



From 86 to 26 And In-Between: Three Women Together. Sheila McKay, 86, Cunningham Avenue homeowner, is flanked by Maria Sakhno, 26, on her left and by Alla Sakhno, 54, on her right. Mother and daughter are Ukrainian refugees. See the story of these three women in Courtney Tower's column, OUR PEOPLE, on Page 10. Photo credit: Gerri Doherty

DIOCESAN CENTRE TO BECOME HOUSING AND SERVICES HUB

By Councillor Marty Carr

In April and May of this year, Chris Wiebe's column in VISTAS examined the Diocesan Centre at 1245-47 Kilborn Place and contemplated its future. We now know that the Centre's future will more than likely be in the hands of the City of Ottawa, and a landmark within our area will be maintained.

At a meeting on September 5, members of the Finance and Corporate Services committee will be asked to approve a \$18.5 million sale of the property from the Roman Catholic Episcopal Corporation of Ottawa to the City. The committee's decision will then rise to Council on September 13. Acquisition of this property is a unique and rare opportunity for the City to acquire lands in close proximity to transit, community services and amenities that could be utilized to meet future housing needs.

This property acquisition is in support of the Integrated Transition to Housing Strategy, approved by Council on July 12, 2023, to develop a community supportive housing hub that would offer a variety of housing and social services focused on transitioning clients to permanent stable housing. It is foreseen that the existing Diocesan Centre would be used for this purpose. However, it is important to note that substantial remediation of the building is required, and it is not anticipated that it will be used until these repairs are undertaken.

The rest of the 8.7 acres offer the opportunity for redevelopment, which will be done in close consultation with residents. City of Ottawa staff and I will be consulting with the local community and stakeholders on the development plans for this property in the months ahead.

The City's acquisition of this property allows for the retention of this Alta Vista landmark within our community.

AVCA'S CONCERN: ONE CAR LANE EACH WAY FUTURE FOR BANK STREET BILLINGS BRIDGE

By Garry Lindberg, Chair, AVCA Planning and Transportation Committee

By the time you read this, the City will be well on its way to deciding to permanently reduce the Billings Bridge over the Rideau River from four through lanes (two lanes in each direction) to two, with one car lane in each direction. This is being done to create a dedicated bicycle lane in each direction on the bridge. The proposal for this reduction was passed by the Transportation Committee on August 24 and it will go to Council on Sept. 13, 2023, where we (AVCA) expect it will be approved.

Many of you attended the Open House on the Bank Street Re-Design/Re-Build held on March 6. At that meeting, Bank Street was earmarked to be two car lanes each way all the way, including on the bridge.

However, at that March 6th meeting, it was noted that a feasibility study was underway to examine options to improve cycling safety on the bridge. An Engage Ottawa consultation was started at the end of May where one proposal was presented, namely a reduction in the number of car lanes on the bridge. The consultation included a public meeting held on June 21, and comments were received until the end of June. While the Engage Ottawa page is no longer available, detailed recommendations from this study were presented to the Transportation Committee on August 24.

Furthermore, it would seem that Bank Street between Riverside Drive West and East will now be significantly changed from the design presented at the March 6th meeting. So over and above the reduced number of car lanes on the bridge itself, it appears Bank Street will be narrowed north of Riverside Drive East and will be reduced to one northbound lane and one southbound lane.

No detailed traffic impact analysis has been made available for review, so it is difficult to assess the impacts these proposed changes will have on our streets. While City staff are suggesting that the impacts on transit, automobile and emergency vehicle traffic on Bank Street can be minimized by adjusting the timing of traffic lights, we expect that even with the traffic light adjustments, traffic may back up as far as the Lamira St/Belanger Ave and Bank intersection. Further, these adjustments will come at the cost of significant delays to traffic on Riverside Drive, with an estimated doubling of the present delays. Delays will occur at the two peak traffic times, but will be worse for the morning rush hour. City staff state that on their Service Scale, the level of service for westbound traffic through the Riverside and Bank intersection will drop from its current level D, to the lowest level on the scale, Level F.

The City anticipates that as volume increases, some traffic will redirect itself to Main Street and Bronson Ave. As a result, the volume on Riverside may also be impacted by traffic using it to reach Bronson or Main.

We (AVCA) believe Alta Vista Drive and surrounding residential streets will see an increase in cut-through traffic to avoid long backups on Riverside and Bank, with cars entering at Industrial Ave and Smyth, Pleasant Park, Heron and Walkley roads and re-routing to Main Street. Based on the challenges currently being experienced at Bank and Riverside due to the construction that commenced this spring, it would seem likely that overall, traffic impacts will be more profound than anticipated by the City.

VISTAS STAFF

Editor:
Layout:
Comments/Enquiries:
Advertising Manager:
Business Manager:
Distribution Manager:

Karen Johns
Jennifer Palmer
Courtney Tower
Jim Doherty
Catherine Fyfe
Ernie McArthur

Email: *Editor@vistas-news.ca*
Email: *jennpalmer@hotmail.com*
613-737-3835
Email: *ctower@sympatico.ca*
613-523-2487
Email: *Advertising@vistas-news.ca*
613-521-4658
Email: *Distribution@vistas-news.ca*

GENERAL INFORMATION

Website:

Email:

Mailing Address:

Circulation:

vistas-news.ca

info@vistas-news.ca

411 Crestview Rd., Ottawa, ON, K1H 5G7

7,500 copies

SUBMISSIONS & COMMUNITY EVENTS

Articles submitted for consideration for publication should be 800 words or less and emails and letters 500 words or less. Pictures submitted should be 300 DPI resolution.

DEADLINE:

Email:

15th of the month prior to publication

Editor@vistas-news.ca

ADVERTISING

Ads should be submitted to the Advertising Manager, in electronic format copy / 300 DPI resolution/ sent in final format as a print-ready PDF file. The quality of ads not meeting these standards cannot be guaranteed.

Check for available ad sizes. Basic advertising rates and approximate size:

Full Page	\$275	(10” W x 13” H)
Half Page	\$160	(10” W x 6” H)
Quarter Page	\$100	(5” W x 6” H)
Business Card	\$ 35	

DEADLINE for ads:

Email:

Classified ads are \$10 (maximum 25 words).

Accounts are due on publication.

15th of the month prior to publication

Advertising@vistas-news.ca

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

WHERE IS IT?

ARTS & CULTURE	13-14	OUR ENVIRONMENT	19 -20
BOOKWORMS DELIGHT	23 - 24	OUR PEOPLE	10, 12
CLASSIFIED ADS	34	SCIENCE & TECHNOLOGY	25
FAITH NEWS	21-22	SENIORS SPACE	15 - 18
HEALTH & FITNESS	27 - 28	SKYLAR’S KIDS PAGE	36
JUST GOOD ADVICE	29 -33	SPORTS NEWS	26
LETTERS TO THE EDITOR	2 - 3	UPCOMING EVENTS	37-39
OUR COMMUNITY	5-10		

LETTERS TO THE EDITOR

Canada Post has dug in its heels – contact our federal elected officials

Re: “Canada Post deemed community mailbox necessary due to safety risks for its Delivery Agents serving Kilborn Avenue” by the Chief Operating Officer of Canada Post, June 2023

Dear Editor,

I read the reply to Robert Leitch by the Chief Operating Officer of Canada Post in regard to the community mailbox on Kilborn Ave.

I am not affected by the placement of these mailboxes but was nevertheless shocked by the response of Canada Post’s COO. The reply letter to a valid and serious concern is typical of vacuous bureaucratic rationalizations. It is an insult to people who are concerned for their physical safety and have to pay (through taxes) for that risk – crossing Kilborn Ave. Canada Post employees are paid for the risks of their job, risks as in the past when they did delivery, like biting dogs, uneven sidewalks, whatever. We, the users, pay Canada Post for a service and therefore the risk-taking, and Canada Post’s remedy, should be on its part and not by reversing the risk onto the consumer. But there is no need for risk, the solution is simple: set up a second bank of mailboxes on the other side of Kilborn at WRENS Way, with each bank of mailboxes servicing the people on their particular side of Kilborn. It would be very easy to create a semi-circular drive into WRENS Way for people to drive through for their mail and there would be no obstruction to any traffic on Kilborn whatsoever. Walking to pick up one’s mail can be an enjoyable exercise. Seniors enjoy walking and TV-bound children could certainly use the exercise, but people shouldn’t be risking their lives in conducting a normal daily activity, especially one they have paid for. Which begs the question, with all the taxpayers’ money that has been saved by cancelling the normal house-to-house delivery of mail, where is all that saved money? Canada Post can well afford a second bank of mailboxes.

Since this is a federal matter, I encourage people to contact David McGuinty’s office to get our elected representative to do something for the people he serves, because Canada Post has dug in its heels and will not budge.

Irene Kodak

Beautiful Cooper’s Hawk visits backyard on Pullen

Bonjour Editor,

I see in the VISTAS newspaper that there is an article entitled Birds of Alta Vista. Should it be of any interest, I had a fantastic visitor in our backyard on Pullen Avenue on May 1st. I am sharing my pictures with you of this beautiful Cooper’s Hawk, should you want to write an article on this magnificent bird.

Claire St-Denis Newton

Editor’s response:

Thank you for sharing these photos. Dr. Knapton, the author of the Birds of Alta Vista column, sends his congratulations on a superb photo of an adult male Cooper’s Hawk. He notes that Cooper’s Hawk is the most frequently seen bird of prey in our neighbourhood. If you would like to read more on this species, have a look at the May 2021 issue of VISTAS accessible at *vistas-news.ca*.



LETTERS TO THE EDITOR

Lessons to be learned from the Finnerty story
Re: “‘Urban Renewal’ Comes to Alta Vista (Part 2): A City Demolition Crew on McQuaig Street, June 30, 1962” by Chris Wiebe, June 2023

Dear Editor,

Please thank Chris Wiebe for his detailed account of the turbulent events that played out in Alta Vista in the 1950s and ’60s. I live on McQuaig Street directly across the street from what was the Finnerty property. My home was built by Robert Campeau in the 1950s whereas the houses on the east side of McQuaig between Micmac and Orillia streets were built 10 years later. Now, thanks to Chris Wiebe’s research, we know why. I had heard that the landowner was eccentric and that he had held out against City authority, but Chris Wiebe’s story fills in many details about the unhappy story of the Finnerty property. For the record, I have heard from people who knew the Finnerty’s that they were fine people who were overwhelmed by development pressures. I have lived in Alta Vista since 1957 when my parents moved to Heron Road from Old Ottawa South. It felt like we were moving to the country. Heron was a gravel lane. There were farmer’s fields between Alta Vista and Walkley. The farmhouses and barns gradually disappeared as the land was sold and developed. Mostly the transition was peaceful. The Heron and Fynn farms sold at what was a fabulous price at the time, allowing the farm owners to retire in comfort. Other times there were culture clashes between rural residents and the incoming suburbanites: barns became targets for vandalism and many burned down in the late hours of the night. In particular, I remember a large hay barn burning down on the site of what is now Edgehill Park. I believe that another barn burned down near what is now the upper part of Crocus Ave. Our city is like a large piece of parchment. Each generation makes its mark. Sometimes whole areas are erased or refashioned. In some cases, people are displaced and others take their place. If there is anything to be learned from the Finnerty story, it is that we all bear a responsibility to act with integrity and to take our part in the unfolding drama of city building with civility and generosity of spirit.

Robert Froom

It is hard to be old and ill and at the same time to be victimized by overzealous city officials

Dear Editor,

I am a man of 89 years, considerably handicapped and with a handicapped placard in the windscreen of my car, and I wish to give notice of treatment that I believe to have been unfair in parking along Lynda Lane where I and so many others park before going to the General Campus of The Ottawa Hospital. Because of prostate cancer treatments and other conditions, I must attend the hospital periodically for checkups and controls.

Because parking is so expensive at the General Campus, I try with others to park along Lynda Lane as near as possible to the hospital. I never have parked in a way that blocked entrance to nearby parking lots or anywhere else. I have never through my parking restricted the movement of other cars. Unfortunately, on May 2, I parked in my same usual spot and was given an \$80 ticket: I was said to have parked less than 1.5 metres from an entrance to a parking lot, when in fact nothing and no one was blocked in moving in and out of that area.

It is hard to be old and ill and at the same time to be victimized by overzealous city officials. Perhaps they could read this and take note.

Fred Nemeth



DISTRIBUTION OF VISTAS

Distributors			
Bruce Burgess 613-738-6450	Jim Doherty 613-523-2487	Lynne Peterman 613-731-9108	Don Lanctot 613-731-2800
Eileen Raven 613-526-2763	Joseph Rikhof 613-834-0580	Bill Woodley 613-731-2243	Alex Sarabura 613-890-1056
Team Captains* and Carriers			
David Abboud	Jim & Trisha Donaldson	Ruth Leamy	Cedalia Ribero
Paul Adams	Carolyn Dunlop	Teresa LeGrand	Joseph Rikhof
Brian Arvisais	Rouba El Khatib	Robert Leitch	Joanne Rodgers
Deborah Babatunde	Beverley Ensom	Donna Leroux	Mariana Rodriguez
Babbitt Family	Valerie Ernst Fontaine	David Lesley	Valentina Rodriguez
Jack & Luke Baines	John Fitzpatrick	Marg Levalliant	Michael Schwartz
Cynthia Ball	Audrey and Paige Gagnon	Valerie Limbrick	André Séguin
Anita Beaudette	Tanya Garnham	Eva Link	Mary Lou Sparks
Patrick Beauregard	Jackie Graham	Laurie Mackenzie	Alexa and Macy Spires
Lynda Becker	Lisa Gibson	Aidan & Elizabeth Maloney	Robert Squires
Dorothy Belter	Nicholas Genest	Spasta Manolova	Jo-Anne Stead
*Robert Belter	Anne-Marie Gervais	Indira Marier	Dwight Stewart
Louise Bergeron	Elizabeth Gibson	Dan McCarthy	Virginia Strachan
Frank Berlin	Robert Hawkins	*Bruce McLelland	Elly Stoop
Jane Berlin	Mike Hayes	Ruth McFie	Ann Taylor
Marcia Blanchette	Cathy Healy	Marian McGahern	Alison and Anne-Marie Thompson
Mischa Brodsky	Duncan Henley & Arlo Baird	Erin McInerny	*Barry Thompson
*Sharon Bernard	Eric Henry	Kevin McNamee	*Samira Thompson
Heather Bonas	Brendan & Claire Hickey	Nancy McPherson	Thaddeus Mordon
Luc Bourgeois	Julie Hiscock	Martin Morier	Seemah Mullally
Cathy Brierley	Cathy Hollands	*Phil Mullin	Judith Neal
Merle Brown	Jeff Hoyle	Graham Neale	*Deborah Newhook
*Bruce Burgess	Will and Colin Huddleston	*Ron Newhook	Ruth Walden
Charlotte Burgess	Scott Inrig	Jacqueline Newton	Andrew Walsh
James Calkin	Karen Jackson	Carol Ogden	Joanne Paré
*Suzanne Carr	Lindsay Jacobi	Wendy Parkes	Lynne Peterman
Joanna Binch	C & B Jeffrey	Graham Piché	*Rodney Pitchers
Kate & Emma Chacksfield	Barbara Jensen	Cornell Popyk	Arianne Potvin
Phil Chartrand	David Jones	Mylo Pouliot	Damien Prelorenzo
Neil Cochrane	Klein Family	Don Price	Wendy Pullan
Amy Connelly	Ken Klippenstein	Samuel Quiroz	Eileen Raven
Gillian Cooper	Leslie Koenig	Sue Raven	Robert Read
Katie Copp	Christel Kurz	Jean-Francois Rene	
Cramer Family	Anna Lacroix		
Jo-anne & Charles Crisp	Tara Laderoute & Students		
Linda Cunha	Glenna Laflamme		
Michel David	Derek Lagace		
Quinn and Layla de March	Tyler Lagace		
Bruce Denyes	Claudette Lalonde		
Gerri Doherty	Sally Lankester		
*Jim Doherty	Gary Lane		
Katie Donaghy	Diane Laplante		
Mary Donaghy			
Michael Donaghy			

VISTAS’ Delivery Schedule

2023	VISTAS Delivery Date
October Issue	September 27, 2023
November Issue	November 1, 2023

Thank you to our distributors for contributing to our community in this way. Your help makes VISTAS possible.



COMMITTED TO EXCELLENCE IN
REAL ESTATE SERVICE

WE ARE ENGEL & VÖLKERS



347 Frost Avenue
\$947,800

If you are thinking of selling please contact Lena for a personal and complimentary real estate consultation. Learn more at lenamaione.ca

Lena Maione, Sales Representative
292 Somerset Street West • Ottawa
(613) 422-8688 • lena@lenamaione.ca

ENGEL&VÖLKERS
LENA MAIONE

©2023 Engel & Völkers Ottawa Central, Brokerage. Each brokerage independently owned & operated.

COMPUTER HELP IN YOUR HOME

WE COME TO YOU TO FIX COMPUTER PROBLEMS.

Compu-Home is a highly regarded family business located right near you. Service is honest, reliable, affordable and prompt.



613-731-5954

HOW CAN WE HELP YOU?

- Computer slowdowns
- Problems with Internet connections
- Spam, spyware and security programs
- Setting up and maintaining home and office networks
- Printer problems
- Helping plan, purchase and use new computer equipment
- Transferring and backing up data
- Using new digital cameras
- Coaching



613-731-5954
info@compu-home.com
Malcolm and John Harding

VISTAS Vision

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

VISTAS Volunteer Carriers Needed

For West of Haig

- Anoka, 35 papers
 - Bloor, Penhill, Crestwood, 56 papers
 - Crestview (Alta Vista to Fairbanks), 31 papers
 - Grasmere, 39 papers
 - Heron (Alta Vista to Greenbelt), 13 papers
 - Juno, 36 papers
 - Kilborn (Alta Vista to Bank), 61 papers
 - Manor Hill Private, 32 papers
- McRobie and Clontarf, 17 papers
 - Mimosa, 30 papers
 - Neighbourhood Way, 35 papers
 - Pixley, 60 papers
 - Portland, 34 papers
 - Renova, 55 papers
 - Station Boulevard, 40 papers
 - Utah, 32 papers

For East of Haig

Arch	Dunelm	Maywood
Audrey	Dwellingham	Melfort
Avenue N	Dwight/Dwight Place	Monteith
Avenue P	Edmond	Nerta
Avenue Q	Elderfield	Orchid
Avenue R	Elsett	Othello
Avenue S	Erinbrook	Pleasant Park
Avenue T	Fairdale	Plesser
Avenue U	Folkstone	Pullen
Balharrie	Furby	Russell
Banghor	Gill	Sandra, Ellen
Blackstone	Glendevon	Saunderson (Pleasant Park to Smythe)
Carnegie	Goren	Saunderson (Halifax to Pleasant Park)
Browning	Haig	Shamir
Caverley	Hamlet	Shelley
Chadburn	Haney	Shelburne
Chaucer	Hastings, Edgecombe, Halstead	Smyth (Dauphin to Russell)
Connery	Heaton	Sonata
Cornish	Howland	Southvale
Corry	Holt	St Laurent (Walkley to Russell)
Dakota	Joliffe	Susan
Devon	Keats	Tilson
Dickens	Lemay	Tupper
Dorval	Magnus	Weston
Drew	Martha	Weyburn

OUR COMMUNITY

LOCAL CYCLISTS BICYCLE ACROSS WESTERN EUROPE

By Tom Al and David Cole

Like most local cyclists, we routinely ride with friends on day trips and use our bikes for the daily commute. We recognize that, among other large Canadian cities, Ottawa stands out as one that works to maintain and continually improve the local cycling network. Nevertheless, after many years of riding the same routes, a cycling adventure in a new and somewhat exotic locale was calling to us.

In scoping out possible cycling destinations and routes, the Eurovelo cycling network quickly rose to the top, as it offers numerous options for cyclists that include signage and GPS tracks on cycle-friendly routes spanning the continent. We decided on Eurovelo 6, which stretches across Europe from the Atlantic Ocean to the Black Sea, and after a year of planning and gearing up, we set off for a new adventure in late April.

The ride started in St Nazaire on the Atlantic coast of France, crossed into Switzerland, through to southeast Germany and Austria, ending in Vienna. The route followed the Loire, Saone, Doubs, Rhine and Danube rivers, thereby mostly avoiding hills and mountains. The exception was some major hill climbing required to cross from the Rhine River watershed (where rivers flow west and north toward the Atlantic Ocean) over the height of land to the Danube River watershed (where rivers flow east toward the Black Sea). Those rivers are historic transportation routes and are dotted with chateaux, vineyards, medieval walled cities, castles and settlements dating back millennia.

The majority of the route was on designated cycle paths, bike lanes or quiet country roads. We rarely dealt with busy roads or traffic, so stress levels were low. In the case of Eurovelo 6, parts of the route are on historic towpaths immediately adjacent to rivers and canals, providing mostly flat or gently rolling topography and scenic vistas.

We rode touring bikes and carried everything necessary for the lifestyle of a drifter, including camping gear which we put to use as often as the weather permitted. This type of bicycle touring is often referred to as “bikepacking.” Of course, the Danube is a well-worn route for tourism in all forms, so it wasn’t surprising that we met many fellow cyclists, Canadians among them. Some of these were the hop-on, hop-off cyclists that travel the river by boat and explore select shore segments with rented bikes. Others were engaged in the more classic form of bike touring like us. What did surprise us was the prevalence of e-bikes. We estimate that of all the bikes that we passed along the route, about 80% were electric. Almost all touring bikes were electric, and the demographic of the riders was, shall we say, experienced in life. Even in the cities, recreational and commuting bikes were commonly electric, but the road warriors on high-end road bikes were still common, mostly on the weekends, much like Ottawa.

Bicycling is an ideal way to explore a city, region or country. It gets you away from congested areas and provides the experience of life on a

very local level. In our case, when not adjacent to the rivers, the route we followed took us through small villages, farm fields, and across the wide-open countryside; a perspective not available to tourists visiting major cities. Bicycle touring is an economical and environmentally friendly way to travel, with the added benefit of exercise. Now, with the e-bike revolution underway, this form of tourism is easily available to all ages.

We returned in May, having cycled over 2,200 km along Eurovelo 6 in four weeks. It was a thoroughly enjoyable adventure without the elements of danger that come with riding on busy roads and highways. For that reason, it would be difficult to reproduce in most parts of North America where the protected cycling paths and dedicated lanes are not developed into connected, long-distance routes. As noted by a fellow Swiss cyclist whom we rode with one day, “As compared to Europe, North America is young and the distances are large, it will take time for similar cycling infrastructure to develop.” Let’s hope that our community leaders continue to push for that development – the e-bike revolution is coming to Canada and we need to provide the growing number of riders with safe options for tourism and recreation.

Tom Al is a professor in the Earth & Environmental Sciences Department at the University of Ottawa and an avid cyclist and cross-country skier in his spare time. David Cole is a semi-retired engineer who has extensively toured by bicycle in Canada, the US and Europe.





ELMWOOD
SCHOOL

THIS IS THEIR TIME

And this is the place. From pre-kindergarten to Grade 12, our students develop the skills, passion and curiosity of lifelong learners. With the support of our community, their confidence, resilience and strength of character grow so they can take smart risks, use their voice and realize their true potential.

- Small class sizes
- Co-curricular opportunities
- International Baccalaureate World School
- Healthy meals prepared onsite
- Transportation and before + after care available

An independent day school for girls from Pre-Kindergarten to Grade 12.
elmwood.ca

Senior Housing & Relocation Specialists Care Navigation & Advocacy Experts

Solutions start with conversations

Call: 613.277.6449

Email: info@agewellsolutions.ca

Visit: agewellsolutions.ca



Tom and David while cycling across Europe



The Honourable | L'honorable

David McGuinty

Member of Parliament | Député
Ottawa South | Ottawa–Sud



HARD WORK, DEDICATION, PUBLIC SERVICE
TRAVAIL ACHARNÉ, DÉVOUEMENT, SERVICE À LA POPULATION

My office provides information on the services offered by the Government of Canada, including:

- » The Canada Pension Plan / Old Age Security
- » Guaranteed Income Supplement
- » Immigration Matters
- » Citizenship Inquiries
- » Canadian Passport / Consular Affairs
- » Business Opportunities / Grants & Funding
- » Student Loans / Taxation Issues

If I can ever be of assistance to you, on any federal matter, please do not hesitate to contact my office.

Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:

- » le Régime de pensions du Canada / la Sécurité de la vieillesse
- » le Supplément de revenu garanti
- » les demandes de renseignements relatives à la citoyenneté
- » les questions d'immigration
- » le passeport canadien / Affaires Consulaires
- » les occasions d'affaires / les options de financement
- » les prêts aux étudiants / les questions sur l'impôt

Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

The Honourable | L'honorable **David McGuinty**, MP | Député

Constituency Office | Bureau de Circonscription

1883 Bank Street
Ottawa (Ontario) K1V 7Z9

Tel | Tél: (613) 990-8640
Fax | Téléc: (613) 990-2592

Email | Courriel: david.mcguinty@parl.gc.ca
Web Site | Site Web: www.davidmcguinty.ca

OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

Greetings all, as we move back into the autumn routines. I trust you have all dried out following our soggy summer.

This summer has been very busy at HEFC, with record numbers of new clients arriving from all over the world. In the first two weeks of August, in addition to Canadian-born clients, we have met folks from Nigeria, Morocco, Kenya, Algeria, India, Afghanistan, Philippines, Ukraine, Brazil, Mauritius, Mexico, Venezuela, Casablanca, West Africa and Turkey. Many of them have been in Canada less than a month, speak neither English nor French, and know very little about this country. Volunteers at HEFC may represent their first contact with Canadian social services. These folks may feel quite intimidated since they have escaped from situations where they have been in danger and do not know what to expect from us. We make an extra effort to be welcoming and supportive as they begin to learn the ropes in this new country with our very different culture. Even the food we offer is unfamiliar. There is much to learn in this new land.

In addition to assisting these folks to access sufficient nutritious food, we at HEFC must be mindful of the requirement for accountability to our donors and funders. Statistics must be kept, reports must be filed, and tax returns must be completed. All these tasks are essential but take much time and organization.

Fortunately, we are blessed with skilled and dedicated volunteers, including our Hero for September, Jill Morrison. Jill has been volunteering at HEFC since February 2023 and is a graduate of the Social Service Work program at Algonquin College. When we were informed that HEFC would be participating in a pilot project, initiated by the City of Ottawa and contracted to Context Research Group, to test a client satisfaction survey of users of all food banks in the city, our very astute and capable Executive Coordinator, Louisa Simms, asked Jill if she could not only administer the survey to our clients but tabulate and submit the results. The survey was provided to all our clients, on a voluntary basis, for the month of May (coincidentally the month with the highest number of clients served, 2,044, in our 36-year history). Since we are open four days a week, other volunteers administered the surveys on the other three days, while Jill covered the fourth day, and compiled the results.

The survey was designed to be confidential for our clients, completed on a tablet that would also collate results. Unfortunately, the tablets did not work out and many of our clients were unable to follow the instructions in any of the six languages, English, French, Arabic, Somali, Ukrainian, and Spanish, in which the survey was presented. Therefore, the survey was printed as a paper version that was offered to clients once they had received their groceries and explained by Jill and her team of volunteers. Those clients who agreed to complete the survey were assisted by the volunteers as required, and the completed surveys were then taken home

and tabulated on a computer by Jill. Jill reported that she could complete about 20 surveys with willing clients during her Friday morning stint as a volunteer. In all, over a 30-day period, Jill tabulated the results of 190 voluntary surveys. This was quite challenging since the survey was 13 pages long and included much demographic information. Despite the six hours of extra work required for tabulation, she reported this to be a rewarding experience, as most clients reported a high level of satisfaction as recorded in the results that follow.



Jill Morrison, HEFC's Hero for September

Statement	% of participants who agreed with statement	Overall average
Program provided participants with access to more healthy food	89	84
Program offered a variety of food	85	81
Program helped participants meet some of their food needs	91	87
Participants had enough food for themselves when they used this program	66	73
Participants felt welcomed and treated with respect and dignity in the program	96	91
Participants more aware of the supports available in their community	74	80

Our clients scored higher than the overall average on four out of six statements, and we are very proud that we scored so highly in our client's assessment of our welcoming attitude. While we supply food for seven days to clients who come to HEFC, it is clear that they feel their need is greater. As HEFC is one of the few stand-alone food programs not attached to a larger community organization, such as a community health center, we do not have as much information about other community supports. Thank you, Jill, for your skill and commitment and thanks to all our volunteers and our Executive Coordinator, Louisa Simms, who welcome our clients with respect and dignity.

With reference to the clearly expressed need for more food, we will be holding our annual Walkathon on Saturday, September 23 at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive, between 9 a.m. and noon. You can pick up pledge sheets by contacting HEFC as listed below. On the afternoon of this same day, September 23, the Phoenix Big Band will be holding its second annual fundraiser for HEFC at 411 Billings Ave., in the driveway, from 2 to 5 p.m., a change from the date we announced in the June edition of VISTAS. Last year was such fun! Bring your donations! We look forward to meeting you there!

Call us at 613-737-9090 or email us at hefc-info@rogers.com for more information.

Check out: hefc-info@rogers.com.

On Facebook: www.facebook.com/HeronFoodCentre.

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

You can donate to the Walkathon online at: go.rallyup.com/hefcwalkathon2023 or with our new QR code:



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.

SEPTEMBER WISH LIST

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

Don't forget us as you are harvesting all your fresh garden veggies! We always welcome fresh produce.

HERON EMERGENCY FOOD CENTRE

STEP UP & STEP OUT TO STOP HUNGER

WALKATHON

SEPTEMBER 23, 2023

9 AM - 12 PM

ST. THOMAS THE APOSTLE ANGLICAN CHURCH
2345 ALTA VISA DRIVE

FOR PLEDGE SHEETS:
CALL 613 737 9090
CONTACT YOUR HEFC REPRESENTATIVE

DONATE NOW BY SCANNING OUR QR CODE

WWW.HEFC.CA



John Fraser, MPP
Ottawa South

Back to School

Children are returning to school and many will be bussing, walking and riding their bikes to their destinations. I want to remind motorists and pedestrians to be aware of the increase of children and youth on city streets.

I wish all students a safe and successful new school year.

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

Please feel free to contact me at my community office if there are any provincial issues I can assist you with. My staff and I will always do our best to help you.

Please contact us with any matter of concern to you including:

- Birth, death and marriage certificates
- OHIP cards
- Driver's licences
- Congratulatory messages
- Landlord or Tenant concerns
- Family Responsibility Office
- The Legislative Page Program
- General inquiries regarding provincial programs

1883 unit D Bank Street

Ottawa, ON K1V 7Z9

T: 613-736-9573 | F: 613-736-7374

jfraser.mpp.co@liberal.ola.org

www.johnfraser.onmpp.ca



OUR COMMUNITY



ELLWOOD HITS THE BALL OUT OF THE PARK, AGAIN, AGAIN AND AGAIN

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

Ellwood is enjoying a very active summer and the results of a strong, engaged, advocacy and community-oriented association.

May 29th AGM a success!

Our first post-COVID Annual General Meeting was held on May 29 of this year in the convention hall of the Marriott Airport Hotel on Walkley Rd. It was well attended, full house, standing room only; its ambiance was cheerful, engaging and productive.

Delectable refreshments were served, and our Member of Parliament, David McGuinty, Councillor Riley Brockington, Ottawa police officers Marcus Cibischino and Brad Burleau and the Federation of Community Associations president Robert Brinker were in attendance. Incredibly, over \$5000 was won by attendees in door prizes, including: two Porter Airlines tickets to New York City, NYC hotel from Travel Brands, NYC Enterprise car rental and eight days of parking at Ottawa Airport Park 'N Fly; a gigantic gift basket from Farm Boy (Walter Klein); an overflowing cosmetic Avon gift basket (Nicole Klein); a signed Senator's baseball cap (Chris Neil); a bottle of fine Riesling (Gary Howard); and much more. The community enjoyed coming together for an informative, enjoyable evening with lots of laughter.

Ottawa police officers discussed safety, traffic and security issues, and took audience questions. Councillor Brockington presented his community report, focusing on his opposition to the Garbage Initiative. This was met with a thunderous applause of approval.

MP David McGuinty provided an insightful glimpse on the intelligence aspect of Canada's security situation. He also presented community recognition awards to Ed Davidson, Gary Howard, Rebecca Robins, William Azzi, and Diana Payne for going above and beyond in their commitment to Ellwood and other residents.

Mayor Mark Sutcliffe sent a warm congratulatory message to thank dedicated members of *Ellwood's* Ridgemont Community Association: "for your tireless work and dedication to your community and our city, doing important work to engage citizens and build strong community

bonds, which is what makes our city such an incredible place to live. As you know, successful community associations, like yours, are made possible through residents volunteering their time and getting involved to make their community a better place to live. I warmly recall meeting with members of your community association last August and appreciated the opportunity to engage with you on important issues. I found the discussion enlightening, and it was inspiring to witness the commitment to enhancing the community's well-being."

Of note, Councillor Brockington had previously requested and received from the board on May 12 a formal request to address Ellwood's traffic problems. This was motioned, seconded, and unanimously passed at the AGM, as follows.

Traffic Mitigation Initiative for Ellwood linked to the Bank Street Redevelopment Plan.

- Formal request to Councillor Brockington and the City

Ellwood's Ridgemont Community Association formally requests that our Councillor, in conjunction with the City of Ottawa, bring forward two options to solve the problem of cut-through traffic, speeding and disregard for stop signs. Based on responses from the community, one of these two will be selected. This request also includes fail-safe safety features on Bank Street to stop the increasingly frequent accidents across the yellow line.

- Survey Ellwood residents for problems and suggested solutions.

City Traffic Services, for a start, is now proposing to conduct stop compliance studies at Banff and Kitchener, Vancouver and Banff, and Brookline and Hampstead.

It is being made clear to the City that these measures are sought, not just for now, but for the future duration of the Bank Street Redevelopment Plan encompassing the next 25 to 50 years.

Residents of Ellwood have made it clear they do not wish to have ever-increasing traffic from other parts of the city cutting through the neighbourhood at high speed, ignoring stop signs and spewing fumes, to save a minute or less to avoid the lights at Bank and Walkley. Equally important is a clear traffic separation on the accident-prone stretch of Bank Street between Kitchener/St. Paul and Vancouver Avenue. Many accidents at this juncture close down Bank Street for up to four or more hours while investigations are carried out. During this time all traffic, including tractor-trailers and OC Transpo buses, are often routed down Banff, Vancouver and Kitchener avenues bringing extremely heavy axle loads on residential streets not built to accommodate them plus stifling diesel fumes.

Continued on Page 10



Ellwood's Ridgemont Community Association held a ceremony on July 29 celebrating the re-opening of the newly repaved Banff Avenue.

OUR COMMUNITY

Good times had by all at Banff Avenue grand re-opening ceremony, summer carnival and award ceremony!

On Saturday, July 29, the association held a grand re-opening of the recently repaved Banff Avenue with a brand-new sidewalk featuring the latest safety improvements. The well-attended ceremony saw Councillor Brockington and Association President Norm Payne cut the sash with special City of Ottawa gold scissors to rapturous applause. The group then proceeded to the park for the Summer Carnival. Here world-famous Ottawa magician Chris Pilsworth entertained around 82 adults and 40 kids with his many disappearing acts, amongst an hour's long string of one bewildering magical feat after another. The audience enthusiastically participated, applauded in wonderment, and laughed their heads off, especially when Payne regaled them with the "story" of Councillor Brockington's presence on the balcony of Buckingham Palace on King Charles' Coronation day. Councillor Brockington really did go to London for the Coronation.

Residents were amazed by a surprise draw for two free Via Rail tickets, Avis and Budget Car Rental travel luggage, and hair styling from Elie's Barber Shop.

A community award ceremony followed; awards were presented to Ellwood residents, Danielle Reklitis, Tracey Bond, Alex and Benedict Daniels, Justin McGillivray and Marc Charbonneau by MP McGuinty. These awards were beautifully encased in a carriage green folder, calligraphed with the coat of arms of the House of Commons, and embossed with a gold seal on fine paper.

Following the award ceremony, everyone enjoyed hot and tasty pizzas from Gabriel's and cooled off with lemonade and other juices.

Dorothy Jeffreys and Michel Kazan from the Ottawa Public Library arranged for a booth at the park to enlighten residents about the OPL and sign up attendees for new library cards – a success!

OUR PEOPLE

Three Women, Three Lives

How They Make It Work

By Courtney Tower



Three women, three generations, one home, together in a comfortable if smallish house where none of them much likes cooking and all follow separate lives and pursuits. So here lies bliss? Well, bliss may be stretching it, when your ages range from 86 to 26, when speaking together can be halting at best, where the life histories are of Canada and Ukraine. But it works, works kindly and well, each gaining much, for homeowner Sheila McKay and for Alla and Maria Sakhno, mother and daughter, who had fled their home in Kyiv from the notorious bombing, shelling, and torture-murders committed by Russia just minutes away at the pillaged and destroyed suburban town of Bucha.

Amidst the sounds of bombing and shelling, they hid in their bathroom as the sirens wailed. After several days of fright, Maria's brother Dennis took them to a train station and they left behind Alla's 16 years of kindergarten teaching and the job Maria loved of writing comedy and other scripts in the television station and network of President Volodymyr Zelensky.

"We had to leave my brother behind because of the law forbidding the departure of Ukrainian men from the country," Maria said in an interview here. "Now he travels all over Ukraine as a television cameraman recording all the devastation created by Russia. My mother and I talk with him often by cellphone and he is recording everything, including Bucha, where the Russians massacred hundreds of people and left their bodies in the streets."

"We went by train to Lviv in Ukraine but it was filled with people trying to get out and we managed to get across the border to Poland where my dad (long separated from Alla and living in Poland) got us a place to live in for a few weeks. Then we went on to cities in Germany but learned of and took the offer from Canada of refuge, \$3,000 each in cash support, three-year visitor visas."

Coming To Canada

And Sheila McKay

Sheila, in another interview, says: "I was looking for someone, or a couple, to live in my home in Alta Vista and was connected with Alla and Maria through Ukrainian-Canadian friends of theirs. They have been with me since May of 2022 and they are warm and wonderful people."

With all that said, and more, Sheila McKay at 86 goes back to propelling a lawnmower through the healthy grass and around the profusion of flowers in her back and front yards. Alla is at work making cookies and other baking at a central Farm Boy in the Train Yards for all of that company's stores in this region. Maria is off to her job waitressing in a restaurant in the Byward Market.

Continued on Page 12

**Harmonia
Choir
of
Ottawa**

Join

Your Local Choir!

Audition Now!

Rehearsals Wednesdays 7:30

Find us on YouTube

St Thomas the Apostle
2345 Alta Vista Dr 613-833-1812
info@HarmoniaChoir.com

**Harmonia
Choir.com**

Alta Vista

HANDYMAN.CA

Paul Gawryluki • 613.262.1336
paul@altavistahandyman.ca





MARTY CARR

Alta Vista Ward 18

Alta Vista Quartier 18

Councillor | Conseillère



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 anytime by email or by phone at 613-580-2488.

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

E-Waste Day at Jim Durrell Recreation Centre – September 9th

Do you have electronics you are looking to dispose of? In collaboration with Junk That Funk, my office will be hosting an e-waste drop off event. Come out to Jim Durrell Recreation Centre (1265 Walkley Road) on Saturday, September 9th from 10a.m. to 4p.m. For a full list of items that will be accepted, visit Junk That Funk's website here: <https://junkthatfunk.com/our-e-waste-schedule/>

Balena Park Corn Roast – September 17th

The Balena Park Corn Roast is back! We look forward to welcoming the fall season with you on Sunday September 17th from 3p.m. to 6p.m. at 1579 Balena Avenue. This event will be packed with activities including a visit from The Barnyard Zoo, Magical Marvin, a firetruck, and more!

Heron Emergency Food Centre Walkathon Fundraiser – September 23

Step up and step out to stop hunger! The Heron Emergency Food Centre will be hosting a walkathon to raise money on September 23 from 9a.m. to 12p.m. at St. Thomas the Apostle Church (2345 Alta Vista Drive). For pledge sheets, please call 613-737-9090. To donate, visit www.hefc.ca/donate-food.

Coffee and Conversation at 3 Sisters Bakeshop – September 29

You are invited to a coffee and conversation event at 3 Sisters Bakeshop (2211 Arch Street) on September 29th from 2p.m. to 4p.m. This event will be an opportunity for us to openly discuss new ideas and ways to improve our community. Your input and feedback is important to ensure our community is constantly evolving and everyone's voice is being heard. I hope to see you there!

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:

September 26: Riverview Park and Eastway Gardens

Location: In person - location TBD

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

October 5: Alta Vista and Faircrest Heights

Location: Virtual - link on website

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

October 26: Ridgemont and Herongate

Location: Virtual - link on website

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


Stay Connected


Website: Please visit my website www.martycarrottawa.ca

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

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

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

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

 Instagram (martycarrottawa)

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

Marty.carr@ottawa.ca | martycarrottawa.ca

OUR PEOPLE

Not Quite
A Big City

Alla, 54, and Maria, 26, are big-city people (Kyiv: a historic capital city of about 6 million persons). In Canada on arrival they found themselves placed on a farm in rural southwestern Ontario with a very kind couple whom they still love and with whom they keep in touch. But they felt uncomfortable with the very smallness of their new place, the missing pace and energy and social-cultural life of a great and vibrant city, and moved to Ottawa because “it is the capital of Canada and we thought it would be big and lively like Kyiv or London or Berlin,” Maria said in an interview. “I am grateful to be here and able to work and contribute. I love Sheila and the safety and kindness we find here, but Ottawa to me is a big village and one day I hope to get back to a real big-city, to Kyiv or – it’s a dream I have – to live in London, England.”

Mother and daughter have a two-bedroom fully furnished and equipped apartment in the basement and free reign of Sheila’s roomy living quarters upstairs. They work six days a week at minimum wage jobs (although waitress Maria gets tips). Alla has very limited English-speaking capability and Maria is fluent and improving in English every day. Both, apart from their jobs, take English language studies provided by the federal government. As is the case in many parts of Ukraine, as a result of Russian domination for decades and generations, they are Russian-speakers first and Ukrainian-speakers second, although that is changing since the Russian invasion. “I still think in Russian,” Maria says.



Alta Vista homeowner Sheila McKay stands with Alla and Maria Sakhno, mother and daughter, Ukrainians with whom she shares her home. Photo credit: Gerri Doherty

She Has The Grace
Of Living The Day

While their homeland is besieged and their home a memory, they appreciate living with Sheila McKay and with the safety and general kindness they find in Ottawa. For Maria, at least, this is a stop-gap in that she would like to move on one day. For Alla, Sheila puts it well: “Alla seems to have the grace of just living the day. That’s the beautiful woman that she is. She doesn’t complain, isn’t full of self-pity. She’s a very hard-working woman living the day, taking other employees’ shifts, once working 17 days straight.”

Like anyone her age, Maria is on her cellphone constantly, talking with friends in Ukraine, Germany, Poland, England. In Ottawa, she has acquired “my boyfriend, Tariq, an Arab my age from the Emirates who has graduated from Carleton University.” So we will see where that takes them.

Leading Some Brownies
To Marriage With Bob

Sheila is a story in herself. Born in the tiny village of Tantallon in Saskatchewan’s beautiful Qu’Appelle Valley, of Icelandic-Canadian parents, she grew up in Toronto with her parents and two sisters, started working at age 13 doing household chores for a wealthy woman. At 16 she was working in the Eaton’s department store selling shoes on Saturdays for \$5.75 each day – “I gave the \$5 to my mother and kept the 75 cents.” She won a scholarship to attend the University of Toronto. With student loans as well, she did that for a year before switching to Teachers’ College and becoming an elementary school teacher.

Sheila was always a volunteer worker as well. At the Rosedale United Church, where she was leading a Brownie troop of girls, she met the resident assistant minister, John Robert “Bob” McKay. They married in 1960 and had 42 years together before he died of pancreatic cancer where they were living, in Edmonton, Alberta. Sheila and Bob McKay had two sons and two daughters. She has seven grandchildren. After years of teaching in Edmonton, she moved to Ottawa in 2010, where one son lives and into her house on the edge of Cunningham Park. To help with her finances, she had a young couple from India live in her basement apartment for five years and they now, in their own new home, remain close friends.

Summer Flowers
And Winter Trips

Apart from keeping a very tidy but comfortable home without assistance, Sheila is to be found most days of spring, summer and fall among her flowers, gardening being her special interest. Alla and Maria love to sit out on her large back deck, amidst the flowers and lawn and trees of Sheila’s place and the adjoining Cunningham Park. In winter, Sheila so far has travelled, to visit family and friends in Alberta and British Columbia and to Japan with a granddaughter in 2017.

In any case, summer flowers or winter trips, three women of three generations live in closeness to each other. I forgot to mention their cooking, infrequent because Sheila figures she did enough of that in 42 years of marriage and bringing up a family and because Mother and Daughter Sakhno prefer to bring food home from their jobs or elsewhere. They often meet and chat but the lives are kept quite separate. Separate but close. It works very well.

L.S. MOORE & SONS

- DECKS (Repairs & Refinishing)
- PAINTING (Interior & Exterior)
- Renovations - Carpentry
- Wallpaper Installation/Removal
- General Repair & Home Maintenance

Commercial & Residential

613-521-3911

Free Estimates perrymoore2001@rogers.com Established 1935

ARTS & CULTURE

THE JAZZ SINGER OF ALTA VISTA

By Aldis Brennan



Rachel Beausoleil was always going to be a singer; except she almost wasn't.

"Ever since I can remember, even when I was a little kid, if I heard music, if I went to a concert, I was forever seeing myself replacing the person on the stage," Rachel said. "It was a vision that for me was

kind of a permanent thing."

On July 8, Rachel's powerful and warm voice filled La Nouvelle Scène Gilles Desjardins in downtown Ottawa. When she sings, it is felt as much as heard; a finger tapping here, a foot bouncing unconsciously there, a collective swaying in the seats of the people who have come to watch her perform.

Rachel grew up in Montreal and had followed her passion to a music program at Marianopolis, a vocational school in Quebec's College of General and Professional Teaching system. She made it through one term before everything in her life fell apart. Her parents got divorced. She survived an abusive relationship. She took a BA in foreign languages and ended up with an administrative job in the federal government. The music faded. But it was always more of a rest than a coda.

She met Ian at work, and being the observant type, he noticed her interest in music—the unwatched television converted into a music stand, the posters, the note-shaped knick-knacks scattered throughout her apartment. For their first Christmas as a couple, he gave her singing lessons and said, "You don't have to go, but I just wanted to open a door."

"He saved me from the depths by giving me my music back," Rachel said. "It really did open a door. It got me started up again in something that meant so much to me."

He may have opened the door, but it was both of them who walked through it, together. Rachel took the lessons during her lunch break. And when that wasn't enough, she quit her job.

"It took a lot of gumption, and it was scary," Rachel said. "It was hard for Ian too because he didn't imagine himself as the primary breadwinner. It took a leap of faith on both our parts to imagine that this could work."

Rachel took on summer jobs alongside high school and university students. She signed up with a temp agency. They counted pennies at the grocery store checkout counter. But they made it work. She went back to school and studied music, then a master's degree in ethnomusicology.

"In musicology they study dead people, in ethnomusicology we study live people," Rachel said. "That's kind of a joke, but doing the master's was a strategy to get to know the people who were already doing what I wanted to do."

What style of music she wanted to sing ended up being the harder question. Rachel's mother preferred CJAD, a Montreal adult contemporary radio station. She describes her dad as a "bit of a classical snob." Growing up, her own tastes were more Hall & Oates or ABBA. It wasn't until after she married Ian that she discovered jazz.

"I was on my honeymoon in France, and I heard Holly Cole on the radio and I thought that's how I wanted to sing," Rachel explained. "Jazz has so much expressive power that I don't find in any other genre. It was like freedom."

When Rachel recorded her first jazz album, she was eight months pregnant with her first child. It was her second child that brought the family to Alta Vista, having outgrown their previous home. She continued to perform and by the time she obtained a PhD studying Brazilian jazz her kids were teenagers. Life happened. Who's to say whether it had to be that way or not. What is certain is that there is a power in the doing that must be earned.

"A lot of my songs come out of hardship and turn into hope because that's kind of a mantra for me," Rachel said. "Every difficulty in life has to be turned into something."

Back in the theatre, the audience filters in after an intermission. The lights dim, a lone spotlight lingers. Rachel steps into the light, tilts her head to the side, closes her eyes, smiles, and sings.

If you would like to find out about new releases and performances, you can sign up for Rachel's bulletin here: www.RachelBeausoleil.ca.



Rachel Beausoleil performs at La Nouvelle Scène Gilles Desjardins in downtown Ottawa alongside Brazilian guitarist-composer Evandro Gracelli.

SOUTH OTTAWA'S INDEPENDENT PAINT DEALER!

we've got you COVERED

PPG PAINTS Benjamin Moore SICO OLYMPIC SICO ProLuxe LIGNA Old Masters LIVCS

Rubin's PAINT

QUALITY TOOLS
ECO PRODUCTS
CUSTOM PAINT SPECIALIST
EXPERT SERVICES FOR OVER 60 YEARS

Corner of Bank & AltaVista
2649 Alta Vista Drive
Serving Ottawa Since 1952
613-521-3636

ARTS & CULTURE

What's On in Ottawa & Beyond in September



By Tony Wohlfarth

This month, I review an outstanding Academy Award winning film, *The Whale*. A film I reviewed in April – *Blackberry* – is now available in Alta Vista. I also preview live music in our region this fall.

The Whale

Brendan Fraser stars in this outstanding film, set in Idaho in 2016.

Charlie (Fraser) is a reclusive college teacher with morbid obesity. The film captures an eventful week in his life, teaching an online course in creative writing and reaching out to his daughter, Ellie (played by Sadie Sink). The film is based on a play (of the same name) by Samuel D. Hunter.



Charlie is estranged from Ellie and his ex-wife, Mary (Samantha Morton). His only “friend” is Liz (Hong Chau). Turns out she is the sister of Alan, Charlie’s lover who took his own life. Liz affectionately cares for Charlie while protecting him from social interaction.

The film is painful to watch, as Charlie gorges to dull life’s pains. At the same time, it is full of deep humanity – his affection for Alan and Ellie.

The Whale is directed by Darren Aronofsky. The film won two Academy Awards earlier this year – best acting (for Fraser) and one for best make-up and hairstyling. Previously, the 54-year-old American director produced *The Good Nurse*.

The running time is two hours 57 minutes.

Blackberry

I reviewed this outstanding film from the Berlinale earlier this year (see page 23 of the April edition of VISTAS). I was delighted to discover

it is now available to rent in our community. The running time is two hours one minute.

How Can I See The Whale and Blackberry?

Both *The Whale* and *Blackberry* are available to rent from Movies’n Stuff, 1787 Kilborn Avenue in Alta Vista. Call Peter today at 613-738-1606 to reserve your copy.

NAC (1 Elgin Street)

The National Arts Centre features a performance by The Great Lake Swimmers on September 15. Tickets are available at: nac-cna.ca/en/event/34495.

Red Bird Live (1165 Bank Street)

A new entertainment venue for live music in Old Ottawa South is open. On September 1, Ray Bonneville performs. Tickets are available at: redbirdlive.ca/shows/09.

Live on Elgin (220 Elgin Street)

PEI’s Lawrence Maxwell touches down in Ottawa on September 3. Tickets are available at: www.liveonelgin.com.

City Folk Festival

City Folk returns to the lawn at Lansdowne Park September 13–17. Headliners include Arkells, Ziggy Pop, and Allison Russell. Russell (pictured here) will perform songs from a new CD, “Returners,” available on September 8. Tickets and event information are available at: cityfolkfestival.com.



Out of Town

The Toronto International Film Festival (TIFF) returns to downtown Toronto from September 7–17. Tickets went on sale on August 28 at: www.tiff.net.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He is currently covering The Edinburgh Film and Fringe Festivals.

1712 Playfair Drive

SOLD

in 17 days

See details at: 1712Playfair.com

Let my 45 years of experience benefit you!

Top 1% of 87,500 eXp agents worldwide last year.

Andre Major

Real Estate Broker, Shareholder, MBA

613-262-0606

andre@andremajor.com

ICON Agent

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

SENIORS SPACE

A CENTURY'S GOOD LIFE

By JL Mulligan and Beverly Ensom, Ellwood House Board Member

You only have to look at the photo to take you back to 1942 and a young man posing with a Lancaster bomber aircraft. That boy, now 100 years old, partied in another photo at his family's lakeside cottage, celebrating his centenary, and with his family at Ellwood House (on Braeside Avenue), where he now resides.

Michael Alexander Ernest Mulligan, born June 19, 1923, was raised in Ottawa during the Great Depression. He comes from a long line of Irish ancestors, original homesteaders along the Rideau River from Hog's Back to Dow's Lake. Their farmland was expropriated for the Central Experimental Farm and the Arboretum in 1886. A memorial plaque was unveiled there in 2009, dedicated to great-great-grandfather John Mulligan I and Elizabeth "Biddy" Mulligan.

Ernie attended St. Patrick's High School and Glebe Collegiate, boxed at the Ottawa Boys and Girls Club, worked summers giving swimming lessons at Plante Bath, sold newspapers, was a telegram bicycle courier and an office boy for the old federal Department of Munitions and Supply, before signing up for the Royal Canadian Air Force in 1942. He was with the RCAF Ghost Squadron 428 Lancaster Bomber Group, serving as an inspector of radio

technicians. The squadron got the nickname Ghost because of its very many night bombing raids over Germany.

After the war, Ernie continued to work for the federal government and married Gertrude "Trudy" Myers in 1950. They purchased a new home on Micmac Street in Alta Vista in 1955, when the city of Ottawa ended at Billings Bridge. They raised their family

on Micmac St., where he spent two-thirds of his life in the same home, even after Trudy died in 1997.

Ernie only sold the family home in 2017. He moved into an apartment at Ellwood House, only blocks away. He says he loves being on his own at his ground floor unit, from which he practices his old routines at familiar locations: grocery, drugstore, banking, haircuts. He drives and swims, has no major health concerns, does not depend on any medications. He and Trudy spent their winters in Florida and he believes that the ability to walk, swim and golf year-round added healthy years to his life. He also credits a supportive family: having all three of his children (Michael, Rick and Janet-Lynne) and their spouses within 15 minutes of Ellwood House makes living solo possible.

A recent surprise party honouring his 100th birthday, held in the community lounge at Ellwood House, was a great success. He enjoyed the dignitaries' greetings (from Prime Minister Justin Trudeau, Governor General Mary Simon, Mayor Mark Sutcliffe and King Charles) and celebrating with his neighbours, friends and family. He's glad to be able to live independently at 100 years of age.



Ernie Mulligan's 100th birthday celebration at lake.



A young Ernest Mulligan posing with a Lancaster bomber aircraft.



Ernie and his family celebrate his birthday at Ellwood House.

DESIGN • BUILD • MAINTAIN
HANSEN LAWN & GARDENS LTD.
 SINCE '88



Proudly providing stress free winters since 1988!

**WE COVER YOU UP TO
 300CM!**

**CALL TODAY AND GET YOUR FREE
 ESTIMATE**



613-260-8175
www.greensideup.com



SENIORS SPACE

ELLWOOD HOUSE PLANS TO MORE THAN DOUBLE ITS CAPACITY

By David Humphreys

Plans to more than double the capacity of Ellwood House, the affordable housing residence for seniors at 2262 Braeside Avenue, have entered the home stretch with the City of Ottawa’s approval of its Delegation of Authority report (DAR).

“The report is a significant milestone,” Janice Horton says. She is chair of Ellwood’s board of directors who have been working with St. Thomas the Apostle parish, the Anglican Diocese of Ottawa and the City of Ottawa for four years to make a vision a reality. “It means the City has considered our site plan application and has given the go-ahead to work out the conditions of our site plan agreement.”

The Ontario Planning Act allows municipalities to delegate decisions such as approval of site plans to staff in the interests of speeding up the approval process.

City Councillor for Alta Vista, Marty Carr, has signed off on the site plan agreement, leaving the parish and the diocese to complete the process that is expected within weeks.

The directors are now seeking funding – likely close to \$300,000 – to complete architectural and planning work for building permits. For guidance on funding sources, they turn to Cahdco, their project management team. Cahdco, an affordable housing developer and project consulting firm, has been instrumental in moving the project forward.

Janice Horton emphasizes that with Cahdco’s help Ellwood, the parish and the diocese have enjoyed a close and beneficial working relationship to overcome complications and delays. “The parish and the church have been very supportive,” she says. “They started back in the mid-80s when low-income housing was little more than a catchphrase.”

Ellwood House opened in 1989 with 30 units. The extension will add 38 new accessible one-bedroom apartments for seniors and an expanded patio

and lounge, as well as more parking and landscaping features. Colizza-Bruni Architecture, designers of the original award-winning building, are doing the extension.

Ellwood offers a mix of units at rent-geared-to-income (RGI) rates and others at or below the criteria set by Canada Mortgage and Housing Corporation (CMHC) of 80 per cent of average market rent. Households in RGI units pay no more than 30 per cent of their total income on rent.

Experience has shown that unexpected issues causing delays are part and parcel of affordable housing development. One such issue for Ellwood came as a result of a sensible decision to seek a zoning amendment, bringing two properties – the former rectory and the Ellwood House property – into one site.

This provided for one campus, allowing for improvements and alterations throughout. It also led to a lot of questions and testing by the City. An old oil tank, left over from years ago when a switch to gas heating was made, had to be remediated, slowing down the process.

The former rectory will soon be removed to make way for construction of the new building. The rectory itself has provided low-rental housing to one family for many years.

Pre-development funding to date has come from the City of Ottawa, the Canada Mortgage and Housing Corporation, the Anglican Diocese of Ottawa and the Federation of Canadian Municipalities.

Capital financing is being sought from the City, CMHC and the Province of Ontario. In addition, hopes are high that a capital fundraising campaign, with a probable goal of \$1 million, can be launched by the end of this year.

“You can never be overdressed or overeducated.” — Oscar Wilde



OTTAWA SOUTH RENTALS – SPACIOUS RENOVATED UNITS

1, 2 & 3 Bedroom Apartments



Indoor pool & fitness room • On-site Superintendent • Indoor & outdoor parking • 24 hour emergency service
Laundry facilities • Close to shoppings & transportation

Selected suites only. Please contact rental office for more information.

urbandalecorporation.com 613-733-4077 rentals@urbandale.com

SENIORS SPACE

PERLEY HEALTH CENTRE OF EXCELLENCE HOSTS GROUND-BREAKING CONFERENCE ON CAREGIVING

By Peter McKinnon

A unique international conference has shed new light on a vital but little-understood group: non-professional caregivers. This group—largely comprised of family members—already delivers 75 per cent of all patient care, according to a recent study by Ontario Caregiver Organization. With the number of Canadians aged 85 years and older projected to triple in the coming decades, and with healthcare and long-term care systems across the country maxed out, non-professional caregivers will play an increasingly important role.

The conference, hosted in late June by the Perley Health Centre of Excellence in Frailty-Informed Care™ (CoE), focused on the experiences, perspectives and needs of non-professional caregivers. During the three-day event, researchers from around the world presented their latest findings. On the final day, several of these researchers participated alongside non-professional caregivers in a ground-breaking panel discussion

about caregivers' needs and the future of care. The audience included representatives of more than 20 care and research organizations.

The panel represented one of Canada's first public discussions among international researchers and non-professional caregivers. All participants expressed their appreciation for the opportunity to exchange views freely during what proved to be a lively and informed dialogue. Among the many issues discussed: 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. There was much discussion about the collection of data related to those who receive care and how these data could be used more efficiently and shared more readily between various providers.

All participants concurred with two key ideas, including one expressed early in the discussion: "If you're not a caregiver now, you will be one at some point in your life." The participants also agreed with the need to prioritize informed conversations among those who receive care and those who deliver care—both professional and non-professional. As one caregiver said: "Meaningful engagement, such as what we've experienced today, shows true collaboration and respect for caregivers."

The conference also represented the first international event hosted by the Centre of Excellence in Frailty-Informed Care™ (CoE). Established by Perley Health in 2019 with the ongoing support of donors, the CoE conducts and shares the practical research needed to improve care. Located on Russell Road, Perley Health is home to 450 seniors and Veterans in long-term care, and another 150 living in independent apartments. Along with providing a full range of clinical, therapeutic and recreational services, Perley Health is also a centre for research, education and clinical innovation.

The first two days of the conference focused on recent work conducted by interRAI, an international network of researchers and practitioners determined to improve the care of people with medically complex needs. During the last 30+ years, interRAI has developed, refined and promoted a wide range of evidence-informed tools for clinical practice and policymaking around the world. More than six million individual Canadians have had some aspect of their health assessed using an interRAI tool.

Continued on Page 18



Dr. Annie Robitaille, Commissionaires Ottawa Research Chair in Frailty-Informed Care (left), moderates a panel discussion with researchers and caregivers earlier this year.

Respite for Caregivers

"It's a big
break for me."

Joe, Husband, Caregiver



Respite House at Perley Health

- Come for the day or stay over night.
- Short-term and overnight care for adults living with early to mid-stage dementia.
- Providing caregivers time to relax and recharge.
- Veterans Affairs Canada funds one dedicated bed for a qualifying Veteran.

Book a stay:

- 613-247-1664, ext. 1827 or
- RespiteHouse@perleyhealth.ca

1750 Russell Road, #5, Ottawa, ON K1G 5Z6

Respite House



Short-stay overnight and daytime visits for adults living with mild to moderate dementia

Find out what a difference a day can make!

Contact

613-247-1664, ext. 1827 or
RespiteHouse@perleyhealth.ca

Respite House at Perley Health is located at
1750 Russell Road, #5, Ottawa, ON K1G 5Z6

Respite House



SENIORS SPACE

Hillary's

JUST ARRIVED AT 1194 BANK

EXPERIENCED SEAMSTRESS

We are pleased to announce that our new seamstress Thu has now started with us.

Bring in all your hemming, tapering and other repairs and let us take care of you!

Welcome Thu!



"The Nicest Cleaning in Town"

613-733-3074 - HILLARYS.CA

1194 Bank Street (corner of Ossington)





ONE CALL DOES IT ALL

We use top of the line, quality materials providing long lasting roofs

Contact us today for your free estimate

613-890-0565

info@bhroofing.ca

bhroofing.ca



With the role of non-professional caregivers increasingly important worldwide, interRAI developed a tool to measure their health and well-being. Known as SCA_N (Self-Report of Carer Needs), the tool is undergoing trials in more than a dozen countries. To review preliminary results, researchers from Canada, the United States, Ireland and Iceland gathered in Ottawa in late June.

Most of those surveyed with SCA_N have delivered care for at least five years and reported that their caregiving responsibilities have kept them from working or studying. The two unmet needs most commonly reported were psychological counselling and respite care. Other important findings included: levels of caregiver distress grew by 50 per cent during the pandemic; and one-third of all home-based caregivers reported feelings of distress. Researchers expect that SCA_N data will be used to support policies and interventions that support non-professional caregivers.

“Hosting this event aligns with our research priorities and honours our commitment to improve bedside care delivered by both non-professional and professional caregivers,” says Dr. Annie Robitaille, the Commissionaires Ottawa Research Chair of the CoE.

To learn more about the CoE and its ongoing research projects, visit www.perleyhealth.ca/centreofexcellence.



Danielle Sinden, Director, Centre of Excellence in Frailty-Informed Care, welcomes more than 55 participants to the panel discussion on the crucial role of non-professional caregivers in healthcare systems worldwide.



Marty Carr, Councillor, Ward 18 Alta Vista, welcomes participants from around the world for the ground-breaking panel discussion on the important role of non-professional caregivers.

OUR ENVIRONMENT

BIRDS OF ALTA VISTA –
The American Goldfinch

By Dr. Richard Knapton

It is early September, and most birds have long since finished nesting and perhaps have already undergone a plumage moult, getting ready for migration or the winter. However, one species in our neighbourhood might still be nesting or at least might have just finished nesting. This is the American Goldfinch, a familiar bird to anyone who has a garden with a bird feeder. In most regions of Ontario, this is a late nester, breeding later than almost any other North American bird. Goldfinches wait often until July when milkweed, thistle and other plants have produced their fibrous seeds, which they incorporate into their nests and feed to their young. Nesting in midsummer perhaps assures a peak supply of late-summer seeds for feeding young.

The American Goldfinch is widespread and common, although possibly has declined recently in some areas. Their numbers decreased by an estimated 0.6% per year between 1966 and 2019 for a cumulative decline of 27%, according to the North American Breeding Bird Survey. A typical summer sight is a male American Goldfinch flying over a meadow, flashing golden in the sun, calling “perchickory” (often described as *po-ta-to-chip*) as it bounds up and down in flight. What is interesting is that paired-up goldfinches make virtually identical flight calls; indeed, goldfinches may be able to distinguish members of various pairs by these calls.

Adult males in spring and early summer are a brilliant bright yellow with black foreheads, black wings with white markings, and white patches both above and beneath the tail. Adult



American Goldfinch; photo by Bob Baker

females are duller yellow beneath, olive above. Winter birds are a drab unstreaked brown, with blackish wings and two pale wing bars. These are active and acrobatic little finches that cling to weeds and seed heads, and sometimes mill about in large numbers at feeders or on the ground beneath them.

In winter, flocks of goldfinches congregate in weedy fields and at feeders, making musical and plaintive calls. The goldfinch’s main natural habitats are weedy fields where plants such as thistles, sunflowers and asters are common. They are found in all seasons in semi-open areas having open weedy ground and some trees and bushes for shelter, especially areas of second growth. They occupy cultivated areas, roadsides, orchards, stream sides, roadsides, woodland edges, and gardens and suburban areas. In winter they can be in some very open fields far from trees. American Goldfinches can be found at feeders any time of year, but most usually during winter.

American Goldfinches are unusual among finches in moulting their body feathers twice a year, once in late winter and again in late summer. Every summer, goldfinches replace their bright body feathers with duller ones for the winter. The new feathers come in one by one, giving the birds that strange patchwork appearance. At winter’s end, they’ll grow in a complete set of new golden-yellow feathers. Again, each one will have a strange, patchy appearance for a few days, but soon they’ll be vividly beautiful again. The brightening yellow of male goldfinches each spring is one welcome mark of approaching warm months.

Goldfinches are among the strictest vegetarians in the bird world, selecting an entirely vegetable diet and only inadvertently taking an occasional insect. When Brown-headed Cowbirds (which is a brood parasite) lay eggs in an American Goldfinch nest, the cowbird egg may hatch but the nestling seldom survives longer than a few days. The cowbird chick simply can’t survive on the all-seed diet that goldfinches feed their young.

Goldfinches move south in winter following a pattern that seems to coincide with regions where the minimum January temperature is no colder than minus 15 Celsius on average, hence, they occur widely in the Ottawa area in winter.

Continued on Page 20



We are one of the area’s premier home builders & renovators and we’re looking to buy properties for renovations or rebuilds. We are also able to help renovate or build your custom home.

Contact RND Construction today!

OUR ENVIRONMENT

When nesting, the male and female move around together to choose a suitable nest site. The female builds the nest by herself, usually in a shrub or sapling in a fairly open setting rather than in the forest interior. The nest is often built quite high, where two or three vertical branches join. It is usually shaded by clusters of leaves or needles from above, but often open and visible from below.



American Goldfinch on thistles; photo by Bob Baker

The nest is an open cup of rootlets and plant fibres lined with plant down, often woven so tightly that it can hold water. The female secures the foundation to supporting branches using spider silk, and makes a downy lining often using down from thistles. It takes the female about six days to build the nest. The finished nest is about eight centimetres across on the outside and five to 10 cm high. Clutch size is usually four to six eggs, but ranges from two to seven. The number of broods each year is usually one, occasionally two. The incubation period is from 12 to 14 days, and the male feeds the female during incubation. The nestling period ranges from 11 to 17 days; at first, the male brings food and the female gives it to the young; then both parents feed the young; and then the role of the female gradually declines, so that the male may provide most food in later stages.

To encourage goldfinches into your yard, plant native thistles and other composite plants, as well as native milkweed. Almost any kind of bird feeder may attract these birds, including hopper, platform and hanging feeders, and they don't mind feeders that sway in the wind. You'll also find American Goldfinches are happy to feed on the ground below feeders, eating spilled seeds. They're most attracted to sunflower seeds and nyjer. Nyjer first arrived at North American feeders in the early 1960s – a wonder seed that is 30 to 40 percent oil (on par with black oil sunflower seeds). Today, it is the only major birdseed ingredient primarily imported from outside North America – mainly from India and Ethiopia, where it is grown for oil and medicinal uses.

The oldest known American Goldfinch was 10 years nine months old when it was recaptured and re-released during a banding operation in Maryland.

PHOTOS BY ELLWOOD'S GARY HOWARD



Male Chestnut-sided Warbler. These warblers eat insects and can be found in thickets and new growth.



Male Common Yellowthroat (a type of warbler). These warblers eat insects and can be found in shrubs near grassy areas.

FRIENDS OF PLEASANT PARK WOODS

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

This summer, the world has seen the destruction of wildfires. Canada has seen the worst wildfire season on record and more forests are expected to burn before the year is out. Locally, we have had storms with tornados, record amounts of rainfall that have caused flooding, and hail damage to property, and we have had power outages. Air quality in Ottawa has been impacted by the wildfires, restricting some people from enjoying outdoor activities.

Forest fires typically start from lightning strikes or from human activity. Hot and dry weather can also contribute to a fire. Diseased trees, dry vegetation, and clutter on the forest floor may also impact the severity of a forest fire.

We know that Pleasant Park Woods is more than just a lovely place for a walk. The trees help filter the air and uptake the water from the rainfall. The forest is home to many species of animals, birds and plant life.

We need to protect this wonderful natural space that we are so fortunate to have in our community.



OTTAWA SOUTH RENTALS – SPACIOUS RENOVATED UNITS

urbandalecorporation.com 613-733-4077 rentals@urbandale.com

1, 2 & 3 Bedroom Apartments

- Indoor pool & fitness room
- On-site Superintendent
- Indoor & outdoor parking
- Laundry facilities
- Close to shoppings & transportation
- 24 hour emergency service

Urbandale CORPORATION

Selected suites only. Please contact rental office for more information.

FAITH NEWS



My teaching partner and I looked at each other, sharing an uncomfortable feeling as we waited for our student's parents to arrive. We had done our best with their daughter in the first couple months of Kindergarten. But the little girl did not listen, refused to comply with expectations, and had begun running out of the room to alarmingly disappear in the halls of the four-storey school. It was time for a meeting.

Mom and Dad greeted us with small (knowing?) smiles. They silently listened to our descriptions of how their daughter was performing at school with pained expressions on their faces. I finished the spiel with a universal teacher question: "What strategies do you use at home to get her to listen?"

They looked at each other before the mother sighed loudly. "She doesn't listen to us at home. She has never listened to us." She admitted that they had been getting support from a local community resource for some time because of her little girl's defiance and their struggle to deal with her.

I struggled, too—struggled to keep my mouth from dropping open. We had met these parents in the spring before their child started school. At that time, as in all our intake meetings, we asked if there was anything that they wanted to share about their child to help us create the best learning environment for her. They had said nothing.

With no warning or red flags in that initial meeting, we could only assume we were failing this little girl in the first few weeks of school. We were now learning that she had needed much more from the start, but we had been left in the dark.

Sometimes surprises are great. Your husband brings you flowers, or your son shows up to visit from out of town. But this kind of surprise puts everyone on awkward footing. As educators, we want to shout, "Why didn't you tell us?"

Instead, we maintained our professional demeanour and took notes. What strategies was the therapist suggesting they use? Was their daughter beginning to respond? What did they do when she didn't? The information gleaned from this meeting was invaluable, and we wished we had been privy to it sooner. We could only start over with specialty tools in our belts that we hadn't known we needed.

Sometimes parents can feel embarrassed to admit their child is "different" or "exceptional" from other children their age, and they pass over their babes in the hopes that the school staff will figure it out. In the

long run, they put us at a disadvantage by not sharing, and we do, indeed, fail to meet their child's needs.

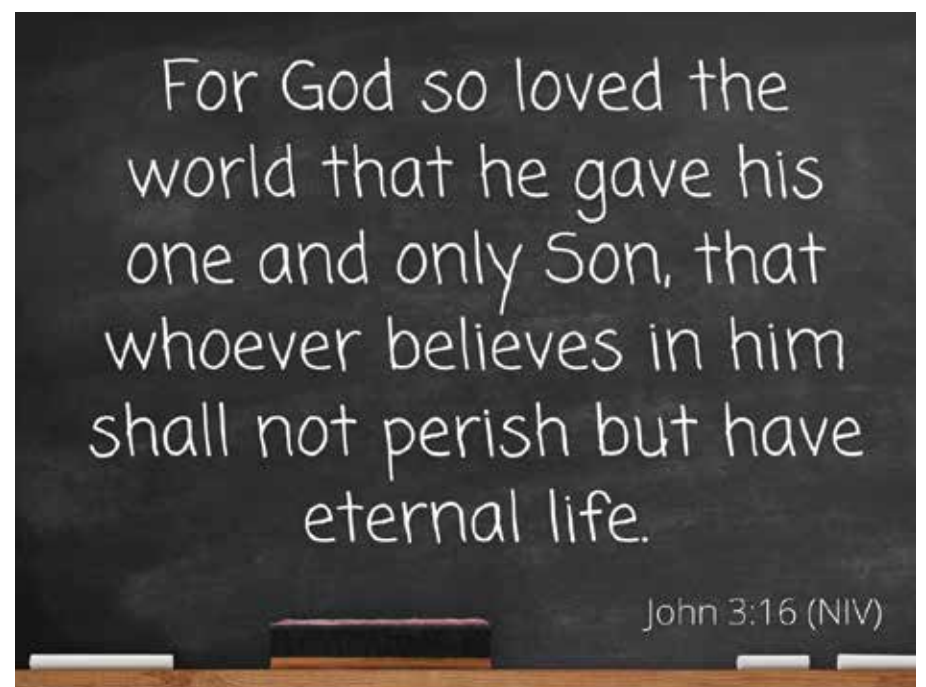
As parents, we can feel a sense of responsibility or embarrassment when our children stand out from the crowd. But we need to get the message out there that this does not mean we are bad parents. One of my sons spent the better part of his Grade One year sitting outside the classroom door. Meanwhile, I taught other parents' children in another school across town. Should I have admitted to poor parenting and left my teaching position for lack of qualifications? (The boy now holds a government job after attaining a degree in Computer Studies. I don't take responsibility for that either.)

If you have a child with a medical diagnosis, please share this with your child's teacher. If your child has unnatural fears or tendencies, tell us. Share everything that makes your child special. When teachers receive surprises due to a lack of communication, it is the student who suffers. We might have been able to help much sooner with full disclosure.

Home-to-school communication is the key to school success. We have to work together. No surprises.

As a Christ-believer, I write this blog to communicate, too. God is love. He invites us into a personal relationship with Him. Without Him, our future is bleak.

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. (John 3:16, NIV)



No surprises.

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

faith ✝ hope ✝ love

Learn What Makes Us Different

- We Protect Homeowners Against Conflict of Interest
- Progressive Commission Rates Including Flat Fee

Contact Judy for a Complimentary Consultation

JUDY FAULKNER
BROKER OF RECORD / OWNER
613.231.4663 • judy@HomesInOttawa.com

Faulkner Real Estate

Happy Fall!

LOVE OTTAWA HOMES

Buying or selling your home is personal. That's why the service I provide to my clients is tailored to their specific needs and delivered with the ultimate care. I am proud of my in-depth knowledge of Ottawa real estate, and I would love to help guide you through the upcoming fall market.

Schedule a complimentary consultation at paula@loveottawahomes.com.

Paula Moloney, Sales Representative
292 Somerset Street West • Ottawa, ON
(613) 698-7654 • paula@loveottawahomes.com

ENGEL & VÖLKERS
PAULA MOLONEY

FAITH NEWS



Serving as the hands of Christ

You are invited to join us
on **Sundays at 8:00 am**
or **10:00 am**.

8:00 am Holy Eucharist
in person (Traditional)

10:00 am Holy Eucharist
in person and on YouTube

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

Services are livestreamed on
our YouTube channel:
@stthomasottawa6477

For more info, visit our website
www.stthomasaltavista.ca or
call the church office
at 613-733-0336.

**We look forward to seeing
you in person or online.**



St. Thomas the Apostle Anglican Church
2345 Alta Vista Drive
613-733-0336 www.stthomasaltavista.ca



St. Timothy's Presbyterian Church

A warm welcome awaits!

Sunday Worship 10 am
In-person and livestreamed
Reverend Reine Boghos

We are a family of God's people
drawn from many cultures.
Come worship with us!

In-person Sunday School

2400 Alta Vista Drive
sttimsoffice@on.aibn.com
613-733-0131

www.sttimsottawa.com

WELCOME BACK BBQ
Sept 10, after service

MISSION SUNDAY

Sept 17, 10 am
Guest Ruth Pollock will
speak about justice.

CAFÉ CONNECTIONS

Friday, Sept 8, 10 am
Come **in person** for coffee,
tea & conversation.
Other Fridays via Zoom

AGAPE GATHERING

Tuesday, Sept 26
10:30 am to 12 noon
Join us for hymn singing,
communion & social time.

ST. THOMAS THE APOSTLE ANGLICAN CHURCH

Parking Lot Sale & BBQ on Saturday, September 16th
9 a.m. to 1 p.m. at St. Thomas the Apostle Church,
2345 Alta Vista Drive (beside Fire Station).
Call Jim at 613-523-2487 to reserve
a spot with a table for \$20.

NOTICE

St George's Hawthorne Cemetery

3924 Russell Rd, Ottawa, Ontario

St George's Hawthorne Cemetery Board has submitted by-laws to
the Registrar of the Funeral, Burial and Cremation Services Act,
2002. Any interested parties may contact a Trustee of the
Cemetery Board by calling (613) 733-5993 or emailing
stgeorgeshawthornecemetery@gmail.com for information.
The by-laws may be reviewed or copied by appointment at
955 Wingate Drive, Ottawa K1G 1S9.

These by-laws are subject to the approval of the Registrar, Funeral,
Burial and Cremation Services Act, 2002. Telephone : Bereavement
Authority of Ontario, (647)-483-2645 or 1-844-493-6356.

Alpha Experience

Come and explore the **big questions of life**, meaning, and faith
through the Alpha Film Series. **When: Mondays,**
Starting **September 25 until December 11** from 7-9 PM.

Where: St. Mary's Parish, 100 Young St. Access via parking lot.
For more details and to register, please visit the following website:
<https://tinyurl.com/stmarysalph>

Alpha is free, the experience priceless!

Rideau Park United Church

2203 Alta Vista Drive
613-733-3156



Open House and Welcome Lunch

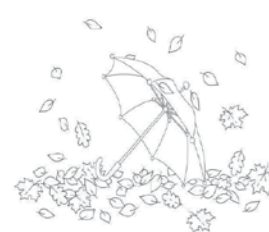
**As we begin a new fall
season, please join us for an
Open House and Welcome
Lunch at 11:15 on Sunday,
September 10th, following
the church service.**

**Lunch is open to all and
there will be activities for
the children to enjoy.**

**For more information please
visit www.rideaupark.ca**



Spirituality Community Service



VISTAS welcomes articles or advertisements for FAITH NEWS from any
and all of the diverse faith groups within the community.
Please submit articles to editor@vistas-news.ca, and advertisements
to advertising@vistas-news.ca.

BOOKWORMS DELIGHT

THE WALLED GARDEN (2023)

By Mark Frutkin

Reviewed by Marie-Andrée Lajoie

Ottawa author Mark Frutkin brings us a collection of essays, the result of a lifetime of reflections, meditations and studies. Some are a few pages, others a few paragraphs. The subjects covered are varied. This is a good book to keep on your side table for times when you need a touch of something thoughtful. It is one you can read in a few hours but I believe it will be best enjoyed slowly.

Marc Frutkin has written 18 books, including fiction, poetry and essays; his love of history, art and language permeates every page of this collection.

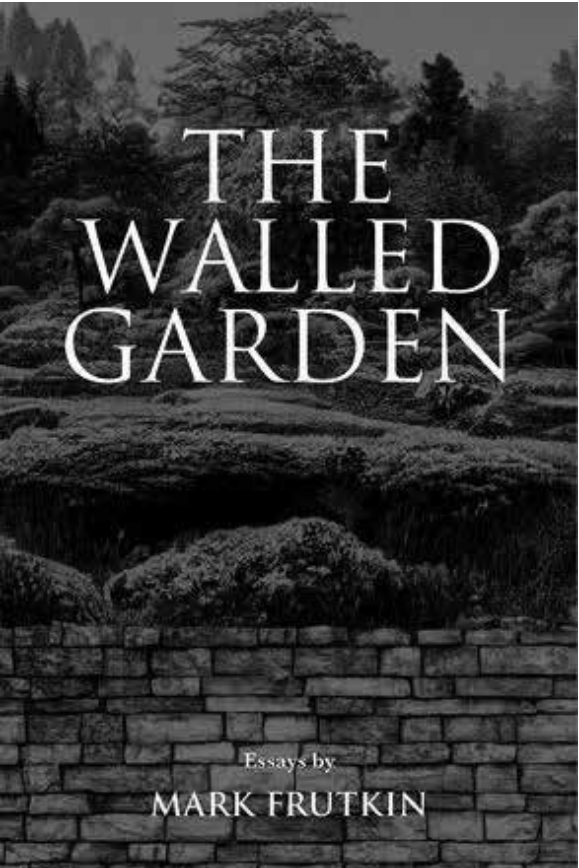
In *Wind and Life Force*, the author reflects that: “Life force literally moves the world, but, like the wind, is only visible in its effects.” Later, in *Invisible Societies*, he discusses how we now belong to invisible spaces and groups, through the Internet, and interact with people we will never meet.

The collection also included a series of essays on Film, which I found very interesting. Similarly, the essays on poetry provide much food for thought. I really enjoyed *Poetry, Music, and Dylan’s Nobel Prize*.

Other topics include the history of photography, paleolithic caves, language, monotheism, the English written word, and much more. This book provides an opportunity to learn about a variety of subjects but, more importantly, to consider these subjects in a different, original light. I was particularly touched by *Psychic Birthplaces* and *The Poems Writes Itself*.

The author concludes the book with a section titled *Unified Field Epiphany* where he described how, while on his treadmill, he realized all his longtime interests were actually “connected.” I will not go further; it is best if you read this yourself.

“A book, like life itself, is a walled garden.”



I truly enjoyed this thought-provoking and generous book. On my night table: *The Spoon Stealer*, by Lesley Crewe; *The Thursday Murder Club*, by Richard Osman.

CORRECTION

The June Bookworms Delight column indicated Elizabeth Hay won the Booker Prize in 2007. In fact, it was Canada’s Giller prize that she won. VISTAS regrets this error and thanks the astute reader (Danny Globerman) who pointed it out.

\$999,000

1896 Louisiana Ave
Guildwood Estates

\$1,250,000

2122 Applewood Cres.
Applewood Acres

\$1,399,000

360 Roger Road
Alta Vista | Faircrest Heights

SOLD

9 Great Oak Private
Riverview Park

SOLD

1797 Botsford Street
Elmvale Acres

SOLD

194 Riversedge Cres
Riverside South/Gloucester Glen

PAUL MCCUNN
SALES REPRESENTATIVE



Laurie Richards
Sales Representative with Paul McCunn

613.733.9100
www.PaulMcCunn.com



BOOKWORMS DELIGHT

A DAUGHTER’S JOURNEY TO BREAK THE BONDS OF HATE

By Barbara Leimsner

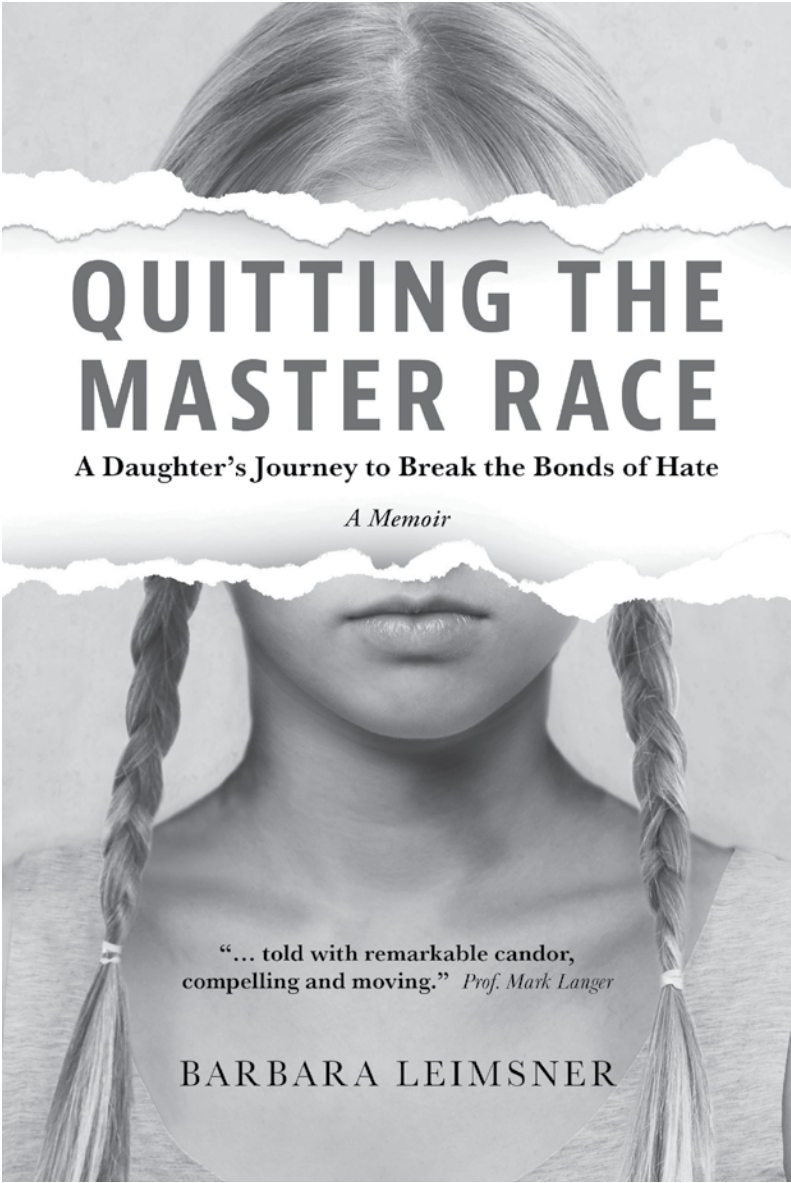


How do ordinary, otherwise decent people become mesmerized by a doctrine of hate? How can its grip be broken?

Those questions are at the heart of my new memoir, *Quitting the Master Race: A Daughter’s Journey to Break the Bonds of Hate*. Back in 2017, I was sifting through memories about my German parents while taking a memoir-writing course at Carleton University’s Continuing Education program. Both my parents had come of age under fascism in Germany, before immigrating to Canada with my sister and me in 1957. While taking the course, I was shocked when neo-Nazis, white supremacists, and other far-right extremists—including some from Canada—stormed through Charlottesville, Virginia, in a “Unite the Right” rally.

The chants of that hate-filled mob echoed things I’d heard from my own German father growing up in 1960s Oshawa, Ontario. He had become thoroughly indoctrinated under the Nazi regime as a youth and during his seven years as an ordinary soldier in the German army. He carried his lingering sympathies for Hitler’s fascism to Canada, filling my innocent young head with beliefs about Aryan superiority, racist stereotypes, and conspiracy theories. Yet in many ways, he was just an ordinary blue-collar guy, and could be warm and decent.

Growing up, as I learned about the genocidal history of fascism, including the murder of six million Jews, I came to feel profound shame and guilt about my German ancestry. How had my adored Papa and millions of everyday people like my parents, I wondered, fallen under the sway of a monstrous fascist dictator? Trying to answer that question and piece together my family’s story led me to dive into my memories, read numerous history books and memoirs, travel to my father’s former hometown in the Czech Republic, and seek out long-lost German relatives.



What I discovered on that journey—including deeper truths about myself—resulted in this 225-page book. One reviewer, Associate professor Axel Fair-Schulz, who teaches history at New York’s Potsdam State University, had this to say about it: “... a well-told story, part memoir, part historical and psychological investigation, deeply personal, and yet filled with broader insights about her own and her parents’ generation ... it is also the story of a woman who liberates herself from the shadows of the past and learns to face them on her own terms.”

I expect my memoir to appeal to children of immigrants searching for their identity in Canadian society, and those navigating the long shadows cast by their parents’ history. The issues I grapple with will resonate with those concerned about the resurgence of racism, xenophobia, and right-wing ideologies today. Those dark forces are again gaining ground in many countries for the first time since the 1930s. Fascism is by no means uniquely German. People’s fear and anger in the current uncertain climate are again being exploited by those spreading hate, including in Canada and here in our own city.

If there’s a lesson in my family’s story, it is that none of us can afford to be complacent.

Barbara Leimsner (barbaraleimsner.com) is a long-time Alta Vista resident who studied Journalism, Political Science, and Canadian Studies at Carleton University. *Quitting the Master Race* is available at Perfect Books, Octopus Books, Black Squirrel, Singing Pebble, and Books on Beechwood, as well as local Chapters stores. It can be ordered online from Chapters/Indigo, Amazon.ca and the FriesenPress bookstore. It is also available as an e-book.

PHARMASAVE®

CYRIL PHARMACY

1795 Kilborn Ave, Ottawa • (613) 680-1772

Come See The Difference At Your Neighbourhood Pharmasave

Stop By or Visit Cyril Pharmacy Today!

- All Drug Plans Accepted
- Free Local Delivery*
- Free Blood Pressure & Blood Sugar Monitoring
- Compliance Packaging (Blister Packs)
- Bilingual Service
- Prescription Refill Reminder Service
- eRefills

Easy Prescription Transfers!

Open Monday to Friday 9am—6 pm • Saturday 10am—4pm

*Some restrictions apply, see store for details

\$5 OFF*

Your next purchase of \$15.00 or more on Pharmasave Brand Item

*Redeemable at Cyril Pharmacy Pharmasave only.

“All the months are crude experiments, out of which the perfect September is made.”
— Virginia Woolf

SCIENCE & TECHNOLOGY

COMPUTER TIPS AND TRICKS

By Malcolm and John Harding, of Compu-Home

Online financial misadventures

“My bank account has been hacked!” ... is a frantic report that we hear far too often in Compu-Home telephone calls or emails. The huge convenience of online banking takes a major hit when security is compromised and large amounts of money are at stake. Unfortunately, months or years of trouble-free transactions can lull us into a false sense that we are fully protected, when there are precautions that we have failed to set up.

It is perhaps worth noting that a successful hack of your account may not necessarily be a result of ignorance or negligence on your part but the possibility exists of it being the bank's own security that was broken. However, this distinction is moot; first, because it is unlikely that the bank will admit to the latter and second, because you will still probably have to carry out the same police report, sworn and notarized statement and scan of your computer(s), wherever the fault lies. Furthermore, it is wrong to assume that your financial institution will always reimburse you for the amount that was stolen; compensation seems to be decided case-by-case.

First: DO NOT allow your web browser to save your bank account numbers or passwords. It is bothersome to have to type this information at every login, but if you are someday duped by a smooth-talking hacker on the telephone who wants to “address security issues on your computer,” you will be very relieved that your financial credentials are not simply sitting there visible and ready for him to pounce on. By the way: That same hacker has already today stolen thousands of dollars from people who are as savvy as you are; they are extremely well-trained, articulate and clever.

Second: Bite the bullet and set up and use multi-factor identification security. It is a big additional level of inconvenience to have to wait for a code to be sent via text and/or email, but that is a small price to pay in comparison with the potential of losing thousands of dollars for the sake of saving a few seconds now and then. The caveat here is that you MUST record and keep up-to-date those email and text addresses because if you change your smartphone number or email address and do not update that information into the multi-factor security system, you risk a mountain of wasted time and frustration.



Third: Don't overlook the system of “alerts” that most financial institutions have built into their online banking nowadays. For example: In order for an Interac eTransfer to be sent to someone, that person has to be registered as a payee in your account. Some banks allow you to set up an email and/or text message notification whenever a new payee is added and this would be an obvious alarm if you received such a message when you yourself had not added that name. Other alerts that may be useful, depending on your situation and habits, would include when a password is changed, or when an unsuccessful login has been attempted. Sometimes you can even be alerted every time there has been a login to your account. All of these are over and above the multi-factor identification system mentioned above. Institutions vary in the kinds of alerts that they offer (or if in fact, they offer them at all) but it is certainly time well spent having a look through the enhanced security options available to you.

We are always glad to try to help, but we hope you are never in a situation where you have to call us with this kind of problem.

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



**Hello
Autumn**

**Registration is now
open for all
Fall CCA Programs**

**Fitness, Dance, Karate, Art,
Basketball, Yoga , and more!**

**Fall Session: September 11, 2023 -
December 22, 2023**

www.cca-acc.ca/programs





Since 1992

2400 Bank Street, Ottawa, ON, 613.736.0121




5 BOXES OF WINE \$99

4L Wine/Box

10 varieties to choose from

Make on site

15 minutes of your time

Ready in 4 weeks

100% LOVE Your Wine Taste Guarantee! **WS**

Coupon must be presented while making wine on our premises. Offer expires September 30, 2023

SPORTS NEWS

DID YOU KNOW ...

By Peggy MacLeod for the RA Curling Club

... that the RA Curling Club is the home club of the RA's new Curling Centre of Excellence – featuring five sheets of arena ice and new rocks? Recently renovated, accessible and barrier-free amenities, including washrooms, showers, locker and changing facilities that meet universal and accessibility standards, provide open, safe, and barrier-free spaces for everyone.

The RA Curling Club, active since 1957, is proud to offer leagues for all ages and skill levels. The Club's offerings include day and evening leagues, fixed and draw curling, four-person and doubles leagues, a stick curling league, and a U20 youth league. The membership ranges from novice to recreational to competitive curlers.

Being an RA Curling Club member has many benefits: a great social atmosphere, social events on and off the ice, competitive fees, clinics, great ice, friendly competition. Curling is a terrific way to keep active whether you are 8 or 88, and to make new lasting friendships. Plus, winters just fly by!

Don't know how to curl? No worries. We have a 10-week Adult Learn-to-Curl program in both the daytime and the evening. Last year, a 10-week Wheelchair Learn-to-Curl program unique in the Ottawa Valley was inaugurated, and this fall a 10-week U25 Wheelchair Learn-to-Curl program will get underway. An instructional program for youth aged 8 to 17 runs all year on Saturday mornings. A winter Development League assists curlers in refining their technique and strategy. Our trained instructors are ready to help you throughout your journey.

Want to try curling out before signing up for a Learn to Curl Program? We will be holding a Try Curling day on September 23 for all ages and abilities to drop in and give it a go. Our club league play begins on October 10. If you are new to the area, but not new to curling, we will help you find a team to play on.

For more information or to register, contact the RA's Member Service staff by phone at 613-733-5100 or come by in person to the Member Services desk found near the East entrance of the RA Centre, 2451 Riverside Dr. or visit the Curling page on the RA's website at: www.racentre.com/Curling.

FREE In-Home Consultation



BLISS somfy

- RANDALL'S KNOWLEDGEABLE SPECIALISTS can guide you on style, fabric and the manual or automated lift system to suit your needs
- Discover UNCOMPLICATED, motorized lift systems — BLISS™ or SOMFY® AUTOMATION — designed for the everyday user
- Set times to move your shades automatically throughout the day for COMFORT, PRIVACY and SECURITY
- Enjoy ultimate control whether AT HOME or AWAY

75 YEARS! RANDALL'S Decor since 1948

Serving Residential, Commercial and Builders

555 Bank St. | 613-233-8441 | bankst@randalls.ca | randalls.ca

Paints | Stains | Window Treatments | Designer Wallpapers, Fabrics and MORE!

Spend this winter in Ottawa's finest **Resort Style** Retirement Living Community!

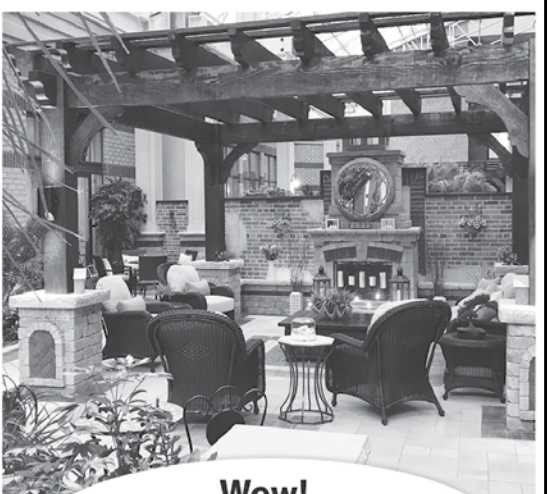


Waterford RETIREMENT LIVING

Retirement Living with **age-in-place** programs for enhanced care & memory care.

2431 Bank Street (at Hunt Club Rd), Ottawa

waterfordliving.ca | 613-737-0811



Wow!

The **only** retirement residence in the country with a 4-season tropical atrium and retractable roof!



HEALTH & FITNESS

HOW DO YOU GET HELP FOR SOMEONE WITH MENTAL ILLNESS? – PART 1

By Dr. Sarah Chan



I had a reader ask me this question, and it is an excellent one. I'm surprised this subject hadn't come to mind for this column given how often I have fielded this question from my own family members and other physicians.

The first question I would have is, does the person want help? If the answer is yes, then this is the best-case scenario. You are now figuring out what kind of help the person needs. It can be any number of interventions: having a friend or family member check regularly, signing up for a gym membership, seeing a therapist or starting medication, to name a few. If there are more urgent safety concerns, the emergency room at your nearest hospital would be the most appropriate place to seek help, but the patient must agree to go there with you.

For people looking for mental health supports in the community, the main triage point for such resources in the Ottawa region can be accessed through the website: AccessMHA.org. People can refer themselves; a physician referral is not needed.

More complicated issues arise when the answer to the first question above is no, the person does not believe they are unwell and they do not want any outside help or support. We are then looking at whether or not this person is ill enough to warrant action against their will. In the mental health field, we call these involuntary patients.

If you are a concerned family member or friend, there are three ways of having your loved one assessed for involuntary treatment or admission to hospital. In no particular order, the people who can make this assessment are: 1) the police, 2) a physician, and 3) a justice of the peace.

In cases where police are the first responders, should they believe the person's behaviours are symptoms of a mental illness, under section 17 of the *Mental Health Act*, they can be detained by police and brought to a hospital. Here the patient will be assessed by a physician to see if they meet the criteria for Form 1, an application for Psychiatric Assessment under the *Mental Health Act*, establishing that a physician has evaluated the patient and believes the patient to be at risk of harm to self or others, or at risk of physical impairment that is considered imminent, life-threatening and best

modified by an inpatient psychiatric admission. A completed Form 1 gives specific hospitals the ability to keep a patient for 72 hours for observation.

The Form 1 also addresses how a physician can force a patient to see a psychiatrist. The only additional detail I might add is that any physician can fill out a Form 1 and they do not need to be in an emergency room. In the community, after a Form 1 is filled in by a physician, it is then faxed to the police who will send someone to escort the person to hospital. This step reflects the significant degree of concern the physician must have that the patient cannot be trusted to make their own way to hospital.

The last way of getting a person to hospital involuntarily is through a justice of the peace. A family member or loved one goes to see a justice of the peace and if there is compelling evidence of safety concerns due to a mental illness, the justice of the peace fills out a Form 2, which acts similarly to a Form 1. Police are notified to escort the person of concern to the nearest hospital for evaluation.

So, there you have it, when and why someone may find themselves in hospital, seeing a psychiatrist against their will. The elephant in the room, however, is that many people with moderate to severe mental illness do not qualify for an involuntary stay in hospital, as the risk for serious harm does not meet the threshold for a Form 1 or Form 2. Unfortunately, despite our desperate wishes for loved ones to accept help, if there is no serious harm, the law tells us it is not our right. In addition, a Section 17, Form 1 or Form 2 do not mandate treatment, only evaluation by a psychiatrist with possible 72-hour detainment for observation. Further criteria must be met and steps taken to allow the medical system to enforce treatment. More on that next month.

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. And for anyone interested, she has started a psychiatry blog: www.sarahchan.ca.



POOL CLOSING

Don't let the winter blues dampen your spirits - choose Puddle Pools for a seamless and worry-free pool closing experience. Call or email us to learn more about our closing packages!



puddle
pool services

BOOK ONLINE NOW

PUDDLEPOOLS.COM

GIVE US A CALL

1-888-282-2590

info@puddlepools.com

HEALTH & FITNESS

PERONEAL TENDINITIS OFTEN HEALS WITH PHYSIOTHERAPY

By Sue Reive, Physiotherapist

As runners train for upcoming road races this fall, many will experience injuries. Peroneal tendinitis is one of those injuries.

The peroneal muscles, which include the peroneus longus (PL) and the peroneus brevis (PB), originate from the outside of the lower leg on the fibula: the PL arises from the upper two-thirds of the fibula while the PB arises from the lower two-thirds. Together the peroneal tendons, which are the extensions of the muscles, continue to course down the outside of the fibula and travel in a groove around the outside of the lateral malleoli (the outside ankle bone). Here the tendons are encased in a synovial sheath and secured in place by a ligament-like structure called the superior retinaculum. The PB tendon inserts onto the base of the fifth metatarsal on the outside of the midfoot (at the base of the little toe), while the PL tendon curves and runs under the sole of the foot to insert on the medial cuneiform bone and first metatarsal bone in the midfoot (inside the arch of the foot).

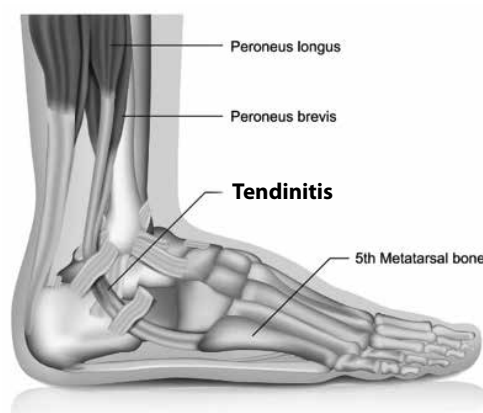


Image from Cincinnati Foot & Ankle Care (www.cfac.net/2019/11/21/what-is-peroneal-tendonitis)

When non-weight bearing, the peroneal muscles work together to turn the foot outward (eversion) and point the foot down (plantar flexion). When weight bearing, these muscles function to stabilize the foot and ankle on the ground and maintain proper alignment, such that the foot doesn't roll in (pronate) or roll out (supinate) too much.

Unfortunately, the peroneal tendons can be strained, leading to pain and inflammation. The strain can occur with an acute injury such as an ankle sprain where the tendon is stretched when one rolls the ankle, or it can come on gradually, usually from overtraining. Sports such as football and soccer place a lot of stress on the tendons due to the pivoting actions while running. Other causative factors to developing peroneal tendinitis include wearing poor footwear that doesn't provide sufficient support, running on uneven ground, increasing the intensity of training, especially distance, speed and hill training, and having poor flexibility in the calf and peroneal muscles. Symptoms include pain just below the lateral malleoli, swelling, increased pain with walking and running, and pain and weakness with turning the foot out or rising on the toes.

Treatment for peroneal tendinitis initially includes rest, ice and compression with a brace. Physiotherapy helps guide the healing process by introducing the correct exercises for stretching and strengthening, depending on the stage of healing and of course the extent of the injury. The goal is to allow the tendons to heal, improve flexibility and strength, and return the patient to sports without pain. Indeed, when the tendons are sufficiently healed, much of the strengthening exercises are done in weight bearing to ensure adequate function.

Modalities such as ultrasound and electrotherapy can help with the healing process by reducing swelling and improving blood flow. Soft tissue massage techniques can also help improve flexibility if the muscle is tight. Manual therapy can help mobilize any stiff joints, especially in patients who have had the injury for months which is considered chronic tendinopathy. Balance training is extremely important to regain function and stability in weight bearing. Finally, a gradual return to sports is introduced.

Peroneal tendinitis and even small peroneal tendon tears most often heal with physiotherapy. Larger tendon tears, i.e., greater than 50% of the tendon, will often require surgery followed by extensive physiotherapy and rehabilitation.

Sue Reive, Physiotherapist at New Location



After owning and operating Kilborn Physiotherapy Clinic for 29 years, I am pleased to announce my physiotherapy practice is now continuing as a part of Ottawa Physiotherapy and Sports Clinic located at 108 Third Avenue, Suite 102 (at corner of Third Ave and Bank St) in the Glebe.

The location is new, but my passion for the care and well-being of my patients remains unchanged!

**Phone: 613.680.3980 • Email: gphysiotherapy@optsc.com
Web: optsc.com/glebe-physiotherapy**

JUST GOOD ADVICE

GET YOUR CHILDREN INTERESTED IN COOKING

By Heather Bonas, RHN



Welcome back! I hope everyone had a wonderful summer filled with fresh air and sunshine. As we ease back into routines, school schedules, and lunches (oh, the lunches), I thought now would be a good time to write about involving kids in meal preparation, which in turn leads to help with lunch boxes. Truth is, engaging children early on and piquing their curiosities when it comes to food, will pay huge dividends moving forward.

So how do you get kids interested in cooking? Here are a few things to try:

Cooking with toddlers: It's never too early to expose your kids to what goes on in the kitchen. Choose short and simple cooking tasks that match your child's skills and attention span. Things like washing fruit and vegetables, getting things from the fridge, and stirring ingredients are a few tasks that are engaging and fun. Let them use their clean hands when tossing a salad – because why not?!

Cooking with preschool-age children: This is a great group to teach about which foods are healthy and why, and where foods come from. These lessons might happen in your kitchen, at a farmers market, or if they tag along when you go grocery shopping. This is a good age to introduce recipes that involve “building.” This could include layering toppings on a sandwich for lunch or spooning yogurt, cereal and fruit into a glass to make a tasty and healthy dessert. Learning about “building” will lay the groundwork for reading and following a simple recipe. Preschoolers are old enough to help with things like setting the table, serving food, and cleaning up after meals.

School age and beyond: I worked with a woman who had two boys. From a very early age, her boys were part of family meal preparation. It started out when they were school-age when they were responsible for finding one recipe each for the family to prepare per week. At first, they only had to find a recipe and share it with Mom and Dad. As they got older though,

their responsibilities increased to help with making a shopping list based on the ingredient list, meal preparation and clean-up, to eventually shopping and preparing the meal themselves. Their appreciation of food and cooking started at a young age, when it was taught as a life skill and something that would serve them over the course of their entire lives.

Remember: Keep it short, simple and fun. Invite a friend over to help with meal preparations. Find out what their favourite meals are and make that together, providing some healthy alternatives to the take-out they might be used to. Introduce a new fruit or vegetable, expose them to new tastes and textures – see what sticks. Let them use their hands when emptying out a blender, allow and encourage them to touch food, raw or cooked, etc. Great things will happen when you let kids explore the world of food and cooking, I'm sure of it.

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



- Comprehensive Eye Exams for all ages.
- Evening Appointments Available.
- Direct Billing Available.
- Large selection of designer frames.

2310 ST. LAURENT BLVD. SUITE 311
BETWEEN CONROY RD & WALKLEY

Dr. Fred Campbell

Dr. Nazli Sammak

613 – 247 – 20/20
www.eye-care.ca



Steven A. Neal,
Lawyer

P. 613.737.4140

1719 Bank St.
Suite 305
Ottawa, ON
steven@payetteneal.com

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

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



MURRAY'S
RESIDENTIAL
PAINTING
613-590-9732

www.murraysresidentialpainting.com

JUST GOOD ADVICE

THE GARDEN GATE

By Patricia Mosher

Feature: Ten plants to create a moonlight garden



Now that the days are getting noticeably shorter, consider creating a “moonlight” garden that comes alive as dusk falls and where white flowers and silver foliage take centre stage. The key lies in selecting plants that bloom and shine under the moon’s silvery light. Here are 10 enchanting plants that will transform your garden into a dreamy moonlit oasis:

- 1. **Japanese anemone:** These tall, graceful perennials produce elegant, cup-shaped flowers in shades of pink or white, blooming in late summer and extending into the fall.
- 2. **White yarrow:** Ivory white flowers contrast beautifully with their dark green foliage to light up your garden by day and by night.
- 3. **Coneflower:** While bright pink, red and orange coneflowers are popular varieties for perennial borders, for your moon garden, try planting the white coneflower; these flowers open broad and flat, so they reflect the soft evening light beautifully from midsummer into fall.
- 4. **Silver thyme:** This perennial herb adds a silvery sheen to the moonlight garden. Its aromatic leaves release a subtle lemon fragrance when brushed against, adding an extra sensory dimension to the experience.
- 5. **Lamb’s ear:** The soft, velvety leaves shimmer under the moonlight, creating a silvery carpet in the garden; its unique texture makes it a favourite for moonlight gardens.
- 6. **Artemisia:** Adding this to your garden will add a touch of silvery elegance to the landscape; feathery, silver-grey foliage complements the moon’s glow, creating a mesmerizing effect in the garden.
- 7. **Evening primrose:** As the name suggests, this perennial blooms in the evening, attracting nocturnal pollinators such as moths to your garden; the buttery yellow flowers glow as daylight fades.

- 8. **Shasta daisy:** The classic, large snowy-white flowers will often continue all summer long and into the fall if you deadhead regularly; bees and butterflies will also thank you for including it in your moonlight garden.
- 9. **Phlox:** The tall white garden phlox is perfect with its large clusters of sparkling white, fragrant blossoms atop a mass of dark green foliage, often laden with big blooms from midsummer to fall.
- 10. **White hydrangea:** The large, fluffy blooms of these hydrangeas reflect the moon’s gentle light, making it a stunning addition to a moonlight garden.

Plant of the month: Hydrangea

Hydrangeas, with their breathtaking blooms and charming appeal, have been a favourite of mine for decades. Few plants can rival the charisma of hydrangeas and for those seeking a plant that delivers stunning results with minimal effort, hydrangeas are a dream come true!



Photo Credit: Proven Winner



Lindsay & Maureen
SALES REPRESENTATIVES
LINDSAY SPIRES & MAUREEN WALSH
WWW.LINDSAYSELLINGOTTAWA.COM
613-601-5444. 613-725-5760
OFFICE 613-733-9100

BUYING
or
SELLING
a home?
LET'S WORK TOGETHER!
Buying or selling a home can be a stressful process, if you don't have the right Real Estate agent. Let our experience, get you the best possible result.



JUST GOOD ADVICE

One of the most attractive features of hydrangeas is their ability to produce an abundance of large, showy flower heads. These delightful blooms come in a spectrum ranging from classic shades of blue, pink and white to hues of purple, lavender and green. With such a diverse palette, hydrangeas effortlessly add a captivating focal point to any garden landscape, be it a quaint cottage garden or a modern, minimalist design.

Whether your garden receives full sun or partial shade, you can find a hydrangea variety that will flourish in your yard. Once established, they require relatively little maintenance, making them suitable for both seasoned gardeners and beginners. Regular watering and occasional pruning are typically all that is needed to keep hydrangeas healthy and blooming profusely year after year.

Beyond their aesthetic appeal, hydrangeas have an undeniable allure for pollinators. Bees, butterflies and other beneficial insects are drawn to their nectar-rich flowers, making them valuable to the garden ecosystem.

Their versatility, low-maintenance nature, and ability to bloom from midsummer to late autumn make them a true gem that deserves a place in every Alta Vista garden.

September 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 plants such as 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.

- Stop watering both evergreen and deciduous trees in late September to help them prepare for winter.
- Divide perennials such as hostas, peonies and coneflowers 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 back the green stems, drying them out and storing them in peat moss in your basement.
- Bring in any houseplants that you have had outdoors during the summer when frosty nights are forecast; 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 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.



Piano Teacher

Sahar Nasrallah


Private Teaching Lessons

cell: 613.291.3600

nasrallahsahar@hotmail.com

Located in Guildwood Estates





On now at the
Bank of Canada Museum
until fall 2024

**Money in
10 Questions**

A play-based exhibition
where kids learn the basics of
money and personal finance—and
have fun doing it.

**Kids
Edition**

FREE ADMISSION



**30 Bank Street
Ottawa, ON**

bankofcanadamuseum.ca





BOARD OF DIRECTORS

CALL FOR EXPRESSIONS OF INTEREST

Join our Board of Directors

VHA Health & Home Support (www.vhaottawa.ca) is recruiting new Directors to join our Board of Directors. The Board plays a crucial role in leading, shaping and positioning VHA within the provincial health landscape. VHA adheres to a policy governance Board model, which entrusts Board members with establishing the overarching policies of the organization.

VHA is currently seeking interested individuals to help guide our efforts in the following key areas:

- Risk Management and quality
- Government Relations
- Property Management / Housing
- Financial management
- Strategic management
- Health system and its regulatory environment
- Issues affecting the health system and the people served by VHA.

Our Board is made up of volunteers. The Board of Directors provides stewardship to the organization, sets the strategic direction and monitors organizational risk. VHA seeks a Board that informs dialogue and supports strong decision-making, reflects the community it serves, and has the ability to identify and question biases.

Board members must commit to:

- contributing to the Board's consensus-building decision process by attending and actively participating in 6 to 8 Board meetings each year. Board meetings are held at 4 – 6:30 pm on Mondays.
- having a clear understanding of the distinction between the role of the Board versus the role of management.
- being informed of issues affecting, or likely to affect, the organization.

Process for Submitting Expressions of Interest

Interested applicants should submit their resumé plus a letter outlining their skills and reason for interest to jobs@vhaottawa.ca no later than September 30, 2023.

The Nominating Committee interviews prospective candidates and provides recommendations for new members to the Board of Directors. Only those selected for an interview will be contacted.

VHA Health & Home Support (Ottawa) is not affiliated with VHA Home Healthcare.

JUST GOOD ADVICE

THE DISAPPOINTING DECIPHERMENT OF LINEAR B (OR WHY I KEEP A GARDEN JOURNAL)

By Janet Mark Wallace



In 1900, archeologist Arthur Evans discovered caches of clay tablets on the Greek island of Crete, written in a script previously unknown to scholars. Evans spent 40 years trying unsuccessfully to decipher the new language. His work was eventually taken over by an amateur linguist named Michael Ventris. Ventris worked for 16 years to decipher the script, which came to be known as Linear B.

The code was finally cracked in 1952, but Ventris' excitement was tempered by the discovery that the tablets contained no philosophical wisdom or epic poetry, but only inventories of agricultural products. The discovery that the venerable clay tablets were nothing more than an ancient garden journal was a disappointment to Ventris, who died four years later in a car accident that some historians have speculated was self-inflicted.

At the time of the tablets' decipherment in 1952, agriculture was rapidly diminishing in public esteem. Factory farming, industrial food processing, and an array of new chemical preservatives, textures and flavours led to dreams of a futuristic post-food world, where everyone would finally be liberated from the drudgery of farming. It is in this context that scholars largely dismissed the agricultural content of the tablets as unimportant.

Now let's fast forward to Alta Vista in 2023.

In the heart of the Kilborn Allotment Gardens lies the Shepherds of Good Hope "Hope Garden," the jewel in the crown of Ottawa's largest community gardens. Hope Garden produces annually four to seven thousand pounds of vegetables, fruit and herbs for the Shepherds soup kitchen and for residents of its supportive housing.

The garden is in large part the legacy of Barbara Harris, a one-time librarian who took over its management in 2004. Barbara continued to lead the garden efforts until 2016, when health issues began to slow her down. Hope Garden today is by far the tidiest and most visually appealing of the Kilborn Allotment Gardens, and those of us who come

as close runners-up, often do so under the influence of trying to emulate the Shepherds of Good Hope volunteer gardeners.

Many years ago, Barbara showed me a binder full of records that the Shepherds keep over the course of the growing season, complete with photos and weights of the different types of produce. These meticulous notes allowed the gardeners to go back and learn from one year to the next which methods succeeded and which did not.

The deceptively simple notion that a grower can record agricultural results and learn from the outcomes is what began the tandem development of agriculture and writing systems that together formed the foundation of civilization.

Recording agricultural outcomes was a major development in how humans viewed their place in the natural world. As growers became more aware of the cause of yield variation, outcomes became less about the will of the gods, and more about human willingness to record and learn from the past.

Here in the 21st century, humans have clearly not outgrown a belief in luck or we would not have Wayne Gretzky constantly on TV entreating us to engage in online gambling. But the ability to experiment, record, take

feedback, share information and keep learning, is the true basis for human prosperity. Not money, not minerals, not gods, not luck.

As we face rising food prices and increasingly volatile weather, we need more methodical amateur scientist-gardeners to keep alive a practice recorded by the Minoan tablets in 1400 BC: grow, record, read, learn, and grow again next year.



The OTTAWA SOUTH COMMITTEE for REFUGEE SUPPORT presents:

"A World in Common"
with music from Big Soul Project

September 30th 7:30pm, doors open at 6:45pm
Trinity Anglican Church, 1230 Bank Street
Tickets: \$25 free for kids under 12

Photograph by Jake Morrison, www.withflare.org

MEALS ON WHEELS
LA POPOTE ROULANTE
OTTAWA

Sign up
Affordable, healthy, home delivered meals and a check-in by caring volunteers

Volunteer
Join our team and make an impact in your community

Donate
Help us to support seniors and adults with disabilities stay healthy, independent and food secure at home!

(613) 233-2424
mealsonwheels-ottawa.org
Nous sommes bilingues!

CLASSIFIED ADS

BRENNAN BROTHERS LTD. Finish Basements, Bathrooms, Kitchens, Drywall, Painting, all flooring, all roofing, repairs, doors & windows, decks, build houses. We do stipple ceilings and repair them. **10% Fall discount** Free estimates, guaranteed workmanship **613-733-6336**.

HANDYMAN will do plumbing, carpentry, drywall, electric repair. Kitchen, bathroom, renovation, tile work. Excellent references. Police check. No HST. Please call Peter at **613-797-9905 or 613-249-8445**.

RELIABLE and DILIGENT HOUSEKEEPER: available weekly or bi-weekly, also for move-ins/outs. Solid references from longstanding Alta Vista clients. Offering attention to details and care for your home. Call **613-262-4508**.

LAWNMOWER and SNOWBLOWER TUNEUPS and REPAIRS. Mobile service; we come to you. Tuneup for snowblower \$94.95. Lawnmower tuneup \$79.95 plus parts, tax and \$20 service charge. City-wide service. **613-747-2281**.

PAINTING, 20 years experience. All types of plastering, painting interior/exterior residential & commercial, free estimates. We do stipple ceilings and repair them. **15% Fall discount** 2 year warranty on workmanship. **613-733-6336**.

BIKE TUNE-UPS and REPAIRS. Friendly neighbourhood service, located in Elmvalle Acres. Also, a small selection of refurbished bike. Appelez Phil au **613-699-6111**.

MODESTI MASONRY ESTABLISHED IN 1965. Chimney, re-pointing, parging, flagstone. All masonry needs. Our reputation is quality. **613-293-6002**.

BH ROOFING is a local, family run roofing company. Please call us for a free estimate . **613-890-0565**.

CHAIR YOGA at Rideau Park United Church - Sept 7 - Dec 14, 2023 Live classes on Thursday mornings at 10:30am (60 mins). Also available on Zoom. A perfect practice for those with arthritis, fibromyalgia, past injuries or balance issues. Contact Marg Hillier, Certified Yoga Instructor, **mhillier144@gmail.com** or **613-299-8324**. Visit **www.newmoonyoga.ca** for class details. Class packages available.

GENTLE MOBILITY MAT YOGA at Rideau Park United Church - Sept 8-Dec 15, 2023 Live classes on Friday mornings at 10:30am (60 mins). Also available on Zoom. Get your body moving, increasing balance, strength, flexibility and breathing in a gentle, mindful practice. Contact Marg Hillier, Certified Yoga Instructor, **mhillier144@gmail.com** or **613-299-8324**. Visit **www.newmoonyoga.ca** for class details. Class packages available.

WELCOME BACK TO FITNESS 50+ - starting Tuesday and Thursday Sept 19 and 21 from 9 am to 10 am with Faiza. Improve cardio, strength and flexibility, balance, plus stretching. Classes are suitable for all levels. Cost is \$14 per class in session, or drop in \$17. For information, call **613-408-6391 or faiza_v@hotmail.com**

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



AQUA DRAIN SEWER SERVICES INC

24 HR EMERGENCY SERVICE

- Pipe locating
- No-dig technology
- Plumbing repairs
- Drain cleaning/thawing
- Camera inspection
- Hydrovac/combo trucks

P.O. Box 41081, Ottawa, ON K1G 5K9

Tel 613-731-5500

Fax 613-822-0463

Toll free 1-866-809-1504

www.aquadrain.ca



MORE THAN JUST SENIOR LIVING. IT'S A NEW LIFE.

Our communities offer residents
a new path for living. Providing
peace of mind and freedom,
so you can focus on living
your best life.

COMMUNITIES IN YOUR
NEIGHBOURHOOD



OAKPARK | Alta Vista
MAPLEWOOD | Riverview Park
RIVERPATH | Beechwood

Come see how living in one of our 10 vibrant communities can put that spark back in your life.
Join in activities, entertainment and more! There is always a community of friends looking
for their next adventure. INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

JOIN
US!

OPEN HOUSE

SEPTEMBER 30 • 10-3pm

RSVP TODAY

Book your tour at one of our 10 Locations today!
riverstoneretirement.ca | 613-627-2090

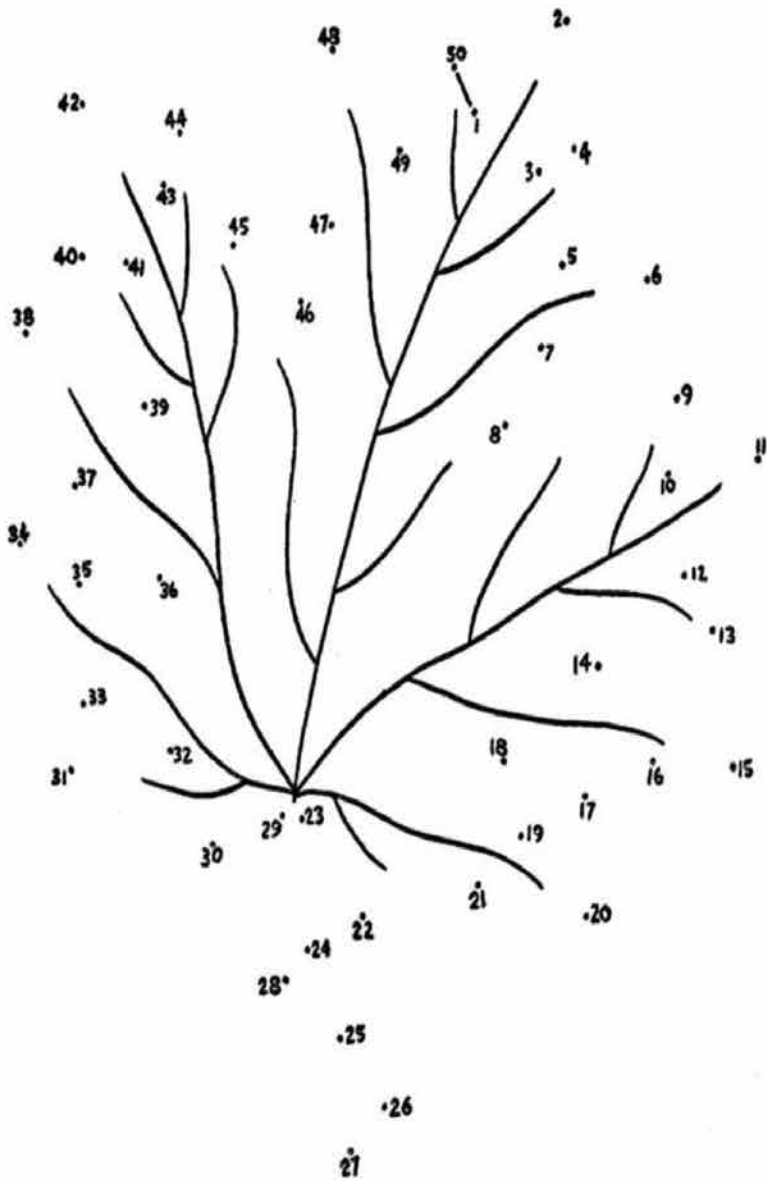
LOCALLY OWNED AND OPERATED

RIVERSTONE
RETIREMENT COMMUNITIES

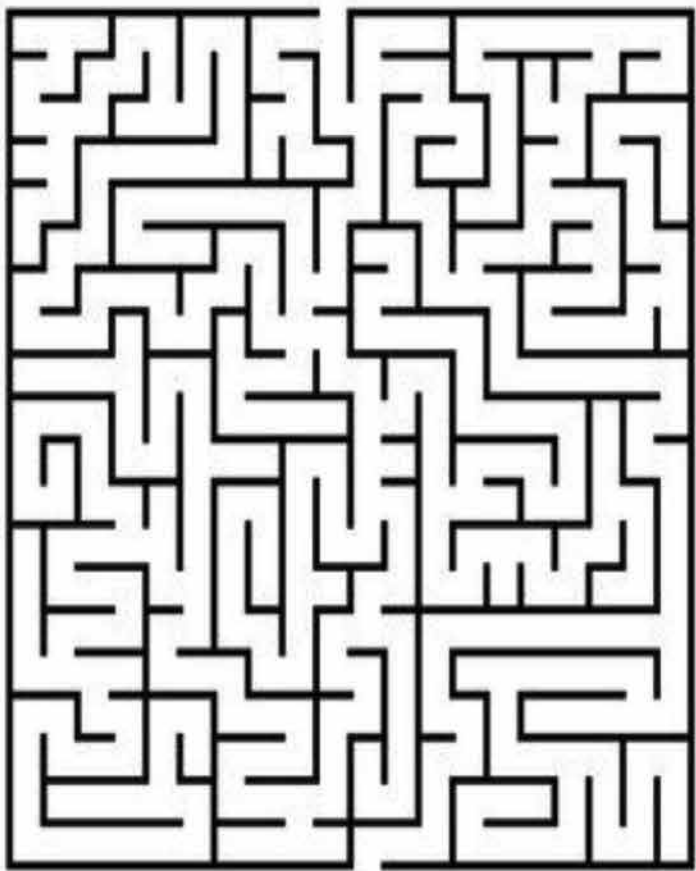


SKYLAR’S KIDS PAGE

CONNECT THE DOTS



SOLVE THE MAZE



Search

the entire paper for these seasonal items.



JOKE OF THE MONTH

Why did the student eat his homework?

Because his teacher told him it would be a piece of cake!

FILL IN THE BLANKS

_____ the squirrel had just climbed up the _____
a name adjective

tree. It was the first day of autumn and time to gather as

many _____ and _____ for winter feasting.
a thing (plural) a thing (plural)

Chester the _____ asked his squirrel friend to take a
an animal

break and join him for a little _____ and _____.
verb ending in -ing verb ending in -ing

The two buddies had so much fun but squirrel really needed

to finish his gathering. He returned to his _____ home
adjective

to find that _____ were
number >1 adjective an animal (plural)

waiting for him to go to the fall festival party at _____'s
a name

house. Squirrel realized that there wasn't going to be

any more work that day. Today had been fun but

tomorrow he'd need to collect more _____ for the winter.
thing (plural)



UPCOMING EVENTS



ALTA VISTA LIBRARY – JUNE 2023

For the most current updates as well as information about available services, please visit 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

- Monday, September 4 – Labour Day
- Saturday, September 30 – National Truth and Reconciliation Day

Please note the following when visiting:

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Public computer use is currently limited to two hours per user per day. To reserve a computer ahead of time, reservations can be made either at the branch or online from home.
- All seating is now available.
- Meeting and program rooms are now available for booking.
- Please visit our website for the most up-to-date information with regards to programming.
- Outdoor book drops are open 24 hours a day, 7 days a week.
- Museum passes are available once again on a first-come, first-serve basis. Please contact the museum in question before you visit to inquire about hours, closures, protocol etc.

FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

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

BOARD GAME AND PUZZLE SWAP

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

CHILDRENS PROGRAMMING

Family Storytime

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

Tuesdays at 10:30 a.m. (starting September 12)

Wednesdays at 10:30 a.m. (starting September 13)

"My favourite poem is the one that starts 'Thirty days hath September' because it actually tells you something." — Groucho Marx

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 starting September 13, 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, September 21

TBD

Thursday, October 19

Steve Cavanagh – 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, September 14

The Sleeping Car Porter
by Suzette Mayer

Thursday, October 5

The Vanishing Half
by Brit Bennett

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 18 septembre

Les années
de Annie Ernaux

Le lundi 16 octobre

Là où je me terre
de Caroline Dawson

ONLINE COLLECTIONS AND SERVICES

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

"The old summer's-end melancholy nips at my heels. There's no school to go back to; no detail of my life will change come the onset of September; yet still, I feel the old trepidation." — Sara Baume, A Line Made By Walkin

Back To School !



613-680-8883
www.nouras.ca

13-2651 Alta Vista Dr.
Located in Vista Plaza – Bank at Alta Vista

We buy gold
Highest possible price



UPCOMING EVENTS

COMMUNITY EVENTS

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

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

Open House and Welcome Lunch: Sunday, September 10 at 11:15 a.m., following the Church service. Lunch is open to all and free of charge. There will be activities for the children to enjoy.

Fajitas and Music: Thursday, September 21, 5:30-7:30 p.m.. Dinner will include fajitas, salads and dessert (\$20 per adult; \$10 per child (age 10 and under)). A swing band with the Stan Clark Orchestra will be playing for your listening and dancing pleasure. Tickets are available in advance at the Church office, or at the door.

Forest Church: Sunday, September 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.

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 clothing for fall and winter. Sizes and styles for everyone.

Christmas Treasures Bazaar: Saturday, November 4, 1–4 p.m. (full Bazaar, live action, not online). Like it used to be!

Foster Farms Fruit & Vegetable Stand: Mon–Fri. 10–6, Sat. 10–5, Sundays: closed. From now to later in October, enjoy local, fresh-picked fruits and vegetables in season, including corn, root vegetables, and apples, finishing with pumpkins and squash as the frost threatens.

50+ Fitness with Faiza: Starting September 19, Tuesdays and Thursdays at 9 a.m.

Yoga with Margaret: Chair Yoga, starting September 7, Thursdays, 10:30 a.m.; Gentle Mat Yoga, starting September 8, Fridays, 10:30 a.m.

Meditation Group: Thursdays, 10 a.m., by Zoom, for 20 minutes. Contact scifiton@rideaupark.ca for an invitation.

Euchre Club: Thursdays, 1 p.m. New members from the community always welcome.

Drums Alive: Drop-in drumming class, for all ages, 7:15 p.m. on selected Tuesdays and Wednesdays, starting the week of September 10. Contact Iain Macpherson, choirdirector@rideaupark.ca.

Adult Handbell Choir: Practices start in September. For more info, contact gordon@dewis.ca.

Harmony Club Coffee/Tea Social Hour, 10–11:30 a.m. Wednesday, September 27 and Wednesday, October 25. All in the community aged 55+ are welcome.

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

EMMANUEL UNITED CHURCH

691 Smyth Road

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

Time to be Wholey (TTtbW): Our seniors light exercise program resumes Monday, September 11 at 10:30 a.m. and continues Mondays and Fridays.

Thursday Morning Discussion Group: Resumes Thursday, September 14 at 10–11:30 a.m., meeting weekly online using Zoom.

National Day for Truth and Reconciliation (Orange Shirt Day): Saturday, September 30. Wear an orange shirt to honour the Indigenous children who were sent away to residential schools. We can all be a part of reconciliation.

ST. THOMAS THE APOSTLE CHURCH PARKING LOT SALE & BBQ

Saturday, September 16 from 9 a.m. to 1 p.m. at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive (beside the Fire Station).

Call Jim at 613-523-2487 to reserve a spot with a table for \$20.

PROBUS CLUB OF OTTAWA ALTA VISTA

PROBUS Ottawa Alta Vista is welcoming new members from the Alta Vista area. Join your fellow retirees, near-retirees and want-to-be retirees for interesting speakers and discussions, not to mention relaxed socializing. We will be meeting on Wednesday, September 27 for a presentation about Raoul Wallenberg. See our website www.probusoav.ca for more detailed information.

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 meetings are Thursday September 7th and October 5th. Free parking. For more information, contact Loreen, loreenohs@gmail.com, or go to ottawahumane.ca/get-involved/volunteering/ohs-auxiliary.

The OHS Auxiliary will be selling high-quality handmade crafts at its Fall Craft Sale. The sale takes place at "The Spot" between Bentley and Laura Secord, Carlingwood Mall 2121 Carling Avenue, Friday and Saturday, September 29 and 30, 11 a.m.–6 p.m. and Sunday, October 1, 11 a.m.–3 p.m. All proceeds go to support the animals at the OHS. We accept cash, credit (over \$10) or debit. Sorry, no table rentals. Free parking.

OPEN MIC – SPONSORED BY RISING ABOVE

When: Saturday, September 30, at 7 p.m. (musicians/performers arrive by 6:50 p.m. to register)

Where: Celebration! Church Pleasant Park, 414 Pleasant Park Rd.

Admission: Free. Donations will be accepted in support of the work of Rising Above (risingabove.ca) – a faith-based, Indigenous founded and governed ministry.

September 30th being the National Day of Truth and Reconciliation, there will be one or two people sharing on the topic of reconciliation.

For more info, contact Ben at ben@risingabove.ca, or visit risingabove.ca/open-mic.

PROMISE WALK FOR PREECLAMPSIA

Join this year's Promise Walk for Preeclampsia on September 10 at the Terry Fox Athletic Facility at Mooney's Bay. Registration starts at 8:30 a.m. with the walk warm-up starting at 9:30 a.m. The walk is a chance to raise awareness for this pregnancy hypertension disorder. Funds raised from the walk will go towards funding much needed research for this life-threatening hypertension disorder, preeclampsia and HELLP Syndrome (a variant of preeclampsia), in Canada.

NEIGHBOURHOOD WATCH

The page "Crime Spotting Walkley–Alta Vista–Industrial–Russell (Ward 18)" changed its name to "Neighbourhood Watch (Ward 18)" in July 2023. It will continue to be accessed at www.facebook.com/groups/2455572258068676. Please join us!

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.

UPCOMING EVENTS

THE PHOENIX BIG BAND

SECOND ANNUAL
HERON EMERGENCY FOOD CENTRE CONCERT
AND FOOD DRIVE
FAIRCREST HEIGHTS COMMUNITY MUSICAL EVENT

SATURDAY SEPTEMBER 23 FROM 2-5 PM

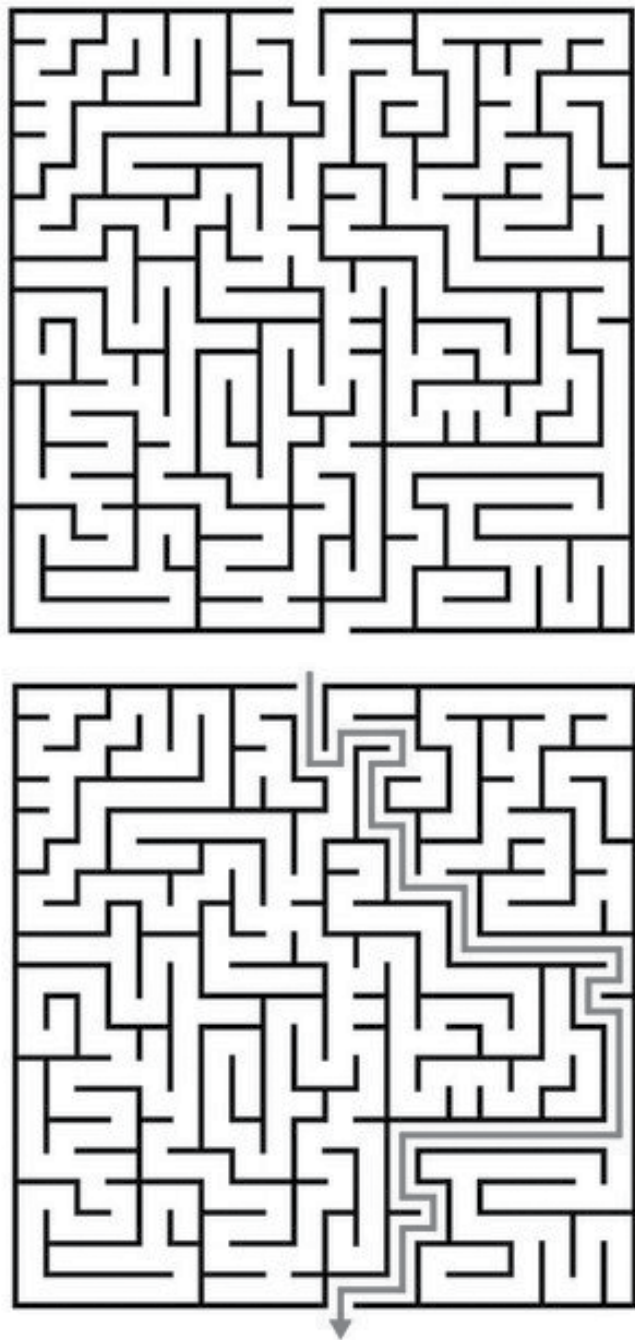
IN THE DRIVEWAY AT 411 BILLINGS AVENUE



Louis Weatherhead (Guitar, Bass Guitar , Vocals), Steve Ballou (Bass guitar, Guitar, Vocals), Mark Fryars (Keyboards, Vocals), James Brender (Percussion), Dan Sharon (Tenor Sax, Bass Guitar), Zeek Gross (Alto Sax), Tristan DiFrancesco (Trumpet), Ian Venables (Bass Trombone).

DONATIONS: FOOD AND CASH FOR HERON EMERGENCY FOOD CENTRE
WE LOOK FORWARD TO THE NEIGHBOURHOOD COMING OUT TO SUPPORT THIS
VERY WORTHY CAUSE

SKYLAR’S KIDS PAGE ANSWERS



ICE CREAM BLOCK PARTY

By IsaacT., VISTAS Kids Reporter

My family and I host an ice cream block party with our neighbours every year. My family makes little invitation door hangers.

Here are seven benefits of having an ice cream block party.

Benefit 1: Having fun with neighbours after a long winter.

Benefit 2: You will be able to make good friends with neighbours.

Benefit 3: ICE CREAM!

Benefit 4: Good foods such as cookies, ice cream sandwiches and cupcakes.

Benefit 5: Exchanging contact information with your neighbours so you can easily communicate and help each other.

Benefit 6: Building community.

And finally benefit 7: Having fun with kids in the neighbourhood.



What
numbers
matter
most to
you?

Invest for peace of mind.

CHARETTE GROUP

ScotiaMcLeod, a division
of Scotia Capital Inc.

Alex Charette
Senior Wealth Advisor
613.782.6736
alex.charette@scotiawealth.com
charettegroup.com

Scotia Wealth Management.

® Registered trademarks of the Bank of Nova Scotia, used under license. Scotia Capital Inc. is a member of the Canadian Investor Protection Fund and the Investment Industry Regulatory Organization of Canada. For more information visit www.scotiawealthmanagement.com. Charette Group is a personal trade name of Alexander Charette.

MOVIES 'N STUFF

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

September 5th

Balthazar: Season 5

Raphaël Balthazar is back! Still haunted by the murder of his wife and still talking to bodies to find answers, his unorthodox ways are once again put to the test.

Fátima

Three young shepherds in Fátima, Portugal report visions of the Virgin Mary, inspiring believers and angering officials of the Church and the government, who try to force them to recant their story. Based on historical events. Harvey Keitel stars!

Nefarious

On the day of his scheduled execution, a convicted serial killer tells a psychiatrist that he's a demon who can possess his body. As the evaluation ends, he also tells the doctor that he will soon commit three murders of his own.

Shrinking: Season 1

A grieving therapist starts to tell his clients exactly what he thinks. Ignoring his training and ethics, he finds himself making huge changes to people's lives - including his own. Rave reviews for this comedy/drama starring Jason Segel and Harrison Ford!

The Bear: Season 1

A brilliant young chef from the fine-dining world is forced to return home to run his local family sandwich shop after a heartbreaking death in his family. A world away from what he's used to, he must balance the soul-crushing reality of trading in Michelin star restaurants for a small kitchen filled with strong-willed and obstinate staff and his strained familial relationships. Amazing reviews!!

The Elephant 6 Recording Co.

In 1985, a group of Louisiana high schoolers began experimenting with whatever random instruments and gear they could find. Influenced by psychedelia, and with little to distract them, they birthed a musical revolution and launched the careers of Neutral Milk Hotel, The Olivia Tremor Control, The Apples in Stereo, and other bands.

Spider-Man: Across The Spider-Verse

After reuniting with Gwen Stacy, Brooklyn's full-time, friendly neighborhood Spider-Man is catapulted across the Multiverse, where he encounters a team of Spider-People charged with protecting its very existence. A massive box office hit is now one of the video events of the year!

Brokenwood Mysteries: Season 9

A musical theatre performance reenacting Brokenwood's history goes horrifically awry when the composer is electrocuted on stage. But was it murder or just an unfortunate accident? Find out about this mystery and five other ones in the 9th season of this terrific New Zealand detective series!

The Elephant 6 Recording Co.

An inside look at the '90s psychedelic rock collective that launched Neutral Milk Hotel, The Olivia Tremor Control, and The Apples in Stereo.

Holy Spider

A journalist descends into the dark underbelly of the Iranian holy city of Mashhad as she investigates the serial killings of sex workers by the so-called Spider Killer, who believes he is cleansing the streets of sinners. 2022 winner for Best Actress at the Cannes Film Festival.

Braquo: Seasons 1 and 2

Four police officers of the SDPJ Hauts-de-Seine, Eddie Caplan, Walter Morlighem, Theo Wachevski and Roxane Delgado have their lives turned upside down when their colleague, Max, commits suicide, following a case in which he is unfairly blamed.

Asteroid City

World-changing events spectacularly disrupt the itinerary of a Junior Stargazer/Space Cadet convention in an American desert town circa 1955. The new Wes Anderson film features a ridiculous cast, headlined by Tom Hanks!

Goodbye Monster

While trying to save the Healing Island from mind-corrupting dark spirits, a healer with an untested theory and amazing powers accidentally destroys it. Banished by the Masters for seven years, he returns to seek redemption, help a lovable patient and heal the world. An animated hit for the whole family!

Fog and Crimes: Season 1

A passion for the job makes Franco Soneri Ferrara's best investigator, but also its most difficult. He's brusque and inscrutable, but he and his team manage to discover what others would like to keep hidden. Excellent Italian detective series!

Picard: Season 3

In the thrilling conclusion of Picard, a cryptic and desperate message from a long-lost friend, Dr. Beverly Crusher, draws Starfleet legend Admiral Jean-Luc Picard into the most daring mission of his life, forcing him to recruit allies spanning generations old and new!

September 12th

Corner Office

Jon Hamm plays Orson, a straight-laced employee who retreats to a blissfully empty corner office to get away from his lackluster colleagues. But why does this seem to upset them so much?

Air

Ben Affleck, Matt Damon and Jason Bateman join forces to tell the story of an unbelievable game-changing partnership between a then rookie Michael Jordan and Nike's fledgling basketball division which revolutionized the world of sports and contemporary culture with the Air Jordan brand. A moving, tremendous story of overcoming odds and making history!

Poker Face: Season 1

Charlie Cale, a down-on-her-luck cocktail waitress with an uncanny ability to sniff out the truth, crosses a bloodthirsty mobster and must hit the road in her trusty Plymouth Barracuda. Along the way she encounters new friends, unsolved mysteries, and danger everywhere she turns. Well reviewed new series!

Succession: Season 4

This is it! The sale of media conglomerate Waystar Royco to tech visionary Lukas Matsson looms ever closer, provoking existential angst and division among the Roys in the fourth and final season of this massive TV show!

Joyride

Four Asian American friends bond and discover the truth of what it means to know and love who you are, while they travel through China in search of one of their birth mothers.

Le temps d'un été (One Summer)

For more than 25 years, street chaplain and parish priest Marc Côté has lived with the poor and the homeless at his church. Exhausted and with bills piling up, Marc faces the prospect of shutting everything down. Like a call from Providence, he inherits a property in the Bas-du-Fleuve region and takes a group of homeless people there on vacation with him.

September 19th

The Little Mermaid

In this breathtaking live-action reimagining of the beloved animated musical classic, a spirited young mermaid must follow her heart. She makes a deal with an evil sea witch that allows her to experience life on land, but that ultimately puts her life in jeopardy.

Past Lives

Nora and Hae Sung, two deeply connected childhood friends, are wrest apart after Nora's family emigrates from South Korea. Two decades later, they are reunited in New York for one fateful week... Major Oscar buzz for this one!

D.I. Ray: Season 1

DI Rachita Ray, a British Asian policewoman, is promoted to the Homicide division, but realizes immediately that she is a token hire to 'tick a box.' Determined to prove any doubters wrong, she takes on a case that forces her to face a lifelong personal conflict.

September 26th

Elemental

In a city where fire, water, land, and air residents live together, a fiery young woman and a go-with-the-flow guy discover something elemental: how much they actually have in common. Brand new smash hit from Pixar!

Professor T: Season 2

Professor Jasper Tempest and the team untangle a series of crimes ranging from an unexplained fire in a student block to the mystery of an entire family found dead. Meanwhile, Professor T is dominated and perplexed by the women in his life!

Natty Knocks

On Halloween Eve, a small-town babysitter and the kids she is looking after must survive the horrors of serial killer Abner Honeywell!

Unforgotten: Season 5

One of Britain's greatest detective series ever returns! If you haven't seen the first 4 seasons, do yourself a favour!

Jack Ryan: Season 3

In Season 3 of Tom Clancy's Jack Ryan, Jack races against time and across Europe to stop a rogue faction within the Russian government from restoring the Soviet Empire and starting World War III.

Coming in October!

Dark Winds: Season 2
London Kills: Season 4
Yellowjackets: Season 2
EO
Talk to Me
Barbie
Mission Impossible: Dead Reckoning Part 1
Oppenheimer
Equalizer 3

and many, many more!

VISIT OUR WEBSITE - MOVIESNSTUFF.COM