younger folks.

“Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody.” – Jane Jacobs

References supporting this article are available upon request (email the author at [xavierbradburyjost@gmail.com](mailto:xavierbradburyjost@gmail.com)).

*Xavier Bradbury-Jost is a student of Urban & Regional Planning at the University of Waterloo, and a resident of Alta Vista for over 20 years. He is an active member of the Alta Vista Community Association (AVCA), and a member of its Heritage Sub-Committee.*



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## OUR COMMUNITY

### HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

At HEFC, one of our priorities is to provide fresh and nutritious food for the folks who come to us for assistance. In addition to the non-perishable food that we receive and distribute from community donors and the Ottawa Food Bank, we also purchase fresh produce with the cash donations we receive from the community. One of the organizations we rely upon to provide high-quality fresh food is Aenos Food Services Inc., our wholesale source of fresh produce. The Sales Manager for Aenos, Lori Cavaliere, who has been working with HEFC for eight years, is our Hero for June. She is always upbeat, friendly and responsive to our requests for last-minute produce delivery.

Aenos Food Services, named after a mountain in Greece, is currently one of the largest food distributors in Eastern Ontario. It began as a business over 60 years ago in Montreal and has operated here in Ottawa since 1997. This company is HACCP (Hazard Analysis and Critical Control Point) qualified, meaning they know the source of all the produce they purchase, and can notify customers quickly if there are any public health threats – such as, for example, E. coli on the romaine lettuce. Fresh produce from all over the world is transported from terminals in Toronto and Montreal to their warehouse on Kaladar Avenue early every morning, in climate-controlled trucks. From this warehouse, produce is unloaded and distributed to numerous organizations around Ottawa, including hospitals, golf courses, hotels, Quickie stores, the Ottawa Food Bank, as well as HEFC. Since the warehouse is quite close to our centre, HEFC Executive Coordinator, Louisa Simms, can contact Lori and have produce, including onions, potatoes, carrots, bananas, apples and eggs, delivered the next day, guaranteeing that HEFC receives high-quality fresh produce at wholesale prices.

Lori says that Aenos, currently operated in Ottawa by David Kampitsis, the son of the original owner in Montreal (Dimitrios Kampitsis), is very much a family business, with 30 employees. She is, herself, an example of the family atmosphere at Aenos; her husband, Walter Cavaliere, has been the Chief Operating Officer at Aenos in Ottawa since 1997. Lori, who clearly loves her job, has now been working in sales at Aenos for 20 years. (She is available for consultation at any time by phone at 613-601-0092). The atmosphere at Aenos is casual and friendly – one warehouse worker was singing in the background as we talked together in the front office. Community members can also purchase produce directly from Aenos. If you visit the warehouse at 2455 Kaladar, you will notice an unobtrusive door on the side. This is the door to a small produce store where Aenos sells produce fresh off the truck at wholesale prices.



Lori Cavaliere, Sales Manager for Aenos, is the HEFC Hero for June.

At HEFC, we really appreciate the flexibility, cooperation and goodwill we encounter in our dealings with Lori and her staff. We rely upon our good relationships with local businesses to provide high-quality food to our clients.

As we move into the long-awaited summer months, we start planning our own gardens. HEFC gratefully receives donations of produce from community gardens planted by church groups or other organizations, as well as from individuals who wish to donate from their gardens, to supplement the food we purchase from Aenos and receive from the Ottawa Food Bank. When we grow vegetables, we also grow hope for the future, goodwill, and cooperation between us all during these challenging times.

On Saturday, August 12, the Phoenix Big Band will hold its second annual fundraiser for HEFC at 411 Billings Avenue, in the driveway, between 2–5 p.m. Last year was such fun! Bring your donations! We look forward to meeting you there!

We will be hosting an information table at the Alta Vista Farmers Market at St. Thomas Church on Saturday, August 26. Check out the vegetable gardens at the front of the church while you visit.

And our annual walkathon will be held on Saturday, September 23.

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](mailto:hefc-info@rogers.com) for more information.

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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.

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[jwade@cheofoundation.com](mailto:jwade@cheofoundation.com)  
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I wish all students graduating this year a heartfelt congratulations! You have worked hard and have earned your certificates whether you are in Grade 8 or Grade 12. You are the future leaders of our province and I wish you all well in your next endeavours.

**Wishing everyone a wonderful summer!**

I wish you and your families a fun-filled, happy and safe summer and hope everyone can find small moments of relaxation and quiet.

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## OUR COMMUNITY

### THE EXTRAORDINARY LIFE OF VISTAS' JOE HEALY

By Aldis Brennan

Almost 100,000 years ago a group of early humans entered the depths of the Qafzeh Cave and with stone tools dug a shallow pit. Into the earth they carefully laid the body of a teenage boy, folding his arms and gently placing his hands on the sides of his neck before resting a pair of deer antlers on his chest. There is no doubt that this ritual constitutes one of the first known human burials, or that our species alone honours our dead.

Not only is Joe Healy, 78, carrying on that noble ancient tradition, he is also the archaeologist unearthing the sites—albeit of a much more modern kind. Joe has created the RCMP National Grave Discovery Database, a list of the places where more than 25,000 members of Canada's national police service were laid to rest along with their biographical details. Many forgotten or unknown until he and his army of volunteers tracked them down.

Joe was born in St. Stephen, New Brunswick, a very small town where, it seemed, in his graduating class everyone became either a teacher or a nurse. Joe, of course, became neither. In his final year of high school, having never skipped a class, he decided he needed to know what it was like to misbehave. Thumb out on the side of the road looking for a ride to the local swimming hole, the last car he thought he would see cruising down the highway was the Studebaker RCMP cruiser.

"I was scared to death. He looked like the Empire State Building he was so big in that car," Joe recalled. "He picked me up and said, 'Aren't you supposed to be in school?'"

Rather than turn in the first-time truant, Constable Bill MacLellan decided to give him a ride, asking along the way whether Joe had made any plans for the future. With Bill's encouragement, Joe wrote his RCMP exams in January of the next year, and by August he was riding a horse in Regina. He was 19 years old.

"After a year in Regina, I was posted to the West Coast," Joe said. "I was with another recruit driving through Kamloops and we decided to stop at the local RCMP detachment to say hello. While we were there, a call for a car accident came in and these guys flew out of there. We followed them and that was the first time I saw a fatality."

That was his introduction to big city policing with its associated crime, drugs, and miscreants. He would be assaulted multiple times throughout his career, twice seriously enough that he ended up in the hospital.

"Police officers who have never been on the Lower Mainland and seen the volume and intensity of crime have no idea. It is unbelievable the misery you see in just one day. It's just one thing after another," Joe said. "But I never lost my respect for people and I always tried to find the humanity in the situation."

It is inhabiting that tension between compassion and protection which defines policing, and Joe is a master of it. After only nine years on the job, he was invited back to Regina to teach criminal law at the RCMP academy. The hard lessons he had learned became a way to convey the realities of policing to his students.

"The environment was dynamic in that we were teaching young RCMP officers what it was like in the field," Joe said. "These were enthusiastic men and women who were raring to go. Every one of us who had that experience will tell you that it was the most satisfying job ever, anywhere."

Over his illustrious 37-year career Joe would stand feet away from Pope John Paul II at St. Michael's Cathedral in 1984 as part of the RCMP's security team. He drove around the late Queen Elizabeth II on one of her many visits to Canada. Joe dropped off a 6-year-old Justin Trudeau for his first day of school as a member of the Prime Ministerial protective detail. On behalf of the United Nations, he taught police forces in Namibia, Haiti, the Czech Republic, among others. But it was just before the final mission of his career to Bosnia that his life took a turn yet again.

"The RCMP had been my life. More than my life, really," Joe said. "I didn't separate days from nights. I was working all the time, travelling all the time. I was single and utterly devoted. Then, in 1995, I was home for a weekend from Prague and decided to go to church."

A congregation of a different kind, thousands of Ottawa marathon runners, meant he arrived at St. Theresa's in downtown Ottawa well after 9 a.m. Sneaking in the back, his eyes were immediately drawn to a shock of red hair a few aisles ahead.

"There's a part of the service when you're supposed to turn to your neighbour and shake hands," Joe said. "So, I get up and I walk up to her and I say, 'Hi, how are you?' Even then I knew in my heart that she was quite special."

This was Cathy. She was down from London, Ontario visiting her uncle who happened to be the priest at the church. They had breakfast together and then Joe was off back to Prague. But they kept in touch through letters and visits when he was back in the country. They married a few years later. It was Cathy who, in 2001, suggested they pay their respects to her grandfather at his grave.

"I'm standing there looking at his grave. His name is on it, his date of birth and date of death, but there's nothing on it about the RCMP and he served for 25 years," Joe said.

"I'm thinking to myself, it's a shame that nobody knows who he was. The wheels begin to turn and I realized, there's a history project there."

Within days Joe had dozens of names, friends added more and he started a list. He went to night school to learn how to code. Now he spends at least eight hours a day in his Alta Vista home adding, updating, refining. The database—which has received worldwide acclaim—and its associated website have received about 200 to 600 hits a day for the past 23 years.

It's when Joe speaks about the men and women catalogued in the database that you can begin to understand why he's willing to invest so much of himself into this project. His reverence for them is felt not heard. Those ancient wanderers who, in their mourning of a life cut short, first held that sacred ritual of remembrance would be proud.



Joe Healy, creator the RCMP National Grave Discovery Database, shared with VISTAS readers interesting stories about RCMP members over the past two years.

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## OUR COMMUNITY

### “URBAN RENEWAL” COMES TO ALTA VISTA (PART 2): A CITY DEMOLITION CREW ON MCQUAIG STREET, JUNE 30, 1962

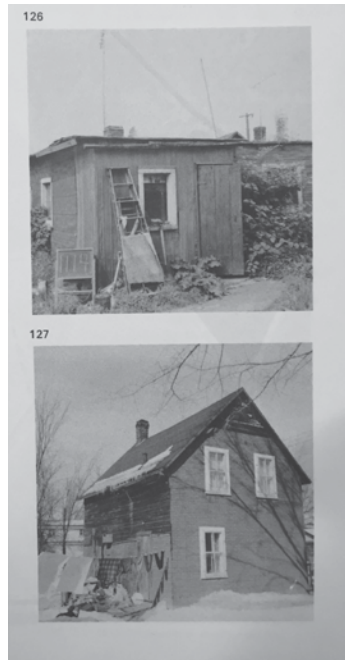
By Chris Wiebe



On the surface, McQuaig Street is little more than a short, pleasant street running perpendicular off busy Kilborn Avenue. I know its houses and yards very well having walked it for over a decade taking my two girls to Alta Vista Public School. In fact, it's now on my VISTAS newspaper delivery route. I've always found it curious that in a pocket of almost entirely early 1950s housing, there was a handful of mid-1960s houses at McQuaig, Orillia and Micmac streets. Now I know why, and it's quite a sad story.

Urban renewal was an international movement which promoted the clearance of “blighted” inner city areas – “blight” was seen as a kind of socio-economic cancer – to make way for higher-class housing and businesses. In Ottawa, the late 1950s and early 1960s were the highwater mark for urban renewal enthusiasm, and many neighbourhoods – e.g., Mechanicsville, Lowertown, West Centretown – were subjected to heavy demolition and community displacement. Urban renewal work was done in Upper Billings Bridge or Gatesville (Kilborn and Bank), along with surgical strikes elsewhere in Alta Vista.

While rummaging in Ottawa newspapers for glimpses of the Diocesan Centre's past, I came across the fact that McQuaig was the scene of an “Urban Renewal” power struggle in the early 1960s. Played out in the newspapers, it was a high-profile



From *Urban Renewal Ottawa, Canada (1967)*, some of the Alta Vista houses demolished, 1953–1963.

confrontation that drew in senior municipal officials and Mayor Charlotte Whitton, and ended in the jailing, humiliation and displacement of a long-term Alta Vista family.

The first glimpse we get of this McQuaig property is in a July 29, 1954 news clip in the *Ottawa Citizen*, “Cow Knocks Child Down”: “Residents in the Alta Vista area live well within the city limits but stray cattle still seem to be a menace. Yesterday evening William Sullivan, 4, of 2382 Alta Vista Drive was playing in his backyard when he was bowled over by a cow.

He was not injured... The animal is owned by Roger Finnerty of Orillia Avenue who retrieved it.” This rather light-hearted news story speaks to the deeper tensions created by the collision between rural lifestyles and suburban development as the city expanded.

Roger Finnerty appears to have purchased the land at 2231 McQuaig Street (bordered by McQuaig, Micmac and Orillia) in the mid-1940s, and lived in a house on the property – described in the *Citizen* as a “two-room, wood frame and tar paper structure.” It had running water, but like roughly 10 per cent of Ottawa properties at the time, no indoor toilet. Around 1956, there appears to have been complaints from the new suburban neighbourhoods about the state of the Finnerty house. Over the next six years, the City fought with the Finnertys to have their “tarpaper shack” demolished, a fight which culminated in the jailing of Roger Finnerty, then 65, for 15 days for failure to comply with an Ontario Superior Court order (yes, it had escalated that far!) to tear down the home.

On June 30, 1962, things took a dramatic turn, explained the *Ottawa Citizen* in a front-page story: “A new chapter, in the six-year fight by the Roger Finnerty family of Alta Vista to live in their tarpaper shack was written over the weekend when city crews moved in and tore down the house. Police also arrested Mrs. Finnerty on the steps of a church and put her in jail with her husband, both charged with contempt of court. Still not giving up the battle, the Finnerty's two sons, Chris, 20 and John, 22 pitched a tent on the property and said they intended to stay.” According to the *Citizen*, even neighbours who had complained about the house were disturbed by the speed with which the City razed the structure. “While we did not care for the unsightly building, the Finnerty's were quiet and peaceful,” one woman said. “The subsequent actions of the city and the police were rather on the ruthless side.” Gordon Willis, chair of the Alta Vista Community Association, also thought the actions and arrests were “somewhat on the severe side.”

The controversy surrounding the McQuaig property continued over the following week with debate around whether the City should pay for a hotel room to house the family after destroying their home. What's more, the arrest of Veronica Finnerty, a devout Catholic, as she came out of St. Thomas Aquinas Church on Kilborn Avenue after mass, drew sharp disapproval from church officials. On Thursday, July 5, the *Citizen* reported that the Finnertys had erected a 12-foot cross in the middle of their former homesite on McQuaig.

After a week, the plight of the Finnertys dropped out of the newspaper. What happened to their property? One imagines they must have sold it under duress, given the mid-1960s homes now on the site. How many more stories like this lurk beneath the surface of Alta Vista? If I scan through the 1967 book, *Urban Renewal: Ottawa, Canada*, a map shows at least 19 other dwellings in the area were demolished as Housing Standards Board Cases between 1953–63. The treatment of the Finnerty family raises many troubling questions and shines a spotlight on the brutal forces that helped create the pleasant neighbourhood we now enjoy.

[Curious for more? Check out “Urban Renewal Comes to Alta Vista (Part 1)” in *VISTAS*, April 2021.]



View of the flattened Finnerty home on McQuaig Street from the *Ottawa Citizen*, July 3, 1962.



# MARTY CARR

## Alta Vista Ward 18

## Alta Vista Quartier 18

### Councillor | Conseillère



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#### Meet your Ward 18 Office Team

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

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

#### Awesome Alta Vista Garage Sale - June 10

Are you looking to get your spring cleaning underway? If yes, you're in luck! The Awesome Alta Vista Garage Sale will be taking place on Saturday, June 10, from 8a.m. to 1p.m. Everyone is invited to join! If you would like to share the location of your garage sale, please email [contact@avca.ca](mailto:contact@avca.ca).

Participants are encouraged to donate a portion of their proceeds to the Heron Emergency Food Centre. More information can be found at [www.avca.ca/events/awesome-alta-vista-garage-sale](http://www.avca.ca/events/awesome-alta-vista-garage-sale)

#### Gigantic Used Book Sale - June 10

It's time to build your summer reading list! The Alta Vista Community Association will be holding their annual Gigantic Used Book Sale on Saturday, June 10, from 8a.m. to 1p.m. at St. Thomas the Apostle Church, located at 2345 Alta Vista Drive.

Thousands and thousands of books will be available ranging from \$0.50 to \$3.

For more information, you are invited to visit <https://avca.ca/events/gigantic-book-sale>.

#### Overbrook and Eastway Gardens Town Hall - June 15

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 Thursday, June 15, 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. Registration to this meeting is required and can be found on my website.

#### Heron Road Seniors' Lunch

As of May 15, the Heron Community Centre has reopened! I invite you to join me to celebrate this reopening at a seniors' lunch being held on June 13, from 11a.m. to 2p.m. at 1480 Heron Road.

Chef Ric's and his talented team will be catering this event. I look forward to seeing you there!

#### Alta Vista Market Opening Day - June 17


The Alta Vista Market is just around the corner! I invite you to come out and join us on June 17 for opening day. Opening day will include live music from local artist Craig Cormier, Little Rays Reptiles, and a balloon entertainer. Throughout the season, you can look forward to outdoor yoga, family friendly activities, community services, and more. The market will take place every Saturday from 9a.m.-1p.m. at St. Thomas Church located at 2345 Alta Vista Drive.


#### Stay Connected

**Website:** Please visit my website [www.martycarrottawa.ca](http://www.martycarrottawa.ca) I invite you to visit the site regularly to find out about the latest news and events, community resources, and information about what's happening at Council and at the City of Ottawa. Your feedback is important, so let us know what you think so we can continually improve our information sharing.

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

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

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

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

110 Laurier West, Ottawa, ON K1P 1J1 | 613-580-2488

[Marty.carr@ottawa.ca](mailto:Marty.carr@ottawa.ca) | [martycarrottawa.ca](http://martycarrottawa.ca)

## OUR COMMUNITY

### ELLWOOD UPDATE

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



There is never a dull moment in Ellwood, where the community association is actively involved in growing the community plus keeping the yin and yang in balance. With a perfect winter carnival attended by about 75 people, the annual park cleanup, Banff Avenue about to be repaved, and the AGM on May 29.

#### *Annual Park Cleanup and Treasure Hunt*

Ellwood's Ridgemont Community Association's 26th Annual Park Cleanup and Kids Treasure Hunt was an unqualified success on the most perfect blue-sky day you could wish for. A total of 43 people attended, including 17 children. They converged on Frank Licari Park from all directions. Hameen came all the way from Vancouver and Councillor Riley Brockington, just back from King Charles' coronation, made a regal appearance.

Justice, of winter carnival hockey fame, immediately zipped off to hunt down a delightful doll, then promptly set off with her mom Danielle to fill three whole bags of garbage. Alessandro, the winter carnival's crack goal scorer, found a lucky nickel. Brothers Arthur and Peter found a Mustang and Sooper-Dooper drag racer. Patrizia and Ed went all out, raking the sandpit play area and cutting down unsafe branches.

Lunch, catered by Syrian Kitchen (which is operated by Syrian refugees) included delicious falafels and honey-dipped baklava that were eagerly savoured by attendees and washed down with mango/watermelon/peach juice and lemonade.

Two hours of cleaning netted a huge mound of garbage bags and recyclables. Special thanks to Jennifer Legault, City of Ottawa, for arranging for the cleaning supplies and to all those who contributed so generously with items for the Food Bank.

And the grand prize, a handy Avis Car Rental travel bag, went to Danielle Allen.

#### *City of Ottawa proposing new uses of right-of-way spaces*

The City is considering some rather interesting proposals in regard to new uses of the right-of-way space in front of or beside homes and retail establishments. For residential properties, these new uses would include residential gardening or installation of a Little Free Library on the existing grass portion of the right of way abutting the property; and for retail establishments, displaying or vending goods for sale within the right of way abutting the establishment. Currently, these activities are prohibited under the City's Use and Care of Roads By-law No. 2003-498.

This right of way is the space between where your property line ends and includes any abutting City of Ottawa boulevard, sidewalk or travelled portion of a roadway. For the purposes of residential gardening within a right of way, the included area is land owned by the City that abuts the residential private property for which the homeowner is expected to cut the grass and weeds.

The vending and pop-up display aspects will apply to commercial properties only, where businesses or retailers may be able to use right-of-way property adjacent to or directly abutting their establishment. This was an initiative first observed during the COVID-19 pandemic to provide businesses with more capacity to display and sell their retail goods, and this proposal is an opportunity to continue this initiative in perpetuity.

In Ellwood, the right-of-way space is typically between six and 10 feet wide, and for most of our homes, these spaces are very well maintained. However, increasingly, investment homes turned into multi-units are in a

poor state, and no one seems to be responsible or to care. I spoke with Chris Warren, a By-Law Review Specialist on Right of Way, Heritage and Urban Design, at length on the proposals for the right-of-way spaces, and here are some interesting insights.

- The City is keen on increasing biodiversity and improving climate change resiliency, which aligns with providing residents with gardening opportunities within the right of way abutting their residence.
- One thing the City is not going to propose is the need for a paid permit to undertake projects in the right of way, as is the case in Mississauga, where that City requires residents to submit proposals prior to receiving approval.
- Warren emphasized that this proposal is not about turning front greenspace into parking lots by widening driveways without first obtaining either a permit or a variance, something that is happening in Ellwood and that homeowners are keen on preventing from happening further. Driveway expansions or front yard parking do not fall into the category of residential gardening within a right of way and would be considered out of this project's scope. The rub here could be that there is no restriction on what constitutes beauty or necessity when doing your thing in the right of way. It would be subjective, in the eye of the beholder.
- Any work undertaken in your right of way would be at your own risk. If Bell were to dig up cables and make a mess of your work, it would not be held responsible or required to restore your handiwork. Residential gardening projects within the right of way are undertaken at the risk of the resident.
- The right of way is a space for many users, including utility companies, motorists and pedestrians, as well as for City of Ottawa infrastructure. This shared space is subject to ongoing maintenance activities, capital works projects and passersby. The City of Ottawa will not be held responsible for any damages to a garden project that may occur. For any reinstatements after work is completed within the right of way, sod or grass seed will be the standard treatment, unless the resident requests soil-only as a replacement alternative.
- Fixed structures like raised vegetable beds or hard landscaping items are not proposed to be permitted within the right of way, and there would be no off-site areas (away from your property) allowed to be used for your creative instincts.
- Further, you would not be able to grow vegetables for consumption in ground level beds in the right of way due to the risk of contamination. Nor would you be able to go into any of our three parks and set up a vegetable garden. This green scaping would only be restricted to the right of way and subject to all the Zoning Property Standards and By-Laws.
- Warren is not suggesting or recommending enforcement provisions, which is for By-law Services to deal with, although he anticipates enforcement of the Use and Care of Roads By-law to be "reactive" in nature, meaning no intervention unless a complaint is registered.
- In Ellwood, pop-up retails and vending would likely be restricted to Bank Street and perhaps Walkley, if space makes it viable.

Our Councillor, Riley Brockington, is "highly supportive of the changes to make this happen," as are City Staff, regarding proposed regulations to allow for residential gardening, installation of Little Free Libraries, and pop-up retail display and vending in the City-owned right-of-way spaces, and would like to share your feedback. But wait, there is more detail at [engage.ottawa.ca/use-and-care-of-roads-by-law-updates](http://ottawa.ca/use-and-care-of-roads-by-law-updates) if you are curious to know more about what a right of way is or what each of these projects entails.

Please always feel welcome to contact me at 613-288-0034 or [normanp@premieregroup.com](mailto:normanp@premieregroup.com).



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# OUR ENVIRONMENT

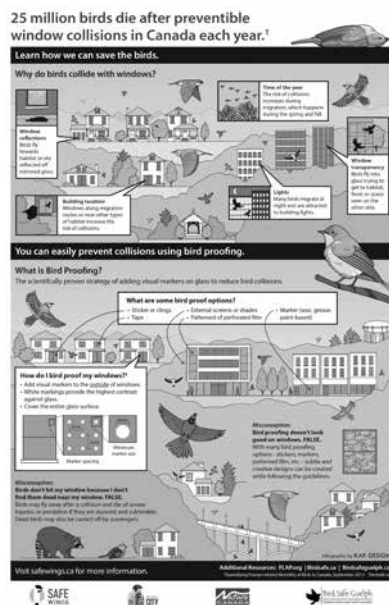
## HELP PROTECT BIRDS FROM WINDOW COLLISIONS

By Lyne Leclerc, Volunteer, Advocacy Committee, Safe Wings Ottawa

Spring migration has begun and thousands of birds that fly through or choose Ottawa as their summer breeding grounds are arriving daily until late June and will return to their southern winter homes in the fall. Safe Wings Ottawa, a nonprofit volunteer-based organization working to prevent fatal collisions with glass, estimates that over 250,000 birds in Ottawa alone collide with windows every year, including Species at Risk. Birds don't perceive glass; what they see are reflections of trees or sky and they will fly towards them at full speed. The first four storeys of buildings tend to have the most collisions, and the collisions can occur at any type of building, including residences and cottages, or with clear deck railings. It's especially important to make your windows bird-safe if you attract birds through feeding or plantings or live in densely wooded areas. Luckily there are simple solutions to make glass bird-safe!

One collision solution proven to work by scientific studies and local users is Feather Friendly window markers installed on the outside glass surface. The markers break up the reflection of trees or sky in the glass and birds veer off course when they see it. Feather Friendly products are available for purchase from Wild Birds Unlimited at their Ottawa and Kanata locations, and online from the manufacturer at [www.featherfriendly.com/diy-solutions](http://www.featherfriendly.com/diy-solutions). Other solutions also exist and you can learn more about them by visiting [safewings.ca/small-scale-solutions](http://safewings.ca/small-scale-solutions).

Should you happen to find an injured or dead bird, please call Safe Wings Ottawa at 613-216-8999 for assistance.



## CLIMATE RESILIENCY COMMUNITY DIALOGUE

By Gillian Cooper and Debra Lowe

The Alta Vista Community Association is pleased to announce that it will be holding a community dialogue in collaboration with the Riverview Park Community Association and CAFES (Community Associations for Environmental Sustainability) at Trinity Church of the Nazarene, 480 Avalon Place, on June 6 from 7-9 p.m. Please register at: [bit.ly/3Ag4zOi](http://bit.ly/3Ag4zOi). Thanks to the City of Ottawa for its support of these workshops.

The objective of this dialogue is to discuss how Riverview Park, Alta Vista and the other communities in Ward 18 can be better prepared in the future for climate change impacts of changing seasons, extreme heat, more rainfall and extreme weather events, such as the power outage of the April ice storm. This is your opportunity to ensure the City of Ottawa knows what went well in our neighbourhoods in the most recent extreme weather events (derecho and ice storm) and what did not so they can ensure they address the weaknesses in planning in our areas.

CAFES ([www.cafesottawa.ca](http://www.cafesottawa.ca)) is organizing a whole series of these events with local communities. See [cafesottawa.ca/climate-resiliency-community-dialogues](http://cafesottawa.ca/climate-resiliency-community-dialogues) for details and/or contact [mstuart@cafesottawa.ca](mailto:mstuart@cafesottawa.ca). Some volunteers are still needed to support the events. If you would like to help, please contact [mstuart@cafesottawa.ca](mailto:mstuart@cafesottawa.ca).

City of Ottawa departments are working together to understand and reduce the impacts of climate change. They have a long list of climate resiliency initiatives. Further details can be found at [ottawa.ca/en/living-ottawa/environment-conservation-and-climate/climate-change-and-energy/climate-resiliency](http://ottawa.ca/en/living-ottawa/environment-conservation-and-climate/climate-change-and-energy/climate-resiliency). As well, you can subscribe to the City's Climate Change News monthly newsletter for updates and share your ideas on the Climate Resiliency Strategy through Engage Ottawa at [engage.ottawa.ca/climate-resiliency?tool=brainstormer#tool\\_tab](http://engage.ottawa.ca/climate-resiliency?tool=brainstormer#tool_tab).



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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.

# OUR ENVIRONMENT

## FRIENDS OF PLEASANT PARK WOODS

By the Alta Vista Community Association Greenspace Stewardship Committee

June is a wonderful time to explore Pleasant Park Woods. There is so much to see and hear but there are also some annoying species that you will want to avoid. You may never notice poison ivy, wild parsnip or giant hogweed in these woods, as reports to the City result in their removal. If you do spot any of these noxious weeds please contact the City by phone at 3-1-1 or email [311@ottawa.ca](mailto:311@ottawa.ca).



Five female blacklegged ticks in different stages of feeding. Image credit: [www.canada.ca/en/health-canada/services/pest-control-tips/black-legged-deer-ticks.html](http://www.canada.ca/en/health-canada/services/pest-control-tips/black-legged-deer-ticks.html)

Springtime also brings annoying insects like blackflies and mosquitoes that may make you cut short your walk in the woods. However, there is another species that you should avoid, but you may not see or hear them. The blacklegged tick, also known as the deer tick, is an arachnid and should be avoided. If you get bitten, you could develop Lyme disease from the bacteria that these ticks can carry.

Ticks are very small, the size of a poppy or sesame seed, and live for approximately three years. The sooner a tick is removed from the skin, the less the risk of being infected. Remove a tick with tweezers or a tick remover tool; do not squeeze an engorged tick or leave its head behind. Symptoms of Lyme disease usually appear between three to 30 days after a bite from an infected tick. Not all bites will result in infection. Lyme disease usually begins with a rash, most often in the shape of a bull's-eye.

The best way to avoid tick bites is by covering up, using insect repellent, and wearing light-coloured clothing so they will be more visible if you do encounter them. You should do a visual inspection of both yourself and your dog once you get home from your walk. By staying on the pathways and avoiding long grass or brushing against the trees or bushes, you have a better chance of not encountering ticks.

Enjoy your time in Pleasant Park Woods!

## BIRDS OF ELLWOOD SINGING THEIR HEARTS OUT: PHOTOS BY GARY HOWARD



**Male Purple Finch:** A sweet-sounding songbird that eats seeds and insects.



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## OUR ENVIRONMENT

### OUR BABY TREES NEED WATER THIS SUMMER – VOLUNTEERS NEEDED!

*By Gillian Cooper, Chair, AVCA Greenspace Stewardship Committee*

#### **Butternuts and chestnuts in Kilborn Park:**

Last year, members of the Greenspace Stewardship Committee of the Alta Vista Community Association planted butternut and chestnut seedlings along the path across Kilborn Park from Kilborn to Cunningham avenues. Both these species are native to this area and are endangered due to the arrival of diseases from overseas. We are trying to establish a grove of young trees to help preserve the species. You can identify these tiny trees by the enclosures that protect them from dogs or other wildlife.



We will divide the summer up into one-week chunks and hope to find enough volunteers to take a week each. Advice about equipment and methods will be available. If you might be able to help, please contact Gillian Cooper at [gilliancooperprice@hotmail.com](mailto:gilliancooperprice@hotmail.com) or [contact@avca.ca](mailto:contact@avca.ca).

**New Trees are coming to 3 Local School Yards!** Three schools in the Alta Vista neighbourhood have received the wonderful news that The City of Ottawa will be planting trees on their properties this summer. The applications to the Schoolyard Tree Planting Grant Program submitted by Featherston Drive, Hillcrest and Alta Vista schools were all approved for trees to be planted this spring. These new trees will make a welcome contribution to the canopy in our neighbourhood, addressing some of the heat islands that exist here.

The school communities are responsible for organizing watering for the new trees during the summer. If you could give the trees a drink a time or two over the summer, please get in touch. Any help would be welcome, whether or not you have children attending that school. Contacts are as follows:

- Featherston Drive PS: [gilliancooperprice@hotmail.com](mailto:gilliancooperprice@hotmail.com)
- Hillcrest HS: [janetmarkwallace@gmail.com](mailto:janetmarkwallace@gmail.com)
- Alta Vista PS: [karlunderwood@rogers.com](mailto:karlunderwood@rogers.com)

### BIRDS OF ALTA VISTA – The enigma of the American Robin

*By Richard Knapton*

The American Robin is one of our most familiar birds. At this time of the year, several can be seen throughout our neighbourhood, foraging for worms on our lawns, picking and eating berries from buckthorn and other fruit-bearing trees left over from last fall, perched on trees and rooftops delivering its tuneful, warbling song. Perhaps they have started nesting on buildings and structures such as a car porch, gutters, eaves, on outdoor light fixtures, and other structures.

And, robins can be seen in our area throughout the year, every month, even in the middle of winter. However, what is interesting and still unresolved is ... are the robins we see in summer the same as the ones we see in winter? Current research suggests that in fact, they are not the same ones. It seems that the robins we have in summer, nesting and raising young, are migrants that return in spring, in April and sometimes March, and leave in late fall, in October, and spend the winter in extreme southern Ontario and the northern United States. The robins we see in winter apparently come from more northerly populations, probably from northern Ontario and Quebec, to spend the winter here, and then return north also in April. The robins we have in summer are territorial, and tend to occur in pairs. The ones we have in winter are gregarious, and occur in groups or small flocks. A very interesting situation.

So, what else do we know about the American Robin? Well, quite a lot.

American Robins are indeed common sights right across Canada, in every province and territory. In summer, you often see them tugging earthworms out of the ground, seemingly indifferent to our presence.



*Male American Robin; photo by Bob Baker*

*Continued on Page 17*



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## OUR ENVIRONMENT

American Robins occur in gardens, parks, yards, golf courses, fields, pastures, tundra, as well as deciduous woodlands, pine forests, shrublands, and forests regenerating after fires or logging. Though they are familiar town and suburban birds, American Robins are at home in wilder areas, too, including boreal and mountain forests.

American Robins are fairly large songbirds with a large, round body, long legs, and a fairly long tail. Robins are the largest North American thrush; as an aside, it is a true thrush of the family Turdidae, although it is named after the European Robin because of its reddish-orange breast. However, the two species are not closely related, as the European Robin belongs to the Old World flycatcher family.

American Robins are grey-brown birds with warm orange underparts and dark heads. In flight, a white patch on the lower belly and under the tail can be conspicuous. The sexes are similar, but the female tends to be duller than the male, with a brown tint to the head, browner upperparts and less-bright underparts. However, some birds cannot be accurately sexed on the sole basis of plumage. The juvenile is paler in colour than the adults and has dark spots on its breast. First-year birds are not easily distinguishable from adults, but they tend to be duller.

American Robins stand erect, beak tilted upward, to survey their environs. When alighting, they habitually flick their tails downward several times. When foraging on the ground, the American Robin runs a few steps, then stops abruptly. Its running and stopping behaviour is a distinguishing characteristic. American Robins often find worms by staring, motionless, at the ground with the head cocked to one side. Robins forage primarily on the ground for soft-bodied invertebrates, and find worms, pouncing on them and then pulling them up. It uses auditory, visual, olfactory and possibly vibrotactile cues to find prey, but vision is the predominant mode of prey detection. In addition to hunting visually, it also has the ability to hunt by hearing. Experiments have discovered that it can find earthworms underground by simply using its listening skills. Because the robin forages largely on lawns, it is vulnerable to pesticide poisoning and can be an indicator of chemical pollution.

During fall and winter, robins roost in large flocks and spend much more time in trees. In spring, males attract females by singing, raising and spreading their tails, shaking their wings and inflating their white-striped throats. When pairs are forming in spring, you may see a display in which a male and female approach each other holding their bills wide open and touching them.

American Robins eat large numbers of both invertebrates and fruit. Particularly in spring and summer, they eat large numbers of earthworms as well as insects and some snails. Robins consume a variety of fruits, including chokecherries, hawthorn, dogwood and sumac fruits, and juniper berries. They will flock to fermented *Pyracantha* berries, and after eating sufficient quantities will exhibit intoxicated behaviour, such as falling over while walking. One study suggested that robins may try to round out their diet by selectively eating fruits that have bugs in them.

The American Robin begins to breed shortly after returning to its summer range. It is one of the first North American bird species to lay eggs. A female chooses the nest sites and builds the nest by herself. She builds the nest from the inside out, pressing dead grass and twigs into a cup shape using the wrist of one wing. Other materials include coarse

grass, paper, feathers, rootlets or moss, in addition to twigs. Once the cup is formed, she reinforces the nest using soft mud to make a heavy, sturdy nest. She then lines the nest with fine dry grass. The finished nest is 15 centimetres across and 10 cm high, and is most commonly located 1.5 to 4.5 metres above the ground in a dense bush or in a fork between two tree branches. A new nest is built for each brood, and in northern areas, the first clutch is usually placed in an evergreen tree or shrub, while later broods are placed in deciduous trees. The American Robin does not shy away from nesting close to human habitations.

Clutch size ranges from three to five eggs, a pair can attempt to raise three broods during a summer, incubation is between 12 and 14 days, and the nestling period is about 13 days. Eggs are sky-blue to blue-green, and unmarked. The eggs are incubated by the female alone.

The chicks are fed earthworms, insects and berries. Waste accumulation does not occur in the nest because the adults collect and take it away. All chicks in the brood leave the nest within two days of each other. Juveniles become capable of sustained flight two weeks after fledging. Bird banders have found that only 25 per cent of young robins survive their first year.

The male, as with many thrushes, has a complex and almost continuous song. It is commonly described as a cheery carol, made up of discrete units, often repeated, and spliced together into a string with brief pauses in between. The song varies regionally, and its style varies by the time of day. The song period is from early March to early August; some birds in our area sing occasionally into September. They are often among the first songbirds to sing as dawn rises or hours before, and last as evening sets in. It usually sings from a high perch in a tree. The American Robin also sings when storms approach and again when storms have passed. In addition to its song, the species has a number of calls used for communicating specific information, such as when a ground predator approaches and when a nest or another American Robin is being directly threatened. Even during nesting season, when they exhibit mostly competitive and territorial behaviour, they may still band together to drive away a predator. The longest known lifespan of an American Robin in the wild is 14 years; however, the average lifespan is about two years.



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## ARTS & CULTURE

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



By Tony Wohlfarth

This month, I review an Academy Award-winning war film. I also review two documentary films from Hot Docs and highlight three musicians who performed at Merlefest in Wilkesboro, North Carolina.

#### *All Quiet on the Western Front*

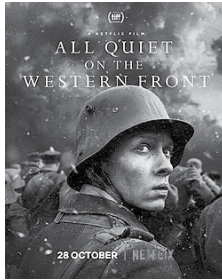
The silver screen has featured many films set during World War I. None of them are told from the German perspective – which is one of many reasons to watch *All Quiet on the Western Front*.

*All Quiet on the Western Front* is based on a 1928 novel of the same name by Erich Maria Remarque. It is the most widely read German novel and was made into a film in 1930 and again in 1979, and now for a third time in 2022.

The film captures the final two years of the war and is set in the Champagne region of France. As the film begins, German soldiers are volunteering to fight in droves. The reality of war is seen early on when hundreds die in the trenches. Paul (played by Felix Kammerer) is one of the recruits. His uniform is recycled from those of dead combatants. His first task is to gather the dog tags from the dead. We also see negotiations underway on board a train to reach an armistice and end the war.

*All Quiet on the Western Front* is directed by German-born Edward Berger. I was impressed that all of the dialogue is spoken in English, i.e., no need to read subtitles. Filmed in Prague, the film won a total of four Academy Awards – for best international feature, best achievement in music, best sound and best visual effects. The running time is two hours 28 minutes.

**How Can I See *All Quiet on the Western Front*?** All Quiet on the Western Front is available to rent from Movies'n Stuff at 1787 Kilborn Ave. One reason to rent it? You can pause the film (the scenes are pretty



graphic) and return to it later. Call Peter today at 613-738-1607 to reserve your copy.

#### Hot Docs 2023

The 30th anniversary of the Hot Docs Film Festival in Toronto featured an array of documentary films from around the world.

**Lac Megantic – This Is Not an Accident:** The audience choice award went to Philippe Falardeau's *Lac Megantic*. The film is based on the book *A Train in The Night* written by Anne-Marie Saint-Cerny.

Forty-seven people died in 2013 and the downtown area of the picturesque town of Lac Megantic, Quebec was incinerated when a freight train loaded with crude oil crashed. The four-part series traces the connections to similar derailments across Canada and the role played by Transport Canada and the company police for CN and CP Rail. The film runs for two hours 58 minutes.

**The Last Relic:** Yekaterinburg is the fourth largest city in Russia. It is where Tsar Nicholas and his wife were assassinated in 1918.

The filmmaker, Marianna Kaat, is from Tallinn, Estonia. She spent four years and travelled to Yekaterinburg seven times. Marianna speaks Russian fluently.



The cinematography is by Kacper Czubek. The colourful images tell a story of a region in turmoil. Opposition to Putin is deeply rooted and protests against Navalny's imprisonment are widespread. The images capture the ferment in a region far from headlines in the West.

I interviewed Marianna at Hot Docs in Toronto. I was curious about the title. It refers to the fact it has been a century since Russia was an Imperial power. *The Last Relic* is currently screening at the Baltic Film Festival.

Of note, Kaat won an award for Movies That Matter at ZagrebDOX in 2011 for her 2010 film *Pitt No. 8 (Auk Nr 8)* about illegal coal mines in eastern Ukraine.

The running time is one hour 43 minutes. Filmed in Russian with English subtitles.

*Continued on Page 19*

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# ARTS & CULTURE

## Live at the NAC

The National Arts Centre (1 Elgin) has these major musical performances this month:

June 3, Whitehorse;

June 20, Amanda Marshall.

For tickets and a list of all events, check out: [nac-cna.ca/en/calendar/list/2023/06](http://nac-cna.ca/en/calendar/list/2023/06)

The Alanis Morissette musical *Jagged Little Pill* wraps up on June 4. Tickets are available at: [ottawa.broadway.com/shows/jagged-little-pill](http://ottawa.broadway.com/shows/jagged-little-pill).

## The Ottawa Jazz Festival

The Ottawa Jazz Festival kicks off on June 23, and runs through until June 30. The lineup is outstanding, including Feist (June 23) and William Prince (June 25). The festival has indoor and outdoor stages around City Hall. Tickets at: [ottawajazzfestival.com](http://ottawajazzfestival.com).

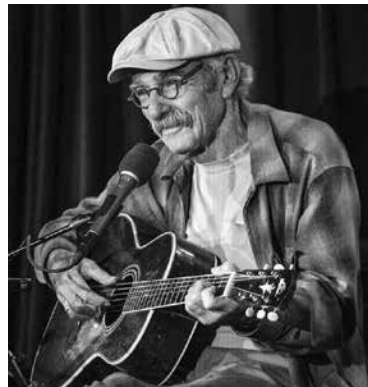
## Ready for Bluesfest?

Bluesfest returns to LeBreton Flats on July 6–16, and the line-up this year is incredibly strong. Headliners include Shania Twain (July 6), Digging Roots (July 7), Robert Plant and Allison Krauss (July 8), Blackie and the Rodeo Kings (July 8), Alan Doyle (July 9), Teegan and Sara (July 9), Foo Fighters (July 12), and Allison Russell and Charlotte Cardin (July 14). Tickets and passes at: [bf23.frontgatetickets.com/?\\_ga=2.133010695.843922144.1684177680-46912978.1684177680](http://bf23.frontgatetickets.com/?_ga=2.133010695.843922144.1684177680-46912978.1684177680)

## Merlefest 2023

Merlefest is a bluegrass music festival that takes place at a community college near the Blue Ridge Parkway in Wilkesboro, North Carolina. The 2023 festival was the 35th annual edition.

**Roy Bookbinder:** Roy Bookbinder is the best living blues musician in America. Born in New York City, Roy now makes his home in St. Petersburg, Florida.



Roy Bookbinder at Merlefest

At Merlefest, Roy hosted the blues stage and regaled the audience with stories about musicians he has performed with over 50 years.

**The Kruger Brothers:** Born in Switzerland, Jens and Uwe performed at Merlefest in 1997 and later moved to North Carolina and were joined by Joel Landsberg and their brother Jody. The quartet are fan favourites and frequently appear at the Edmonton Folk Music Festival (EFMF). They performed four sets, including a moving tribute to the founder of Merlefest, Doc Watson, and his son Merle.

**Alison Brown:** Alison Brown is a highly accomplished banjo player. Born and raised in Hartford, Connecticut, Alison played the banjo from an early age, winning first place at the Canadian National Banjo Championship. She performed two sets at Merlefest, featuring songs from her current CD, *On Banjo*.



Alison Brown at Merlefest; photo credit Chad Casterline

**More About Merlefest:** Merlefest operates as a non-profit, devoting all its revenue to support the Wilkes Community College Foundation and local Scouts organizations. The festival is volunteer-run and alcohol-free. To learn more about it, I recommend the video, *My Name Is Merle*, made for the 35th Anniversary: [www.youtube.com/watch?v=IMVwHezww2U](http://www.youtube.com/watch?v=IMVwHezww2U). The running time is 50 minutes.

*Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He covered Merlefest and The Hot Docs Film Festival last month.*



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## SCHOOL NEWS

### STUDENTS AT FEATHERSTON AND MASC HOST POWER OF YOUTH SHOW

By Shik K. and Haora B., R7/8A Featherston Drive Public School students

Students at Featherston Drive Public School and MASC hosted a Power of Youth showcase event at the school that was open to all in the community. The event was hosted by the R7/8A and R7A classes on May 4th. Students of those classes collaborated with MASC artists Jacqui du Toit and Craig Conoley to put together this amazing show! A student from each class MC'd the show. A video about land acknowledgments was shown and the show began! The theme of the Power of Youth showcase was to screen student-created documentaries and the art of storytelling through oral traditions.

The first artist, Jacqui du Toit, started the show by telling a story she had heard when she was in South Africa. She presented the story by combining gestures, movement, singing, facial expression, and dramatic, yet delighted, face impressions. She knew how to captivate the audience with more than just words. The story was about a boy named Jabu who lived in a small village. He was a kid who was friends with the prince.

They were the best friends you could imagine, Jabu was the best at finding the best rocks and the prince was the best at rock skipping. But the boys then grew up and grew until the prince became the king. One day the village was starving for food and the villagers asked the king to go hunt and get food. The king said OK and that night Jabu was sharpening the arrows and dipping them in the poison. When the sun rose, he woke the king up and said "My king, wake up we need to go hunt for the village."

The king woke up and he and Jabu went to go hunt. After a lot of walking, Jabu found the tracks of a zebra. The king shot the zebra right in its back with his arrow. Jabu was celebrating but when he looked back, the king was furious because Jabu had sharpened the arrows too sharply to the point where the king's thumb got sliced off. The king got so mad that he ended their friendship.

The next day, the king went hunting again and he went further than the distance he travelled with Jabu. In between the bushes, he saw a shiny, golden springbok and got his bow and arrow ready. As he released his arrow, he heard a tribe coming towards his way and they saw him. Eventually, they capture him, but end up letting him go because if they don't then they get cursed. After the king is released, he heads back to the village and goes to the prison and apologizes to Jabu. Jabu accepts his apology by replying "it is good."



R7/8A with Ms. Conley, Mrs. O'Brien, Jacqui du Toit, Craig Conoley and Mr. Ronci (from left to right)

After the storytelling portion, Craig Conoley came up to the stage! He showed his directing skills by showing a documentary he had created. The documentary was very inspirational and educational. It was about children's rights and how people won't let children speak up and defend themselves. Craig worked with both classes on how to create a documentary using smartphone technology and editing skills.

After Craig's documentary, two documentaries from each class were screened. R7/8A's videos were titled: "What is Positive Mental Attitude?" and "Heroes." R7A's videos were titled: "The School Featherston" and "What is Home." The topic of positive mental attitude was brought up in the first video. It talked about what PMA is, how you can show PMA, why it is crucial and how to spread it. A second video talked about heroes. A hero doesn't have to have a cape, doesn't have to be famous or be someone everyone knows from a comic book or a fictional character. A hero can be someone in your family, your friend, and someone you look up to!

We are grateful for the opportunity to participate in this MASC initiative. We feel empowered that our voices were heard and the power that carries. Thank you to everyone that made this experience possible for our classes!

*Editor's note:*

*MASC offers schools and communities arts experiences led by professional artists that awaken the creative process, deepen cultural awareness, encourage engagement, and give vivid demonstration of Canada's diversity. Officially, MASC stands for Multicultural Arts in Schools and Communities, however since its current roster of artists encompasses multiple forms of diversity in addition to being from a variety of cultural backgrounds, these days it goes by, simply, MASC.*

### VISIT TO CHINESE EMBASSY

By Hassan E-K., R7/8A, Featherston Drive Public School

On May 5th, Featherston Drive Public School was honoured to be invited to the Chinese Embassy in Ottawa. The invitation came because students in R7/8A and R7/A were collaborating virtually with students from Panda Road School in Chengdu, China since the fall. This collaboration process started out with the help of Sean Oussoren at OCENET (the Ottawa-Carleton Education Network).

The project started out by learning some cultural facts about the other country and interesting facts about schooling. Our teachers, Ms. Conley and Ms. Culum, also put in a lot of effort by meeting up virtually with the different teachers of Panda Road School. They prepared the students to show a lot about their country and to get to know each other better. The interaction went through a lot of levels, which included sending different videos showing our school identity at Featherston, popular foods in Canada, the uniqueness of our country and much much more.

We also did some unique activities with them such as translating their names into different languages, such as Arabic or Nepali, and in exchange they made us name tags that had each person's name in the Chinese characters and how to pronounce them. Just by looking at each name tag, you can see how much effort, care and love they had put into making each one of them.

After all the virtual exchanges of different content, our school was honoured to go to the Chinese Embassy. Featherston students were

amazed by how clean, tidy and welcoming it was. There were also a lot of different activities for the students and teachers to analyze, such as Chinese calligraphy, paper cutting and clay modelling.

Following that, there were some presentations of traditional Chinese music played by a couple of young students. Just by the different notes, pace, tempo and playing, you can see that it was very well

practiced and that precious time was put into it. To follow that, there were some different Chinese traditional dances performed by a young woman. Each dance was different depending on the music that was played. The young woman did an awesome job on the stage. At the end, there was a very big buffet that served a lot of traditional food. Some were vegan and vegetarian options for people who don't eat meat.

Upon departure, each student got a book that talked about the different Chinese zodiac signs to keep as a souvenir. In addition to that, we got sent a little panda bear plushie to keep for the class; R7/8A has named the panda bear Jonas (references from the novel *The Giver*). Overall, it was an awesome cultural and memorable experience for everyone.



Featherston students visited the Chinese Embassy on May 5th this year.

## OUR PEOPLE

### The Kids Had To Learn “We Are So Privileged” And How They Learned: Travel, Travel, Travel

By Courtney Tower



Cindy Desouza’s hands wave, her voice rises in exuberance, the words tumble out, as she recounts something of the years she and husband Yves L’Heureux – with their three children – have gone travelling: to Cambodia in Asia, to Tanzania and Kenya in Africa, to Andes mountain villages and the Galapagos Islands in South America, to Ukraine’s Crimea before Russia invaded and claimed it in 2014.

Back home in Alta Vista in January this year from a second trip to Cambodia, where they helped build housing for villagers, they already have booked plans for a trip in August to Tanzania to climb Mount Kilimanjaro, and then to look for reclusive silverback or mountain gorillas in Uganda.

And not all that much later, when the 56- and 57-years-old couple retire from present occupations in maybe two years or so, the two are going to a Central American country, perhaps Guatemala, to brush up on their Spanish before taking back-packing trips in South America. The children, all adults now with their own busy lives, will be left behind: finally.

Back to the beginning, Cindy Desouza, daughter of immigrants from Goa, India, and Yves L’Heureux, son of a family rooted in Quebec, were married in 1992 and both were working at a national bank in Montreal, when the urge to see the world became too great to ignore. “We quit our jobs, packed the basic necessities, flew to Australia, and from there travelled around the world for eight months until returning home from Kenya in Africa,” Cindy said in an interview.

“Everyone told us we were crazy, quitting well-paying and secure jobs to backpack around the world, except my father, who was suffering from early-onset Parkinson’s disease,” she added. “He said ‘you go, do it while you have good health.’”

They left, and the world they saw changed them. They were brought up short, to realize that to live in Canada, in Montreal or Alta Vista where they later settled, was not to live in what Cindy calls “the real world.” Here was to live in privilege, in relative comfort, by and large in good health, with good education opportunities. None or precious little of that was the lot of the world’s millions elsewhere, they learned. It is a realization that always strikes Canadians who travel to so-called less-developed nations.

“The great disparities between our lives and those of most of the world’s peoples hit us and we vowed that when we had children they would learn, see with their own eyes, how the world in such a large part really lives,” she said.



Yves and Cindy L’Heureux, back at home; photo credit: Gerri Doherty

And so, they did have children – Julia, now 19; Alexandra, 22; Eric, 24 – and they did keep their vow. They went as a family to many countries, many times. When Julia was seven, they were climbing the Andes to get to Machu Picchu, “not by the train but hiking all the way along the Inca Trail,” Cindy recalled. An early family trip was to Ukraine, to Crimea now taken over by President Vladimir Putin’s Russia. The family saw firsthand, up close, how people live in Andean mountain villages and in the Amazon jungle, she said.

Of course, these travel adventures did not involve any hardship on the children or parents

– not, for example, seeing the giant tortoises and blue-footed birds on the Galapagos Islands of Ecuador, not the often sparse living quarters they chose wherever they went, nor their first trip to Cambodia in 2015. One kid or another might grumble, that he or she wasn’t enjoying Disney World, or during a hiking day, but Cindy believes they have a view of the world and their place here, in it, that sticks with them and influences their lives. Eric, after university, is employed by a bank in Ottawa, Alexandra studies Immunology/Microbiology at university in Montreal and works part-time at a hospital lab doing research for young cancer patients, Julia studies nursing at Ottawa University.

The L’Heureux family learned eight years ago about an Ontario woman, Janne Ritskes, who for many years had been running an international charitable operation named Tabitha, after a woman and an event related in Acts of the Apostles in the New Testament of the Bible. The woman, Dorcas in the Greek language of the time and Tabitha in Aramaic, was an exemplar in her town on the Mediterranean Sea of years of good works and making clothes for the poor. She died and the anguished women of the town urged Apostle Peter to do something. He prayed and prayed and then told Tabitha to get up, and she did, to continue her good works. Janne Ritskes focused on Cambodia from back in the time of the Vietnam War. Her little Tabitha operation grew and was helping build housing, schools, and other good works, for a people ravaged and slain by their own kind, the Khmer Rouge of dictator Pol Pot. Tabitha would organize volunteers from Canada, the United States, Great Britain, Singapore and other countries to go to Cambodia at their own expense and bring money. The money was to buy sheets of iron and other materials to be fashioned into rudimentary housing for Cambodians.

The L’Heureux family raised \$12,500 (beyond their own expenses), from families and friends, from kids at their children’s schools, enough to buy the iron panels forming the walls of eight houses. Two of the kids worked with the parents while Julia, then 11, mostly found youngsters in the village to play with. In short order, 22 of these houses – four iron walls on stilts – went up in 2015 from the Tabitha group working with local contractors.

This year, word was out that Ms. Ritskes was folding up Tabitha with one last home-building trip. Yves and Cindy signed up and Alexandra accompanied them, in January. In days, the Tabitha group of about 130 volunteers from several countries built 90 homes in two Cambodian villages.

Yves and Cindy L’Heureux plan to continue travelling for years past the Tanzania-Uganda trip in August. “We will retire in two or so years from now,” Cindy said. She is a management consultant who works on individual contracts and can quit working at any time. Yves is an executive with a company that provides international financing for projects related to the environment, poverty, and women’s advancement.

“We can get by in Spanish now but it isn’t adequate and we will go to Central America to take immersion courses in the language and then travel to countries in South America,” she said. “That’s our plan right now, anyway.”



Alexandra and village children; L’Heureux family photos



Alexandra L’Heureux, left, and Cindy, right, flank local friend; L’Heureux family photos



Cindy and Alexandra, left, and Yves, right, with Cambodian family in new home; L’Heureux family photos

# JUST GOOD ADVICE

## THE GARDEN GATE

By Patricia Mosher

### Feature: Ten native plants for your garden



There's been a lot of buzz in recent years about growing native plants and for good reason. Native plants are easier on the environment as they eliminate the need for fertilizers and pesticides and require little or no supplemental water. Gardeners can reduce their carbon footprint by using more native plants to create a landscape that is easier to maintain and helps restore balance to the ecosystem.

By including a variety of natives that bloom at different times and have multi-seasonal attributes, you can have a beautiful natural landscape year-round. Here are 10 Ontario native plants that you can grow in your Alta Vista garden.

1. **Trillium:** The provincial flower of Ontario, trilliums occupy a unique niche in nature. They are one of the first beacons of spring with their symmetry of threes: three leaves, three sepals, and three petals—hence, the common name “trinity flower.” Trilliums are a woodland plant, so they need a moist, shady location.
2. **Wild Columbine:** A delicate wildflower with red and yellow flowers that hang like bells. The blooms provide nectar in early spring to hummingbirds, butterflies and bees. They bloom from May to June in dry-to-moist soils and partial shade.
3. **Blue Flag Iris:** A beautiful wildflower with blue-purple flowers that have yellow markings. This low-maintenance iris flourishes in wet soils and can tolerate flooding. You'll find them blooming from May to July in full sun or partial shade.
4. **Butterfly Milkweed:** A striking wildflower with orange or yellow flowers that are a favourite of monarch butterflies. It is also drought-tolerant and deer-resistant. Milkweed blooms from June to August in dry soils and full sun.



Source: Ontario Wildflowers

5. **Cardinal Flower:** A stunning wildflower boasting showy, bright red, long-lasting flowers that attract hummingbirds. Blooms from July to September in moist to wet soils and partial shade.
6. **Purple Coneflower:** An ever-popular perennial with purple-pink flowers that attract butterflies and bees. The stunning blooms are long-lasting throughout the summer and are highly attractive to the monarch butterfly.
7. **Canada Anemone:** A low-growing, versatile wildflower with white, cup-shaped flowers and yellow centres. It spreads easily, is drought tolerant and grows well in sun or shade.
8. **Wild Bergamot:** A fragrant wildflower with lavender-pink flowers that resemble pompoms. It attracts bees, butterflies and hummingbirds and blooms from July to September in dry to moist soils and full sun.
9. **Goldenrod:** A common wildflower with yellow flowers that form plumes or spikes. It is often blamed for hay fever, but it's actually harmless, so enjoy this beauty sneeze-free. It blooms from July to October providing an important late-season food source for bees and other insects.
10. **Aster:** A showy wildflower with purple or pink flowers and yellow centres. It's a late-blooming flower that provides nectar for bees and butterflies from August to October in moist soils and full sun.



Photo Credit: Graham Buck

### Plant of the month: Blue flag iris

Blue flag irises belong to the iris family and are named for their blue-purple flowers that resemble flags waving in the breeze. They are also known as harlequin blue flag, northern blue flag, and poison flag irises. They are also the official floral emblem of Québec.



Source: Ontario Native Plants

Blue flag irises can be found in wetlands, marshes, stream banks and shores across Ontario. They are adapted to moist and acidic soils and can tolerate some flooding and drought.

Blue flag irises offer several benefits for the environment and wildlife. They provide food and habitat for pollinators such as bees, butterflies and hummingbirds. They also help prevent soil erosion and filter out water pollutants. As a bonus, they are resistant to pests and diseases, and deer tend to avoid them.

Blue flag irises are beautiful and fragrant additions to any garden, growing to about 60–90 centimetres tall with long, narrow leaves (1–2 cm wide) of bluish green. Their flowers have six petals that form a tube-like shape with yellow markings. The petals are violet, intricately marbled with white, yellow and green, and heavily veined with dark purple. The veins on the sepals are thought to lead bees toward the nectar they are seeking. These irises have a sweet scent that is oddly more noticeable at night.

Blue flag irises are a delight for the senses and a gift from nature. They are easy to grow and maintain and will reward you with their stunning beauty and fragrance.

### June gardening

- Stake any peonies with a peony ring/hoop (available at most garden centres) to prevent flopping once the blooms emerge.
- Feed roses as the first flower buds appear; apply fungicide to prevent powdery mildew or blackspot.
- Consider planting native trees, shrubs and perennials where possible.
- Scatter crushed eggshells in a thick ring to deter slugs around hostas and anything else in your garden they are chomping on.
- Mulch flower beds after planting to deter weeds, reduce water needs, and create a tidy appearance.

Continued on Page 23

# ALTA VISTA MARKET

SATURDAYS 9AM-1PM  
JUNE 17TH-OCTOBER 7TH

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Opening day is June 17!

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# JUST GOOD ADVICE

- Apply a second application of lawn fertilizer in late June (final application of season).
- Train your lawn to grow deep roots by mowing weekly with the blade at a high setting.
- As the weather warms up, increase the frequency of watering, especially for annuals, herbs and vegetables, and any newly-planted trees or shrubs. Keep watering throughout the growing season as necessary.
- Weed your garden at the end of the month (because you mulched, you should only have to do this once per month).

*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](mailto:OttawaPlantByNumbers@gmail.com) or on Instagram: [@ottawaplantbynumbers](https://www.instagram.com/ottawaplantbynumbers). Patricia has lived in and been an avid gardener in Alta Vista for over 30 years.*

if we don't always have measuring cups handy? Using something as simple as our hands can take the guesswork out of measuring. Thanks to [www.LoveYourGut.com](http://www.LoveYourGut.com) for the image below:



## NUTRITIONAL ADVICE: Let's talk about portion sizes

By Heather Bonas, Registered Holistic Nutritionist

Thanks again for your support of my nutrition articles. I have a neighbour who told me she's cutting them out and taping them to her fridge to serve as reminders for meal prep ideas or hydration stumbles. Visual cues are so handy when we need a reminder to get back on track.

I debated which question to tackle next, this being my last article before the summer break. And then I came across one that often comes up in my practice and I hope will provide another guiding principle as we head into later summer nights, outdoor dining, and picnics in the park. Let's talk about portion sizes. In keeping with visual cues, I'm hoping the image below will be something that also gets added to fridges across Alta Vista.

Many factors can influence how much we eat. Some of us grew up with the edict that you had to finish everything on your plate. For others, we take what we want and leave behind what we don't finish. Using measuring cups is an obvious way to measure serving sizes, but what

½ c fresh, frozen or canned vegetables of fruit	Size of your cupped hand
½ c vegetable or fruit juice	Size of your cupped hand
1 cup leafy raw vegetables (spinach, arugula, mixed greens)	Size of your fist
½ c cooked leafy vegetables (spinach, kale, bok choy)	Size of your cupped hand
1 cup mixed green salad	Size of your fist

I hope everyone has a wonderful summer. Local farms and farmers need the support of communities like ours. Please visit a farmers market and meet a farmer, take a drive to a local farm and walk the grounds and maybe even get your hands dirty – plenty of farms do things like carrot harvesting afternoons complete with food and music. And if you're cultivating your own garden, I wish you a summer of minimal weeds, the right amount of sunshine, and the perfect amount of rain. See you in September.

## Classic Theatre Festival



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July 7 to July 30

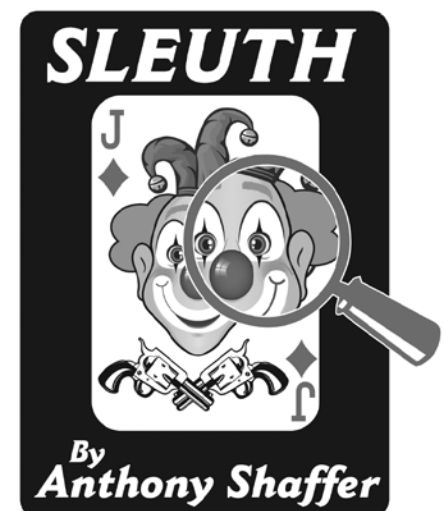
A rediscovered post-WW2 comedic gem about the diplomatic deals and double crosses behind closed doors in Washington, featuring a memorable love quadrangle that threatens the appointment of a new Under-Secretary of State. Revisit an age when comedies were smart, sassy, insightful, and fun.

## Enjoy "Summer Theatre in the City" with all your Broadway favourites!



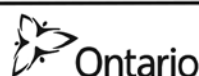
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## JUST GOOD ADVICE

### THE PROS (AND CONS) OF SUPPORTING LOCAL SMALL BUSINESSES

*By Will Humphries, Owner of Reliable House Sitting Ottawa*

Small businesses are an integral part of any community. They contribute to the local economy, provide employment opportunities, and create a sense of community spirit. There are numerous reasons to support small businesses in our community, but there are also potential drawbacks to consider.

Let's start with perhaps the most important – supporting the local economy. Small businesses are often owned and operated by folk who live in the community; by giving them your support you are keeping your dollars close to home and building a stronger and more resilient local economy. Owners in turn are more likely to source their products and services locally, meaning that your money goes directly to supporting other local businesses as well as contributing to tax revenue, which can be used to fund public services such as schools, roads and public safety. Additionally, small businesses make a significant contribution to local employment – according to Innovation, Science and Economic Development Canada, Key Small Business Statistics 2022, as of 2021 small businesses employed 8.2 million individuals in Canada or 67.7% of the total private labour force. By comparison, medium-sized businesses employed 2.5 million individuals (20.4% of the private labour force) and large businesses employed 1.4 million individuals (11.8% of the private labour force).

Of course, small business owners also often have a strong connection to their customers and take pride in providing personalized service. They may be more willing to go the extra mile to ensure customer satisfaction and build a loyal customer base, and create a sense of community pride and connection. When you support small businesses, you are investing in the people and the community. This can lead to a stronger sense of social cohesion – something we probably could all do with a little more of right now. You may also be pleasantly surprised at what kinds of things a small business can offer – unique products and services that cannot be found in larger chain stores, with the added environmental bonus of a smaller carbon footprint. This can lead to a more diverse and interesting shopping experience, as well as provide support for niche industries. By supporting small businesses, you are helping to promote innovation and diversity in the local economy.

But small businesses have their downsides for the consumer, at least, which can include limited selection, shorter hours and fewer resources, and the likelihood that prices will not be as competitive as larger corporations who can benefit from economies of scale.

Ultimately, then, it is up to us, the community consumer, to weigh the pros and cons and decide if we want to support our local businesses. But by doing so, we can help create a vibrant and diverse community that benefits everyone, with perhaps only a slightly bigger dent in our budget.



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Canterbury Community Association

# Summer

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**Session 2 - August 1 - August 28, 2023**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cardio FIT</b> 9:00AM – 10:00AM (Hall A)	<b>Tri FIT</b> 9:00AM – 10:00AM (Hall A)	<b>Strength FIT</b> 9:00AM – 10:00AM (Hall A)	<b>Zumba Toning</b> 9:00AM – 10:00AM (Hall A)	<b>Zumba</b> 9:00AM – 10:00AM (HALL A)
<b>Cardio GOLD</b> 10:15AM – 11:15AM (Hall A)	<b>Zumba GOLD</b> 10:15AM – 11:15AM (Hall A)	<b>Cardio Dance GOLD</b> 10:15AM – 11:15AM (Hall A)	<b>All Stretch</b> 10:15AM – 11:15AM (Hall A)	<b>Strength &amp; Balance GOLD</b> 10:15AM – 11:15AM (Hall A)
<b>Interval FIT Mix</b> 6:00PM – 7:00PM (Gym)	<b>Cardio FIT Mix</b> 6:00PM – 7:00PM (Gym)	<b>Strength FIT Mix</b> 6:00PM – 7:00PM (Gym)	<b>FIT Variety</b> 6:00PM – 7:00PM (Gym)	



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**Cardio Kickboxing (15+ yrs)**  
Thursdays 8:00pm – 8:45pm (Hall A)  
8 week session – **\$80 +HST**

**Hatha Yoga - All Levels (15+ Yrs)**  
TUESDAYS 6:00pm – 7:00pm (Hall A)  
4 week session – **\$45 +HST**



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MONDAYS  
1:00pm – 2:00pm (Hall A)  
July 10 - August 28, 2023  
(7 weeks) – **\$44 +HST**

WEDNESDAYS  
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July 5 - August 23, 2022  
(8 weeks) – **\$50 +HST**

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<b>\$749,900</b>  <b>9 Great Oak Private Riverview Park</b>	<b>\$459,900</b>  <b>2122 Loyola Ave # 86 Beaconwood</b>
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## SENIORS SPACE

### HONOURING THEIR VALUES

By Peter McKinnon

Ruth and James (Jim) Gray's decision to leave significant gifts in their wills to the Perley Health Foundation honours their values. During their lifetimes—Jim passed in 2014 and Ruth in 2022—each also donated regularly to the Foundation.

“Jim served in the Royal Canadian Air Force during the Second World War,” says niece Karen Martin, executor of her Aunt Ruth's estate. “And his time in uniform marked the rest of his life and profoundly influenced Ruth. Although neither one lived or received care at Perley Health, they both appreciated the exceptional care that Veterans receive there.”

Ruth Gray (née Johnsen) emigrated from Denmark with her family before the Depression. Jim came of age in Cornwall, Ontario and enlisted in the Royal Canadian Air Force at age 18. The two met at a bowling alley after the war, soon became inseparable and eloped in 1962. They settled in Ottawa, where both enjoyed long careers in public service: Ruth in municipal government and Jim with the federal government. The two enjoyed skiing, golf and tennis; Ruth was also a talented seamstress and painter. They spent summers at the cottage that Jim built in the Gatineau Hills and eventually spent their winters at their condo in Florida.

“They were a private couple and I didn't get to know them very well until my husband and I also bought a property in Florida,” says Karen Martin. “They were always willing to help family, though.”

Niece Lisa Gray thoroughly researched Jim's wartime service. Between 1942 and 1945, Jim completed a total of 43 missions for Bomber Command, including 31 missions aboard a Lancaster as a bomb aimer for attacks on Nazi Germany. Other missions included deliveries of food and humanitarian aid. Although eligible for transfer after completing 25 missions, Jim chose to continue.

“Like many Veterans, Jim rarely spoke about his years of service,” says Lisa Gray. “As Jim approached his 25th mission, he chose to stay because they had survived as a group—which was exceptional—it was considered bad luck to break up the crew. Several of Jim's fellow crew members needed to complete more missions to reach that milestone, so he stayed on.”

Of the approximately 125,000 airmen to serve in Bomber Command (including 50,000 Canadians), 55,573 died in action—a mortality rate of 44 per cent, the highest of all the armed services. While Allied bombing raids damaged Nazi war infrastructure, they also killed many German civilians—500,000 by some estimates—creating a conflicted legacy for Bomber Command in the decades after the war. Only in 2011 did Commonwealth countries begin to honour the men who served in Bomber Command.

“In 2012, the Government of Canada finally created a special medal—the Bomber Command Bar—for those who served,” says Lisa Gray. “By that time, however, only 17 Canadian Bomber Command Veterans were still alive. Uncle Jim was bitter that the recognition took so long and declined the invitation to attend a ceremony to receive his medal in person. I have no doubt that his wartime experience left him with psychological scars for the rest of his life.”

After the war, Jim never got into an airplane again. He kept in touch with members of his crew, but declined invitations to attend reunions in Europe.

“Uncle Jim always seemed a bit restless,” says Lisa Gray. “He always positioned himself in the room so that he could see the door.”

“Uncle Jim and Aunt Ruth were patriotic Canadians who believed in service and commitment to God, king and country,” says Karen Martin. “Their gift-in-will to Perley Health and to four other charities reflects this commitment. We will miss them forever.”

*Perley Health is a unique and innovative campus of care. Home to more than 600 Seniors and Veterans living in independent apartments or receiving long-term care, Perley Health is also a centre for research, education, and clinical and therapeutic services. From the person-centred and frailty-informed care we provide within our walls to the imperative research we conduct to inform the greater community—everything we do ensures Seniors and Veterans can enjoy their best quality of life, at any stage of the aging process. To learn more about leaving a gift in your will, please contact Delphine Haslé at [dhasle@perleyhealth.ca](mailto:dhasle@perleyhealth.ca) or 613-526-7194.*



Family photo of Ruth and Jim Gray, supplied by Karen Martin and Lisa Gray.

## BOOKWORMS DELIGHT

### A READING LIST FOR SUMMER 2023

By Marie-Andrée Lajoie

As we slowly welcome warmer weather, I thought I would leave you with a list of some of the books I might read this summer. I hope this may be inspiring to some of you. The list is in no particular order.

#### ***The Society of Shame* by Jane Rope**

This is true summer reading, light and easy. I started it already. You have to suspend disbelief and prepare yourself for some ridiculous situations. Kathleen Held's life falls apart when she catches her husband, a New York Democratic candidate for the U.S. Senate, cheating on her in the garage of their house. The garage is at that point on fire. What follows is a comedy and a commentary on the power of social media. Entertaining so far. One wants to know what happens next.

#### ***Permanent Astonishment* by Tomson Highway**

From a Canadian author, obviously in a very different genre. This is a book suggested for an upcoming book club discussion. Tomson Highway needs no introduction: Cree writer and musician, Officer of the Order of Canada and recipient of numerous prizes. *Permanent Astonishment* is his most recent book, presented as an “epic memoir from one of Canada's most acclaimed indigenous writers and performers” (Penguin Random House Canada).

#### ***The Patron Saints of Liars* by Ann Patchett**

I am a big fan of American novelist Ann Patchett. Her novel *Bel Canto* is one of my all-time favourite books. *The Patron Saint of Liars* is Patchett's first novel, published in 1992: it was chosen as a Notable Book of the Year by the New York Times. It tells the story of a woman, Rose Clinton, who comes to St. Elizabeth, a home for unwed mothers located in Kentucky. But Rose is older and married and will end up staying at St. Elizabeth with her daughter. I am truly looking forward to discovering this story.

#### ***The Last Chairlift* by John Irving**

John Irving is another of my long-time favourite authors. In *The Last Chairlift*, like in many of Irving's books, we find again a single mom with an only son, this time in a college town in Vermont. Mom's passion is downhill skiing. The extended family is extraordinary. Early in the book, Mom marries. That is all I know at this moment. It is a large book, over 900 pages. Be forewarned.

“Preachy and tauntingly bawdy in patches, *The Last Chairlift* does have pleasurable stretches, when the air is clear and the terrain smooth. But unless you're an Irving super fan craving a big summing-up, the novel's muchness might simply suffocate.” The New York Times

#### ***Snow Road Station* by Elizabeth Hay**

A most talented storyteller, Canadian Elizabeth Hay has charmed me with her kind and thoughtful characters. Her novel *Late Nights on Air* won the Booker Prize in 2007. I truly enjoyed her subsequent books: *Alone in the Classroom* (2011) and *His Whole Life* (2015). Reading her new novel will feel like reconnecting with an old friend.

#### ***Kiss the Red Stairs: The Holocaust, Once Removed* by Marsha Lederman**

This book is also a suggestion for a book club discussion. Globe and Mail journalist Marsha Lederman is a wonderful writer. I have just started her memoir and I marvel at how she weaves the story of her parents, both Holocaust survivors, with her own story of intergenerational trauma, motherhood and divorce. I am grateful to the author for presenting this difficult subject with such clarity.

I wish you a beautiful summer. See you in September.



## BOOKWORMS DELIGHT

### I WROTE A BOOK!

By Heather Mallett

Years and years ago, at summer camp, we sang a song that began, "I'm proud to be me, but I also see / You're just as proud to be you!"

This song contradicted our Victorian parents' teaching that "Pride goeth before a fall." Furthermore, being proud of an accomplishment was an invitation to be labelled conceited, arrogant or "stuck up," meaning that one would be shunned by one's schoolmates.

Thus, my dilemma: I have published a book – a 260-page memoir. And I confess that I am proud of doing this, although I am often met with surprise and curiosity when I quietly say, "I have just published a memoir."

"YOU wrote a book?"

Before the pandemic, I took a couple of courses at Carleton University with Dr. Anna Rumin, who was mentoring small groups in the writing of creative nonfiction, through Carleton's Lifelong Learning department. It was fun, sitting in a university classroom with other adults, all of us intent on learning some of the skills of writing memoirs, and sharing our stories with one another.

When COVID sprang into action and the world we had known became a dangerous and scary place, writing was a perfect way to spend the days of lockdown. With nowhere to go, it was a luxury to pick up my pen and write. Then, let the stories sit for a while. Edit. Re-write. And in breaks from writing, I cleaned out drawers and cupboards. Then wrote some more.

Who knew that Zoom, of which many of us had never heard, would become an educational and social lifeline? Dr. Rumin, accommodating student requests, taught more "Remembering through ..." classes online. She invited us to keep all of our stories, with indexed titles. I filled several large loose-leaf binders. I emailed some of my tales to far-off family, and a few friends, asking for comments and suggestions. Several people said, "These are really good! You should publish them."

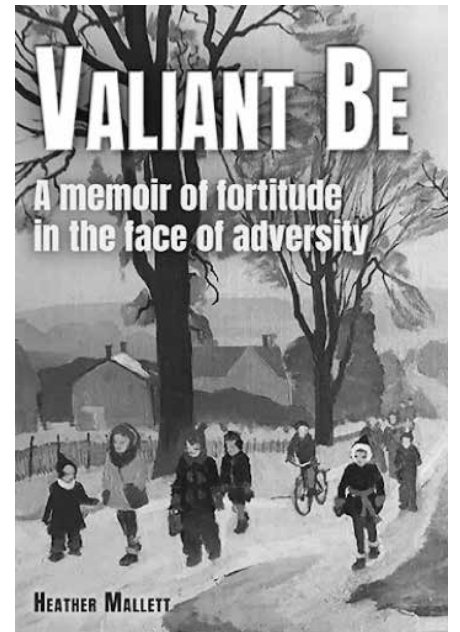
I sent my young-adult canoe-trip-on-the-Petawawa-River story to a competition held by Canadian Stories, and to my surprise won an honourable mention and small prize. After a few more of my pieces were published in Canadian Stories, and a few more folks encouraged me, I began to think of gathering my collection into a book.

Through One Lit Place, an online resource for writers, I had my work edited. But I still needed to find a theme – a title. What was the thread that wove itself through all of these pieces I had written? Some of them were short – 300 words.

And a couple were almost 3,000 words. One day, out of nowhere, I remembered running away from home when I was seven. That story poured itself onto the page, intermingling with words from the school hymn of the private girls' school I attended in Toronto. VALIANT BE: that is what my book must be called, that is the thread of continuity.

And so began my long journey through all the steps of publishing. *Valliant Be: A memoir of fortitude in the face of adversity* was published in March 2023. I am both delighted and apprehensive, trusting that the label "author" does not also make me an outcast. I am still the same person I was before. I put out the recycling boxes on garbage day, dig the dandelions from our less-than-velvet lawn, and walk the dog and chat with other dog walkers. And "I am proud to be me, but I also see / You're just as proud to be you!"

Heather Mallett ([www.heathermallett.com](http://www.heathermallett.com)), a long-time Alta Vista resident, will be at the St. Thomas the Apostle Church Parking Lot Sale on June 10 with her book. It is also available at Singing Pebble Books, Amazon, Friesen Press, and as an ebook through Chapters or Apple.



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## HEALTH & FITNESS

### INTRODUCING THE '4 FS' OF NORDIC WALKING: FUN, FITNESS, FRIENDS & FRESH AIR

By Susan Yungblut, PT

So I discovered Nordic Walking (an enhanced walking technique that uses poles to work your upper body as well as your legs) eight years ago and haven't looked back. I incorporate it into my varied fitness regime alongside running, tennis, skiing, yoga ... My hope is that the numerous therapeutic benefits of Nordic Walking will enable me to enjoy the activities I love for many years to come. You see, it is both fitness and therapy. With proper technique, and technique is key, it will:

- Facilitate improved posture;
- Increase upper body and core strength;
- Provide an enhanced cardiovascular workout over walking without poles;
- Reduce impact (pressure and pain) on lower back, hips, knees, ankles and feet; and
- Increase walking speed and stability.
- If you recognize yourself in any of the following scenarios, Nordic Walking may be for you:
  - A runner looking for a cross training activity that provides good cardiovascular fitness training while giving your lower body joints (back, hips, knees, feet) a break;
  - An athlete recovering from a lower body, spine or shoulder injury looking for a way to keep up your cardiovascular fitness and upper body strength;
  - A person who loves walking outdoors but wants to get a little more oomph from your efforts. Maybe a bit more cardiovascular impact, reduced strain on your hips/knees or better postural support;
  - Someone who wants to start a walking program but needs to build more confidence? Perhaps you desire more stability and need a bit more practical information.



Alta Vista friends Riaz Mohammed and Laura Anderson, with physiotherapist Susan Yungblut (centre), honing their Nordic Walking technique at Grasshopper Park.

On different days, I could likely identify with any one of the above scenarios. But mostly I Nordic Walk for the same "4 F" reasons I do most things: Fun, Fitness, Friends and Fresh air (in whichever order feels most important that day).

I also integrate Nordic Walking, where indicated, within my physiotherapy patient care. People with a broad range of diagnoses benefit including people with: Achilles tendinosis, frozen shoulder or rotator cuff pain, hip and knee arthritis, chronic low back pain and more.

Alta Vista friends Laura Anderson and Riaz Mohammed recently honed their technique at Grasshopper Park. Says Riaz, "Susan is a very good instructor, able to identify small corrections that make using the poles more effective. I can see how Nordic Walking would improve fitness!" Laura added: "Being at a computer all day puts strain on my shoulders and neck – when I was walking with the poles, I felt an immediate relief as I straightened up and realigned my posture!"

There are different poles and different techniques for people with fitness versus rehabilitation needs. It's easy to learn but knowledgeable instruction is key. Like any activity, doing it wrong won't bring the same benefits and may cause injury.

It looks a bit different, I know, and some people ask, "Where are your skis?" But I've learned to roll with the odd comment because I love my Nordic Walking; give it a try and you may just fall in love with it too.

Spring is the perfect time to learn. Join me to find out why people walking with poles usually walk with purpose and confidence and sport a big smile, and why they plan to keep on Nordic Walking as long as their spirits urge them to move.

Susan Yungblut is a physiotherapist and certified Urban Poling Instructor & Master Trainer. She practices physiotherapy at Sage Wellness, consults on Nordic Walking at Glebe Physiotherapy & Sports Medicine, and provides Nordic Walking education through OttawaNordicWalks (website, FB and Instagram).

### MIDFOOT ARTHRITIS PAIN USUALLY RESOLVES WITH PHYSIOTHERAPY

By Sue Reive, Owner of Kilborn Physiotherapy Clinic

There's nothing better than a walk on a nice warm sunny spring day ... Unless of course, your foot is killing you! Foot pain is quite common and can be complicated. There are numerous joints in the foot that all have to move together in sequence during the gait cycle. If a joint is stiff or too mobile, foot pain can occur. Midfoot arthritis is a condition that can cause pain and limit walking. Luckily, the pain usually resolves with physiotherapy treatment.

The foot has 26 bones and thus, numerous joints. It is divided into the hindfoot, midfoot, and forefoot. The ankle joint is part of the hindfoot. The midfoot consists of five bones: the navicular, cuboid, and three cuneiform bones, which basically form the arch of the foot. These bones are held together by connective soft tissue (a capsule) and reinforced by ligaments. Like any other joint, they can be injured or degenerate due to wear and tear.

With degeneration, the cartilage that lines the bones grows thin, sometimes exposing the underlying bone. Cartilage has no nerves, but the underlying bones do, so when the cartilage thins or worse, exposes the bone, pain is felt usually during walking or standing.


Symptoms include pain on weight bearing, especially after prolonged immobility; swelling, stiffness, and pain on palpation; and often people will feel pain when wearing a tight shoe or from a tightly laced shoe. Occasionally, a bony prominence can even be seen on the top of the bones; this is a growth of bone called an osteophyte that results from the pull of the capsule and/or ligaments. On examination, patients will not toe off during the gait cycle due to the stiffness in the midfoot, and often limp. There is pain and stiffness in the midfoot on mobility testing. Resisted muscle testing is usually fine. Specific joint mobility testing of the joints will reveal the stiffness between the bones.

Treatment includes exercises to promote range of motion of the midfoot, passive joint mobilization (manual therapy), and modalities like ultrasound to help reduce the inflammation and soft tissue massage of the muscles of the sole of the foot if they are tight. Taping often helps initially in the acute flared period to help support the joint and reduce the strain on it. Orthotics can also be helpful as well as a rocker bottom sole shoe. A period of rest is usually necessary to allow the joint(s) to settle, so less walking at this time is required. Cycling is usually fine as most of the weight is on the buttocks.

Midfoot arthritis can be painful and limit one's walking. Luckily treatment can restore mobility and let people enjoy activities of daily living again, like taking a walk and soaking up the sun.



Image from [www.watsoniapodiatry.com.au](http://www.watsoniapodiatry.com.au)



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# FAITH NEWS



Do you stop to smell roses? I do. Whether in a hardware store garden centre, on a river path, or when handed a beautiful bouquet delivered to my workplace for my 32nd wedding anniversary (thank you, Baby), I stick my nose in those blossoms and breathe deeply. It is such a delight to appreciate the beautiful scent of God's creation, I never want to be too busy to pause in this way.

As we welcome the month of June, we look forward to the hot, sunny days of summer. Students and teachers long for the end of the school year and the upcoming freedom. Some of those teachers, of the right age and financial situation, count down the days to retirement. Doesn't it seem like we're always focussing on the future?

While it's nice to have dreams, and it's wise to put money aside for that elusive prospect of happiness and fulfillment, I fear that we sometimes forget to appreciate our present—our now.

"Well, Valda, I haven't been able to smell a thing since I had COVID."

"I have allergies. Smelling flowers makes me sneeze."

"I don't go anywhere that has roses."

To "stop and smell the roses" has little to do with the scent of flowers. It is about appreciating life today and being grateful for the good things God has provided. In his work, *What Next: A Memoir Toward World Peace*, Walter Mosley said, "Every day that we wake up is a good day." I acknowledge that situations such as suffering from chronic pain or abuse can affect the positivity in that statement. But I think most of us in our community are grateful for the breath in our lungs, for life. Sometimes we forget to stop and say thank you to the One who gives us that oxygen.

When we scurry and hurry around without those rose moments, we might look back with regret someday. That might sound like this:

"I wish I had spent more time with my children."

"I wish I had travelled."

"I wish I had taken advantage of my youthful energy and sense of adventure."

I always feel sad when I hear the song by Harry Chapin, *Cat's in the Cradle*. The lyrics tell of generations of dads working hard to provide for their families at the expense of missing close relationships with their sons. Why don't some children know how to skip stones or throw a ball? Because we didn't take the time to show them. Have you ever heard a parent say they regret spending too much time with their children?

Psalm 144:4 reminds us, "Man is like a breath; his days are like a passing shadow." And the psalmist asks God in Psalm 90:12, "So teach us to number our days that we may get a heart of wisdom."

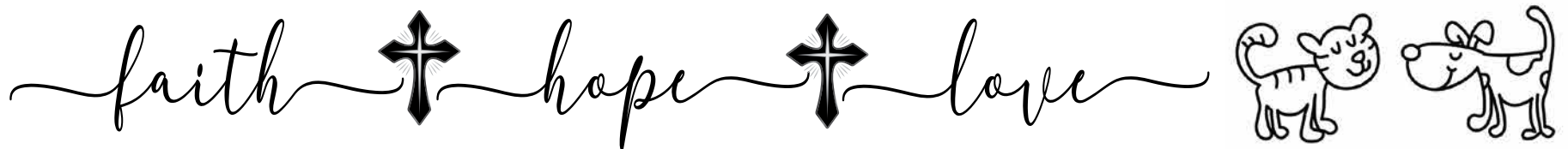
Have you ever considered the small action of smelling a rose as a step toward gaining wisdom? Wise people will not look back on their lives with regret. They will embrace each day with hope and joy, working hard but making time for play too. They will thank God for His blessings, big and small. They will value relationships. We will never hear a wise person say, "I wish I had spent more time at work (or binge-watching TV or scrolling through Instagram ...)."



As we approach summer (and all the following seasons to come), let's take a moment to list the things we value in life, recognizing that each of us has a finite number of years on this planet. How can we steal moments to spend time on those things?

What will "stopping and smelling the roses" look like for you?

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](http://valsstage.com) and download Book 1 for free.



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



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Friday, June 9, 10 am  
Come in person for coffee,  
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Saturday, June 10  
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**Join us for National  
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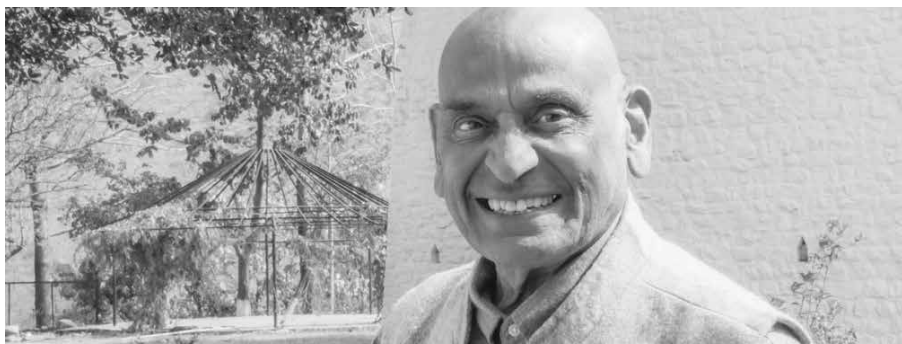
## ARTS & CULTURE

### YOGA IN CANADA SUMMIT 2023: “EMBODYING DIVINITY”

By Kate Macdonald, volunteer organizer

Introducing our presenters for the Yoga in Canada Summit to be held on June 21 on the surface of the Jim Tubman arena in Canterbury: Dr. Ravi Ravindra and Ms. Radhika Pillai.

**Ravi: “He not only practices yoga but communicates it so well”**



Dr. Ravi Ravindra, Professor Emeritus, Dalhousie University, Halifax

“Professor Ravi Ravindra writes with the authority and clarity of a spiritual master.” This heartfelt appraisal of Ravi’s translation and commentary on Patanjali’s *Yoga Sutras* from T. K. V. Desikachar speaks volumes. Desikachar is a highly regarded yoga teacher and therapist who founded the *Krishnamacharya Yoga Mandiram* in Chennai. Desikachar’s roots in the practice of yoga are deep: his father is the man widely considered to be the father of modern yoga, Sri Krishnamacharya. Ravi tells a story of how a back-ache led him to a serendipitous meeting with Desikachar, who then introduced him to the renowned Krishnamacharya. The great Guru taught Ravi a yoga posture and kindly gave him his blessings. Another of Ravi’s books, *The Spiritual Roots of Yoga*, elicited this response from Desikachar: “Having known Professor Ravindra for a long time, I admire his honest spiritual quest. He is indeed ... such a rare and true sanyasi ... he not only practices yoga but communicates it so well.”

**Radhika: “It’s not about name or fame!”**

Radhika remembers spinning and stamping her feet in improvised choreographies at the tender age of three, delighting family and friends. Before long she was immersed in a study of the rhythmic complexity and emotional resonance of Indian classical music and dance. Creating movement patterns within this landscape became her passion. By age 10 she was able to give expression to the profound philosophy of Shankaracharya through the intricate and demanding movement vocabulary of Bharatanatyam. For Radhika, founder of Prashanthi Dance School in Ottawa, the embodied spiritual path of Indian Classical dance was a call she could not ignore. Dance, she says, is not about name or fame. Like Yoga, it’s about connection. It’s about embodying Divinity.



Ms. Radhika Pillai, Professional Bharatanatyam dancer, choreographer, and teacher

At the Yoga in Canada Summit 2023, Radhika – whose spiritual practices include both *Bharatanatyam* and *Yoga* – will get us to roll out our mats and explore some unique ways that the Indian Classical dance tradition can enrich our Yoga postural practice!

Ravi will be leading us in a seated meditation, and presenting a discourse on our theme, “Embodying Divinity,” followed by a Q&A.

This joint venture of the Canterbury Community Association and The Great India Festival, two local non-profits, will take place on the surface of the Jim Tubman arena on the afternoon and evening of June 21st, the International Day of Yoga. Come and explore the mystery of embodiment with Ravi and Radhika! Registration, which includes a healthy boxed meal, will be online at [tgifottawa.ca](http://tgifottawa.ca).

### ART LENDING OF OTTAWA: THE AFFORDABLE OPTION OF ART RENTAL

By Christine Osborne

The cost of living keeps growing and people are increasingly looking for ways to cut costs. For those who are looking for an affordable way to enjoy the beauty of original artwork in their homes and offices, one option is to consider art rental.

Not everyone can afford to buy an original piece of art outright. Rental allows people to enjoy high-quality artwork for a fraction of the cost to buy. It also allows for flexibility. People are free to try out a variety of different art styles in their homes and offices without having to make a long-term commitment. The ability to rotate works of art can help keep your space looking fresh and dynamic. This is especially beneficial to those who love to change up their decor regularly. Renting is a risk-free option if you’re uncertain about whether you will like a piece in the long run.

This is a great way to support local artists by giving them a platform, and contributing to the growth of the local community.

Art Lending Ottawa has been serving our community since 1970.

The art shows take place four times a year with the next one taking place June 24th at the RA Centre. This curated art exhibition features original artworks in a wide variety of styles, all crafted by local artists. The works are available for both rent or purchase. All shows have free admission, and previews of available works are available on [www.artlendingottawa.ca](http://www.artlendingottawa.ca). Artwork is leased on three-month terms with the option to renew, return or purchase, with the price of the rental put towards the purchase price.

ALO has 40 active artists, including members Sanjay Sundram and Suman Sundram. Sanjay moved to Ottawa from New Delhi in 2013, having studied architecture and receiving a master’s degree in design from the Indian Institute of Technology. Sanjay is often inspired by urban spaces and their interactions with the natural world. He credits his parents for inspiring his love of art as well as being his mentors. Suman Sundram, his mother, completed her Bachelor of Fine Arts degree at the Delhi College of Art in India with a focus on realistic and abstract composition in oils. Suman, having immigrated to Canada in 2019, divides her time between the U.K., India and Canada, and is currently working on a series that highlights traditional Indian practices that have a positive environmental effect. This is her way to keep knowledge and culture alive while also creating social impact.

Like Suman, Sanjay’s work is inspired by the ongoing climate emergency. He has been creating works that communicate to a larger audience and involve the community whenever possible. One of his projects, “Teach Your Parents,” involved 700 schoolchildren from Canada and India. The project was featured in the *Globe and Mail*’s “Canadians making a difference” climate profile as well as being featured as part of CBC Kids Earth Week.

You can see both Suman and Sanjay Sundram’s work at the next Art Lending Ottawa show at the RA Centre June 24th. Admission and parking are free. If you miss our June show, mark your calendar for our fall show on September 23rd.

Christine Osborne is an artist member of Art Lending of Ottawa.



“Cityscape” by Sanjay Sundram



“The Village” by Suman Sundram



## SCIENCE & TECHNOLOGY

### COMPUTER TIPS AND TRICKS

By Malcolm and John Harding, of Compu-Home

#### Disappointed to be Revisiting ... (Part 2)

Last time, we began the grim task of examining how online fraud is becoming the new epidemic. This could easily become a 12-part series, but one of the characteristics of the attacks we are seeing these days is how their details are constantly evolving in an attempt to catch us unaware even when we thought we were alert and prepared. We can only hit the highlights and stress that a constantly-suspicious approach is vital.

Phishing (a play on the word “fishing”) is another kind of attack that criminals use for the purpose of stealing your passwords and other personal data, or even to install malware on your computer, right under the nose of your anti-virus. The FBI identifies phishing as the commonest cybercrime at this time. A message is sent to you in an email, text or direct message in Twitter, Facebook, Instagram etc., cleverly designed to entice you to click on a link. The messages have supposedly been sent by an acquaintance and will suggest that the information in the link will attract you somehow – family photos or other interesting information. Look for the giveaway signs, such as a slight variation in the spelling of the sender’s name, uncharacteristically poor grammar, or a somewhat generic tone in the language, without specific references that you might expect from a real friend. If anything raises the slightest doubt, simply delete that message.

Sometimes there will be an extended period when you don’t receive emails, or friends will contact you reporting that they were surprised to hear that you were in a Spanish jail and urgently need \$1500. This means that your email account has been hacked, and that phishing messages have been sent from an address looking very much like yours to everyone in your address book. Remember that this is NOT your fault. You are also a victim. Change your email password and examine the Incoming Mail settings in your email account to see if hackers are diverting your mail to their own account.

“Website spoofing” is another rampant tactic. Let’s imagine you have a problem with your printer, refrigerator or any other device, and you

Google the manufacturer to look for advice. Often you will see a huge list of hits that rank higher in the list than the actual website of the company you are looking for. Some of those sites will be fraudulent and cleverly designed with replicas of familiar logos and photos and they will urge you to “Contact Us” so that you can be robbed of hundreds of dollars. Always be sure that you are on the real site of legitimate businesses; they almost always have printed support information available at no charge.

We can easily imagine that you have had more than enough of this unpleasantness and are not keen to read more on the subject. All the same, we offer a list of references that are very useful in keeping you protected:

- Supreme Court of Canada: *Warning about Fraudulent Email*
- Canada Revenue Agency: *CRA Scam Alerts*
- CBC: *Scammer’s Paradise: How AI Makes Money*
- Government of Canada: *Get Cyber Safe – Lessons on Fighting Phishing*
- Forbes, Zak Doffman: *Why You Should Stop Using Facebook Messenger*
- Government of Canada, Justice Laws Website: *Protecting Canadians from Online Crime Act (2014, but still surprisingly pertinent)*
- Softonic: *Cookies: What They Are and What They Do*

All of us at Compu-Home join our readers in the fervent hope that we all have a safe and happy summer season!

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



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# SPORTS NEWS

## TENNIS GREAT DANIEL NESTOR HEADLINES CENTENNIAL CELEBRATIONS

By Peter McKinnon

Daniel Nestor, one of Canada’s most accomplished professional tennis players, was the star attraction of celebrations to mark the 100th anniversary of the Ottawa Tennis and Lawn Bowling Club (OTLBC) at its current location on Cameron Avenue.

The OTLBC is one of Canada’s oldest and grandest tennis clubs. Originally founded as the Ottawa Tennis Club in 1881—less than a decade after the modern version of the sport came into being—the OTLBC officially opened its current location in Old Ottawa South on June 4, 1923. Hundreds of OTLBC members, along with community residents and tennis enthusiasts from across the National Capital Region, participated in the club’s centennial celebrations on the weekend of June 2–4. Events included celebrity exhibition matches and clinics, a Tennis Ball formal dinner and a variety of family-friendly activities. In addition, a special plaque inscribed with details of the club’s history was unveiled.



Ottawa Tennis and Lawn Bowling Club, 1923



Tennis great Daniel Nestor

Daniel Nestor is widely considered among the top doubles players in the history of tennis. During a remarkable 27-year professional career, Nestor won an Olympic gold medal, 91 men’s doubles titles (including 12 majors) and four Tour Finals. A member of Canada’s Davis Cup team for 16 years, he finally retired from the ATP tour in 2018.

“It’s a pleasure to be part of the OTLBC’s celebrations,” said Nestor. “Community clubs such as this one are critical to the future of tennis in Canada. And it’s exceptional for a club to remain member-owned and operated for more than a century.”

Popularly known as “your cottage in the city,” the OTLBC offers a complete summer experience. Along with 18 clay (Har-Tru) tennis courts, the club has 12 beach volleyball courts, an outdoor swimming pool and a fully licensed restaurant. The OTLBC recently completed the first phase of a multi-million-dollar project to restore its historic clubhouse.

“This weekend was really a celebration of both our history and our future,” said OTLBC Executive Director Lael Morgan. “It was a treat to show off our renovated clubhouse and to share our vision for the next hundred years on Cameron Avenue.”

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mealsonwheels-ottawa.org

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

Foster Family Farm now has Community Supported Agriculture program running from July to Thanksgiving, subscribers will receive a box of fresh produce weekly. For more information visit: [www.FosterFamilyFarm.ca/csa/](http://www.FosterFamilyFarm.ca/csa/)

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

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

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

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

## SKYLAR'S KIDS PAGE

### WORD SEARCH

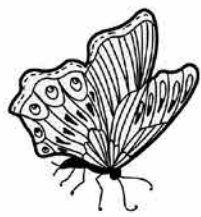
#### Summer Holidays



Q E V J R H Y T L Z P F B I K I N G X S  
 W D C S E M A G N S U O S H S K O O B C  
 F A O I C E C R E A M T O V E P I J Z I  
 X N T B K G W L P H R Q E L R U T D R N  
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 V A K R B X U W Q H S G N I E O N A C L  
 M G Y L U J D P S E N Z B E A C H I F R



**Search**  
 the entire paper for  
 these seasonal items.



### Summer Word Search

Find and circle the words.

BALL CLAM FUN PLAY SEA SUN  
 BEACH CRAB HOT SAND SHELL SWIM

X E P M  
 W F U N S T W M  
 V N H Q B E A C H E  
 O S X B W I M A K G  
 U D A H S S E A G D V E  
 O M N O K F C J N P K A  
 I S D T C S L G L L C C  
 D W Q M U H A U B A Y Q  
 I S T S E M H Z Y M  
 M D A U L O B A L L  
 A S N L C R A B  
 U O L K



August	canoeing	holidays	pool	sprinkler
barbecue	cottage	ice cream	popsicles	strawberries
beach	family	July	puzzles	summer camp
biking	friends	lake	reading	swimming
bonfires	games	lemonade	relax	traveling
books	hammock	memories	road trips	vacation
camping	hiking	picnics	sports	watermelon

### JOKE OF THE MONTH

**Q: What did the beach  
 say to the tide when it  
 came in?  
 Long time, no sea.**

## UPCOMING EVENTS



### ALTA VISTA LIBRARY – JUNE 2023

For the most current updates as well as information about available services, please visit [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca) or call 613-580-2940.

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

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

**CLOSED – Saturday, July 1 – Canada Day**

**Please note the following when visiting:**

- You can place holds online at [www.biblioottawalibrary.ca](http://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 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.

Tuesdays at 10:30 a.m. (ends Tuesday, June 6)

Wednesdays at 10:30 a.m. (ends Wednesday, June 7; resumes for the summer months from July 5 to August 16)

#### **TD Summer Reading Club**

The TD Summer Reading Club is Canada's biggest, bilingual summer reading program for kids of all ages, all interests, and all abilities. This free program is co-created and delivered by public libraries all across Canada. In partnership with Library and Archives Canada and generously sponsored by TD Bank Group, the Club celebrates Canadian authors, illustrators and stories and is designed to inspire kids to explore the fun of reading their way – the key to building a lifelong love of reading.

The theme for the 2023 TD Summer Reading Club, which kicks off in June, is “Check it Out.” Stay tuned in our branches or visit our website for further details.

#### **AgVenture Henrietta Hen**

Welcome some poultry from the Canada Agriculture and Food Museum into your library visit! Through fun educational activities, students explore the characteristics, needs and lifecycle of these barnyard favourites. Family program for ages 4+.

Friday, July 28th at 1:30 p.m.

#### **AgVenture Pauline la poule**

Accueillez quelques-unes des poules du Musée de l'agriculture et de l'alimentation du Canada dans votre bibliothèque! Grâce à des activités éducatives amusantes, les élèves explorent les caractéristiques, les besoins et le cycle de vie de ces favoris de la basse-cour. Programme familial pour les 4+ ans.

Vendredi le 28 juillet à 14h30. Pour les 4 ans et plus.

#### **Sticker Workshop with the Ottawa Art Gallery**

This workshop encourages students to look at the shapes, colours and patterns used in the works on display in the Ottawa Art Gallery's Norman Takeuchi exhibition, *Shape in Between: Norman Takeuchi- A Retrospective*. We will then apply the principles and elements of design we discussed using Norman Takeuchi's work in the creation of a series of handmade stickers. Ages 9–12.

Wednesday, July 5 at 2 p.m. Ages 9 to 12.

#### **Luv 2 Groove**

Wednesdays at 1 p.m. (from July 5 to August 16). Ages 4 to 12

#### **Weekly Activities**

We will be hosting weekly activities for children of all ages on Mondays and Tuesdays starting the week of July 3. Check the website or visit the branch for further details.

### 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 until June 27, 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, June 15

*The Death of Mrs. Westaway*  
by Ruth Ware

Thursday, July 20

Summer Social (Location TBD)

Thursday, August 17

TBD

#### **Book Banter**

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

Thursday, June 1

*The Night Portrait*  
by Laura Morelli

The next Book Banter meeting is on Thursday, September 7. Please visit the branch in August for the book list.

#### **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 19 juin

*Tiohtià:ke*  
de Michel Jean

La prochaine séance Infusions Littéraires aura lieu le lundi 18 septembre. Demandez la liste de livres en succursale au mois d'août.

### 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](http://biblioottawalibrary.ca/en/databases/search-all). A valid Library card is required.

*“Come with me,” Mom says. To the library.  
Books and summertime go together.” —  
Lisa Schroeder, I Heart You, You Haunt Me*

# UPCOMING EVENTS

## COMMUNITY EVENTS

### RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

Office: 613-733-3156; Website: [www.rideaupark.ca](http://www.rideaupark.ca)

**Camp Awesome:** Rideau Park will be hosting this full-day summer camp for children during the week of August 14–18. Combining teaching through stories, songs and crafts, along with interactive games and theme day fun, the program runs from 9:30 a.m. to 3:30 p.m. each day. Extended care is available at no additional cost. For more information and registration, see: [camp-awesome.ca](http://camp-awesome.ca).

**Alta Vista Garage Sale:** Rideau Park will be participating in the Garage Sale on June 10, 9 a.m.–2 p.m. Come for the stuff, stay for the food! Muffins and hot drinks in the morning will be followed by hot dogs and hamburgers for lunch.

**Merry Dairy Ice Cream Fundraiser:** Merry Dairy are again making their “tastes like old-fashioned ice cream” available for purchase through the church until June 24. All proceeds from this initiative will be directed to Indigenous charities. For more information, see the church website.

**Forest Church:** Sundays, June 25 and July 23 at 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.

**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 [info@rideaupark.ca](mailto:info@rideaupark.ca) for an invitation. Sharon Sanderson has the lead.

**Euchre Club:** Thursdays, 1 p.m., in the Parlour. The Club takes a break at the end of June and will start again in September.

**Rideau Park’s Chancel Choir:** The choir meets on Sunday mornings only in June at 9:15 a.m., to put together the music for the 10 a.m. service. New members are always welcome; contact Iain Macpherson at [choirdirector@rideaupark.ca](mailto:choirdirector@rideaupark.ca).

**OASIS (Alcoholics Anonymous)** has in-person 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. Meetings continue throughout the summer.

### EMMANUEL UNITED CHURCH

691 Smyth Road

Office: 613-733-0437; Email: [office@emmanuelunited.ca](mailto:office@emmanuelunited.ca); Website: [www.emmanuelunited.ca](http://www.emmanuelunited.ca)

**Red Dress Day:** Thanks to all who wore red on May 5 to honour the many missing and murdered Indigenous women, girls and two-spirit persons (MMIWG2S+). Each person loved and missed.

**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.

**Midweek Worship in the Botsford Garden:** Wednesdays, 7 p.m., from August 2 to 30. Rev. Grant Stuckless will lead this worship; bring a lawn chair.

**Strawberry Social:** Sunday, June 25, 1–4 p.m. This will be held in Emmanuel’s CE Hall. Tickets are \$10 for adults and \$5 for children under 10. For tickets or information, contact our office.

**Camp Emmanuel:** July 4–7 for kids aged 4 to 12. Come aboard the SS Emmanuel and spend four days adventuring. Stories, games, cooking and STEM activities will abound as we cruise the seas together! The camp will run from 9:30 a.m. to 3:30 p.m., with pre- and post-camp care available. For more information or to register, visit our Camp Emmanuel website. If you would like to sponsor a child from the Alta Vista community to come to camp, contact Val Lines.

### 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 the 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.

### ST AIDAN’S CHURCH BBQ CHICKEN DINNER

St. Aidan’s Anglican Church (934 Hamlet Rd.) is having a BBQ Chicken Dinner on Monday, June 12, 5– 6:30 p.m. Enjoy BBQ chicken, salads and homemade dessert. Tickets are \$25 for adults, \$12 for children under 14, and free for children under 6. Tickets must be purchased in advance from the church office or by calling 613-733-0102.

### ST. GEORGE’S HAWTHORNE 2023 CEMETERY SERVICE



St. George’s Hawthorne Cemetery is a pleasant and peaceful place of reflection at 3924 Russell Rd. In February 2023, it was “adopted” by St. Aidan’s church. There is now a Cemetery Board in place to aid the renewal process. We invite family and friends of the Cemetery to join us at the annual memorial service on Sunday, June 11 at 1 p.m. Bring lawn chairs and umbrellas as necessary.

### ST. TIMOTHY’S PRESBYTERIAN CHURCH GARAGE SALE

Saturday, June 10, 10 a.m.–2 p.m., at 2400 Alta Vista Dr.

Come for tables of treasures, baking, BBQ and light refreshments. Got items to sell? Tables are available for \$40. For more details contact: [sttimsoffice@on.aibn.com](mailto:sttimsoffice@on.aibn.com).

### 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. We will be meeting on Wednesday, June 28 for a presentation from the *Canadian Geographic* magazine. See our website [www.probusoav.ca](http://www.probusoav.ca) for more detailed information.

### OTTAWA WATER GARDEN TOUR

The 12th annual Water Garden Tour, hosted by the Greater Ottawa Water Garden Horticultural Society (GOWGHS), will be featuring 11 beautiful water gardens of various designs and sizes, including one site which will also be showcased at night.

Date: Saturday, June 24

Times: Day: 9 a.m.–5 p.m.; Evening: 7 p.m.–11 p.m.

Cost: \$20 per person

Tickets/Tour booklets for this self-guided tour will be available at [www.ottawawatergardens.com](http://www.ottawawatergardens.com) or at Artistic Landscape Design, Beyond the House (Russell), Big Al’s Aquarium, Concrete Garden Supply (Greely), Nesbitts Greenhouses and Nursery (Alymer QC), Peter Knippel Garden Centre, Rideau Woodland Ramble (near Kemptville), and Ritchie Feed and Seed stores (cash only).

### OTTAWA BAGELSHOP MUSICFEST

The Ottawa Bagelshop and Deli is holding a 3 month-long music festival this summer at its Wellington Street West location. The festival will host 48 local solo music artists from all over Ottawa and Gatineau, and will run from June 7 to August 27 on Wednesdays and Sundays at 2 p.m. Seating is limited. All shows are free to attend. Visit the Ottawa

# UPCOMING EVENTS

Bagelshop's Instagram and Facebook pages for updates as the festival progresses.

## 'SAND & SEA' FINE ART EXHIBIT

Location: Kanata Civic Art Gallery (located at the John Mlacak Centre, 2500 Campeau Drive in Kanata)

Date: May 17–June 25

Hours of operation: Wednesday to Friday 1 p.m. to 8 p.m.; Saturday 10 a.m. to 5 p.m.; Sunday 1 p.m.–5 p.m.

With the fine artwork of 31 Kanata Civic Art Gallery artists, the "Sand & Sea" exhibition offers a wide variety of media and styles, featuring paintings, sculpture, mosaics, photography and textile art. You can also have a peek at the show by viewing the slideshow at [www.kanatagallery.ca](http://www.kanatagallery.ca).

## ART LENDING OF OTTAWA SUMMER SHOW

Saturday, June 24, from 10 a.m. to 4 p.m.

R.A. Centre, 2451 Riverside Drive

Free admission and parking

Looking for affordable original art for your home or business? Visit our June show to see the latest creations of our local artist members. Works are available for rental or sale. More information about Art Lending and our artists is available at: [www.artlendingottawa.ca](http://www.artlendingottawa.ca).

## SPREADING AWARENESS OF CDKL5 DEFICIENCY DISORDER

Ashley Tremblay welcomes you to join her family in spreading awareness of CDKL5 deficiency disorder, a rare genetic condition, in memory of her late nephew who passed away in 2016 at the age of 3 years. To raise awareness of this disorder and funds to support CDKL5 Canada's efforts of continued research to one day find a cure:

- a golf tournament at Madawaska Golf Course will be held on June 10;
- the Ottawa Sign in downtown will be illuminated in lime green (the colour for CDKL5) on June 17, 6:30pm–8:30 p.m.;
- an online fundraiser with Park Lane Jewelry, with 50% of sales donated to CDKL5 Canada, will be held from May 20 to June 28; and
- an online fundraiser with Sipology, with \$6 donated to CDKL5 Canada for every sale of the \$15 products, will be held June 1–30.

The family can be contacted by email at [jakobrcdkl5@gmail.com](mailto:jakobrcdkl5@gmail.com) or by visiting their website [www.jakobruestcdkl5.ca](http://www.jakobruestcdkl5.ca) where you can find links to their Facebook group and Instagram account.

## THE LOST KINGDOMS – A JOURNEY FROM JURASSIC TO ICE AGE

Where: Wesley Clover Parks, 401 Corkston Rd., Nepean

When: June 23–July 9, daily from 10 a.m. to 6 p.m.

Tickets: [thelostkingdoms.com/ottawa](http://thelostkingdoms.com/ottawa)

UK's outdoor dinosaur experience kicks off its North American tour in Ottawa. A unique edutainment event for the entire family, The Lost Kingdoms combines educational and exhilarating exhibits from both the Jurassic and Ice Age Periods. Thirty life-sized animatronic dinosaurs and 20 life-sized animatronic Ice Age beasts will inhabit the natural outdoor setting.



## 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 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 at [tgifottawa.ca](http://tgifottawa.ca).

## CLIMATE RESILIENCY COMMUNITY DIALOGUE

**Climate Resiliency Community Dialogue**

How prepared is your community for extreme weather?

What are the concerns in your neighbourhood?

**Riverview Park & Alta Vista**

**Tuesday, June 6, 2023 • 7:00 – 9:00 p.m.**  
Trinity Church of the Nazarene  
480 Avalon Place, Ottawa, ON, K1G 0W4

With Riverview Park & Alta Vista Community Associations

info@cafesottawa.ca  
www.cafesottawa.ca

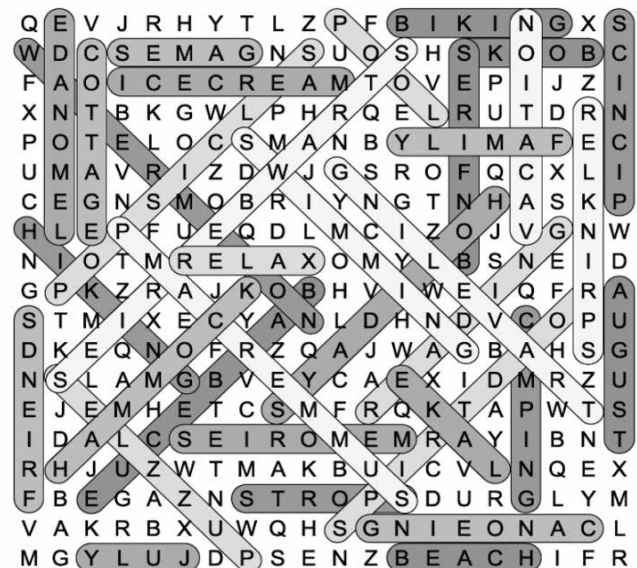
CAFES Ottawa  
Community Associations for Environmental Sustainability

in partnership with the City of Ottawa

Ottawa

REGISTER: <https://bit.ly/3Ag4zOi>

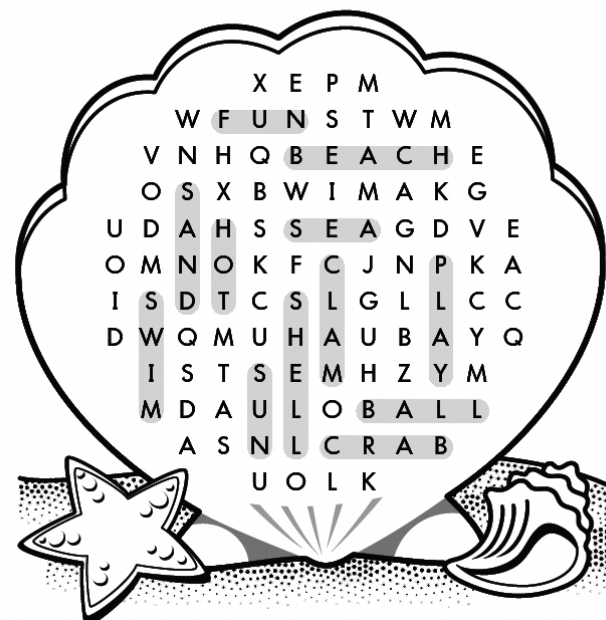
## SKYLAR'S KIDS PAGE ANSWERS



AUGUST	CANOEING	HOLIDAYS	POOL	SPRINKLER
BARBECUE	COTTAGE	ICE CREAM	POPSICLES	STRAWBERRIES
BEACH	FAMILY	JULY	PUZZLES	SUMMER CAMP
BIKING	FRIENDS	LAKE	READING	SWIMMING
BONFIRES	GAMES	LEMONADE	RELAX	TRAVELING
BOOKS	HAMMOCK	MEMORIES	ROAD TRIPS	VACATION
CAMPING	HIKING	PICNICS	SPORTS	WATERMELON

## Summer Word Search

Answer Key



# MOVIES 'N STUFF

1787 KILBORN AVE. JUNE 2023 738-1607  
www.moviesnstuff.com

## June 6<sup>th</sup>

### Dungeons & Dragons: Honor Among Thieves

A charming thief and a band of unlikely adventurers embark on an epic quest to retrieve a long lost relic, but their charming adventure goes dangerously awry when they run afoul of the wrong people. Shockingly great reviews!

### Oink!

When 9-year-old Babs receives a pig named Oink as a present from her grandfather, she convinces her parents to keep it under the condition that Oink follows puppy training. But her parents are not the biggest threat to Oink because her grandfather secretly has an ulterior motive! Heralded as one of the most charming and fun family movies of the year!

### The Last Right

Daniel Murphy is persuaded to take charge of a corpse of someone he never knew. Further, he must transport the body from to Rathlin Island with his autistic younger brother and Mary, a flighty young mortician with her own agenda. Charming Irish comedy/drama!

### The Justice of Bunny King

A mother of two with a sketchy past earns her keep by washing windows at traffic lights, hoping to earn back the custody of her kids. After promising her daughter a birthday party, she fights the social services and breaks the rules to keep her word. Thomasin McKenzie stars.

### Guillermo del Toro's Pinocchio

A father's wish magically brings a wooden boy to life in Italy, giving him a chance to care for the child. However, the two of them have to struggle to find a place for themselves as Italy becomes embroiled in fascism. Another Oscar winner for Del Toro!

### Sara Stein: From Berlin To Tel Aviv

Meet Sara Stein, the fiercely independent detective from Israel. Follow her and her colleagues as four difficult cases have them traversing between Berlin and Israel!

### Full Time

After finally getting an interview for a job that will help her provide for her family, a woman must contend with a national transit strike. Led by Laure Calamy's gripping performance, Full Time serves as a sobering reminder that just staying financially afloat can sometimes feel like a white-knuckle thriller.

### Together

A husband and wife are forced to re-evaluate themselves and their relationship through the reality of the

## Tulsa King

Following his release from prison, Mafia capo Dwight "The General" Manfredi is exiled to Tulsa, Oklahoma, where he builds a new criminal empire with a group of unlikely characters. Stars Sylvester Stallone.

### Rare Objects

A young woman with a traumatic past seeks to rebuild her life when she begins working at a New York City antique shop. Katie Holmes stars.

### Handmaid's Tale: Season 5

### Death In Paradise: Season 12

### Picturing Elizabeth Her Life In Image

A commemorative collection featuring four programs that illuminates some of the more interesting aspects of Elizabeth Windsor's life and reign. From fashion to passions, and including access to the royal archive as well as key people in her life, this special release from the BBC offers moving insights on the figure behind a most enduring monarchy.

### Concerned Citizen

A man decides to improve his neighbourhood by planting a tree on his street, which triggers a sequence of events leading to the arrest of an Eritrean immigrant.

### Champions

Woody Harrelson stars in the hilarious and heartwarming story of a former minor-league basketball coach who, after a series of missteps, is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined.

### Inside

A high-end art thief becomes trapped inside a luxury, high-tech penthouse in New York's Times Square after his heist doesn't go as planned. Locked inside with nothing but priceless works of art, he must use all his cunning and invention to survive. The great Willem Dafoe stars.

### The Last Kingdom: Seven Kings Must Die

In the wake of King Edward's death, Uhtred of Bebbanburg and his comrades adventure across a fractured kingdom in the hopes of uniting England at last. A follow up movie to the excellent TV series!

### The Portable Door

A man lands an internship at a mysterious London firm with unconventional employees, including the charismatic CEO who is incorporating modern corporate strategy into ancient magical practices. Christoph Waltz stars.

## June 13<sup>th</sup>

### Holding: Season 1

Nothing ever happens in tiny Irish towns like Duneen—until human remains are found. For the first time Sgt. PJ Collins has a crime to solve. The small-town secrets are unearthed, revealing the villagers' dark pasts and rousing PJ's own inner demons.

### Call the Midwife: Season 12

### The Larkins: Season 2

### The Pope's Exorcist

Father Gabriele Amorth, chief exorcist for the Vatican, battles Satan and innocent-possessing demons. A detailed portrait of a priest who performed more than 100,000 exorcisms in his lifetime. Stars Russell Crowe.

### One Ranger

Recruited by British intelligence, a Texas Ranger must track down and stop a dangerous terrorist from attacking London. John Malkovich stars.

### John Wick 4

With the price on his head ever increasing, legendary hit man John Wick takes his fight against the High Table global as he seeks out the most powerful players in the underworld, from New York to Paris to Japan to Berlin.

### Cinema Sabaya

Arab and Jewish women attend a video workshop at a small-town community center run by a young filmmaker who teaches them to document their lives. As each student shares footage from her home life with the others, their beliefs and preconceptions are challenged, and barriers are broken down.

## June 20<sup>th</sup>

### Mamma Mafia

A mild-mannered suburban mum unexpectedly inherits her late grandfather's mafia empire in Italy. Guided by the firm's trusted consigliere, she hilariously defies everyone's expectations as she finds herself stuck in the middle of a deadly mob war. Toni Collette stars!

### Skinamarink

Two children wake up in the middle of the night to find their father is missing, and all the windows and doors in their home have vanished.

### Polite Society

Ria Khan believes she must save her older sister Lena from her impending marriage. After enlisting her friends' help, she attempts to pull off the most ambitious of all wedding heists in the name of independence and sisterhood.

## June 27<sup>th</sup>

### Evil Dead: Rise

A reunion between two estranged sisters gets cut short by the rise of flesh-possessing demons, thrusting them into a primal battle for survival as they face the most nightmarish version of family imaginable.

### Marriage: Mini-Series

Married couple Ian and Emma negotiate the insecurities, the ambiguities, the hopes and the fears, and the risks and the gifts of a long-term intimate relationship. Stars the great Sean Bean and Nicola Walker!

### The Covenant

During the war in Afghanistan, a local interpreter risks his own life to carry an injured sergeant across miles of grueling terrain. Jake Gyllenhaal headlines this film that received rave reviews!

## 65

After a catastrophic crash on an unknown planet, pilot Mills quickly discovers he's actually stranded on Earth -- 65 million years ago. Now, with only one chance at a rescue, Mills must make his way across an unknown terrain riddled with dangerous prehistoric creatures. Adam Driver stars.

### Bye Bye Germany

A Holocaust survivor who is trying make it to America is deprived of his savings and overtaken by his shady past. Critics say, "Bye Bye Germany offers thoroughly entertaining proof that there are still new stories to be found in the oft-examined rubble of World War II."

### Hotel Salvation

A man accompanies his father to Varanasi when the old man decides he's about to die, and says he wants to do so in the holy city. Tender, perceptive, and beautifully filmed, Hotel Salvation tells a father-son story whose universal themes are further enriched by its picturesque setting.

### The Third Murder

A well-known attorney takes on the defense of murder-robbery suspect, who served jail time for another murder 30 years ago. His chances of winning the case seem low, as his client freely admits his guilt, even though he faces the death penalty if convicted. But as he digs deeper into the case, hearing the testimonies of the victim's family, the lawyer begins to doubt whether his client is actually the murderer.

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