



Alta Vista's Harold Pretty was presented the 2023 OTF Special Recognition Award at an awards ceremony in Markham by 2022-2023 OTF President Nathan Core and Scott Perkin, OTF Secretary-Treasurer. Photo credit: Catherine Wilcox

## MR. HAROLD PRETTY RECEIVES PROVINCIAL AWARD FOR VOLUNTEER CONTRIBUTION TO EDUCATION

By Catherine Wilcox

Mr. Harold Pretty received an enthusiastic standing ovation at the Ontario Teachers Federation banquet in Markham, Ontario on August 21. Several people could be seen wiping away a tear or two, they were so moved by this one man's selfless gift of thousands of hours of volunteering over 17-plus years. Mr. Pretty's family and nominating teacher proudly watched as he was presented with the OTF Special Recognition Award for a volunteer or volunteer organization that has made a significant contribution to education in Ontario.

Alta Vista's Harold Pretty retired from his role as the tuba player of the RCMP band, and not long after, he dropped by the neighbourhood school, Featherston Drive Public School, where his children had attended in the 60s and where one of his grandchildren was enrolled, to ask if the music teacher needed any help with the music library. Thus began Mr. Pretty's 17-plus years of daily volunteering in support of music programs in the OCDSB, including at Featherston and at Canterbury and Hillcrest high schools. His work had an

enormous impact on the community and on hundreds of students. He volunteered over 5,000 hours at the Featherston school alone over the 17-plus years, organizing music, cleaning instruments, tutoring new tuba players, supporting at concerts and special events, and leading the weekly rehearsals of his very own Featherston Junior Brass Band.

Mr. Pretty provided a positive male role model in the music program and made it cool to like music. He was often the second person to arrive at the school in the morning, right after the custodian opened the doors, so that he could tackle the music filing or set up for a morning rehearsal. He rose from his stool where he organized the music library in the corner of the classroom and stood at attention with impeccable military posture during the singing of the National Anthem, and consistently modelled for all children a patriotic and heartfelt love of country, of our planet (he recycled EVERYTHING possible), dedication, teamwork, persistence, punctuality, humility, tact, and an endearing sense of humour.

*Continued on page 23*

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## WHERE IS IT?

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## LETTERS TO THE EDITOR

### AVCA should represent the needs of all in the community

**Re: "AVCA's concern: One car lane each way future for Bank Street Billing Bridge" by Garry Lindberg, September 2023**

Dear members of the AVCA,  
 (letter copied to VISTAS editor and City Councillor Marty Carr)

I am writing about the article written by Garry Lindberg on the front page of the September edition of VISTAS. The article is concerned with the impact on users of cars for the Bank Street Billings Bridge project. The article fails to include effects on all other forms of transportation.

The article's fixation on traffic impacts is inappropriate. The solution to congestion is not giving a maximum of lanes to automobiles, but rather making alternatives more compelling—something this project is striving to do for OC Transpo users, pedestrians and cyclists. It's not sustainable in our society to support and focus only on car movement.

Other than mentioning that this project creates dedicated bike lanes, the article does not highlight the improvements for people walking and cycling across the bridge. With such a strong demand for safe and comfortable cycling and walking, the bridge's current state is very unsatisfactory.

The article omits the bus lane part of the project, which will shave time off and improve reliability during the afternoon for one of the busiest bus routes in Ottawa.

The article ignores the experience of users of all modes on the current bridge. Car drivers feel uncomfortable because they need to navigate around cyclists who are sharing their lane. Cyclists either need to risk their lives mixing with cars (as the ghost bike reminded us for many years), walk their bike adding time to their trip, or ride on the sidewalk squeezing past pedestrians. Pedestrians (especially mobility scooters/strollers) on the bridge regularly meet cyclists on the sidewalk, which is much too narrow to accommodate passing.

Lastly, the article is out of line with popular opinion, something that seems inconsistent given it speaks on behalf of a "Community Association." From the City's public engagement, 82 per cent of respondents supported the addition of bike lanes and 67 per cent supported the northbound afternoon peak bus lane. When asked about concerns or issues with how the bridge functions today, 238 and 224 respondents had concerns for safety and connectivity for people cycling, respectively, whereas 79 had concerns for traffic delays.

I have spent almost all my life living near Alta Vista Drive and Pleasant Park Road. I am a recent engineering graduate, and I work in transportation planning and design. When a project comes up, I believe the AVCA should represent the needs of all people in the community.

*Farid Mullally*

### Garry Lindberg's response:

It was not my intent to write a comprehensive overview of the benefits and drawbacks of the bridge plan, but rather to highlight one issue. What is addressed in my article is the trade-off between the decision to close two through car lanes on an arterial street and to significantly shorten the green light time on Riverside Drive West, another arterial street.

In terms of community feedback, it will be hard to find people who don't support an improved bicycle and pedestrian experience over the Rideau River between Riverside Drive West and Riverdale Ave, but taking action that compromises vehicle movement on major roadways also negatively affects many people. It should be noted that in the City staff's online survey, only 30 per cent of respondents used their vehicle to cross Billings Bridge, hardly a representative sample. In addition, it should be pointed out that the vast majority of users are motorized vehicle owners: 1,600 vehicles cross Billings Bridge during the morning peak period compared to 100 bikes in summer and 10 in winter. That is reason enough to bring the downside of the lane closings to vehicles on Billings Bridge to the attention of the community.

*Councillor Carr* has responded indicating that Mr. Mullally's comments and feedback have been noted.

# LETTERS TO THE EDITOR

## Alta Vista lucky to have community-minded, talented people in our midst – Thank you, Maggie Henderson-Davis!

Dear Editor,

I would like to give a shout-out of thanks to Alta Vista resident Maggie Henderson-Davis, as well as any other kind gardeners who worked alongside her to beautify one of our community schools.

Over the last two summers, I have watched the gardens in front of Alta Vista Public School transform into colourful, cheerful and varied beds of gorgeous plants. The creation of these beds was a great feature included in the redesign of the school parking lot some years ago. However, over time, the garden beds had become neglected and were looking fairly forlorn.

In the summer of 2022, I noticed that these gardens began to show new life and one day, as I passed by on the sidewalk, I saw Maggie, hat on head and trowel in hand, working the earth patiently and expertly. She saw a garden in need and decided to share her amazing green-thumb talents in this public space. The plants that were there were revived under her tender care.

This summer, I watched as Maggie pulled a wagon loaded with flowers and bushes down the hill on Randall Ave towards the school. She was transplanting some of the plants from her home. Maggie's home gardens are a wonder. They lift the hearts of all who stop to admire them. (Maggie also very generously shares perennials by putting them in containers at the end of her driveway – free for the taking.)

Maggie is a skilled gardener who has made a shared space at a local public school more pleasant for us all. Imagine the delight of staff, students and families who returned to school in September and were greeted by vibrant flowers, healthy bushes, swaying ornamental grasses and everywhere – up and down the length of the school – gorgeous colours. We are lucky to have caring, community-minded, talented people in our midst. Thank you, Maggie!

*Cathy Healy*



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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.

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- Kilborn (Alta Vista to Bank), 61 papers
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- Station Boulevard, 40 papers
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Drew	Martha	Weyburn

# LETTERS TO THE EDITOR

## The future is here, and it's riding a bike

Dear Editor,

Thanks for another great edition of our community paper.

Tom Al and David Cole's chronicle of cycling from Saint-Nazaire to Vienna along a well-connected bike route relatively free from traffic was truly inspirational! Let's hope we meet the rising cost of petroleum with similar bike investments here in North America.

I also appreciated the update from Garry Lindberg on the plans to eventually accommodate cyclists on Billings Bridge. I know that many residents of Alta Vista and Old Ottawa South are looking forward to being able to safely cross this bridge on a bike, not just confident, experienced cyclists, but cyclists and potential cyclists of all ages and abilities.

Many current drivers are looking forward to not having to worsen the traffic situation by getting into their car for every single errand. And those who do drive are looking forward to less congestion as cycling, walking and transit become the modes of choice for more people.

*Janet Mark Wallace*

## Are City officials contemplating a safe injection site at the former Diocesan Centre?

Dear Editor,

The recent news on Councillor Carr's website, "Proposed Acquisition of 1245-1247 Kilborn Place" dated August 31, surprisingly disclosed the City's plan to purchase the Diocesan Centre on Kilborn Place in order to establish a "supportive services community hub." I found it interesting that our Councillor, in providing examples of services offered by a "supportive services community hub," included a description of Perley Health, Personal Choice Independent Living and VHA Health and Home Support, which all deal with servicing seniors and the disabled. Notably, a similar description was lacking for the Councillor's final example of potential hub services, namely, Salus Housing. Salus Housing offers services to "those living with mental illness and substance use disorders." One is left to wonder if City officials are also contemplating a safe injection site for the community.

*Russ Jackson*

### **Marty Carr responds:**

Dear Editor,

As a clarification, the examples (e.g., Personal Choice Independent Living, Salus) to which Mr. Jackson refers are not examples of services but are examples of supportive housing operators. Supportive housing is permanent residences for which tenants pay rent, as with any other rental building, with supports available on-site to help residents maintain their tenancy. Residents always have access to their units.

Supportive housing is proposed as one component of a hub. A hub model, while still in the exploratory stage, would likely include services that could be accessed by any member of the community. Examples of services include health care, counselling and community programming. All of these details will be discussed at length with the community once the sale of the site is confirmed in early 2024.

None of the more than 25 supportive housing facilities that exist across the city offer a safe injection site. This is not a service typically associated with supportive housing. While there may be people suffering from addiction living in some of these facilities, it would be more typical to provide a service such as harm reduction counselling to the residents.

Thank you.

Dear Editor,

After reading your most recent edition of VISTAS, I couldn't resist sending a few photographs I took of members of a Cooper's Hawk family that resided in our yard on Braeside Avenue for several months during this spring and summer. Needless to say, there was a coincident decline in sightings of songbirds and squirrels during the same time period.

Take care!

*James and Suzanne Infantino*



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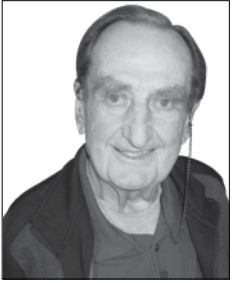
## OUR PEOPLE

### SOPHIE LEVASSEUR

**So Active, So Young**

**So Ever On The Go**

*By Courtney Tower*



There is always a first (and likely only) time for OUR PEOPLE to meet again and to profile part of a family presented to readers before, but here we are with Sophie LeVasseur. Here we are, one might say, with an unstoppable force of nature. This first-year university student is just 17, is a 5'10" beauty who looks to be in her early 20s, a star student, a star baseball pitcher and outfielder, a star at driving alone between Alta Vista and Trois-Rivières, Québec, every single week for baseball and scholastic study. She voluntarily fed and chatted with veterans hospitalized at Perley Health, and works with her family in interviewing, writing and producing two books on the 100 women who, in their eyes, are foremost among women in Canada. She has interviewed these women by way of Zoom, telephone and in person in English, and her 15-year-old sister Valérie has done so in both official languages. The second book is about 10 Indigenous women leaders across Canada. Extracts of the interviews are to be translated into four of the major Indigenous languages in Canada.



*Sophie LeVasseur, who does so much; photo credit: Gerri Doherty*

We ran an OUR PEOPLE profile of the sisters and their parents in VISTAS' February 2022 issue, when we chronicled the books the girls had written – one on a child ill with cancer (fiction based on a true story by sister Valérie when she was eight and nine), a long and detailed one on the First World War battle of Vimy Ridge and on Canadian soldiers, one on the long-ago NHL Ottawa Senators hockey team. The girls would sit at tables at book fairs, notably an annual one in Gatineau, and give the proceeds to charities.

#### **Does She Relax?**

#### **“When I Sleep”**

Now we focus on Sophie because she has just won a scholarship of funds from Baseball Ontario, the governing body for amateur baseball in the province. She has entered Ottawa University in Health Sciences. She has been granted a medal from the Lieutenant-Governor of Ontario for academic achievement, community involvement and contributing 1,000 hours of volunteer giving. Earlier this year she was a prominent player on the Ontario girls baseball team that won the gold medal at national championships held in Newfoundland. She has been selected twice, for 16 and under and for 17 and under girls from across North America to undertake Elite baseball training in Florida with the Major League Baseball organization in the United States and USA Baseball.

As the cliché goes, “the list goes on.” We ask: “My goodness, do you ever just relax?” She replies: “Sure, when I sleep.”

Sophie, following the mentorship of her parents, Gilles and Marie Claude LeVasseur, cannot be still. She must be doing something all the time, every minute of every waking day. She believes in discipline, in following a program in which her days are mapped out, by the hour. She is assisted by having her own car, the family car given to her when she was 16 and her parents bought a new vehicle. In it, she drives Valérie to Louis Riel, the French-language high school in Blackburn Hamlet from which she has recently graduated, on the mornings when she isn't in Trois-Rivières.

*Continued on page 9*



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Wishing you and your loved ones a wonderful holiday!



**John Fraser, MPP**  
**Ottawa South**

**Protect Yourself this Fall**

Ottawa Public Health experts remind everyone to stay up to date on COVID-19, flu, school and routine childhood vaccinations.

Thousands of children and youth under 18 years old in Ottawa are missing routine vaccinations that would protect them from diseases such as measles, polio, meningitis, and HPV. Vaccinations required for child care centres and schools should be kept up to date and are free.

Flu shots will be available for the most vulnerable high-risk populations, including hospitalized individuals, hospital staff and residents and staff in long-term care homes, followed by those in retirement homes and other congregate settings. Free flu shots for the general public aged six months and older will be available starting October 30<sup>th</sup> at doctor and nurse practitioner offices, some public health units and participating pharmacies.

It is safe and convenient to receive both the COVID-19 and flu shots at the same time, reducing the need for multiple visits. The province expects to start receiving doses of Moderna's updated SPIKEVAX XBB COVID-19 vaccine later in September, which better protects against the new Omicron XBB variant. This vaccine is Health Canada approved for people aged six months of age and older, however initial doses will be prioritized for higher risk populations. The current COVID-19 vaccines will also continue to be available for Ontarians, as long as it has been a recommended six months since their previous dose.

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## OUR PEOPLE

Oh, yes. In between all this, the girls do the lawns and little maintenances at some rental homes that the parents have bought and put in Sophie's and Valérie's names, for their eventual financial well-being and to further instil in them discipline and long-sightedness.

### Once A Bat Girl Then, Triple A

The father, Gilles, is very much a mentor and guiding light for Sophie and they work together on a favourite project that combines her love of baseball – ever since she was a bat girl for two successive Ottawa pro teams and played on various local teams including one in Triple A where it was all boys but her – with her love of helping.

This is a program carried out with the support of a cross-Canada outreach and philanthropic arm of the Blue Jays Major League Baseball team in Toronto called Jays Care Foundation. Jays Care, supported by many businesses and other donors, provides funds and guidance to design and build safe playing places, often with especially wide dugouts for wheelchairs, and vulcanized rubber turf so that wheelchairs can run on it. Fields are smaller than regulation-sized baseball fields, with the pitcher's mounds modified so that they do not rise at the usual angle. Such a field, notably entitled Miracle Field, exists at nearby Navan, Ontario, and at other sports facilities across Ottawa.

On the fields and sports facilities are loudspeakers and other hearing equipment attuned to cochlear implants or simpler hearing devices of some of the children who come to play and need to hear the volunteer coaches. Others have disabilities in other areas. Some of the children are five and six years old and some who have Downs Syndrome may chronologically be adults, Sophie says. Some have cerebral palsy or are otherwise in wheelchairs. They come to play on weekends when and if they please, for free, and there never is altogether the same group twice. Some gear is provided by the Jays Care Foundation so that the kids sport Blue Jays ball caps and jerseys. Family members and others are volunteer helpers. Formal or actual ball games are not played, but various throwing, catching, hitting and other practices ensue during the two-hour sessions.

Sophie and Gilles put out the word of a coming meeting – each week, although sometimes after two weeks – to volunteers and families, by word of mouth or through notices on the internet, and anyone turns up who wants to turn up. “We can get from 10 to 30 young people on a day, depending on local conditions,” Sophie says.

### Driving And Study Baseball And Books

Other days, on summer Wednesdays, Sophie is tooling down Highways 417 and 40 in Ontario and Québec on the 3½-hour drive to Trois-Rivières. She arrives just in time for a four-hour session on the field of this baseball academy, known for turning out baseball players who have performed excellently in Philadelphia and at other tournaments. Sophie then goes to the host family in the city, where she will eat, study her academic classes, and sleep. Ditto for Thursday and for Friday until, after the morning on the baseball field, she drives back to Ottawa.

Does she plan to take part in the social and other extracurricular activities at Ottawa U, part of the stuff of university life? Well, time will tell. She is so busy right now at everything else. Although of course, the baseball-related activities stand down for the fall and winter.

One way or another, the Sophie pattern will carry on. “I love to keep active, all the time,” she says. “We never have an idle moment at home. If one occurs, then we go to a concert at the National Arts Centre or do something else as a family.”

“In my head, I have a routine. It's important to stay on schedule because I have so much that I want to do. In my mind, I don't want to miss anything that I have planned as part of my schedule.”



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*Sandra and Don Godbold*

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## OUR COMMUNITY

### HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

One of the things which makes involvement with Heron Emergency Food Centre so rewarding for volunteers is the opportunity to meet so many people from different backgrounds and circumstances who share a passion for fairness and justice. I was again reminded of this when I was contacted by Louisa Simms, our Executive Coordinator, who told me she had just met a remarkable young man whom she thought would be a great October Hero.

Gabriel Mortimer is 15 years old and a student at St. Patrick's High School. He brought us a large box of donated food. Gabriel told me that he started thinking about being grateful for the very great privilege and blessings he enjoys and decided that he should act on his gratitude by doing something to help others. He decided to go door to door in his neighbourhood in Alta Vista, talk to people about collecting food for the food bank, and ask for donations. Gabriel's strategy succeeded and he brought in the food that he had collected.

I asked Gabriel if he was not a bit nervous about going up to the doors of total strangers in his neighbourhood and asking for donations – many people in these worrying times would be uncomfortable about opening the door to a young teenager asking for food. Gabriel reported that, no, he felt pretty good about doing this, and he had a good experience meeting his neighbours. I asked him if he had any difficult encounters. He said that a couple of people said they were not interested in helping, but nearly everybody was open-minded and supportive and gave him some non-perishable food for the food bank. He says that if you are polite and respectful and explain yourself clearly, most people will listen. He is right about that. Thank you, Gabriel, for reminding me about the benefits of approaching people with goodwill and trust.

The photo of Gabriel which accompanies this article shows him with another of our very dedicated long-time volunteers, Celeste Ough. Celeste oversees the management and distribution of groceries, enabling our Executive Coordinator (Louisa), to focus on meeting clients, entering client information into our computer, and dealing with ongoing administration. Celeste has been volunteering for 15 years and is very particular about order, management of our inventory, and sanitation. She has been known to come in on the weekend to do a deep cleaning, including reaming out the freezers in our facility. Thank you so much, Celeste, you keep things working.

As we move into the fall season and out of the pandemic, we are experiencing a continued increase in demand for our services, just at the time when many are returning to pre-pandemic activities. This has resulted in the loss of a number of volunteers. In particular, we are in need of strong backs and arms to assist us in unloading, inventorying, and shelving the four skids of non-perishable food we receive from the Ottawa Food Bank every Tuesday morning at 9:30. If anyone is interested and able to volunteer to assist us with this special task, please contact Louisa at 613-737-9090 or email us at [hefc-info@rogers.com](mailto:hefc-info@rogers.com).

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 as we move into the pre-holiday season. We are also looking for new board members with hands on skills which can assist us in continuing to provide a high level of service to our community. In particular, we are looking for a volunteer board member who can help us to implement an enhanced social media presence.

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

Check out: [hefc.ca](http://hefc.ca)

On Facebook: [www.facebook.com/HeronFoodCentre](http://www.facebook.com/HeronFoodCentre)

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

We also now have a QR code to simplify donations to our program.



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.

#### OCTOBER WISH LIST

Fresh garden produce is always welcome. Bring on your zucchini!

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



Gabriel Mortimer, HEFC's Hero for October, with Celeste Ough, a dedicated long-time volunteer Photo credit: Louisa Simms



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# MARTY CARR

## Alta Vista Ward 18

## Alta Vista Quartier 18

### Councillor | Conseillère



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

#### 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 any time by email at [marty.carr@ottawa.ca](mailto:marty.carr@ottawa.ca) or by phone at 613-580-2488.

#### Ward 18 Office at Heron Community Centre - Office Hours

I will be hosting biweekly office hours to meet with residents face to face. If you would like to book an appointment, please email my office at [marty.carr@ottawa.ca](mailto:marty.carr@ottawa.ca) or call us at 613-580-2488. I look forward to meeting with you! **Upcoming office hours are:**

Thursday October 12th from 2p.m. to 4p.m.  
Monday October 23rd from 10a.m. to 12p.m.

#### Ward 18 Temporary Traffic Calming Consultations

Some of the most frequent inquiries to my office are regarding traffic. As promised, we will be hosting community consultations regarding current and future Temporary Traffic Calming measures in September and October of this year. These meetings are divided by neighbourhood. I hope to see you at one of the following meetings:

**October 5:** Alta Vista and Faircrest Heights

**Location:** Virtual - link on website

**Time:** 6:30p.m. to 8p.m.

**October 12:** Elmvale, Canterbury and Urbandale

**Location:** In person - Canterbury Community Centre - Hall B (2185 Arch Street)

**Time:** 6:30p.m. to 8p.m.

**October 26:** Ridgemont and Herongate

**Location:** Virtual - link on website

**Time:** 6:30p.m. to 8p.m.

Please share your thoughts on the ongoing Temporary Traffic Calming Measures program by completing the survey on my website. The survey will remain open until November 6, 2023, following the meetings being held throughout September and October.

#### Lunch and Learn Series at Heron Seniors' Centre

Join the Heron Seniors' Centre (1480 Heron Road) for the Lunch and Learn Series where we have special guests to discuss a variety of topics each session while enjoying a small lunch on us! The first event will be taking place on October 11th from 11a.m. to 12p.m. in collaboration with Age Well Solutions. Please visit the Heron Seniors' Centre or call 613-247-4808 x 2 to register or for more information. Spaces are limited.

#### Playfair Drive Accelerated Neighbourhood Traffic Calming Study Webpage and Survey

Traffic Safety is a top priority that I continue to work on diligently. The City of Ottawa is proposing permanent traffic calming measures on Playfair Drive between Delmar Drive and Dunkirk Crescent.

The purpose of this project is to address concerns raised by residents by reducing the negative effects of vehicular speeding on this roadway. The City is asking for resident input and support for this project is important.

Please share your thoughts on this project by completing an online survey. Your feedback is greatly appreciated and will help to determine overall comfort levels within the community for the proposed plan. The survey closes on September 29th, 2023. More information about the project, and the survey can be found at [Ottawa.ca/PlayfairDrive](http://Ottawa.ca/PlayfairDrive).

#### Ward 18 Environment Series Webinars – Heat Pumps and Energy Audits – October 19th and November 23rd


My office will be hosting two upcoming webinars as part of the ward 18 environment series. I am excited to announce that these webinars will be continuing after a brief summer break! Our two upcoming webinars will be in collaboration with EnviroCentre and will take place on Thursday, October 19, discussing heat pumps and Thursday, November 23, discussing energy audits. More information and links to the virtual webinars will be available on my website shortly.

#### 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.

**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)

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'S HERON HOME HARDWARE: So Long, Farewell, Auf Wiedersehen, Adieu!

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



**B**efore there were Lee Valley Tools, Rona, Home Depot, or Lowes, it was not easy to find all of the many kinds of things you need to keep your home functioning or to help with do-it-yourself projects.

Ellwood has produced many notable businesses, but none have been more beloved, not just in this neighbourhood but well beyond, than Heron Home Hardware. It was the owners – Ellwood residents, Beatrice, Bryan and Paul Davis – and their committed staff who made it the exceptional and profitable business that it was.

Heron Home Hardware was founded by the Davis family in 1962 at the corner of Bank Street and Heron Road, and daring they were – right across the street was the Goliath of hardware stores, Canadian Tire. To their credit, Heron Home Hardware survived, thrived and succeeded beyond everyone's expectations. Even when the Home Depot behemoth arrived on the scene, ending the legendary Beaver Lumber's tenure, they did not falter. What was the secret to their success? Nothing more than time-honoured personalized service and relationships built up over years and generations.

The original store (at Bank and Heron) was a jewel of a shoebox, long, narrow, low, and with a basement. It was packed tight, brimming with all kinds of interesting items that emerged as if from an old tickle trunk. A real-life ole time hardware store that wouldn't have been out of place in a 1960s sitcom like the Andy Griffith Show! There, on most days, Beatrice Davis reigned at the cash machine while all around her swirled in a hive of activity. Where questions were answered and advice given, and the sales register rang more often than the bell on Wall Street's stock exchange. Who can forget the thick, forbidding iron back door, through which most customers entered? Some years later, they expanded into half of the unit next door where all kinds of painting supplies were centred.

Items were stashed to the ceiling and packed to the gunwales with every conceivable must-have tool, whatchamacallit, thingamajig and household treasures. No one I knew ever went in there for something they needed but could not recall the name of nor quite describe or wanting to fix the strange noise that was emanating from the one they had at home without an answer. Their descriptions to the staff most often involved playing a game of charades. The staff would patiently listen and make a professional diagnosis, ending with a reassuring, "I know exactly what you mean – it's called a doohickey X-15, and I have one right here! Just put it right in the top slot and it will work just fine."

The store and business evolved over the years, from a huge manual bell-ringing cash-only register to the NCR electronic version that shot out like a mongoose and retreated like a cobra for each transaction. Then came barcodes and scanning, followed by the early computer-

ized registers, and finally fully integrated systems connected to central inventory control and every imaginable financial institution and credit card. But they did not take American Express!

The aisles in the original store were very narrow, and it was hard for two people to pass by at the same time. Ingrid and Kurt Vogel once accidentally banged their heads together quite badly in an aisle. Each profusely apologized to the other, then got chatting and exchanged some DIY tips, then phone numbers – no Facebook or texting then – and got married not long after. She joked and blamed it on a concussion! By and by, the third generation was shopping in the new spacious Heron Home Hardware location where something like this could never happen.

Peter Clive would tell me he would go into the store and spend hours discovering all kinds of fascinating things and bring home a bagful of treasures he intended to use. And he kept doing this for years. Bill Weston, an ingenious Ellwood handyman, would say, "Don't waste your time, just go down to Heron Home Hardware and they will have what you need." Terry Fenge would come all the way from Westboro and pack boxes with all kinds of items that he would take up to Northern communities. People in Hay River and other remote locations loved him for it and FirstAir always had "computer trouble" when weighing his egregious excess baggage and let it all go for free!

Paul Davis, a man of few words and a wry sense of humour, was once asked by a customer, "Do you mind if I ask you two questions?" Retorted Paul, "What is your second question?" Another time David McBride, there for over 22 years, was told by Paul Davis to "Go serve the clown in the paint section." On proceeding there, David was amused to see a real clown looking for some rollers.

The staff speak of Beatrice and Paul in glowing terms. They were caring and attentive to their employees' needs and tribulations, often even driving them home in the winter. Beatrice was soft-spoken, caring, very active and fit, and always paying attention to detail. Sadly, she passed away in May of this year, predeceased by her husband Bryan in November 2016.

Over the years, only about 25 people worked for Heron Home Hardware, many staying 15, 20, or more years, which can be attributed to the high morale there. And there were so many laughs and jokes and pranks. The customers could feel the family-like atmosphere that surrounded them like a warm glow.

A few years ago, the store moved to a much larger location at Alta Vista Drive and Bank Street, and Paul, faced with a massive hike in rent and future disruption when the Bank Street Redevelopment Plan comes to this juncture of the project, decided it was time to bring down the curtain – with a massive sale. When I visited on the last business day, the shelves were empty, voices now echoed, and the customers were all gone. Just Paul working assiduously to wrap up, and the staff reminiscing before going their separate ways. And reminisce we will too, for years to come. Farewell Heron Home Hardware! You were the best and you will be missed!



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## OUR COMMUNITY

### 'BACK TO SCHOOL' FOR THE DIOCESAN CENTRE (1969–1984): THE LIFE OF AN EXTRAORDINARY BUILDING (PART 3)

By Chris Wiebe



Steward Brand wrote in his 1994 book *How Buildings Learn*, “First we shape our buildings, then they shape us, then we shape them again – ad infinitum. Function reforms form, perpetually.” Brand’s words came to mind when the City of Ottawa announced it was purchasing the former Diocesan Centre (1243–1247 Kilborn Place) and

looking to revamp it for supportive housing. Here goes the learning curve once again, I thought. Like Alta Vista’s kids, it’s “back to school” for the Diocesan Centre as it “trains” for a new vocation, yet again.

Happily, the Diocesan Centre building has been a steady pupil over the years, and has proven talented at transformation. Since opening its doors in October 1957, it has undergone two radical reinventions and now seems poised to embrace a third. The facility’s combination of residential spaces, offices, chapel and classrooms has shown itself to be remarkably adaptable.

One of those shifts came between 1969 and 1979 when the structure – constructed and functioning as a seminary from 1957 to 1969 – was leased wholesale to the University of Ottawa to house its Faculty of Psychology and Faculty of Education. But wait, you might ask, what prompted the Seminary to shut down just 12 years after opening? There appear to be a variety of factors, including funding pressures and rapidly decelerating demand for priests due to falling church attendance. In addition, surging social change in the 1960s brought seismic shifts, including the push for a more relatable clergy. A June 1968 *Ottawa Citizen* article, for instance, explained how the Ottawa Diocese had started housing seminary students in an apartment building on Hazel Street in Ottawa East: “They are moving out of the traditional, isolated form of seminary residence life into the noisy, bustling world.”

And so seminary functions ceased at 1243–1247 Kilborn Place and the building embarked on a second vocational path. In May 1969, the

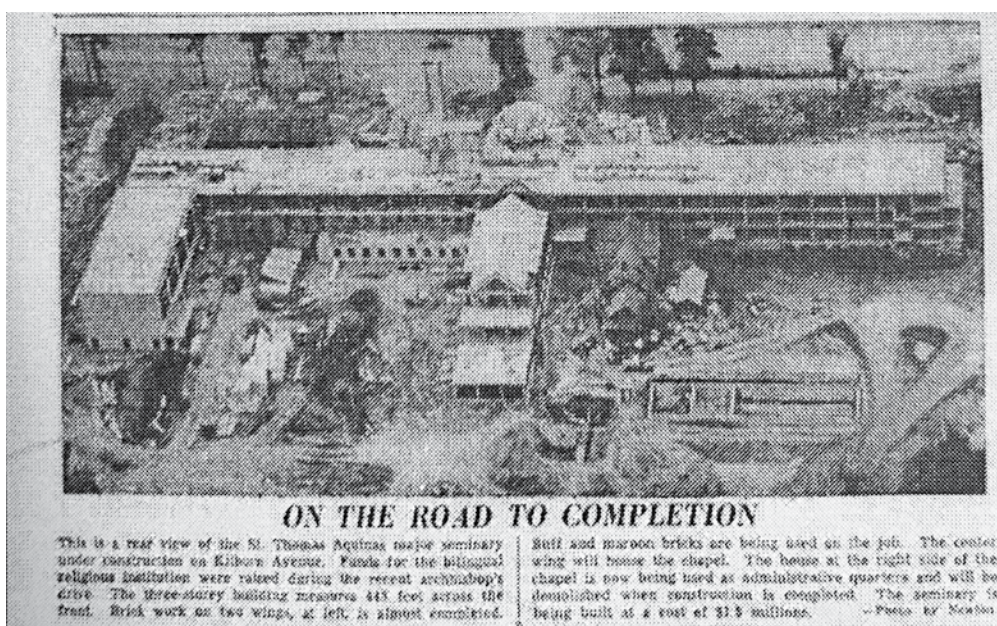
University of Ottawa began renovating the building for its education and research purposes, and by the fall of that year was hosting events like a public lecture by Dr. Samuel Laycock, “Father of the Canadian Mental Health Movement.” A skim of 1970s newspapers shows it was a vibrant place, and not just for students and faculty, abuzz with such things as curriculum conferences or public courses on teaching techniques in Eastern Europe and Asia. Indeed, last year I received a tip from an Alta Vista resident who, as an elementary-aged child, participated as a subject in educational research projects at this U of O outpost.

In 1978, the university’s new brutalist Education Building opened at its downtown campus, and the Psychology Department returned there as well. This left the former seminary building on Kilborn in limbo from 1979 to 1984. The Diocese struggled without \$206,000 in annual rent and urgently worked to sell the property. On November 18, 1981, Ottawa Archbishop Joseph Aurèle Plourde pleaded for emergency donations from the Roman Catholic community to save the Diocese from financial ruin. It was a perfect storm of skyrocketing inflation, interest rates of 20% on a \$500,000 bank loan left over from the construction, and maintenance costs for the empty building of roughly \$250 a day in taxes, insurance and utilities. Plourde had initially hoped the sale of the property would solve the problem, but after no buyer emerged for the nine-acre property valued at roughly \$4.5 million, bankruptcy loomed. “We have tried by all possible means,” he said in November 1981, “to sell or rent [the Seminary], to no avail,” though

several companies had considered the building as a nursing or senior citizens home.

A month later, after a 1981 Christmas miracle, Archbishop Plourde announced just over \$1 million had been raised – far surpassing the original goal of \$500,000 to pay off the bank loan – and financial meltdown averted. The Diocese then made the decision in November 1983 to sell its downtown offices at 256 King Edward Avenue (now the Shepherds of Good Hope) and consolidate Diocesan functions in the Seminary at the cost of \$650,000. By March 1984, work was underway converting the west wing into a residence for Sisters of Charity nuns, students and retired/convalescent priests. The second phase would see the east wing converted into office space for the Diocese and religious organizations, and the chapel a home to the Italian congregation, Madonna Della Risurrezione. The building had found a third vocation as the Diocesan Centre, one which lasted for 35 years until its closure in 2019. But what a tempestuous journey!

There’s a quote in Steward Brand’s book from British rockstar/artist Brian Eno that may help us as we ponder the former Diocesan Centre’s future: “An important aspect of design is the degree to which the object involves you in its own completion.... This is what makes old buildings interesting to me. I think that humans have a taste for things that not only show that they have been through a process of evolution, but which also show they are still a part of one. They are not dead yet.” This may help explain why flashy new buildings don’t truly grip us in the way old adapted ones do. New buildings don’t reflect the passage of time. They don’t bear testament to that endearing ability – human or otherwise – to continually respond to change, and “learn.”



Diocesan Centre under construction in September 24, 1956; photo credit: Ottawa Citizen



Education wing on the east side of the former Diocesan Centre; photo credit: Chris Weibe

## OUR COMMUNITY

### THE SPIRIT OF HALLOWEEN IS THE SPIRIT OF GIVING

By Christian McPherson

It's that time of year again when the spooks and the creeps, the ghouls and goblins, the zombies and the vampires, come out to play. Yes, it's almost time for Halloween. Chris Nantes of 2340 Orlando Avenue is a superhero teaming up with Chris(tian) McPherson of 1484 Orchard Avenue for a Halloween season of giving. This year they are combining their spooky efforts in trying to raise money and food for Ottawa's Food Bank. The Chrises are both Halloween super fans and go all out for their community. Nantes always has a jaw-dropping cast of animatronic characters cackling and howling, shaking and screaming, on his lawn. And McPherson's Lawn of the Dead is a cemetery that you will die to see (wink!). So make sure to check out these two horrifying homes and please bring some non-perishable food items and/or make a food donation using the QR code posted on their lawns.



Lawn of the Dead; photo credit: Christian McPherson



Animatronic Apparitions of the Afterlife; photo credit: Chris Nantes

## ARTS & CULTURE

### POPPINS PIT PARENT

By Sutida "May" Turcot

As autumn settles in, Ottawa's thriving community musical theatre scene is bustling with possibilities to tempt and titillate. While yours truly will not be onstage this fall, I have been cast in Orpheus Musical Theatre's production of *Mary Poppins*. My role? Pit ensemble!

No, not "pit" like a dank underarm. Not "pit" like a primitive trap for a wild animal. Not "pit" like those black things you used to see in a watermelon – an orchestra pit! So if you come to *Mary Poppins*, you will hear me, but you will not see me during the show since I will be singing from a space that is essentially under the stage. I will be adding my voice to those on stage – actors who will be trying to dance, sing and smile at the same time while not breathing too hard into the microphones taped tightly to their powder-caked cheeks.

While I am excited to be part of the pit, I am over-the-moon to be a Poppins Pit Parent. You see, my school-aged son will also be in the production, on stage, as part of the ensemble. (Aside: An ensemble member is a cast member who does not have a single principal role to play or lengthy speaking lines/singing solos, but rather helps to fill in various scenes and sings in group numbers.) Being a Poppins Pit Parent means that I will be able to support my son as he goes through his first theatre experience.

Disney's *Mary Poppins* movie was one of my first musical loves, yet I can say with conviction that the Broadway musical version is even better. There is much more character development, including through new musical numbers and rejigs of beloved songs such as "Step in Time" and "Supercalifragilisticexpialidocious." There is also an added villain in the form of Miss Andrew, Mr. Banks's former nanny.

One downside to being part of the cast (and particularly as part of the pit ensemble) is that I will never get to see the show myself. However, while you will be smiling in the audience, transported by the artistic team's vision for this magical classic, I will be smiling from my seat under the stage. At one point in the show, Bert, one of the main characters, says to the two Banks children, "All that it takes is a spark, then something as plain as a park becomes a wonderland ..." From the dark (and possibly dank, wild and seedy) pit, I will use the spark of my imagination to paint myself a vision of a wonderland full of smiles on stage and off.

Other VISTAS neighbours who are involved in Orpheus's *Mary Poppins* are Alison Foley (Miss Lark) and Laura Walker (Stage Manager). Stay tuned for a follow-up article in the November edition!

*Mary Poppins Performances: November 17–26 at Meridian Theatres @ Centrepointe – Tuesday through Saturday (7:30 p.m.) and Sunday matinees (2 p.m.). For more information visit [www.orpheusmusicaltheatre.ca](http://www.orpheusmusicaltheatre.ca) or call the box office at 613-580-2700.*

*Sweeney Todd and Chicago: Check out these other musicals as well and support VISTAS-area-associated productions. Paper Moon Theatre's Sweeney Todd: The Demon Barber of Fleet Street runs October 7–15 at Algonquin Commons Theatre. Visit: [www.papermoontheatre.ca](http://www.papermoontheatre.ca). Lost Baggage Musical Theatre's Chicago runs October 27–29 at Arts Court Theatre.*

## ARTS & CULTURE

### ART LENDING OF OTTAWA:

#### Five new artists at our September show

By Christine Osborne, Artist and member of ALO

As the lazy days of summer give way to the hustle and bustle of the fall and nature shifts colours from vibrant green to warm ambers and rustic reds, we often think of changing our home environment to match. We start to put away the patio furniture and look once more indoors. A new piece of artwork in a home or office can help signify a new beginning or a renewal of focus as we take aim at the new school year or the final push in that crucial fourth quarter.

Visit Art Lending of Ottawa to find that new piece to reinvigorate your home or office. ALO held its fall show on Saturday, September 23, at the RA Centre on Riverside Drive. Here you were able to explore juried works by 40 local artists at great prices. If you are unsure about committing to a piece of art, or you prefer to change your decor seasonally, renting is an easy option.

This year Art Lending of Ottawa has welcomed five new artists to our group, each with a variety of styles sure to be of interest.

**Yeti Kim** sees art as a way to transcend age, race, language and gender. Yeti sees art as a way to help communicate with people, especially for those who came to Canada from other cultures. Their art captures moments in life, scenes in their neighbourhood, gestures of people and nature itself. Yeti paints in watercolour, acrylic and oils.

**Sarah Bradfield** is a landscape artist who draws inspiration from the many diverse landscapes across Canada. Sarah's work has been shown

across Northern Canada both on murals and in an art show in Yellowknife. Sarah spent eight years living in the Northwest Territories and has drawn inspiration from its beautiful landscapes.

**S. Gordon Harwood** is a self-taught artist fascinated by impressionist work and abstract impressionism. Gordon considers himself a colourist who uses the brush and palette knife as an extension of his hands to express his emotional state. His motto is, "Ask yourself not what it is, ask yourself how it makes you feel."

**Louise Lemaire** is a self-taught artist and a retired civil servant from Ottawa (originally from Deep River). Louise prefers to paint whatever comes to mind at the moment. For her, it is important to be able to express her variety of styles, themes and techniques. Her mission is to continue to put on canvas her perspective of shapes, colour and imagination to entice the viewer to wonder how, feel captivated, and to love what they see.

**Bryce Ritchie** is a young artist born and raised in Carleton Place. Rediscovering painting during the pandemic, he has been making art ever since. A full-time welder by trade, he hopes to one day turn his passion for painting into a full-time job. Bryce creates bright and colourful abstract art, as well as experimenting with pop art styles.



Salon wall at recent Art Lending show; photo by Renate Hulley

If you missed our September show, be sure to visit the Art Lending of Ottawa's holiday show on December 16 to see the work of these exciting new members plus many more. Admission and parking are free. Visit [www.artlendingofottawa.ca](http://www.artlendingofottawa.ca) to browse our gallery and more.

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## ARTS &amp; CULTURE

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

By Tony Wohlfarth



This month, I review a very funny feature length film and take you to the City Folk and Edinburgh International Fringe festivals.

### *Are You There God? It's Me, Margaret*

The best-selling book by Judy Blume has been adapted into a hilarious film of the same name, available to rent in our community.

The year is 1970, and 12-year-old Margaret Simons returns from summer camp to her cramped New York City apartment. Margaret learns that she and her family are moving to New Jersey – a short train ride away. Early in the film, she blurts out one of her funniest prayers: “Lord, don’t let New Jersey be too horrible.”

Her fears quickly disappear when she is drafted into a girls club and discovers the dos and don’ts of her new school. The foursome set out to conquer puberty together, in a series of twists and turns that had me in stitches.

Margaret’s mother is played by the incomparable Rachel McAdams. Kathy Bates rounds out the cast as Margaret’s doting Jewish grandma. The real star in this one is Abby Ryder Fortson as Margaret.



Rachel McAdams, left, and Abby Ryder Fortson in “Are You There God? It’s Me, Margaret.”  
Photo credit: Dana Hawley/Lionsgate

*Are You There God? It’s Me, Margaret* is directed by 43-year-old Kelly Fremon Craig, who began her career as a sketch comedian. The running time is one hour 46 minutes. It’s fantastic entertainment, good for the entire family.

### How can I see *Are You There God? It’s Me, Margaret*

*Are You There God? It’s Me, Margaret* is available to rent from Movies’n Stuff, 1787 Kilborn Avenue in Alta Vista. Call Peter today at 613-738-1607 to reserve your copy.

### @ NAC (1 Elgin Street)

This month, the NAC has a dazzling array of live music. Here are a few highlights:

- October 5 – London, Ontario singer/songwriter Ken Yates;
- October 11 – British-born sitar player Anoushka Shankar;
- October 12 – Quebec’s Gabrielle Shonk;
- October 13 – the incomparable Lyle Lovett and Leo Kottke;
- October 21– blues legend Sue Foley and songs from her new CD *Live in Austin*;
- October 22 – the popular children’s entertainer Raffi;
- October 26 – Nova Scotia’s own Jenn Grant;

- October 27 – Montreal’s Dominique Fils-Aime; and
- October 28 – Muskoka-born artist Hawksley Workman.

Tickets and showtimes at: [www.nac-cna.ca](http://www.nac-cna.ca)

### @ Bronson Centre (211 Bronson Avenue)

Dan Mangan plays the Bronson Centre along with special guest Aysanabee as part of his Going Somewhere Tour on October 27. Tickets at: [www.ticketweb.ca/event/dan-mangan-aysanabee-bronson-centre-theatre-tickets/13115935?pl=spectrasonic](http://www.ticketweb.ca/event/dan-mangan-aysanabee-bronson-centre-theatre-tickets/13115935?pl=spectrasonic).

### City Folk Festival

City Folk kicked off on September 13 at Lansdowne Park with a music legend, Iggy Pop. The highlight for me was on the 14th when Hamilton’s Arkells (pictured below) took the stage. They called up to the stage Jordan Gauthier, who builds their drums and was married on September 16. Jordan and his fiancé, Emily Boyle, danced on stage.



Photo credit: Serena Yang

Allison Russell (pictured here) performed a moving set, as did Hozier, who closed the five-day festival.



Photo credit: Greg Kolz



## ARTS & CULTURE

### @ Red Bird Live (1165 Bank Street)

This month, in Old Ottawa South you can catch a number of great acts:

- October 6 – Charm of Finches from Australia;
- October 7 – Katie Cruel and Jenny Leger; and
- October 14 – Graham Greer and Tracy Lalonde.

For tickets and more information, check out [www.redbirdlive.ca](http://www.redbirdlive.ca).

### Out of Town

**Edinburgh International Fringe Festival:** The festival wrapped up on August 28. Two shows stood out from an abundance of emerging talent.

- **Fool's Gold:** Saskia Thompson takes audiences on an entertaining journey to explore what makes us happy. The satirical rant asks us to reflect on policies to reduce inequality in society, using BINGO cards to get audience engagement. A thoughtful and interactive exercise which made me want more.
- **Truly, Madly, Baldly:** The debut play by Sam MacGregor addresses the delicate issue of alopecia. Two balding men star in a playful dialogue on what it means to go bald (pictured right). A barrel of laughs about a subject which unites men and women.



Photo credit: Sam MacGregor

**London Podcast Festival:** This source of exceptional content is available for streaming in North America: [kingsplace.co.uk/whats-on/London-podcast-festival](http://kingsplace.co.uk/whats-on/London-podcast-festival).

**Cowboy Junkies:** Fans can see them live at the Grand Theatre, 218 Princess Street in Kingston on October 4. Tickets at: [www.kingstongrand.ca/events/cowboy-junkies-2023](http://www.kingstongrand.ca/events/cowboy-junkies-2023).

**Folk Music Ontario (FMO):** The annual conference for Folk Music Ontario takes place October 12–15 at the Hilton Hotel in London, Ontario. Each evening, FMO offers showcases for artists to perform live. Tickets are available at: [folkmusicontario.org/2023-showcase-artists](http://folkmusicontario.org/2023-showcase-artists).

*Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He attended City Folk Festival 2023 courtesy of the Festival and was accredited media at The Edinburgh Fringe Festival in August.*



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## ARTS & CULTURE

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## NEW OPERA LYRA ANNOUNCES ITS SECOND SEASON!

By Nadine Dawson

New Opera Lyra is thrilled to announce the 2023–24 season. Three operas take centre stage, all of them the labour of love of composer-in-residence, Andrew Ager.

On October 27 and 28 at St. Andrew's Presbyterian Church, audiences will be treated to the world-premiere of *The Mummy*, the third opera in Ager's *Gothic Trilogy*. Anyone who attended either *Frankenstein – The Opera* or *Dracula – The Opera* will know that *The Mummy* is an event not to be missed. The story involves revenge of the supernatural sort when an ancient Egyptian King is removed from his resting place and thereby separated from his beloved Queen. Mathew Larkin conducts and Mitchell Gillett directs Dylan Wright as the Mummy, Iain Macpherson as the Egyptologist, Doreen Claxton Taylor as his wife, Margaret, Irina Medvedeva as their daughter, Laura, and Carmen Harris as the Pharaoh Queen. To add to the fun, the audience is invited to get into the Halloween spirit by dressing in costume.

On December 9, the comic-opera *Scrooge's Christmas* will be presented at Rideau Park United Church. Come experience the antics of Ebenezer Scrooge in this fully-staged reprise of Ager's adaptation of the classic tale, as told by some of Ottawa's finest singers. It promises, "Spooky spirits, Christmas Cheer, Merriment and Laughter ... Bah, Humbug!"



On April 19 and 20, opera lovers are invited

*Opera Lyra's composer-in-residence, Andrew Ager; photo by Peter Polgar*

to the world-premiere of *The Great Gatsby* at Southminster United Church. Based on the American novel of the same name by F. Scott Fitzgerald, and directed by New Opera Lyra's Artistic Director, Suzanne Bassett, Ager's latest opera follows Jay Gatsby, a man who has everything – except love and happiness. Alas! Even with his great wealth, he cannot control his fate ...

And there's more! On June 1st, opera lovers are invited to attend New Opera Lyra's *Closing Gala* at Southminster United Church. Join Ottawa's Ewashko Singers under the direction of Laurence Ewashko for an afternoon of music from some of the best-loved operas of all time, with new instrumental arrangements by Andrew Ager. Furthermore, audience members are invited to sing along to several of the well-known choruses and arias. No auditions necessary!

And on October 14 at First Unitarian Congregation, New Opera Lyra co-produces the *National Capital Opera Competition*. Six finalists compete, and the audience gets to enjoy an afternoon of splendid music, all while supporting Canada's opera stars of the future.

Finally, New Opera Lyra introduces *Sundays@Four*, a series of one-hour concerts featuring rising Canadian artists such as soprano Ania Heinar (November 19) and tenor Adam Sperry (January 14). Held at Rideau Park United Church, these pay-as-you-can concerts are the perfect way to spend an afternoon – or to introduce a friend or young person in your life to the joys of opera.

Ottawa audiences are in for an exciting year of operatic adventures!

For tickets, or more information on New Opera Lyra's 2023–24 season, please visit [newoperalyra.ca](http://newoperalyra.ca). Tickets are available at [newoperalyra.eventbrite.ca](http://newoperalyra.eventbrite.ca).

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# OUR ENVIRONMENT

## FRIENDS OF PLEASANT PARK WOODS

*By the AVCA Greenspace Stewardship Committee*

Did you know that after nearly 80 years of public service in Canada, Smokey the Bear was retired? Generations of Canadians are familiar with the iconic bear who always wore a ranger hat and taught us about fire safety. Smokey the legendary mascot was created August 9, 1944, in a collaborative effort between the U.S. Forest Service and the U.S. Advertising Council. Artist Albert Staehle painted the first poster of Smokey the Bear. In 1947 Smokey's slogan, "Only YOU Can Prevent Forest Fires," was created for educational materials to promote fire prevention. This tagline was used up until 2001. Smokey the Bear was so popular, and so many people would write to him that, in 1964, the U.S. Postal System gave him his own zip code (Washington D.C. 20252)!



FireSmart Canada is founded over 20 years ago to address concerns about wildfires. In 2020, FireSmart decided that while Canadians were familiar with Smokey the Bear, there were several reasons to make a modern approach change. A more animated character would better serve the prevention education message. So a national contest was held to determine their new mascot's name. There were more than 500 submissions and the winning entry came from Arlene Steward of Swansea Point, B.C. In March 2021, Ember the Fox was introduced. Ember is described as "alert, adaptable, intelligent and community minded." Check out Ember and her activities at [www.firesmartcanada.ca](http://www.firesmartcanada.ca).

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While you will never find Smokey the Bear taking a walk in Pleasant Park Woods, we hope he is enjoying his retirement. Enjoy your time in our woods and think about fire prevention and all that Smokey taught us. Please protect our forest.



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"Thanksgiving Day is a good day to recommit our energies to giving thanks and just giving." - Amy Grant

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		<hr style="border: 0.5px solid #ccc;"/> <p style="font-size: 0.8em;">Keep your yard free of branches, leaves and other things that can burn.</p> <hr style="border: 0.5px solid #ccc;"/>
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# OUR COMMUNITY

## 2332 MAJOR E.J.G. HOLLAND VC RCACC CELEBRATES 75TH ANNUAL CEREMONIAL REVIEW

**Honoring Tradition, Inspiring Tomorrow's Leaders**

*By Cadet Solianna Wubetu and Lt Anh-Thu Dang*

*Photo credits: Rogelio Baggayan*

The 2332 Major E.J.G. Holland VC Royal Canadian Army Cadet Corps (RCACC) celebrated a significant milestone as they celebrated their 75th Annual Ceremonial Review on June 3, 2023. The Annual Ceremonial Review is a time-honoured tradition where the cadets showcase their achievements, demonstrate their skills, and celebrate their growth throughout the year. This year's ACR was especially significant as it commemorated 75 years of excellence and service to the community.

Since its establishment in 1948, the 2332 RCACC has played an integral role in shaping the lives of countless youth in our community. Through its comprehensive training programs, cadets learn valuable life skills, teamwork, and a strong sense of citizenship.

Our cadets had an early morning as they arrived ahead of time to get ready for the parade. They were excited to showcase everything they had learned during the year. Cadet Solianna Wubetu, a first-year cadet, was a bit unsure when she first joined the program. However, as the year went on, she participated in the drill team and flag party, and now she is glad that she joined.



*Reviewing Officer Major-General Martin Gros-Jean is guided by MWO Gabriel Diaz during the inspection of cadets on parade.*

the 33 Service Battalion, 33 Signals Regiment, and Royal Canadian Dragoons, showed their support for our cadets. The ACR featured a series of static displays that showcased our history, as well as highlighted training activities like marksmanship and biathlon. The Master of Ceremonies for the parade was MCpl Joeanita Chahwan.

*Continued on page 21*



*The Flag Party, led by Flag Party Commander MWO Munir Farah, stands on parade for the Annual Ceremonial Review.*

The Honourable MP David McGuinty, who has been attending our ACR for the past 20 years, expressed his heartfelt congratulations, "Congratulations to all the cadets! Thank you for your commitment, discipline and dedication. These cadets are the very best of our country and the next generation on whose shoulders we will all stand."

The Reviewing Officer was Major-General Martin Gros-Jean, CD Chief of Staff for the Assistant Deputy Minister of Infrastructure and Environment and the Chief Military Engineer. Community members, parents, alumni and political leaders attended the event to celebrate the cadets' successes and achievements this year. Representatives from our affiliated units, including



*MP David McGuinty and Commanding Officer Major Patricia Bonacci participate in the inspection of cadets on parade.*

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## OUR COMMUNITY

During the ceremony, several awards and commendations were presented to cadets who exhibited exceptional performance, leadership and community involvement. Lord Strathcona, one of the highest awards that can be granted to a cadet, was awarded by Major-General Gros-Jean to MWO Godwin Bundu.

Reviewing Officer, Major-General Gros-Jean, had this to say during his speech, “As a former cadet myself, I am truly honoured to be here today as your reviewing officer for this ACR. The Cadet Program holds a special place in our nation’s heart. For over a century, it has shaped the lives of countless youth, instilling in them values of leadership, teamwork, discipline and service.”

This summer our cadets headed off to summer camp, participating in training programs such as expedition and marksmanship. They are back in the fall to celebrate our 75th Anniversary in November.

Major Patricia Bonacci, Commanding Officer, expressed her pride and gratitude for the cadets. “I am very proud of our cadets. This past year has been filled with countless accomplishments and memories that will be cherished for a lifetime. I wish all the cadets a wonderful summer and look forward to seeing them back in September for our welcome back BBQ.”

Programs like these, where cadets learn and apply the principles of leadership, teamwork and discipline are offered at Cadets Canada. The FREE Army Cadets Program is open to youth between the ages of 12–18 and is offered at 2100 Walkley Rd. Check out our website [2332cadets.ca](http://2332cadets.ca) for more information.



Major-General Martin Gros-Jean presents MWO Godwin Bundu with the prestigious Lord Strathcona Medal, the highest award.

## OUR ENVIRONMENT

### PHOTOS BY ELLWOOD'S GARY HOWARD



**Male Wild Turkey:** Wild turkeys are ground feeders and will eat grass, seeds, berries and insects, as well as ticks, worms, snails and slugs, frogs and small reptiles. They have a four-foot wingspan and are strong fliers over short distances.



**Turkey Vulture:** Turkey vultures are scavengers eating dead animals wherever they can spot them. They have very sharp eyes and can spot a dead animal from up to five kilometres away.

Not only do they have great eyesight but they also have an extraordinary sense of smell. They are known to swoop down just on top of the forest canopy to smell out a carcass. Turkey Vultures have a five-foot wingspan and are often mistaken for eagles; the telltale sign that it is a Turkey Vulture is the V-shape of the wings while gliding.

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# FAITH NEWS



Another child's gasp warned me of the sting before my teacher's long fingers struck my backside. While my tears had started long before the teacher bent me over her knee, I could not hold back the sobs when the blow burned my young skin.

Despite my pain and bewilderment about this punishment, the second smack followed, triggering a domino of terrified weeping as my classmates witnessed my demise. No one would ever mark a library book again in this kindergarten class. That was certain.

After the third wallop, my teacher pointed to the classroom door, barking, "Go sit on the floor out there and think about what you did!"

Not wanting to further distress my tender flesh, I chose a rare act of defiance and stood near the door instead. I was already in trouble. What more could she do?

I mopped my eyes and nose with the tail of my dress, knowing my mom would not like that mess one little bit. But the tears and snot were still streaming, and I had no other drying method.

Think about what I did.

The excitement of holding one of the library books our teacher borrowed had caused my heart to dance. While I owned packed shelves at home, my books had soft covers or belonged to a set that steadily grew with our monthly subscription. But these were library books! They had sturdy covers bound in plastic. They even smelled like a library even though they were in our classroom.

I had chosen an animal book. Nonfiction, my teacher had labelled it. Each page featured an animal I imagined might only be found in a zoo. Our island town near the ocean did not have ostriches, giraffes or elephants. We mostly had seagulls, fish and dogs, with an occasional bear sighting on the side of the road or a moose stopping traffic. The animals in this book were almost mythical, their images filling me with delight.

Until I turned the page to find a huge snake coiled there, its head raised, forked tongue out, staring at me with one evil eye. It reminded me of the serpent in the story my mom read to me many times before bed. It was his fault that Adam and Eve had to leave their beautiful garden home. That snake ruined everything!

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Tuesday, Oct 31  
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**BIBLE STUDY (In-person)**  
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**CHRISTMAS BAZAAR**  
Saturday, Nov 18  
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VISTAS welcomes articles or advertisements for FAITH NEWS from any and all of the diverse faith groups within the community. Please submit articles to [editor@vistas-news.ca](mailto:editor@vistas-news.ca), and advertisements to [advertising@vistas-news.ca](mailto:advertising@vistas-news.ca).

# FAITH NEWS

I grabbed a fat pencil from a nearby table and coloured that snake's head, scribbling with firm strokes. Snakes were evil, and this one was no exception.

Unfortunately, my teacher did not support my vigilante attempt. She loudly and sternly reminded me that we should NEVER mark on library books. As a child who always followed the rules and took it upon herself to let the teacher know when others broke them, this reprimand was punishment enough. I immediately burst into tears, rendering my blubbing explanation impossible to understand. I do not think it would have mattered. A snake caused Adam and Eve's punishment, and one was doing the same to me.

As a result of my hallway reflection, my fear and humiliation changed to righteous anger. I had clearly done nothing wrong! The snake made me do it.

When Mom discovered me outside the kindergarten room, she did not accept my justified explanation any more than my teacher would have. Instead, she believed two punishments were better than one ...

Reflecting on this incident, one of my earliest memories, my grown-up brain recognizes that I broke a rule, so I had to be punished. The severity of the teacher's response aside, I deserved a consequence.

How incredible it would have been if one of my classmates had offered to take my spanking for me; maybe a young boy with more padding on his backside rather than my thin dress! But no, my knight in shining armour did not show up that day.

However, a saviour had already atoned for that sin thousands of years earlier. That was another story my mother regularly shared with me. Jesus, the Son of God, came to earth as a human baby and later died to provide salvation for anyone who believes.

But many people do not see the need for a saviour. They live good lives. They do not break the Ten Commandments. They are kind, loving and generous. When they break a rule, they can justify their actions like my five-year-old self did, sometimes blaming their errant ways on someone else (the snake!). Believers will even use their sinful human nature as an excuse to avoid admitting they have done wrong.

While marking a library book may not be considered a sin, I remember other incidents in the same period when I lied, stole and deceived. I was five! No matter how shiny we think our Goody-Two-Shoes persona appears, we all fall short of godliness. "Nobody's perfect," we tend to say. It is for that reason that Jesus came and died for us. He was perfect and, therefore, the only One able to take our punishment for sin.

Have you asked Jesus to forgive you for the wrongs you have done? Are you through blaming the snake, making excuses, and justifying actions that are not Christlike? God does not believe that two punishments are better than one. He lovingly stands with open arms, waiting to welcome His child home.

*Valda Goudie is a teacher and author of the **Tickle Me with a Crowbar!** series (available on Amazon and Kobo.com). Visit [valsstage.com](http://valsstage.com) and download Book 1 for free.*

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# JUST GOOD ADVICE

## THE GARDEN GATE

By Patricia Mosher

### Feature: Ten small trees with beautiful fall colour

The beauty of fall colours in Ottawa during October holds a special place in my heart. It's a breathtaking reminder of nature's artistry, where streets and parks become vibrant canvases painted in golden hues. The

sight of maple trees ablaze, the gentle flutter of golden birch leaves, and the rustling sound of crisp foliage underfoot always evoke a sense of nostalgia in me. However, for those who crave the beauty of fall foliage in their yard without the towering height of larger trees, here are some wonderful options to consider (most maturing at 20–25' tall).

1. **Serviceberry** – a versatile small tree known for its delicate white spring flowers and edible berries; by October, the leaves morph into a brilliant reddish orange.

2. **Crimson Cloud Hawthorn** – this stunning hawthorn variety is perfect for accent gardens; showy, fragrant spring flowers give way to small berries and orange foliage in fall.

3. **Hanna's Heart Katsura** – the narrow stature of this tree is a good fit for city gardens and features distinctive heart-shaped leaves which turn a sweet apricot colour in autumn.



Hanna's Heart Katsura

4. **Redbud** – a deciduous tree prized for its showy pink or lavender blossoms in early spring but can also be appreciated in fall for its parade of orange-bronze foliage.
5. **Japanese Maple** – while not native to North America, Japanese Maples are beloved for their striking foliage, including fall when summer leaves transition from burgundy wine to flaming red.
6. **Spring Snow Crabapple** – although not as renowned for its fall colour as for its spring blossoms, its leaves turn shades of yellow and orange in October.
7. **Russian Mountain Ash** – the pyramidal shape makes this tree ideal for smaller yards; the large red berries are a treat for birds while the rusty orange fall foliage adds dimension to the autumn colour palette.
8. **Pagoda Dogwood** – branches spread out in horizontal tiers akin to the graceful eaves of a pagoda; dark green leaves give way to an outstanding reddish-purple in autumn.
9. **Purple Smoke Tree** – is known for its unique, cloud-like clusters of flowers that resemble puffs of smoke but, come fall, the rich red foliage becomes the main attraction.
10. **Crimson Sentry Maple** – if you're looking for a smaller-sized maple tree, look no further; bright red spring leaves transition to deep maroon by late October.

While the above list features both native and non-native options for fall colour, next month I will focus exclusively on Ontario native options.

### Plant of the month: Hanna's Heart Katsura

The Hanna's Heart Katsura cultivar is a delightful ornamental tree, cherished for its heart-shaped leaves and exceptional fall foliage, making it a wonderful option for Alta Vista gardeners. While native to Japan and Eastern Asia, this deciduous tree is certainly hardy enough to survive Ottawa winters.

The leaves emerge in spring with an unusual reddish-purple hue, transition to green in the summer, and then turn stunning shades of yellow, apricot or orange in the fall, providing a year-round visual treat.



Hanna's Heart Katsura

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Hanna's Heart is a moderate-sized tree, making it ideal for smaller gardens or as a focal point in larger yards. It can be expected to grow to about 20' tall, producing a canopy of only 8-9' wide. Additionally, Katsuras have a reputation for both their adaptability to various soil types and low maintenance requirements.

A lesser-known feature of the Hanna's Heart Katsura variety is the sweet fragrance emitted in the fall, reminiscent of cotton candy or caramel, adding a sensory delight to the autumn experience.


### October gardening

Fall is definitely in the air, so this is the month to start gearing down the garden for cooler weather. Here are a few suggestions to help you switch gears:

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



*The Garden Gate is a monthly feature about all things gardening. Opinions are the author's own. If you have ideas for upcoming features or want to share your thoughts about this month's article, please contact Patricia Mosher 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.*



## AVCA Notice of Annual General Meeting

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- Hear a recap of the AVCA's activities over the last year.
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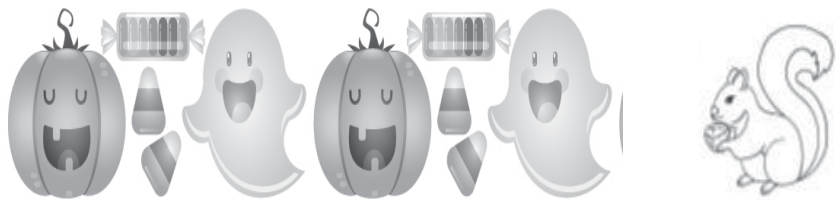
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## JUST GOOD ADVICE



### OVERNIGHT OATS: A MORNING GO-TO

By Heather Bonas, RHN

We've heard for years that breakfast is the most important meal of the day, and I believe that wholeheartedly. It's also my favourite meal of the day. Like most people though, it can be a hectic time of the day, so for me being organized and prepared is how I win at breakfast. My answer is overnight oats, and here's why they are my morning go-to:

- 1) I can prep them on Sunday for the entire week;
- 2) They travel well;
- 3) They work well with our climate.

#### Blueberry & Lemon Overnight Oats

Ingredient	Benefit
½ cup oats (quick, minute, old fashion)	Slow burning carbohydrate, rich in fibre and protein
1 TBSP chia seeds or ground flax	Chia – helps with insulin resistance Flax – helps with digestion
Pinch of salt	Allows absorption of nutrients into your cells
⅓ c plain yogurt (or try a plant-based one for fun)	Yogurts are full of probiotics because of the fermentation process they go through. These probiotics improve your gut health, which improves your immune system.
1 TBSP lemon juice	High in Vitamin C, helps strengthen your immune system
½ tsp vanilla extract	Anti-inflammatory
⅔ c unsweetened almond milk	Has no lactose so is perfect for someone with a dairy allergy
1 TBSP honey or maple syrup	Honey and maple syrup – rich with antioxidants
½ cup (or more) frozen or fresh blueberries	One of the best antioxidants (Antioxidants protect your body from free radicals that damage your cells.)

Grab some jars, any jar will do. I like ½ c mason jars because they're all the same size. Mix up the above recipe and divide evenly between jars. Toss in the fridge for a quick and easy breakfast or snack. They travel well in a lunch box or in the back of your car during the winter. Make sure you have a spoon with you – they really are an excellent way to start your day. If this recipe doesn't appeal to you, there are many others on the internet.

I often hear some people say, "I don't have time to prep meals." I challenge those people to find the "screen time" setting on their phone, which keeps a record of time spent scrolling Facebook or watching videos, and then convince me they don't have 30 minutes to make five breakfasts for the week.

Heather Bonas is a Registered Holistic Nutritionist (RHN). In this column, she provides practical advice about nutrition and answers questions about health and wellness through the lens of a nutritionist. As always, she would love to hear your comments and feedback: [heatherbonas@gmail.com](mailto:heatherbonas@gmail.com).



# SCHOOL NEWS

## MR. PRETTY HAD GREAT IMPACT ON MUSIC STUDENTS IN ALTA VISTA SCHOOLS

*Continued from page 1*

Mr. Pretty's first goal was to support the busy music teacher by taking over the administration of the music library in the classroom. The next goal was to create an opportunity for younger students in grades 4-6 to learn a musical instrument in a band setting. He started the Junior Brass Band, supported by supervising volunteer teachers from the junior grades, to give this enriching experience to children who would not likely have the opportunity for private lessons. This Junior Brass Band acted as a "feeder group" for the grade 7 and grade 8 concert bands and Jazz Band, which Mr. Pretty also supported in critical ways. His grade 4-6 band exposed the children who were interested in learning a trumpet, trombone, baritone, euphonium or tuba to reading music, attending weekly rehearsals with their bandmates, and daily individual practice. Mr. Pretty's philosophy was simply to leave no child behind. He made a concerted effort to include all children who were interested in music but was especially thoughtful with children who might have felt shy or excluded on the playground at recess. Mr. Pretty insisted on punctuality, good listening skills and manners, and he balanced high expectations with huge amounts of encouragement and humour. The children learned more than music in Junior Brass Band and Jazz Band, that is for sure! Those who participated learned the many lessons that music has to offer - discipline, perseverance, cooperation, teamwork, punctuality, overcoming performance anxiety, and going the extra mile.

Mr. Pretty not only had a great impact on the students but also on the staff! Mr. Pretty would lift the spirits of busy, overtaxed teachers, principals and custodians by greeting them with a smile and asking if they had heard the one about ... there was always a joke and a laugh to brighten the day.

Most lessons are best learned by doing or by example. "It is better to give than to receive" was shown to be true, as Mr. Pretty was always very energized and happy in his work as a volunteer. Self-discipline, and being proactive and resilient were modelled very effectively, as Mr. Pretty suffered from some serious health issues but subsequently changed his diet and walked or rode the bus everywhere. His dedication and commitment were legendary. He even showed up for a rehearsal with a newly-treated broken wrist.

Throughout all his years of volunteering, Mr. Petty was ever humble and always happy to help in any endeavour, including concert time set up and take down. His work ethic, discipline, patriotism, values and sense of humour were a fine example to the students, and they took notice! One young student, Sarah, upon hearing Mr. Pretty speak about the importance of the trumpet at the Remembrance Day ceremony, as well as at funerals for Veterans, raised her hand and asked if she could have the honour of playing trumpet at his funeral! Harold is now in his 80s, and he still chuckles fondly as he remembers all the students whose lives he has touched over the years. He receives emails and invitations to coffee, to award ceremonies, to graduations, and to weddings of former students. His legacy is enormous. It is wonderful that he received this provincial recognition from the Ontario Teachers Federation, something he never sought but so richly deserves!

*Catherine Wilcox taught music at Featherston Drive Public School from 1993 to 2013; she is the teacher Mr. Pretty first approached to offer help with the music library. Ms. Wilcox nominated Mr. Pretty for the OTF Special Recognition Award.*



*Harold Petty, dedicated education volunteer and proud provincial award recipient for his 17-plus years supporting the music education of hundreds of students, with nominating music teacher Catherine Wilcox. Photo credit: Marilyn Trudel*

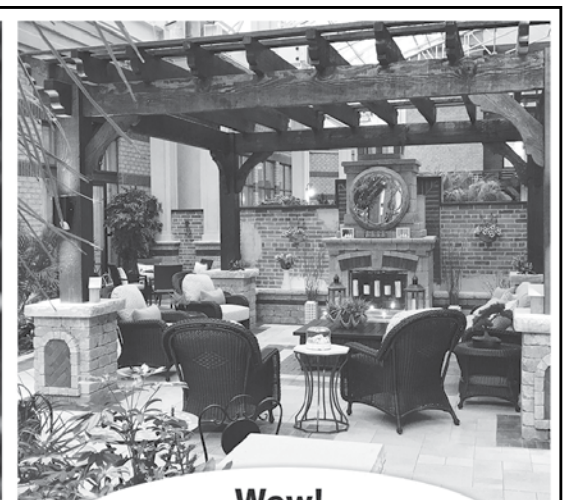
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## HEALTH & FITNESS

### ANKLE SPRAINS ARE A COMMON SPORTS INJURY

*By Susan Reive PT, Ottawa Physiotherapy and Sports Clinic in the Glebe*

September is associated with back to school and with that, the start of many sports like football, running and soccer. Unfortunately, some people will suffer a sports injury. Ankle sprains are one of the most common injuries; they comprise 14 per cent of all sports-related injuries and 50 per cent of soccer injuries. Early treatment ensures a better outcome. Indeed, physiotherapy helps guide the healing process to facilitate a better recovery and prevent re-injury.

The most common mechanism of injury is rolling over on the outside of the ankle, which sprains the lateral ligament complex. Athletes will often sprain the ligament when landing from a jump, especially when landing on another player's foot.

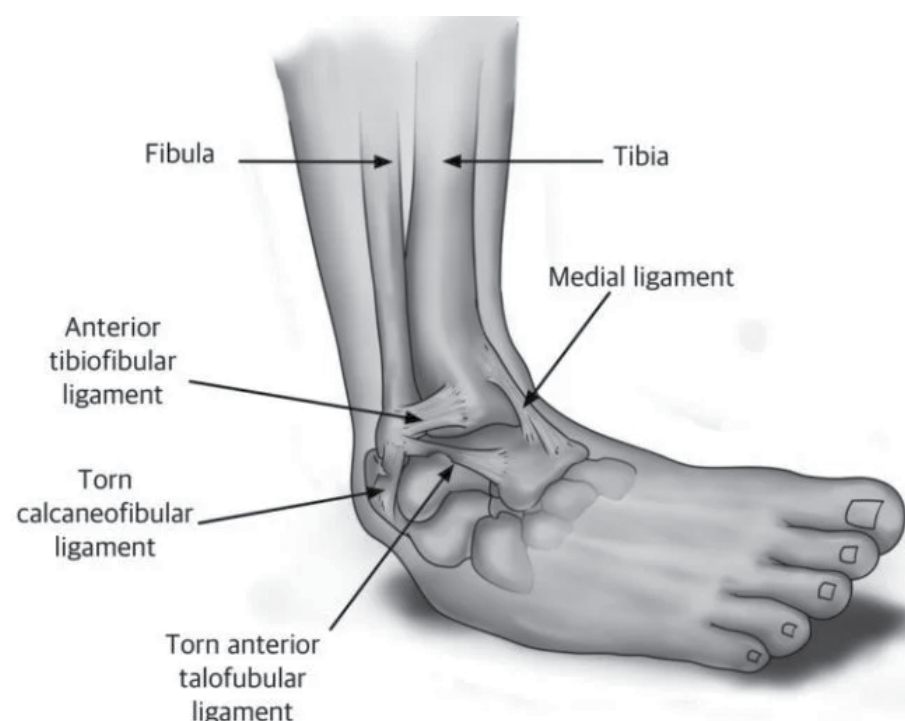


Image from complete-physio.co.uk/wp-content/uploads/2023/04/image1-1.png

There are three grades of ligament sprain. Patients with a grade one sprain have micro-tearing of the lateral ligament and will usually be able to weight bear after the injury. Grade two ligament sprains are accompanied by more swelling and visible bruising as the ligament fibres are more torn and there is instability of the ankle. Weight bearing is painful, and patients will usually hop off the field or court and may require crutches for a few days. Grade three tears are significant with marked instability. They cannot bear weight and require crutches. Initially, ankle mobility is greatly reduced due to pain. An X-ray should be taken if there is marked pain and the patient cannot walk four steps immediately following the injury. With some ankle sprains, the torn ligament can pull a small chip of bone off its attachment; this is known as an avulsion fracture and will usually appear on X-ray.

Treatment varies depending on the grade of ligament sprain and the stage of healing. In the acute inflammatory phase, the RICE method (Rest, Ice, Compression, Elevation) is employed. Taping and bracing are important to provide stability and prevent re-injury. Grade three sprains and severe grade two sprains require an air cast to immobilize and allow healing of the torn ligament. Moreover, crutches are used for protection when weight bearing. People often ask if they should be walking on a sprained ankle. I advise people to listen to their body; if it hurts to fully weight bear, then use crutches or a cane to reduce the load on the injured ankle. Specific active movement is begun in the first week and is progressed to resisted strengthening exercises. Weight bearing is progressed as able. Eventually balance drills, hopping and running are given, usually around the fourth week, for grade two sprains. Return to sport should be gradual and use of a brace is recommended.

Grade one ankle sprains resolve fairly quickly, usually in one to three weeks. Grade two sprains take four to six weeks, and grade 3 sprains require a few months. The body has stages of healing that dictate recovery. Scar tissue only starts to be laid down in the second week after an injury and is not strong until four to six weeks post-injury.

The goals of physiotherapy are to produce strong yet extensible scar tissue, regain normal strength and balance, and ultimately resume sporting activities without pain or dysfunction.



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## HEALTH & FITNESS

### HOW DO YOU GET HELP FOR SOMEONE WITH MENTAL ILLNESS?: PART 2

By Dr. Sarah Chan



Last month, I talked about how to get someone who does not want psychiatric care seen by a physician or psychiatrist even if against that person's will. This does not mean a patient will get treatment, but if appropriate, a completed Form 1 gives a psychiatrist up to three days to assess the need for treatment and a longer stay in hospital. This article picks up from here.

After the 72 hours specified in Form 1 are up, the psychiatrist determines if the patient can become a voluntary patient or if the patient should remain an involuntary patient. It is common for patients to become voluntary patients after the Form 1 expires and for them to continue with their hospital admission, working with the psychiatrist on treatment decisions and a care plan. Voluntary patients can refuse treatment and leave the hospital whenever they like.

Should a patient require further involuntary admission, having met specific criteria (that I will not go into detail here, but are similar to Form 1 criteria), a Form 3 is filled out and this patient remains an involuntary patient for up to two weeks. During this time, certain interventions, like emergency sedation for agitation, can be given without the patient's consent, but treatment to target the patient's mental illness needs to be discussed and agreed upon between the patient and psychiatrist. Instances where the patient is not able to participate in treatment discussions require that a Form 33 be completed. Form 33 indicates that a formal assessment for capacity to make treatment decisions has been made and the patient deemed incapable. A substitute decision-maker (SDM) is then appointed to make treatment decisions on the patient's behalf. The SDM is usually one of the patient's family members.

At each step, the patient is given an opportunity to challenge the physician's findings (Forms 3 and 33), and when this happens, no new treatment can be started until the patient has had their case reviewed by a panel known as the Review Board. The Review Board is made up of three individuals (a lawyer, a psychiatrist, and a community member) who hear from both sides (patient and psychiatrist) to determine if the psychiatrist has the proper grounds to proceed with involuntary admission and/or treatment. Patients can have access to a lawyer if they want, whereas psychiatrists rarely have this support.

When a patient does not challenge the Form 3 or 33, the physician is allowed to proceed with psychiatric treatment. The most common experience I have had is that the patient is initially too unwell to challenge the forms, so treatment is started. The patient then improves with treatment, insight is regained and they eventually become voluntary and capable. The rest of the admission and recovery hopefully goes smoothly from there.

In cases where patients, even when well, do not appreciate they have a mental illness that improves with treatment, a community treatment order, or CTO, can be considered. CTOs are used, and only eligible, in patients with a pattern of repeatedly stopping treatment and becoming severely unwell, requiring multiple, lengthy hospital admissions as a result. The community treatment order legally mandates the patient to follow up with a physician and receive treatment. If the patient does not, the patient is brought to hospital by police for treatment administration and/or psychiatric evaluation.

Patients can challenge the CTO with the same process explained above for Forms 3 and 33. They can do this at any time and a CTO is automatically up for renewal every six months.

There are considerable limitations to implementing a CTO that are worth mentioning. I hope in describing the process that you can appreciate how a system needs to exist and function reliably for a CTO to be possible. First, there is a need for psychiatrists willing to take on these patients, patients who are often the most severely unwell and marginalized with care needs that can be greater and more complex. Second, there needs to be medication that is enforceable. What this means is that most CTOs mandate injection medications, yet not all patients tolerate or respond to the available

injectable medications despite these being the gold standard of care in illnesses like schizophrenia. Oral medications are effective, but there is no way to guarantee the patient is taking them; injections, on the other hand, are given once or twice monthly by a healthcare provider. Third, all the support persons required to properly execute a CTO need to be available; these include everyone from the person helping patients who want to challenge the CTO, to the panel, the lawyers, right up to the police officer who brings the patient to hospital. It is no surprise then that not all communities can support CTOs.

Next month, I will tackle my own experience with CTOs and the sobering reality of caring for this patient population.

Sarah Chan is a psychiatrist who works at The Ottawa Hospital and in the community. She is writing this column to increase community awareness and education about mental health. Dr. Chan is interested in receiving suggestions for topics for future articles. Please send your emails to: [Drchanvistas@gmail.com](mailto:Drchanvistas@gmail.com). And for anyone interested, she has started a psychiatry blog: [www.sarahchan.ca](http://www.sarahchan.ca).



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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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# SENIORS SPACE

## PARTNERSHIP AND INNOVATION

*By Akos Hoffer, CEO, Perley Health*

Thanks to a series of partnerships and strong donor support, Perley Health continues to make significant progress toward our goal of transforming care for seniors and Veterans. A few recent projects provide compelling examples.

In late June, our Centre of Excellence in Frailty-Informed Care™ hosted a unique international conference. The one-day event focused on the experiences, perspectives and needs of non-professional caregivers. This group, largely comprised of family members, plays an increasingly important role in care, yet is rarely studied and consulted. The conference presented the latest relevant research and featured a ground-breaking panel discussion

*Continued on page 31*



*During regular weekly gatherings, Perley Health Senior Living apartment tenants engage with youth from Andrew Fleck Children's Services as part of a new Intergenerational Playgroup program. This pilot project between two local organizations connects Seniors and Veterans with local youth and caregivers to plan future programming and prepare for the possible establishment at a unique daycare program at Perley Health.*



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## SENIORS SPACE

involving international researchers and non-professional caregivers. The Perley Health community was well represented both on the panel and in the audience.

According to a recent study by Ontario Caregiver Organization, non-professional caregivers already deliver up to 75 per cent of all patient care. Given this reality, a sound understanding of non-professional caregivers is essential to transforming care for seniors and Veterans. Among the many issues covered during the panel discussion: how best to recognize and value the efforts of caregivers; how best to involve caregivers in research into the use of technologies that could improve care; and at what point does the monitoring of care become excessive and potentially compromise privacy considerations. The audience included representatives of more than 20 care and research organizations, including The Council on Aging of Ottawa, Regional Geriatric Program of Eastern Ontario and Canadian Institute for Health Information. The conference—the first hosted by the Centre of Excellence—was a huge success.

Another innovative project underway is onsite childcare featuring intergenerational programming. The project involves a partnership with Andrew Fleck Children’s Services and a steering committee comprised of staff of both partner organizations, along with parents, and Perley Health tenants and their families. The project could well establish a template for similar programs across Canada.

In recent months, the partners have piloted the concept through a series of playgroups: approximately 10 seniors interacting with approximately 10 children and their parents or caregivers under the guidance and supervision of an Early Childhood Educator and Personal Support Worker. Lessons learned from the pilot are informing the design and development of both the space and its programming. Our Centre of Excellence is conducting a pilot evaluation to explore the experience of participants. Feedback gathered through the evaluation will identify strengths of the program and areas for improvement.

A second pilot project—also focused on intergenerational programming—gets underway in October. This one involves a partnership with Christie Lake Kids, a registered charity that provides quality year-round community and camp programs that help economically disadvantaged children develop physical, social and character skills. Under the pilot, a group of tenants from

our independent-living apartments will join a group of youth for six two-hour sessions focused on music, food and conversation. A Christie Lake Kids facilitator will lead the sessions and our Centre of Excellence will evaluate the pilot.

A third innovative project features a partnership with the Public Health Agency of Canada (PHAC) and aims to address antimicrobial resistance, a growing problem among seniors. As many people recognize, excessive use of antibiotics and antifungals can lead to infections for which there is no effective treatment. Healthcare providers often prescribe antibiotics when they suspect a patient has a urinary tract infection (UTI). Research has shown, however, that many seniors are prescribed antibiotics even when neither a UTI nor any of the associated symptoms are present. To combat the problem, PHAC invited Perley Health to partner on a quality-improvement project that involves essential care providers—typically family members. Under the project, essential care providers receive information and guidance about effective non-medicinal strategies—ways to prevent UTIs. The Centre of Excellence is tracking the impacts of the project and will share the results widely.

Driving these projects—and our capacity to transform care—is strong donor support. Perley Health Foundation’s Answering the Call Capital campaign is nearing its fundraising goal of \$10 million. These donations enable us to conduct and partner in practical research, and to develop and share innovations in care. As a result, other care organizations will be able to implement the best practices and models that make a tangible difference in the lives of Veterans and Seniors across Canada. Our partners and donors enable—and inspire—Perley Health to transform care. Thank you!

*“September is dressing herself in showy dahlias and splendid marigolds and starry zinnias. October, the extravagant sister, has ordered an immense amount of the most gorgeous forest tapestry for her grand reception.” - Oliver Wendell Holmes, “Autumn,” The Atlantic Almanac, 1868*

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# SCIENCE & TECHNOLOGY

## COMPUTER TIPS AND TRICKS

By Malcolm and John Harding, of Compu-Home

### Repair or Replace?

Raise your hand if you are relying on your computer more than ever before. Calendars, documents, contact lists, photos, messages, research ... sometimes it seems that a computer provides indispensable support for our memory and daily organization. It is frustrating and inconvenient when these electronic assistants break down or even just fail to operate with the speed and efficiency that we had learned to expect, and it is discouraging to think that it may become an expensive project to get them back to their original capability.

Many people jump immediately to the assumption that they must replace their computer when something goes wrong and, in the end, this might be the case but there are lots of failures that can be corrected with upgrades or repairs. We really must apply an overview of all of the details of the machine to be sure that the cost of repairs is money well spent versus a replacement. Nobody wants to spend a lot to repair a computer that is still going to be old and slow.

The age of your computer is not necessarily an overriding factor, unless it is so old that it cannot be updated to a recent Operating System (Windows 10 or Mac High Sierra) and will not run today's software or access websites successfully. On a sluggish machine that is capable of upgrading, certain parts can be replaced and this is an area where some of the costs are actually dropping.

One component that is often replaced or updated on a computer when necessary is the hard disk. New-technology Solid State Drives (SSDs) offer much faster and more reliable storage than the older mechanical hard disk. Prices have come down very significantly in the past few years, and so an upgrade to an SSD will often extend the life of a computer by

several years at a reasonable cost. The SSD must be of top quality from a reputable manufacturer, and it must have sufficient capacity to store your programs and data for years to come.

If the computer must be opened to install an SSD, this is an opportune time to consider adding to the RAM – the short-term memory of the computer. Just a few years ago, 4 gigabytes of RAM was considered to be sufficient; we now find that 8 or 12 gigabytes does a more efficient job, although more than 12 gigabytes is usually overkill.

Sometimes software can actually create or contribute to a slowdown condition that compromises a computer's efficiency. Users sometimes think that if one anti-virus utility is helpful then two (or more) must be better, but in fact, the opposite is true; anti-viruses don't play nice together. Related to this issue is aggressive marketing of related so-called "security" utilities such as Virtual Private Networks (VPNs), PC cleaners, optimizers, special security-oriented browsers, privacy monitors, third-party firewalls, etc., etc., etc. All of these unnecessary add-ons compete bitterly for your computer's resources, while you wonder if that web page is ever going to load.

Failed hardware, such as a screen, battery or keyboard on a laptop, or the motherboard or power supply in a desktop model have to be considered case-by-case. On some models, the purchase and installation costs of these components are too expensive to be reasonable, but often there are pleasant surprises.

A reputable service provider will charge little or nothing to help you assess all of the variables in a way that will help you decide the best route to a faster computer.

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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## BOOKWORMS DELIGHT

### THE SPOON STEALER (2020)

By Lesley Crewe

Reviewed by Marie-Andrée Lajoie

Nova Scotia author Lesley Crewe offers us a family saga set in her province and in England, spanning almost all of the 20th century.

Emmeline and her canine partner, Vera, are wonderful main characters. We meet them as Emmeline is living quiet retirement days in a small English village. How did she arrive there after being born on a farm in Nova Scotia, or to be precise, after dropping into a basket of clean sheets as her pregnant mother was hanging them on the line? A load of sheets to wash again as her mother will forever remind her.

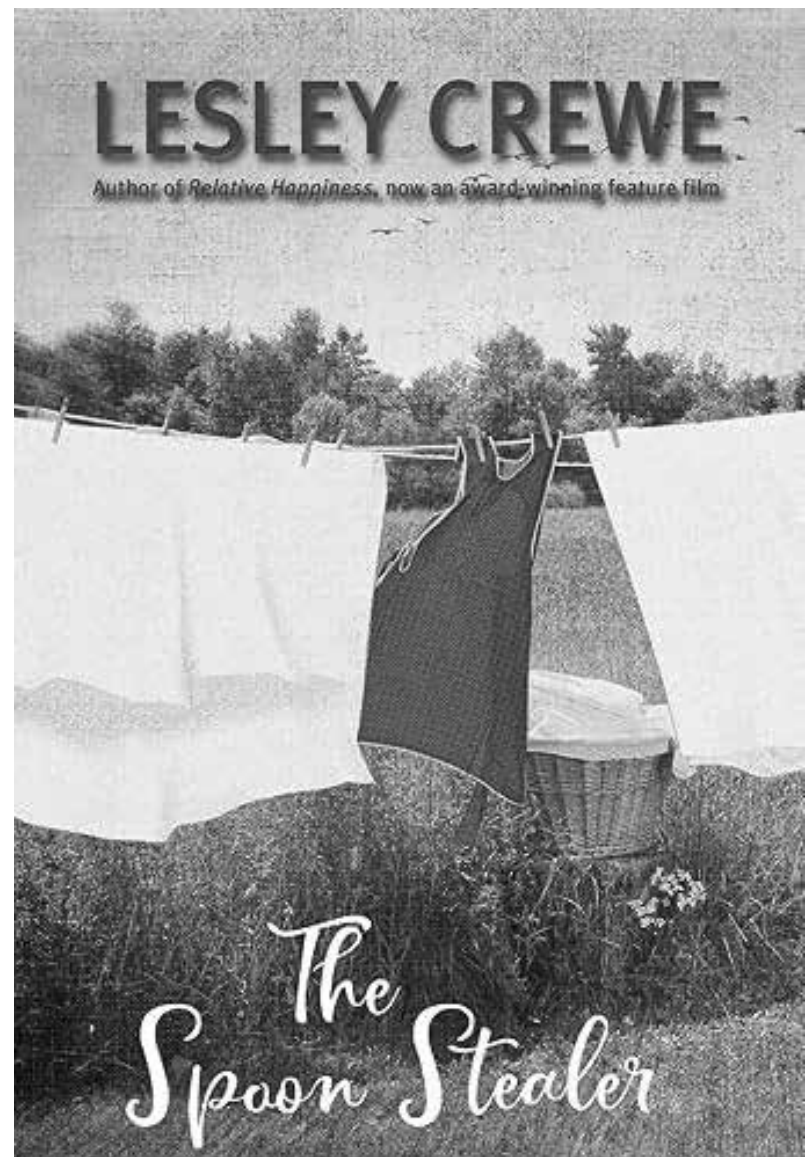
Emmeline is a bit lonely in her retirement. She joins a writing class at the community centre and forms friendships that will last until her final days. It is by sharing the story of her life, which she has written and is asked to read during class, that she reveals to her new friends the details of her younger years, her love for her four big brothers, how she left home for England, came back to Canada and left again, and had a full life in England and abroad.

Young Emmeline travelled to England during the First World War in the hope of reaching her favourite brother, Teddy, who was wounded and in a military hospital. She ended up spending many years there, working in a hospital. After traumatic events, she returned home only to be met by her family's anger and grief. The relationship between herself and her mother went from bad to worse and Emmeline returned to England forever. Further heartbreak left her totally estranged from her family.

Many years have passed and, one day, a letter arrives from Canada. Emmeline's brother Martin has passed away and left her the Nova Scotia farm. Emmeline is surprised and puzzled. Her dear friends from the writing class support her as she decides to travel back to Nova Scotia and connect with her brothers' descendants.

Meeting the members of her extended family will allow Emmeline to better understand many of the events that shaped her family's life. She is welcomed and gets very involved in everyone's life, in good and not-so-good ways. At the end of her stay, she invites the whole gang to visit her in England. She is happy and at peace.

Although the end of this novel is a bit too tidy, with everyone happy and settled, it is a very satisfying read as the main protagonist and all her friends are so endearing. The novel has many twists and turns and is a touching, and often funny, page-turner. I truly enjoyed the way the author weaved Emmeline's life story with her retired life in the English village.



The writing is clear and direct. The “talking” Vera even adds a lovely touch to the story.

And the spoon? you ask. Emmeline believes that a spoonful of kindness can cure all wounds. There are spoons all over this story.

The *Author's Note* at the end of the book explains that aspects of the novel are based on the author's own family history. This is fascinating. I will add other books from Lesley Crewe to my pile. Another Canadian author to discover.

On my side table: *Earth Abides*, by George R. Stewart; *A Town Called Solace*, by Mary Lawson; *Crépuscule*, by Philippe Claudel.

**Happy  
Halloween**  
Hope it's a real treat!



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**CHAIR YOGA at Rideau Park United Church** - Live classes on Thursday mornings at 10:30am (60 mins) starting again on October 12, 2023. Also available on Zoom. A perfect practice for those with arthritis, fibromyalgia, past injuries or balance issues. Contact Marg Hillier, Certified Yoga Instructor, **mhillier144@gmail.com** or **613-299-8324.** Visit **www.newmoonyoga.ca** for class details. Class packages available.

**GENTLE MOBILITY MAT YOGA at Rideau Park United Church** - Live classes on Friday mornings at 10:30am (60 mins) starting again on October 13, 2023. 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.

*"If you think about a Thanksgiving dinner, it's really like making a large chicken." - Ina Garten*

*"Eye of newt, and toe of frog,  
Wool of bat, and tongue of dog,  
Adder's fork, and blind-worm's sting,  
Lizard's leg, and owlet's wing,—  
For a charm of powerful trouble,  
Like a hell-broth boil and bubble.  
Double, double toil and trouble;  
Fire burn, and caldron bubble."  
- William Shakespeare*

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# SKYLAR'S KIDS PAGE

## COLOURING PAGE



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## FILL IN THE BLANKS

### FILL-IN-THE-BLANK SCARY STORY

Fill in the blanks with the type of word listed in parentheses to create your own version of this excerpt from Home Sweet Horror, book one in the Scary Tales series. Read it out loud to see how different your story is from the one in the book

He sensed a \_\_\_\_\_ drifting through the basement.  
NOUN

soundless and \_\_\_\_\_, moving toward him. He turned  
ADJECTIVE

and \_\_\_\_\_ up the stairs, taking them two at a  
VERB

time, landing heavily with each step. Crash, a board cracked, and Liam  
VERB

\_\_\_\_\_, slamming his shin hard against the wood. He  
VERB

grabbed the top step, catching himself before he fell. He wheezed, felt  
 dizzy, woozy. Liam's \_\_\_\_\_ leg dangled in the air. Kicking  
ADJECTIVE

at nothingness. He felt a thin \_\_\_\_\_ grip around his  
ADVERB

ankle. Like a claw pulling, dragging him down. Liam yanked his leg free.  
ADVERB

lifted himself up, gasping for air, and \_\_\_\_\_ to the top  
VERB

of the stairs. He crawled into the \_\_\_\_\_, into the light.  
NOUN

He slammed the door shut behind him, twisted the lock, heart thundering.



## Search

the entire paper for these seasonal items.



## WORD SEARCH

### Costume Party

#### Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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



- |           |           |          |
|-----------|-----------|----------|
| ANGEL     | FIREMAN   | PIRATE   |
| ASTRONAUT | GHOST     | PRINCESS |
| CAVEMAN   | MUMMY     | ROBOT    |
| COWBOY    | NINJA     | VAMPIRE  |
| CLOWN     | NURSE     | WITCH    |
| FAIRY     | POLICEMAN |          |



## UPCOMING EVENTS



### ALTA VISTA LIBRARY – OCTOBER 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.

#### Effective Tuesday, September 5th, the Library's hours are:

- Monday to Thursday: 10 a.m. to 8:30 p.m.
- Friday: 1 p.m. to 6 p.m.
- Saturday: 10 a.m. to 5 p.m.

#### CLOSED

- Saturday, September 30 – National Truth and Reconciliation Day
- Monday, October 9 – Thanksgiving 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. 30 minutes.

Tuesdays at 10:30 a.m. until October 24 (No program on October 17)

Wednesdays at 10:30 a.m. until October 25

#### Stay and Play

Meet new friends after Storytime! Chat and play with puppets, building blocks, crafts and much more. Drop-in program. 60 minutes

Tuesdays at 11 a.m. until October 24 (No program October 17)

Wednesdays at 11 a.m. until October 25

#### Craft-o-Ween

Let's make spooky crafts for Halloween. Ages 4 to 12. Registration required.

Friday, October 27 at 4 p.m. 60 minutes.

### ADULT PROGRAMMING

#### French Conversation Group (Intermediate) (NEW DAY)

Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required.

Wednesdays 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, October 19

Steve Cavanagh – any title

Thursday, November 16

Scott Pratt – any title

#### 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, October 5

*The Vanishing Half*  
by Brit Bennett

Thursday, October 5

*The Committed*  
by by Nguyen Viet Thanh

#### 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 16 octobre

*Là où je me terre*  
de Caroline Dawson

Le lundi 20 novembre

*Amun,*  
une Collection de nouvelles éditée  
par Michel Jean

### ONLINE COLLECTIONS AND SERVICES

Please check out some of the activities and resources that we have for adults, teens, and kids alike. We have digital eBooks and Audiobooks, movies, language learning courses, as well as magazines and newspapers. To access these resources and much more, visit [biblioottawalibrary.ca/en/databases/search-all](http://biblioottawalibrary.ca/en/databases/search-all). A valid Library card is required.

*"Now is no time to think of what you do not have. Think of what you can do with what there is." – Ernest Hemingway*



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# UPCOMING EVENTS

## COMMUNITY EVENTS

### RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

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

**Nearly New Clothing Sale:** Friday, September 29, 6–8 p.m. and Saturday, September 30, 9–11:30 a.m. Search out gently used, good quality, warm clothing for fall and winter. Sizes and styles for everyone.

**Christmas Treasures Bazaar:** Saturday, November 4, 1–4 p.m. There's something for everyone, from homemade frozen meals to turkey pies, baking, jams and relishes. Peruse the Christmas Corner, the Boutique Treasures and the Garden Alley. Search out Books Galore for a great read, and Scroungers' Paradise for household goods. Drop by Teen Town or Kids' Corner for toys, puzzles and games, and make a bid at the Silent Auction. When happily exhausted, stop by the Tea Room for refreshments. Like it used to be! Live action, not online.

**Foster Farms Fruit & Vegetable Stand:** Monday–Saturday 10–5, Sundays: closed. At the corner of Alta Vista and Cunningham. Enjoy local fruits and vegetables through October – apples, pumpkins and squash as the days grow shorter.

**Forest Church:** Sunday, October 24, 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.

**50+ Fitness with Faiza:** Tuesdays and Thursdays at 9 a.m. Drop-in options available.

**Yoga with Margaret:** Chair Yoga, Thursdays, 10:30 a.m.; Gentle Mat Yoga, Fridays, 10:30 a.m.

**More Yoga:** Yoga at lunch, Mom's and Babies' yoga: Contact [administrator@rideaupark.ca](mailto:administrator@rideaupark.ca).

**Meditation Group Online:** Thursdays, 10 a.m., by Zoom, for 20 minutes. Contact [scifton@rideaupark.ca](mailto:scifton@rideaupark.ca) for an invitation.

**Euchre Club:** Thursdays, 1 p.m. New members from the community are always welcome. For more info, contact Rod Hagglund at [rhagglund@rogers.com](mailto:rhagglund@rogers.com).

**Drums Alive:** Drop-in drumming class, for all ages, on Sundays, 1–2 p.m. Contact Iain Macpherson, [choirdirector@rideaupark.ca](mailto:choirdirector@rideaupark.ca).

**Adult Handbell Choirs:** Practices on Monday/Tuesday evenings. For more info, contact: [gordon@dewis.ca](mailto:gordon@dewis.ca).

**Coffee/Tea Social Hour:** Wednesday, October 25, 10–11:30 a.m. All in the community aged 55 or over are welcome. For more info, contact: [administrator@rideaupark.ca](mailto:administrator@rideaupark.ca).

**Alcoholics Anonymous:** OASIS has in-person meetings at the Church, Mondays, 8–9 p.m. while **Twelve Steps to Serenity** meets Thursdays, 7:30 p.m.

### 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)

**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.

**Thursday Morning Discussion Group:** Thursdays, 10–11:30 a.m. The group meets online, using Zoom, to discuss *Holy Envy: Finding God in the Faith of Others* by Barbara Brown Taylor.

**Time to be Wholey (TTtbW):** Fridays, 10:30–11:30 a.m. Join us for our seniors' light exercise program. For updates about Monday classes, please contact our church office.

**Coming in November** – Emmanuel United Church Holiday Bazaar: Saturday, November 4, 10 a.m.–2 p.m. With baking, jams, books, sewing, and crafts – find even more treasures at the Silent Auction and Scroungers' Paradise. All are welcome!

### ST. AIDAN'S YULETIDE BAZAAR AND ONLINE AUCTION

**Online Auction:** October 23–30

St. Aidan's Online Auction is back! This virtual portion of our Yuletide Bazaar will feature an array of treasures, gift cards and practical items. For a link to the auction, log onto [www.staidansottawa.com](http://www.staidansottawa.com) between October 23–30. Winners can pick up their items on November 4 during St. Aidan's in-person Yuletide Bazaar.

**Yuletide Bazaar:** In-person, Saturday, November 4 from 10 a.m. to 2 p.m. at 934 Hamlet Road (behind the Elmvale Acres Shopping Centre). This year's bazaar will feature home baking, jams and other preserves, The Boutique (jewellery and accessories for men and women), books and puzzles, and a silent auction. Enjoy a snack or light lunch at the Celtic Cross Café. Visit [www.staidansottawa.com](http://www.staidansottawa.com) or call the church office at 613-733-0102 for further details. Everyone is welcome!

### ST. PATRICK'S HS FINE ARTS & CRAFTS CHRISTMAS SHOW

Cafe and Raffle Table too!

2525 Alta Vista Drive

November 25, from 10 a.m. to 3 p.m.

\$2 admission

Two gyms full of local artisans and crafters from candles to photography, stained glass to jewellery and much more. Please support St. Patrick's High School students.

### PROBUS CLUB OF OTTAWA ALTA VISTA

PROBUS Ottawa Alta Vista is welcoming new members from the Alta Vista area. Join your fellow retirees, near-retirees and want-to-be retirees for interesting speakers and discussions, not to mention relaxed socializing. See our website, [www.probusoav.ca](http://www.probusoav.ca), for more detailed information about the club and its activities, as well as contact points, membership information, and meeting location. We will be meeting on Wednesday, October 25 for a presentation about the Canadian Casualty Identification Project.

### MYSTIC CARNIVALE

Thursday, October 12 at 6 p.m.

Presented by Chartwell Lord Lansdowne, this fundraiser gala will feature circus performances, tarot card reading, a multi-course dinner and dancing in support of the Abbotsford Seniors Centre located in the Glebe. Tickets are available at [glebecentre.ca](http://glebecentre.ca).

### BOOK LAUNCH OF *THE WALLED GARDEN*

Mark Frutkin will be introducing and reading from his recently published book, *The Walled Garden*, at Perfect Books (258 Elgin Street) on October 4 at 7:00 p.m. Of note, his book was reviewed by Marie-Andrée Lajoie in the September issue of VISTAS.

### OTTAWA HUMANE SOCIETY

Would you like to help us support the animals at the Ottawa Humane Society? Join us at the Auxiliary's monthly business meetings 1:30–3 p.m. the first Thursday of every month (except July, August and December). We meet at the animal shelter, 245 West Hunt Club Rd. across from Lowe's. The next meeting is Thursday, November 2. Free parking. For more information, contact Loreen, [loreenohs@gmail.com](mailto:loreenohs@gmail.com), or go to [ottawahumane.ca/get-involved/volunteering/ohs-auxiliary](http://ottawahumane.ca/get-involved/volunteering/ohs-auxiliary).



## UPCOMING EVENTS

### KANATA CIVIC ART GALLERY'S FINE ART SHOW "NATURE'S CANVAS"

September 13 to October 15

Creativity abounds in the Kanata Gallery's first show of the fall season! There are infinite interpretations of what occurs in nature, and the 25 gallery artists participating in this show do not disappoint. View over 50 artworks featuring paintings, sculpture, photography and textile art.

Location: John Mlacak Centre, 2500 Campeau Drive in Kanata

Hours of operation: Wednesday, Thursday and Friday from 1 to 8 p.m. Saturday from 10 a.m. to 5 p.m. Sunday 1 to 5 p.m.

For more information visit: [www.kanatagallery.ca](http://www.kanatagallery.ca) or email: [kanatacivicartgallery@gmail.com](mailto:kanatacivicartgallery@gmail.com).

### FRESH MEAT FEST: 12TH ANNUAL THEATRE FESTIVAL

Fresh Meat Fest returns to Ottawa's Arts Court Studio with 12 shows for its 12th year! This year's festival will run from October 12 to 21.

Fresh Meat premieres new short works annually and is a crucial part of Ottawa's theatre ecology presenting emerging and established artists alike. With an emphasis on new ideas and artistic risks, Fresh Meat is Ottawa's playground for theatre makers. This year's lineup features Alta Vista resident Adelaida Bustamante! The full Fresh Meat 12 Lineup is available at [www.freshmeatfest.com](http://www.freshmeatfest.com).

### CAPITAL REGION MODEL RAILWAY TOUR 2023

After two years of virtual tours, the 2023 Capital Region Model Railway Tour returns as an in-person event. We have lined up over a dozen layouts in Ottawa and Gatineau that illustrate some of the best model railroading in the region.

Save the date: Saturday, October 21.

No inflation here! Admission is still only \$10 for the day, and persons 15 years old and younger can see the trains for free. Because the Tour requires entering layout owners' private homes, we must ask everyone who wishes to visit the layouts to register with the Tour first. For more information about Tour registration, visit our website [capitaltrains.ca](http://capitaltrains.ca).

### OTTAWA WRITERS FESTIVAL

The Ottawa International Writers Festival in partnership with Library and Archives Canada invites you to welcome the fall literary season with free book launches featuring national bestsellers.

On Thursday, September 28 at 7 p.m. you are invited to the launch of *Truth Telling: Seven Conversations about Indigenous Life in Canada* by Governor General Award winner Michelle Good. This essential conversation will be hosted by Algonquin Anishnaabe author and artist Karen McBride. For all of us who are looking to acknowledge the past and understand the way forward, this event is not to be missed.

On Monday, October 2 at 7 p.m. we celebrate *Unbroken: My Fight for Survival, Hope and Justice for Indigenous Women and Girls* an extraordinary work of memoir and investigative journalism by award-winning Gitxsan journalist Angela Sterritt who survived life on the streets against all odds. Our host will be Plains Cree/Filipinx activist, model and video creator Haley Robinson.

Events take place at Library and Archives Canada: 395 Wellington Street, Ottawa. After work hours parking is free in the Supreme Court of Canada parking lot nearby. Keep in mind these events are free but seating is limited. Registration is required and tickets and program details are available online at [writersfestival.org](http://writersfestival.org).



**SEPTEMBER 30**  
**NATIONAL DAY FOR**  
**TRUTH AND**  
**RECONCILIATION**  
**EVERY CHILD MATTERS**

## JUST FOR FUN



**Q: Where does a newspaper journalist go when they need a lead on a new scoop?**

**A: The ice cream shop.**

**Q: Which newspaper did cavemen read?**

**A: The prehistoric times!**

**Q: Someone stole the wheels off of all the police cars!**

**A: The cops are working on it tirelessly.**

**Q: What kind of tree has a hand?**

**A: A palm tree.**

## SKYLAR'S KIDS PAGE ANSWERS

### Costume Party

Word Search

SOLUTION

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C	S	T	Y	I	A	N	Y	N	N	E	A
B	B	L	O	R	M	I	O	U	Y	G	C
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# MOVIES 'N STUFF

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## October 3rd

### Animal Crackers

The story of a family who comes across a box of magical animal crackers that turns anyone that consumes a cracker into the animal that the cracker represents which comes in handy in saving the circus that the family was associated with. Fun family animated adventure!

### Van der Valk: Season 3

Commissaris Piet van der Valk is back - and with two new team members. The new team is immediately plunged into an investigation following the dramatic shooting which draws them into the murky world of drug smuggling before revealing a deeper, darker personal tale of envy.

### The Thief Collector

In 1985, Willem de Kooning's "Woman-Ochre," one of the most valuable paintings of the 20th century, is cut from its frame at the University of Arizona Museum of Art and disappears. Thirty-two years later, the painting is found hanging in the bedroom of the New Mexico home of Jerry and Rita Alter. This is the documentary that tells the extraordinary story of who they were and what more they may have gotten away with.

### What We Do in the Shadows: Seasons 4

Season 4 of the wildly popular comedy series that revolves around vampires clashing with the modern world, other supernatural beings, and/or each other. And before you dismiss it, know that it sports an amazing 97% positive rating on Rotten Tomatoes.

### Only Murders In The Building Seasons 1 and 2

Three strangers share an obsession with true crime and suddenly find themselves wrapped up in one. When a grisly death occurs inside their exclusive Upper West Side apartment building, the trio suspects murder and employs their precise knowledge of true crime to investigate the truth. Brilliant cast headlined by Steve Martin, Martin Short and Selena Gomez!

### Sister Boniface Mysteries Season 2

### Gangs of London: Season 2

Tells the story of London being torn apart by the turbulent power struggles of its international gangs and the sudden power vacuum that's created when the head of London's most powerful crime family is assassinated. Billed as Game of Thrones without the dragons.

## October 10th

### Skinwalkers and Coyote Waits

PBS re-releases two of Tony Hillerman's TV adaptations to coincide with the release of season 2 of the massively popular Dark Winds series.

### Your Friend, Memphis

Memphis is wild at heart, but as a young man with cerebral palsy, he feels stuck. His parents waver between supporting his desire for independence and pushing him towards a more pragmatic reality. This documentary is an intimate portrait of Memphis' dogged determination to bridge the distance between the world's expectations and his own aspirations.

### Waiting for God: Complete Series

### London Kills: Season 4

DI Bradford is spinning out of control. When he interferes with another team's case, his recklessness alarms DS Cole. Even as they investigate other crimes, dissension grows—has Bradford lost his team's trust for good? One of the most anxiously awaited series of the fall!

### Transformers: Rise Of The Beasts

Optimus Prime and the Autobots take on their biggest challenge yet. When a new threat capable of destroying the entire planet emerges, they must team up with a powerful faction known as the Maximals. With the fate of humanity hanging in the balance, Noah and Elena will do whatever it takes to help the Transformers as they engage in the ultimate battle to save Earth.

### Yellowjackets: Season 2

The Yellowjackets barely made it through summer in the woods, but now as winter begins to bite, we'll see if hunger and desperation turn into full-on psychosis. While there may or may not be a dark and powerful force inhabiting the wilderness, their survival could depend upon what they choose to believe. Season 1 was a ride, this season should be exciting!

### The Boogeyman

Who better than to get you in the mood for Halloween than Stephen King? Two sisters — along with their therapist father — are reeling from their mother's death. When a desperate patient comes to their home, he leaves behind a terrifying entity that feeds on its victims' suffering.

### Jules

Milton lives a quiet life of routine in a small western Pennsylvania town, but finds his day upended when a UFO and its extra-terrestrial passenger crash land in his backyard. Stars Ben Kingsley and Jane Curtin!

## October 17th

### The Hill

The true story of Rickey Hill, the son of a traveling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues.

### EO

Nominated for Best International Film at the 2022 Oscars, this amazing tale of a donkey who travels countryside has won the hearts and minds of people everywhere!

### Haunted Mansion

A single mom hires a tour guide, a psychic, a priest and a historian to help exorcise her newly bought mansion after discovering it is inhabited by ghosts. Owen Wilson and Danny DeVito star!

### No Bears

Two parallel love stories in which the partners are thwarted by hidden, inevitable obstacles, the force of superstition, and the mechanics of power. A powerhouse Iranian movie!

### Rabbit Hole; Season 1

Nothing is what it seems when John Weir, a master of deception in the world of corporate espionage, is framed for murder by powerful forces with the ability to influence and control populations. Stars Kiefer Sutherland!

### Talk to Me

One of the biggest horror films of the last decade arrives in time for Halloween! When a group of friends discover how to conjure spirits with an embalmed hand, they become hooked on the new thrill, unleashing terrifying supernatural forces, in the eye-popping, nightmarish hit that has even seasoned filmmakers like Peter Jackson and writer Stephen King singing its praises!

## October 24th

### Golda

Focuses on the intensely dramatic and high-stakes responsibilities and decisions that Golda Meir, also known as the 'Iron Lady of Israel,' faced during the Yom Kippur War. Stars the legendary Helen Mirren!

### Dark Winds: Season 2

### Meg 2: The Trench

Jonas Taylor leads a research team on an exploratory dive into the deepest depths of the ocean. Their voyage spirals into chaos when they are suddenly pitted against colossal, prehistoric sharks. Taylor's team must outrun, outsmart and outswim to survive! Jason Statham returns!

## October 31st

### Scooby-Doo! And Krypto, Too!

The world's greatest heroes, The Justice League, have mysteriously vanished and a terrifying phantom has taken up residence in their famed headquarters! Never fear though, Scooby and the Gang is on the case!

### Ride On

Two debt collectors attempt to seize a stunt horse belonging to washed-up stuntman Luo. After video of the confrontation goes viral, the now furious and humiliated collectors return seeking revenge. Jackie Chan stars!

### Mission: Impossible - Dead Reckoning - Part 1

Ethan Hunt and his IMF team embark on their most dangerous mission yet: To track down a terrifying new weapon that threatens all of humanity before it falls into the wrong hands. Tom Cruise stars - and does some of his most dangerous stunts yet!!

### The Good Mother

A journalist who, after the murder of her estranged son, forms an unlikely alliance with his pregnant girlfriend to track down those responsible for his death. Together, they confront a world of drugs and corruption. Hilary Swank stars!

### Agatha Christie's Criminal Games: The '70s

When no-nonsense Annie Greco arrives as the new homicide captain in a precinct, the old-boy network smugly gives her a hard time - until they suddenly realize - this woman is fantastic!

### Indiana Jones and the Dial of Destiny

Daredevil archaeologist Indiana Jones races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jürgen Voller, a former Nazi who works for NASA. Harrison Ford returns!

### COMING SOON!

### Barbie

Sounds like end of December for this mega hit!

### Oppenheimer

Another of the biggest movies of the year is coming soon!

### Also:

The Chelsea Detective: Season 2  
Annika: Season 2  
I Heard the Bells  
Eight Mountains

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