



Sheridan "Pat" Patterson, then and now; photo credit: the Patterson family

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Sheridan "Pat" Patterson and his son, Kevin Patterson, at Perley Health's 2022 Remembrance Day ceremony. Together Pat and his two sons have over a century's worth of service to the Canadian Armed Forces. Photo credit: Perley Health

GETTING READY FOR CHRISTMAS AT PERLEY HEALTH

By Sheridan "Pat" Patterson, Master Warrant Officer (Retired)

I'm betting you are much younger than me, given that I am in my 95th year. That's many Christmases and trips around the sun. My journey has included family, friends, memories, adventures, and proudly serving my country.

It's a journey that brought me to Perley Health in 2021. I am so lucky to be here. The staff here take great care of us, and programs help us enjoy life to the fullest.

It's no wonder that Perley Health is the first choice of families in Ottawa. I know my sons have peace of mind knowing that I am living my best life possible here.

I have many things to be thankful for in close to a century of living. I have gratitude for all the blessings life has given me. That gratitude certainly extends to Perley Health's excellent staff and donors who help support my favourite program.

Today, I'd like to share with you a bit about the Ozerdinc Grimes Family Therapeutic Recreation and Creative Arts Program. That's a long name, but it has a much longer list of benefits for all of us.

This program, made possible by donors, improves memory and cognitive function while reducing depression. It has given me a renewed sense of purpose and fired up my creativity.

I arrive at the art studio early every morning to enjoy my passion for working with my hands. People here chuckle and say they can set their watch by my arrival. Some think my military career makes me arrive early, but my love of the arts program makes me such an early bird!

I wake up every morning excited to get my hands into art, pottery and woodworking.

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LETTERS TO THE EDITOR

Forestry Services should have a detailed plan in order to meet the Official Plan’s 40 per cent tree canopy target

Letter to Councillor Marty Carr shared with VISTAS

Dear Councillor Carr,

As you prepare for 2024 budget deliberations, I would urge you to require Forestry Services to complete their concrete action plan for Ward 18, as contemplated in the City’s “Putting Down Roots for the Future” report.

I am supportive of the macro thrust of the Parks and Greenspace provisions of the Official Plan, but concerned with the general absence of specific implementation strategies (objectives, targets and timelines) relating to achieving the 40 per cent urban tree canopy.

Simply limiting curb cuts, maintaining the placement of street trees at the existing intervals, regulating the retention of existing trees, and placing a priority on the acquisition of land for parkland (as per the Parkland Dedication bylaw) while avoiding cash in lieu is a prescription for never achieving the stated tree canopy target. If a 40 per cent tree canopy is to be anything other than simply “aspirational,” detailed implementation plans need to be developed. Without actively identifying potential tree planting locations, planting numbers, timelines, costs and promotion mechanisms, it is highly unlikely that Ottawa will ever join the likes of Halifax, Vancouver, Victoria and Quebec City and garner the associated significant environmental benefits cited in the official plan. Forestry services should be put on notice that a transparent, detailed multi-year plan with identified milestones is expected to underpin their annual budget requests.

Russ Jackson

Marty Carr’s response:

Hello Mr. Jackson,

I wholeheartedly agree that it is important that the City have a detailed strategy in order to meet the 40 per cent tree canopy target described in the Official Plan, which is why I previously brought forward a motion to the Environment and Climate Change Committee on June 20, 2023, specifically asking City staff to cost out the work plan presented in their update on the Urban Forest Management Plan (UFMP). The UFMP is the same plan referred to as “Putting Down Roots for the Future.” At that same committee meeting, staff outlined that they were amending the UFMP work plan to focus specifically on the Tree Planting Strategy. I put forward this motion so that Council would have proper costing and scenarios that would be required to meet the 40 per cent target prior to Budget 2024. I have already met with Mayor Sutcliffe and reiterated the importance of ensuring resources are in Budget 2024 to meet these commitments.

I will provide an update on Budget 2024 and this commitment in my newsletter in November.

I appreciate you writing in.

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LETTERS TO THE EDITOR

Billings Estates – Is it time for heritage designation?

Dear Editor,

It started with a chair and grew into a love affair with mid-century modern design. It was around 1989 or 1990 and I attended an auction looking for a couple of dressers for my first apartment. Among piles of furniture, I spotted one lonely chair. It was wood and had a beautiful grain with an original teak upholstered seat. Back then I didn't know it was teak, or that it was mid-century, but I knew I loved it and had to have it. This was in Winnipeg, home to quite a few neighbourhoods full of beautiful mid-century homes, schools and office buildings. I hadn't studied them but knew I liked something about them. The chair followed me through many moves. In 2006 my family moved to Ottawa, and we were very fortunate to purchase a fantastic mid-century home in Alta Vista that no one seemed to want. It needed work. Best of all, my chair had found a home. We studied mid-century design and frequented the many teak stores of Old Ottawa South. We walked the neighbourhood and loved and appreciated how lucky we were to live here. We were told that our house, located on Chalmers Road, was built by the developer Chalmers. We discovered over the years that there are several other neighbourhoods of mid-century modern homes in Ottawa such as Rothwell Heights and Glabar Park but also realized these beautiful and unique homes are under attack and little by little are disappearing. One of the only examples with a butterfly roof was torn down and two monster homes with little mid-century appeal popped up in its place. I only wish I still had a picture of that house. Many neighbourhoods in the United States have received heritage or historical designation. The most well-known area is likely Palm Springs, and we were lucky to attend the world famous design week in 2017. In 1984 the City of Palm Springs created a code to help protect buildings and districts of significance. Since 1999 the non-profit Palm Springs Modern Committee was created to save a historical fire hall and has since worked tirelessly to educate and save many buildings. Everything mid-century is celebrated there and it is a huge tourist attraction that has grown to a twice-a-year event with tours, exhibitions and lectures.

Here we are in 2023 with a new official plan looming, and I wonder, should our little mid-century neighbourhood of mainly Chalmers homes be worthy of heritage or historical designation of some kind rather than just one or two here and there? Joni was right, "Sometimes you don't know what you've got 'til it's gone." Back to my lonely chair. I managed to pick up several more of those chairs in Montreal some years ago. They are iconic, timeless and I still love them. Our neighbourhood is too!

Jennifer Singbeil



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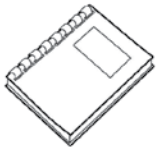
VISTAS Vision

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

VISTAS Volunteer Carriers Needed

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- Anoka, 35 papers
 - Bloor, Penhill, Crestwood, 56 papers
 - Crestview (Alta Vista to Fairbanks), 31 papers
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 - Featherston (Connecticut to Ryder), 30 papers
 - Grasmere, 39 papers
 - Heron (Alta Vista to Greenbelt), 13 papers
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 - Neighbourhood Way, 35 papers
 - Pixley, 60 papers
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 - Renova, 55 papers
 - Station Boulevard, 40 papers
 - Utah, 32 papers



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OUR PEOPLE

BRING THEM ALONG IN WHAT THEY WANT TO DO

By Courtney Tower and Alicia Cuadra

We at VISTAS have been enriched and our bringing of Alta Vistas to each other has been improved by two students in the past, Elaine Kennedy and Skylar Josephson, who worked with us to learn about reporting, writing, editing, the issues and concerns of our community. Now it is the turn of Alicia Cuadra, a Grade 12 student at Ridgemont High School, who wanted to be a Co-op student and to learn something about journalism. Alicia and I, here, start at the start, reporting on Ridgemont and its Co-op program for Grades 11 and 12 students under the genial, laugh-a-minute teacher who runs it, Ron Duprey.

The Co-op program is an elective course for students in grades 11 and 12 at all the high schools and has been in operation at Ridgemont for many years. Some 65 students presently come under the Co-op watch of Mr. Duprey, who came to teaching in 1998 after a business life that included 10 years of managing a Canadian Tire store in Ottawa and three with the old F.W. Woolworth store on Sparks Street.

Students at Ridgemont elect to spend 220 hours a semester in co-op programs. They become junior employees, or interns, so to speak, in companies they think they would like to try out for possible career paths later on. Some are students who dislike the classroom and prefer learning workplace skills and knowledge. Some like traditional school well enough but see co-op as a start toward a career they already think they want. “Some want to try out a particular line of work and find they do not like it,

and that is absolutely fine,” says Mr. Duprey. “They learn along the way responsibility, doing one’s best work, showing up and on time, key things that they can and should apply anywhere.”

A student spends about 80% of a semester in the co-op placement, and 20% in class. A chief payoff, according to Mr. Duprey, is that “when students do good work, acknowledged by their employers, they develop pride and self-confidence. The new self-confidence helps them with school learning and makes them less apprehensive about new challenges later on.”

Why We Choose To Go Co-op

Here is Alicia Cuadra on why she and three other students at Ridgemont joined the Co-op program.

I have always loved to write, even as a kid when I kept a diary every day about my events and hopes and dreams. Along with many other things I’d like to explore in my occupational journey, journalism is one of my top choices. I’ve chosen to do my Co-op program at VISTAS newspaper because I’d like to see if journalism is what I want to do with my future.

I’m pretty independent for a 17-year-old girl. I work 4-5 times a week as a hostess at a restaurant as well as take Grade 12 at Ridgemont High, and in all this I think a lot about what I want to do with my future. I’ve gone through many phases with what I’d like to go to school for and what I’d like to pursue, but doing something with journalism and writing has always been on my list.



Ridgemont High Co-op teacher Ron Duprey with Alicia Cuadra, our VISTAS student; photo credit: Gerri Doherty

I’m so grateful to be able to do a Co-op program this year because I feel I learn better visually and by experiencing things rather than being taught in class. Sure, a lot of students do well in classrooms, but I suspect most of the students in the Co-op program feel that in classroom-learning it is difficult for us to focus and even keep sometimes from dozing off.

Hey Jude Maya, Sophie

There are plenty of others here like me. For instance, there is Jude Hamilton, who is 17 and wants to learn all he can about cars and mechanical things.

“I wanted to do Co-op because I could get out of the classroom and do real-life work on cars,” he says. “Working and being at a car-mechanic company is similar to my auto shop class, and I’m learning more as I go.”

“They give me basic jobs to do, like sweeping, oil changes, brake jobs, and tires, but I also see and learn about the makeup and repair or replacement of engine and body parts. Transportation to the job and having to carry work-gear around are about my only problems with this Co-op position, and it is telling me that I would like to apply in future to a two-semester Autoshop course at a college.”

He is finding out what he wants to do in life.

Maya Forbes, also 17, is happy with her experience at Richard Robinson Haute Couture Fashion Academy.

“I do a lot of Admin work there, filing and printing, but I also get to attend some classes and do fashion digital patterns and draping fabrics,” Maya says.

Continued on page 6

LETTERS TO THE EDITOR

Supportive housing projects in Ottawa do not include safe injection sites

Dear Editor,

One of my favourite sections of VISTAS, other than Chris Wiebe’s superb column on Alta Vista history and architecture, is the letters. As a bike commuter, it was encouraging to see letters last month supporting active transportation infrastructure in my neighbourhood. But I was disappointed to read a letter suggesting the City’s acquisition of a property at the bottom of Kilborn Ave. for a supportive housing hub might include a safe injection site. Not because I’m afraid of health services for our most vulnerable, but because that suggestion is misinformed and appears designed to alarm.

Sometimes rumour insinuates itself into our daily lives until we can’t tell the difference between what is real and what is not. There are a couple of dozen supportive housing projects in Ottawa — none of which include safe consumption facilities. Here’s another fact: it’s become nearly impossible for students, singles, low-income seniors, people with physical and mental disabilities and newcomer families to find a safe, affordable place to live in this city. City Council declared a housing emergency in 2020 and our councillor is working with her colleagues and city staff to find solutions. Supportive housing — subsidized units, rent-geared-to-income — is one of them. We can’t expect some parts of the city to serve as our entire social safety net. We need to work together.

By all means, stay engaged as this land acquisition and development unfolds, and form your own opinions. But please ensure the information you share is based on fact. Then we can have a genuine, and hopefully constructive, conversation about our increasingly diverse Ward 18 and how we can all fit in.

Lisa Gregoire

Editor’s note: Russ Jackson has pointed out to VISTAS that there are four safe injection sites in Ottawa, which are generally located in proximity to potential clients. The sites are: a trailer at the Shepherds of Good Hope, Sandy Hill Community Health Centre, Somerset West Community Health Centre, and an Ottawa Public Health clinic at 179 Clarence Street.

OUR PEOPLE

Continued from page 5

She wants to learn all she can about fashion design and production. They don't teach a lot about fashion in schools, so this gives Maya a chance to help her meet her goal of attending Toronto Metropolitan University which is ranked as one of the best fashion schools in the world.



Why Do They Do It? Co-op students explain: Maya Forbes, left, with Jude Hamilton, Sophie Kholobina and Alicia Cuadra; photo credit: Gerri Doherty

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Sophie Kholobina is in Grade 11 and is beginning her Co-op placement at Ridgemont High, assisting with drama class productions, sound and lighting, and stage management. Theatrical production and stage management is exactly what she would like to pursue as a career. For the second half of Sophie's Co-op term she will be placed with the local Company of Fools which stages plays outdoors throughout Ottawa. Sophie says, "Co-op is working out very well for me as this is the kind of work I hope to do as a career." She hopes to attend a theatre program after high school, "something involved with production, or stage management."

What Ron Duprey Gives And Gets

Ron Duprey handles 45 Co-op students at a time or, with a partner, 65 students. Preparing applicants and helping secure work placements, provides a very busy start to his school year. Once placed, students must keep logs of hours worked and write reflective summaries of work completed. Mr. Duprey must watch over each student and each employer, to check progress and be sure that standards and safety and other guidelines are followed.

"There are no exams in Co-op, no tests, but there are weekly assignments and regular reports," Mr. Duprey says.

For him, the work is "rewarding and exciting, to see students flourish outside of the classroom." He speaks enthusiastically — enthusiasm is a Duprey trademark — about students growing in self-confidence and gaining workplace experience.

"We place students in a wide variety of workplaces," he says. "For example, retail, dentistry, cooking, barbershops, computer repairs, computer program coding, restaurants, offices, teaching assistants and the trades. Trades like auto mechanics, electrician and HVAC (Heating, Ventilation and Air Conditioning) are taking off. Work in hospitals is popular but very competitive — hospitals will only take a few students and many high schools want to place students there."

"The biggest challenge of the program is to instil a sense of responsibility in students toward their workplaces such as punctuality and consistent attendance," he says. "Some students placed in an entry-level job will decide that that is not the career for them. Having discovered this, many students return to school with a new purpose, and refocus their efforts on their education in order to explore other career interests."

After 25 years of teaching, Mr. Duprey is still going strong. He reports that he still finds working with the students "highly rewarding, and a lot of fun."

Students with new leases on life, at Ridgemont and other high schools, do appear to be finding fun and reward in Co-op programs, as well as the redoubtable Ron Duprey.



Ron Duprey himself: Genial, laugh-a-minute, Ron Duprey shepherds 65 Ridgemont High School students into Co-op programs; photo credit: Gerri Doherty

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Ottawa South

Continue to Protect Yourself this Fall

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

It is safe and convenient to receive both the COVID-19 and flu shots at the same time, reducing the need for multiple visits. OPH recommends that everyone 6 months and older get the annual flu vaccine and the updated XBB 1.5-containing COVID-19 mRNA vaccine.

The updated vaccine is expected to produce a stronger immune response against COVID-19 variants currently circulating in the community. This vaccine is Health Canada approved for people aged six months of age and older, however initial doses will be prioritized for higher risk populations.

Effective October 30, 2023, flu vaccines and the updated COVID-19 vaccines will be available for all residents. The current COVID-19 vaccines will also continue to be available for Ontarians, as long as it has been a recommended six months since their previous dose.

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

Ottawa Public Health wants to continue to ensure high priority populations have access to **rapid antigen test (RAT) kits** so that people who test positive can access treatment in a timely manner. Residents are able to access RAT kits through various locations across the city, like libraries and existing OPH services, like neighbourhood hubs and community clinics. Local health partners and community agencies can order RAT kits through OPH, while provincial supplies last.

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

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OUR COMMUNITY

PAYING FOR BASIC MEDICAL CARE
IN OTTAWA SOUTH

By Aldis Brennan, VISTAS Co-editor

An Ottawa South health clinic is planning to charge patients for receiving primary care. The South Keys Health Center, near the corner of Bank Street and Hunt Club Road, will use nurse practitioners to provide primary care services to patients for a \$400 annual membership fee.

Nurse practitioners are healthcare professionals who have an advanced degree in nursing and can provide similar levels of basic medical care to patients as physicians but do not have a medical degree. The health clinic claims that since nurse practitioners are not covered by the Ontario Health Insurance Plan (OHIP), they are able to charge a fee for services.

“I think that people, not just in Ottawa South, but across Ontario have the expectation that basic primary care like if your son or daughter has a cold or needs stitches or has an eye infection, that this is something that’s paid by OHIP,” John Fraser, Liberal Member of Provincial Parliament for Ottawa South and interim party leader, said.

MPP Fraser has asked the Ministry of Health to investigate the clinic and whether it is complying with provincial healthcare regulations, but it is unclear whether the province is able to prevent the health clinic from charging the fees.

The South Keys Health Center isn’t the only healthcare provider in Ontario beginning to charge fees. MPP Fraser believes this is a misplaced attempt to meet a real need for primary care.

“We have two million Ontarians without a family practitioner so there is demand out there and that’s why you see all of these popping up,” MPP Fraser said.

The reality is that for the many people across the province who don’t have a family doctor and who can’t wait for hours at a walk-in clinic, the option to pay for a next-day appointment is tempting.



“What I would say to that person is that I believe you should be able to have access without having to pay a membership fee. I get it,” MPP Fraser said. “The challenge is that the need is driving a situation where people who can’t afford to pay are going to be made to pay and people who want to take advantage of the situation don’t have any rules.”

He believes the solution is using a wide array of medical professionals from physician assistants to nurses and, yes, nurse practitioners, but to have them all be part of the public system. While he believes the provincial government has been slow to act on meeting the healthcare needs of Ontarians, he does give them credit for expanding the range of services pharmacists are able to offer.

Reports that the health clinic had listed health practitioners who were not associated with it or aware that their names appeared on their website have only added to the controversy.

“I haven’t talked to the physicians, but I understand there’s been a complaint to the College of Physicians and Surgeons,” MPP Fraser said. “That’s concerning because if your marketing includes people who aren’t actually working for you, that’s not a good thing.”

The South Keys Health Center did not respond to a request for comment.



South Keys Health Center; photo credit: Gerri Doherty

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OUR COMMUNITY

LIGHTING THE WAY: UKRAINIAN FAMILY RELIEF FUND BENEFIT CONCERT TO SUPPORT LOCAL FAMILY

By Channing Rodman

A year after they resettled in Old Ottawa South, Mariana and Oksana Kateryniak have worked through dark times to try to build a future for their children here. But they're not alone: our community and St. Thomas the Apostle Church are lighting their way with the Ukrainian Family Relief Fund. On November 19th, you're invited to a benefit concert at the church. Featuring a bake sale, craft sale, silent auction and beautiful choral music, this kid-friendly fundraiser goes to support a local family in need. A virtual option for attending the concert will also be offered (although sadly, we haven't yet figured out a way to deliver brownies through your screen!). Read on for ticket information and to learn more about this wonderful family.

Meet the Kateryniaks

Mariana and Oksana are sisters-in-law. Before the war, they lived in a beautiful medieval town in Ukraine, in houses just a few blocks from each other. They are married to brothers who had to remain in Ukraine to serve their country – one in the army, one working in the gas sector. A year ago, the Church of St. Thomas the Apostle began helping these women to resettle safely in Ottawa. They brought with them four children: Pavlo, 17, and his little sister Anna, 6, as well as Davyd, 10, with his younger brother six-year-old Demian. They are all remarkable, kind, hardworking and simply wonderful people whose lives were upended by war. Mariana and Oksana's hope is to build a life in Canada permanently, and to reunite with their husbands.

The Ukrainian Family Relief Fund

To help them find their feet, St. Thomas launched the Ukrainian Family Relief Fund, a fund that will help meet their needs until they can fully support themselves. Mariana and Oksana have been working hard to learn English, find meaningful work, and support their children as they adjust to life in Canada. You can be proud of how folks in our community have reached out to help them. One amazing person offered them eight months of free housing in her own home in Old Ottawa South, a life-changing gesture for two families who have been through so much.

Mariana has been pursuing her dream of working in landscape architecture again, and Oksana hopes to work full-time in cosmetics someday. For now, the sisters-in-law trade off shifts at the Billings Lodge Retirement Community as client care assistants – each works while the other cares for the children.

The kids have settled well into life at the local elementary school and high school. Davyd is a talented soccer player who's been able to develop his skills thanks to the support of generous volunteers. Cousins

Demian and Anna love playing at after-school activities. The oldest child, Pavlo, has impressed everyone with his focus – not only is he diligently finishing high school here in a new language, but he's also managed to complete his Ukrainian high school diploma at the same time. He hopes to study cyber-security in university.

But as the war in Ukraine that's separating these families from their loved ones drags on, and inflation pushes rent higher, they are facing new financial need.

You can light their way

Before December, we are asking for your help to raise \$50,000: enough money to cover their rent for the upcoming year, and to help Pavlo prepare for the costs of university. To kickstart this fundraising drive, we've organized "Light the Way," a fundraising concert and craft/bake sale.

Please come to support a wonderful family, and to enjoy beautiful music from several choirs, including the Ottawa Children's Choir and the Military Wives Choir. Doors open at 2 p.m. for the bake and craft sale. There will also be a silent auction that includes lovely textiles from Ukraine. Bring your families for an afternoon of music and community!

Tickets are available in advance or at the door for a suggested contribution of \$40 for our live concert. For folks who prefer to enjoy the concert from home, we'll be offering a link to experience the concert virtually for a suggested contribution of \$20. To get a ticket, simply e-transfer your financial contribution to stthomasenv@outlook.com with the line "Light the Way," and you'll receive your ticket in your email within three business days.

If you would like to talk to the St. Thomas team about how you can support the Ukrainian Family Relief Fund, we would love that! Please reach out at starefugeeassist@gmail.com and tell us how you'd like to help.

And if you can't attend the concert, but you do have the interest or capacity to support these two newcomer families, we would be incredibly grateful for your generosity. You can donate here: www.stthomasaltavista.ca.



These hand-made hats modelled by St. Thomas parishioner Jean Jordan will be sold at the "Light the Way" event on November 19th, 2023. Photo credit: Cathy Munroe



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Meet your Ward 18 Office Team

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

Ward 18 Office at Heron Community Centre - Office Hours

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

Upcoming office hours are:

Monday November 6th from 10a.m. to 12p.m.
Thursday November 23rd from 2p.m. to 4p.m.

Jim Durrell Recreation Centre is Reopening November 6th!

I am happy to share that both rinks at the Jim Durrell Recreation Centre will reopen and return to regular programming on November 6, 2023. Renovations are now complete and we are excited to have residents and sports teams from across the city back in the facility! As of October 5, 2023, Elwood Hall within the facility has reopened and is accepting daytime rentals from Monday to Friday, between 7 am and 3 pm. Evening and weekend rentals will also be accepted where staffing allows. More information can be found on the City's website.

2024 Budget Public Consultation – November 14th

Fall is budget season! There will be a Ottawa South Councillor led public consultation on the 2024 draft budget taking place at 6:30p.m. on November 14th at Jim Durrell Recreation Centre (1265 Walkley Road). This meeting will be in collaboration with Wards 10, 16, and 17.

Billings Estate National Historic Site - Fall Hours of Operation

Fall has arrived at the City of Ottawa Museums and Historic Sites and that means some museums will be closing for the season and others will be adjusting their hours of operation.

While Billings Estate has been closed since October 20th, it will reopen for the holidays on Wednesday, November 15th, with operating hours Wednesday to Sunday from 10a.m. to 5p.m. More information can be found at ottawa.ca/museums.

Lunch and Learn at Heron Seniors' Centre - November 22nd

Are you providing care to a family member, friend, or neighbour who is aging or has a long-term health condition? Have you heard about caregiver respite support? Join us on Wednesday, November 22nd from 11a.m. to 1p.m. at the Heron Seniors' Centre (1480 Heron Road,) to learn about some simple ways to offer respite and support to give caregivers a temporary break in collaboration with Neighbours Helping Neighbours. There is no cost to attend, but space is limited. Lunch will be provided after the presentation. Please call 613-247-4808 to register, or visit the Heron Seniors' Centre front desk.

Ward 18 Environment Series Webinar – Energy Wise: Your Home's Path to Efficiency – November 23rd

Are you ready to take charge of your home's energy future? This is our second webinar in collaboration with EnviroCentre! Join EnviroCentre's Scott Meyer for expert insights on assessing and enhancing your home's energy performance. Learn about home energy assessments, eco-friendly tips, cost-saving upgrades, and accessing rebates through energy retrofit incentive programs. Whether you're a homeowner, renter, or just curious, this webinar guides you toward a sustainable, comfortable, and efficient home. The virtual link to this webinar can be found on my website.

Save the Date! Breakfast with Santa - December 9th

It's hard to believe that the holidays are right around the corner. The Ward 18 Annual Breakfast with Santa is back again this year on December 9th! You're invited to join us at the Canterbury Community Centre from 8a.m. to 11a.m. More details to come!

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.

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)

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OUR COMMUNITY

ELLWOOD UPDATE

By Norman Payne



- With Christmas nearing, Ellwood residents are invited to Councillor Riley Brockington's Riverward Holiday Dinner on Thursday, December 21, at the Hunt Club Riverside Park Community Centre, starting at 5 till about 6:30 p.m. Ellwood's Ridgemont Community Association will

be involved and it will be a good opportunity to share a meal with other members of our community. Kindly RSVP normanp@premieregroup.com or call 613-288-0034. There will be music, a delectable buffet including turkey and vegetarian choices, dessert and more – a fun time to be had by all.

- The winners of our May 29th AGM grand prize (two Porter Airline tickets to New York, accommodation at the Sheraton New York Times Square, an Enterprise car rental and parking at Ottawa Park 'n Fly) have recently returned and report they had a grand time experiencing the sights, sounds, smells and unique pulsating vibe, only available in Manhattan.
- Ottawa Hydro is currently in our neighbourhood replacing 19 service poles as well as frequently failing equipment.
- As the housing world turns:

With 23 of the Housing Affordability Task Force's recommendations implemented through Bills 109 and 23, the Province of Ontario is now considering how it can implement additional recommendations with Bill 134 (*Affordable Homes and Good Jobs Act*) currently in the legislature (see www.ola.org/en/legislative-business/bills/parliament-43/session-1/bill-134).

The Housing Affordability Task Force report from 2022 (www.ontario.ca/page/housing-affordability-task-force-report) provided 74 recommendations (55 high-level recommendations) for improving housing affordability in Ontario; 23 of these already implemented through Bill 109 (*More Homes for Everyone Act*, 2022) and Bill 23 (*More Homes Built Faster Act*, 2022) last year. These Bills limit exclusionary zoning in municipalities through binding provincial actions and allow secondary suites, garden suites and laneway houses province-wide, creating a more permissive land use, planning and approvals system, and repealing or overriding municipal policies.

Bill 134 will, in part, amend the *Development Charges Act*, 1997, which includes provisions exempting affordable and attainable residential units from development charges; in the proposed act amendments are made to the provisions that set out when a residential unit shall be considered to be an affordable residential unit. The amendments will set the definition of affordable housing at anything less than or equal to 90 per cent of the average purchase price of a home in the area, and by doing so, exempts this housing from development charges and parkland dedication. While the Province has not indicated what it would consider "attainable housing" that is more than affordable, it would be similarly exempt. The City also has not yet determined what this will mean

to its revenues, although having roughly half of any new housing removed from contributing financially to growth pressures is undoubtedly a concern. And in the end, at all levels of government, there is only one taxpayer – you.

Our community association is not aware of the contents or timing of any further housing bills, though it is expected that more legislation is likely, including significant changes to the Provincial Planning Statement, which is the foundational document underpinning the land use process here in Ontario, and Ottawa. It is advisable that community associations be aware of the broader context by which housing decisions are being made by the Province, for implementation by the municipality, and that there is significant pressure for rapid and substantial change.

Mayor Mark Sutcliffe has been persevering diligently with the province to wring out the best for Ottawa; as this same scenario is playing out across the province, perhaps it is time for the cities and towns to unite in their approach for a better outcome. Helpful information for residents is provided in the document on the City's website "Provincial Legislation affecting Planning, Real Estate and Economic Development | Engage Ottawa" (engage.ottawa.ca/provincial-legislation-planning).

All these aspects will affect Ellwood, as we are close to a transit station. The whole stretch along Bank Street from Home Depot to just past Walkley on both sides is classified as a Major Corridor/Main Street in the City's Official Plan, though subject to the Secondary Plan policies for heights and transitions into the low-rise neighbourhood. The land occupied by the large Value Village lot, the LCBO, and most of the businesses as far as Shoppers Drug Mart would be prime examples. All this new development, when constructed, will add to the cut-through traffic, speeding, running of stop signs, and over-parking in our community.

City Council, pressured by the federal government, is reportedly considering allowing fourplexes on any lot. (Of note, the Province, through Bill 23, requires the City to allow three residential units on any parcel of serviced, residential land.) This is in keeping with the tremendous provincial and national focus on expanding the housing supply and is consistent with Ottawa's own Official Plan, which recognizes the need to increase housing capacity within neighbourhoods. However, the allowance of fourplexes ignores that services available can barely cope with current problems and demand, and that with more housing, these services will be expected to do more with fewer funds. For Ellwood, it also ignores the degradation of the quality of life for current residents due to overcrowding in an area that is already experiencing increasingly frequent disregard for property standards and good neighbourliness. And in the end, at all levels of government, there is only one taxpayer – you.

While your community association recognizes the need to increase the quantity of housing available, we need to ensure that these homes provide quality living conditions – for both new and current residents in existing neighbourhoods – and that we have the financial capacity to provide the support needed to provide and expand services as neighbourhoods grow and change.



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OUR COMMUNITY

OBSERVE REMEMBRANCE DAY
AT GRASSHOPPER HILL

By Gillian Godwin

In June this year, a newly refurbished plaque commemorating all those who served in the Second World War was placed on Grasshopper Hill. It is now bilingual and visible from the path leading up from the parking lot. Perhaps you’ve seen it standing in front of a Red Maple tree.

On November 11th, I will be placing a poppy wreath at the site to commemorate our war dead. Please join me at 11 a.m. for an informal moment of silence or take a walk and stop for a minute and remember the brave men and women who served Canada.



The newly refurbished plaque on Grasshopper Hill; photo credit: Gillian Godwin

HERITAGE PROPERTIES IN ALTA VISTA —
HAVE YOUR SAY!

By Xavier Bradbury-Jost

Across Ottawa there are 4,620 properties on the Heritage Register and 43 of these properties are in Alta Vista. The Heritage Register is a list of properties that the City of Ottawa has designated have cultural heritage value.


Until recently, properties on the Heritage Register remained there indefinitely. But as of 2022 the Province of Ontario enacted the More Homes Built Faster Act which imposed a two-year limit for properties to be listed, and if they aren’t officially designated within that time, they’re removed and blocked from the register for five years.


In response, Ottawa City Hall is reviewing all 4,620 properties on the Heritage Register to decide which ones will get an official designation by the end of next year. City staff want us to be involved in choosing which of these properties in Alta Vista mean the most to us, and they are reaching out to community associations and citizens’ organizations to inform their review and which properties to prioritize for designation.

But what does heritage even mean? A piece of heritage is referred to by professionals in the field as a “heritage resource” and can range from a building to a burial ground, a monument, an appliance, furniture, books, a natural or engineered landscape, to culinary traditions and everyday language. Heritage is what we value, and thus choose actively to keep.

The importance of heritage is in the values we derive from it. The British organization English Heritage defines evidential value, historical value, aesthetic value and communal value as categories in its 2008 manual for heritage conservation. Other categories, used by different heritage organizations, include “social,” “scientific,” “symbolic,” and even “spiritual.”

Continued on page 14

 <p>\$579,900</p> <p>68 Antler Ave. Barrhaven</p>	 <p>\$1,149,000</p> <p>47 Kings Landing Pvt. Canal</p>
 <p>\$1,500,000</p> <p>1781 Rhodes Cres. Playfair Park</p>	 <p>\$2,950,000</p> <p>268 Clemow Ave. Glebe</p>
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OUR COMMUNITY

HERITAGE PROPERTIES IN ALTA VISTA –
HAVE YOUR SAY!

Continued from page 13

Value	Description	Examples in Alta Vista
Evidential	The ability to show evidence of past human presence using a heritage resource	The Billings Estate Cemetery , one of the oldest in Ottawa-Gatineau
Historical	The ability to associate a heritage resource with past people, experiences and aspects of life	Alex Roger House at 1485 Caton Street; Federal Study Centre at 1495 Heron Road
Aesthetic	The ability to be immersed in a sensory and intellectual experience with a heritage resource	339 Pleasant Park Road , designed by local architect James Strutt and now an official heritage property
Communal	The ability to attribute meaning to a heritage resource by interacting with it, or by using it to stimulate collective memory	WRENS Way at 1612 Kilborn Avenue, which commemorates the Women’s Royal Canadian Naval Service

Five things to think about:

- Heritage is as much about our personal and communal connection to a heritage resource as the heritage resource itself – what we do with and inside a place, for example, which can be as basic as an annual community gathering.
- Heritage conservation is about managing change – the value and spirit of a heritage resource can be kept even with physical alterations, which is why it’s important to define what is valued.
- Heritage is not about taste – it’s about historical and communal significance, which is rarely visible at first glance!
- Not all heritage evokes happy memories – the past is riddled with trauma and injustices, and conserving a heritage resource that alludes to these is done to honour those affected and to make sure similar injustices don’t happen again.
- Heritage conservation is not a passive practice, but an active one – if you feel strongly about a piece of heritage, get involved!



The Billings Family Cemetery at the Sabra Billings Estate; photo credit: waymarking.com

The Heritage Register properties in Alta Vista are the following. City Hall will use our feedback to decide which ones will get priority for a heritage designation.

- Nativité-de-Notre-Seigneur-Jésus-Christ, at 355 Acton Street
- Rideau Park United Church, at 2203 Alta Vista Drive
- St. Timothy’s Presbyterian Church, at 2400 Alta Vista Drive
- St. Patrick’s High School, at 2525 Alta Vista Drive
- 2039 Baffin Avenue
- 128 Billings Avenue
- Morrow House, at 132 Billings Avenue
- John R. Murphy House, at 136 Billings Avenue
- 149 Billings Avenue
- 153 Billings Avenue
- 161 Billings Avenue
- Paroisse Sainte-Genève, at 825 Canterbury Avenue
- Alex Roger House, at 1485 Caton Street
- 2047 Chalmers Road
- 2063 Chalmers Road
- 460 Crestview Road
- Gibson House, at 211 Cunningham Avenue
- 218 Cunningham Avenue
- 290 Faircrest Road
- 306 Faircrest Road
- 311 Faircrest Road
- 1642 Featherston Drive
- Featherston Drive Public School, at 1801 Featherston Drive
- 3 Garand Place
- Heron Road Community Centre, at 1480 Heron Road
- St. Patrick’s Intermediate School, at 1485 Heron Road
- Federal Study Centre, originally the Campanile Complex, at 1495 Heron Road
- Kines Residence, at 2036 Leslie Avenue
- 321 Marshall Court
- 2231 Old Lilac Lane
- McCann House, at 2241 Old Lilac Lane
- Christie House, at 81 Pleasant Park Road
- Albert Phillips House, at 333 Pleasant Park Road
- Benson House, at 363 Pleasant Park Road
- 1771 Rhodes Crescent
- 146 Roger Road
- Weiner House, at 418 Roger Road
- Resurrection of Our Lord Catholic Parish, at 1940 Saunderson Drive
- 434 Simpson Road
- 1890 South Haven Place
- 1966 Westlane Road
- 1534 Weyburn Street
- St. Aidan’s Anglican Church, at 955 Wingate Drive

Please go to the Engage Ottawa website at: engage.ottawa.ca/reviewing-heritage-register to submit your feedback to City Hall. The AVCA Heritage Committee will also be writing a recommendation to City Hall, and you are welcome to send us feedback (contact@avca.ca) by November 10, end of day. Every voice counts and each one enriches the discussion!

Xavier Bradbury-Jost is chair of the Heritage Committee of the Alta Vista Community Association (AVCA), and a student of urban & regional planning at the University of Waterloo.



339 Pleasant Park Road, designed by James W. Strutt and now an official heritage building; photo credit: tours.ottlist.com

OUR COMMUNITY

CANADIAN SCOUTS GO TO SOUTH KOREA FOR JAMBOREE

By Indira Marier

I grew up in the Scouting movement. My older brother joined when he was six and I just hung around the meetings until I was of age to join. My father became the group commissioner for our group, and I quickly became heavily involved in all activities and community projects we worked on.

This summer, the World Scout Jamboree was hosted in South Korea. The World Scout Jamboree is a camp welcoming Scouts aged 14–17 years old from almost every country in the world every four years. This year, there were 43,000 Scouts attending which makes this camp the largest youth gathering in the world. Among all these people, there was a contingent of 235 Canadian Scouts, including Sofia Laconi and myself, Indira Marier, from the 101st Scout Group based at St. Aidan's Church on Hamlet Road.

For context, about four years ago, my scout group hosted British Scouts in Ottawa after the last jamboree held in the States. From that point on, my big goal was to go to the next World Scout Jamboree. I'm quite a decorated Scout, not to brag but I've earned almost every award (I'm most definitely bragging), but this camp would be the icing on the cake.

The planning process was daunting, it wasn't until we were sitting in the Ottawa airport waiting for our delayed flight in order for us to make our connection in Toronto, that I actually started to feel excited (but mostly anxious) for the journey ahead. We had to run to make the flight, but we managed and had 14 and a half hours to catch our breaths. When we finally got to South Korea, we had to take a bus for two hours to our accommodations.

For the next four days, we explored the city of Seoul, seeing a lot of tourist attractions (like the palace – that was so cool), seeing the beautiful scenes of the country, and walking across a huge suspension bridge (kinda scary).

On August 1st, our unit, composed of Scouts from Vancouver, Edmonton, Quebec City, Kingston and Halifax arrived at the site in the south-west of the country – still wet from the flooding in late July. I won't sugarcoat anything, the heat was unbearable. It was at least 40°C without the 100% humidity.

We participated in all kinds of Scouting outdoor activities, getting to meet people from all over, and now we have friends from Ireland, Germany, the Netherlands, Korea and Sweden!

Unexpectedly, Typhoon Khanun was announced to hit our region and in one day, the whole jamboree was evacuated. As much as the media made it seem bad (and for some it was), I can still say that my experience was very positive. We got put in a dorm at the University of Ajou in the city of Suwon and I could not have wished for better accommodations. I mean a hot shower, a real mattress, air conditioning and a laundry room – a girl can only dream!

Over the next few days, we were able to profit from the unfortunate situation and really appreciate South Korean culture. We explored museums and galleries and watched traditional musical performances. This allowed me to gain more knowledge on the roots and how society



Canadian Contingent to the 2023 World Scout Jamboree in South Korea at Gyeongbokgung Palace; photo credit: Indira Marier

worked the way it did in this corner of the world. At the end of those three weeks, all 43,000 of us made our way to the FIFA stadium in Seoul for the closing ceremony and a K-pop concert that featured 20 artists (it was amazing).

All in all, I had to overcome certain hardships, but I am so pleased that I had the chance to attend this once in a lifetime event. I won't ever forget all the beautiful memories, faces, culture and history that I've met and learnt.

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

OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

I am writing this in October, the week after Thanksgiving, and I am thinking about how much we at HEFC have to be thankful for during this busy and stressful autumn. This month our Hero is the Community of Ottawa South, which has come forward so generously to support our service to members of our community who find themselves without enough food. We are very thankful for your support and generosity as we struggle to meet their need.

A number of fundraisers during the fall have enabled us to continue our high level of support, despite growing community need. On September 23, we held a very successful “Step Up and Step Out to Stop Hunger” walkathon. Our municipal councillor for Alta Vista, Marty Carr, our provincial representative for Ottawa South, John Fraser, and our federal representative, David McGuinty, all spoke to the group before they set off on the walk. Our morning fundraising effort resulted in over \$6000 in donations to HEFC.

On the afternoon of that same day, September 23, The Phoenix Big Band held its second annual fundraiser in the driveway of bandleader, Louis Weatherhead, on Billings Ave. The band drew a group of about 40 people who enjoyed two hours of original music on a warm and sunny Saturday afternoon. This event raised over \$1000 in cash and online donations, while food donations were the equivalent of another \$1000.

The Pleasant Park School Council, Fielding Drive Public School, and St. Gemma Separate School, all held fundraisers and food drives in September. Several churches, Emmanuel United, St. Thomas the Apostle Anglican, La Société de St Vincent de Paul (St Geneviève Paroisse), and Immaculate Heart of Mary, all made substantial donations. St. Timothy’s Presbyterian, St. Thomas the Apostle and Riverside United churches provided us with weekly fresh produce from the church gardens tended by parishioners.

Folks remembered to bring in their grocery tapes for the Alta Bank Independent Grocers over the summer, and this brought us a cheque for approximately \$200. Hendry Warren LLP, an accounting firm, also did

a food drive, which is highlighted on our Facebook page. Their post did not mention that they also provide all our bookkeeping and accounting services free of charge. This represents many hours of donated time by our financial team, Ashley Rossignol, Corinne Semaans and Mike Quinn, who are employed at Hendry Warren. A fundraiser through CanadaHelps also resulted in the donation of stocks to HEFC.

In addition to these groups, we continue to receive substantial donations from individual members of our community, some on a monthly basis. It is so encouraging to see that members of our community are caring and compassionate and trust us to put their donations to the use for which they are intended.

However, I must report that we need you to keep on giving and keep on remembering us. During the last few months, since the waning of the pandemic, ongoing economic and social issues have resulted in a steep, alarming, and consistent increase in the number of people coming to us for food.

In September, we again served over 2,000 individuals, including 50 new families. We have been dealing with over 2,000 people since May 2023; previously a busy month would mean 1,700 individuals. We are finding ourselves opening early and closing late on a regular basis in order to serve all the folks lined up to receive food. Many of our clients continue to be newcomers to Canada, refugees, some here for less than a week, who are living in emergency shelters and have no resources. We have documented clients who come from 16 different countries, in addition to Canada, during the summer. These folks require all the time and compassion we can manage in order to help them adjust to their new life and begin to process the trauma they have endured. Given the current chaotic and violent situation in the rest of the world, we, in this blessed country of Canada, can help to make things a bit better by ensuring that all newcomers can be assured of having enough to eat in a safe country.

As the holiday season approaches, we hope that community groups will continue to remember us through food drives, concerts and fundraising activities. Members of the Board of HEFC are happy to share information about the service we, all together, provide for our community, and to make presentations at community events.

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Real Estate Agent, REALTOR®

Making Moves: Your Real Estate Road Map Series

Canterbury Community Centre, 2185 Arch Street, Ottawa





CHRISTINA ELLIOTT
Real Estate Broker, REALTOR®

“Ready to Own? Your Journey Home” Monday, November 27th - First Time Home Buyers 7:00-8:00 p.m.

Ready to take the first step towards becoming a homeowner? We'll equip you with the knowledge and confidence needed to navigate the exciting path of buying your first home. Covering everything from understanding the current housing market and financing options to finding your first home and sealing the deal. You'll learn how to avoid common pitfalls, leverage first-time buyer incentives, and make informed decisions that align with your financial goals.

“Simplifying Life: The Art of Downsizing” Monday, December 4th - Downsizers 12:30-1:30 p.m.

Considering a downsizing move, but feeling overwhelmed by the process? We'll guide you through the process of downsizing with ease and confidence. We understand the unique challenges and opportunities that come with downsizing. We'll discuss practical strategies for home editing, choosing the right-sized home, and making a smooth transition to a more comfortable living situation. Discover how downsizing can lead to a life of greater freedom, convenience, and peace of mind.

“Selling Your Home: Ready. Set. Sold” Monday, December 11th - Sellers 7:00-8:00 p.m.

Are you ready to embark on the journey of selling your home? We'll equip you with the knowledge and strategies needed to sell your property with confidence and success. Covering the home-selling process, from preparing your home for listing and setting the right price to effective strategies and marketing techniques. You'll learn how to showcase your home's best features, attract motivated buyers, and maximize your property's value for a seamless and profitable home-selling experience.



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OUR COMMUNITY

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We are also looking for new board members with hands-on skills who can assist us in continuing to provide a high level of service to our community. In particular, we are looking for a volunteer board member who can help us implement an enhanced social media presence. 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 X: [@HEFC.ca@HeronFoodCentre](https://twitter.com/HEFC.ca)

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



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

NOVEMBER WISH LIST

We welcome cash and food donations including tuna, canned vegetables, canned pasta sauce, canned soup, chickpeas, kidney beans, cereal and snacks for children, feminine hygiene products and personal care items including toothbrushes, toothpaste, soap and shampoo. Phone us at 613-737-9090 if you have a lot so that we can assist with unloading, or drop by during our opening hours with your donations.

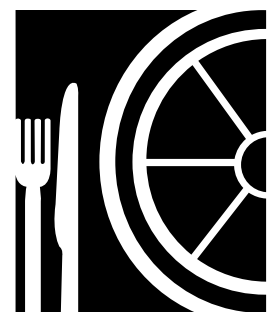


"Step Up and Step Out to Stop Hunger" walkathon volunteers in front of St. Thomas the Apostle Church; photo credit: Esther Becker

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ARTS & CULTURE

What's On in Ottawa & Beyond in November

By Tony Wohlfarth



This month, I review *Asteroid City*, the latest feature length film by Wes Anderson. I also recommend what to do on Remembrance Day and review two new documentary films you can stream online. I highlight a musician who performed at Folk Music Ontario in London, as well as shows to catch at the Art Gallery of Ontario in Toronto.

Asteroid City

Wes Anderson is one of the world's most accomplished filmmakers. His latest feature, *Asteroid City*, had its world premiere at the 2021 Cannes Film Festival and is now available to screen in Ottawa.

The film is a spaghetti western, set in an imaginary Asteroid City (population – 87), filmed near Madrid. The film boasts an impressive cast – Scarlett Johansson, Jason Schwartzman, Tom Hanks, Bryan Cranston, to name a few. Added to which we see cameo appearances by the likes of Tilda Swinton, Jeff Goldblum, Adrian Brody and Willem Dafoe. Anderson thanked Steven Spielberg and Martin Scorsese in the closing credits.

Asteroid City is a play set within the film. Shot in black and white, the film is an amusing caricature of a bunch of genres. The music is by Alexandre Desplat, who won an Oscar in 2015 for original music in Anderson's earlier film, *The Grand Budapest Hotel*.

Texas USA

The world of US politics is on full display in this gripping documentary set during the mid-term elections in the Lonestar State of Texas.



Three high-profile Democrats take on the Republican establishment in elections for Governor (Beto O'Rourke), Congressman (Greg Casar), and Harris County Court Judge (Lina Hidalgo, pictured here). The camera follows each of their campaigns from the primaries to election day – November 8, 2022.

I loved how Director Andrew Morgan portrayed each of the candidates, especially Lina Hidalgo. If you consider Texas a true-blue state, think again. This film will challenge you at every turn. The issues include abortion rights, trans rights and immigration. The camera work is particularly memorable. This film reminded me of the 2019 film, *Knock Down the House*. Only better.

Buffy Saint-Marie: Carry It On

This year's Toronto International Film Festival (TIFF) featured the world premiere of a film about folk musician Buffy Saint-Marie.

Buffy is now 80 years old and lives in Hawaii. found her musical voice in New York City, where she met Bob Dylan and Joni Mitchell.

How can I see *Asteroid City*?

Asteroid City is available to rent from Movies 'n Stuff at 1787 Kilborn Ave. Call Peter today at 613-738-1607 to reserve your copy. Do not miss the bonus content, which reveals how (and where) the film was made and Anderson's style of filmmaking. The running time is one hour, 45 minutes.

How can I see *Texas, USA*?

Texas USA was released worldwide on October 6 and is available for streaming via Video on Demand (VOD). You can see the trailer here: www.youtube.com/watch?v=Hxvd2JwXynA&t=5s

The running time is one hour, 31 minutes.

How can I see *Buffy Saint-Marie: Carry It On*?

This film is currently streaming on Crave in Canada. Check here for more information: www.crave.ca. The running time is one hour, 30 minutes.

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ARTS & CULTURE

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Remembrance Day 2023

Remembrance Day will be marked this year with a solemn ceremony at the National War Memorial in downtown Ottawa.

A warmer alternative can be found inside the Canadian War Museum (1 Vimy Ridge) where you can watch the ceremony live. Details at: www.warmuseum.ca/remember.

@ NAC (1 Elgin Street)

This month, the NAC has an incredible range of live music to catch:

- November 2 – Calgary’s own Mariel Buckley;
- November 8 – Montreal Indigenous artist Jeremy Dutcher;
- November 10 – JOLY from Hawkesbury;
- November 23 – Charlotte Cornfield from Toronto;
- November 28 – Born in India artist Kiran Ahluwalia; and
- November 29 – Winnipeg-born Cree artist iskwē.

Tickets and showtimes at: www.nac-cna.ca.

@ Red Bird Live (1165 Bank Street)

In Old Ottawa South you can catch:

- On November 4 – Suzie Ungerleider;
- On November 6 – Slocan Ramblers;
- On November 11 – Devin Cuddy;
- On November 12 – Lynn Miles;
- On November 18 – Lynne Hanson; and
- On November 24 – Amanda Rheame.

For tickets and more information, check out www.redbirdlive.ca.

Out of Town

The Cowboy Junkies: The date for Cowboy Junkies show at The Grand Theatre, 218 Princess Street in Kingston has been rescheduled from October 4 to Monday, November 20.

Highlights from Folk Music Ontario:

Hundreds of the best folk musicians from across Canada descended on London, ON for the 33rd Folk Music Ontario (FMO) conference. One of the best new talents performing at Folk Music Ontario this year was Emily Schultz from Toronto (pictured here). You can stream her music at: soundcloud.com/emily-schultz-73303245.



Folk Music Ontario wrapped up on October 16, with the annual Canadian Folk Music Awards. The list of the best in 2023 is at: folkawards.ca/past-years/results-2023.

Art Gallery of Ontario: I had an opportunity to visit the Art Gallery of Ontario (AGO) in Toronto following FMO. Three exhibits stood out from an incredible range of art on display:

1. Sarinder Dhaliwal – the Punjabi-born artist Dhaliwal now makes her home in Ontario after immigrating to Canada at the age of 15. Her paintings, full of colour, reflect her travels in Europe and Asia. Until January 7;
2. Cities in Flux – an incredible diversity of black and white photographs capturing the evolution of urban landscapes. My personal favourite was Danny Lyon’s photos of lower Manhattan, circa 1966 – before the World Trade Centre and the building of the access road to the Brooklyn Bridge;
3. KAWS Family – Brooklyn artist Brian Donnelly’s sculptures and street art are on display in a gallery overlooking Dundas Street.

I also discovered STEAM, an exhibition of Impressionist art influenced by the evolution of the steam train. Including a 1915 painting, “Byward Market,” by Franklin Brownell.

On October 18, the AGO opened a new exhibition of magazine covers. The AGO has an impressive collection of art by the Group of Seven in its permanent collection. The AGO’s collection includes a wide range of contemporary arts – well worth a visit!

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He volunteered @ FMO and was a guest of the AGO.

STAGE MANAGER (*noun*) – AN EXTRAORDINARY POWER OR INFLUENCE SEEMINGLY FROM A SUPERNATURAL SOURCE

By Sutida “May” Turcot

Laura Walker laughs as she responds to my question about whether she has ever been on stage. While she takes no issue with being dressed in black and moving a set piece on or off stage during a show, “like a spy,” she prefers to be part of the magic behind the scenes.

Laura is the Stage Manager for Orpheus Musical Theatre’s production of *Mary Poppins* running November 17–26 at Meridian Theatres @ CentrepoinTE. While the Director, Music Director and Choreographer are responsible for the pre-show decisions as supported by the rest of the production team, once it all moves to the theatre space about a week before opening, it is the Stage Manager who is in charge.

“It’s like being a conductor of the technical pieces,” Laura explains. The Stage Manager is in a booth up behind the audience calling scene changes and ensuring the lights, sound, fog and any other theatre magic run smoothly, without “hiccups or bumps.”

And the road is not smooth for the very technical musical version of *Mary Poppins*. “We have some people flying, we have huge sets, lots of flying sets, some magic happening,” Laura explains. Good thing Orpheus’ cast and crew have a supercalifragilisticexpialidocious suspension system in the form of over a hundred dedicated volunteers doing everything from painting sets to sourcing period costume patterns; from sorting chimney brushes and kite props to bartending for Friday social nights ... a veritable village.

Not to mention that the cast of *Mary Poppins* includes over 40 talented actors on stage (that’s a lot). While Laura’s favourite character changes from day to day, she is currently smitten with the character Robertson Ay, the Banks family’s hapless (lazy, fumbling, good-hearted) servant boy. The musical version of *Mary Poppins* arguably has richer characters than the movie version, and Robertson Ay is but one of this medley. From having seen initial blocking rehearsals (where the Director and actors work together on their movement on stage and the way they deliver each line), Laura guarantees that the audience will be laughing throughout.

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Laura Walker, Stage Manager for the Orpheus production of *Mary Poppins*

ARTS & CULTURE

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I asked Laura where it all started for her. In her student days at Carleton University, Laura became the Stage Manager for a show as a favour to a friend, and she hasn't turned back. Hailing from small-town Northern Ontario and now happily settled in the VISTAS-area, Laura is typically Stage Manager for two or three community theatre shows a season, as well as sitting on the board for Lost Baggage Musical Theatre, located in Riverview Park. In Laura's view, "There is never enough theatre in Ottawa," and every company offers different opportunities. After the *Mary Poppins* run, Laura will be jumping right into technical rehearsals for Lost Baggage's *Forgotten Treasures* fifth anniversary alumni cabaret show. She characterizes community theatre as a playground where she enjoys herself with friends, and with the opportunities in the Ottawa area, it seems more like the big playground at Mooney's Bay than the one behind the public school.

As an enterprise powered by volunteers, fun is the syrup on the pancakes of community theatre – but too much of anything can be a bad thing. When she stands tall and uses her I-am-not-a-happy-stage-manager voice, Laura can be imposing. I ask how she balances fun with focus. "It comes down to how productive we're being. If we're not falling behind too much ... then the fun can continue." A sensible answer. After all, fun though it may be, Orpheus shows run nine times each in a theatre that seats 954 people. That's serious stuff.

Also serious is the (unmasked) elephant in the room – viral infections. For *Mary Poppins*, Laura plays the key role in deciding how to adjust each show depending on cast illness or injury (*knock on wood*). This is not a small responsibility at the best of times, and in the post-COVID-pandemic world, she can be a player in a seemingly endless game of balancing risks and checking and rechecking public health guidelines to ensure the final decision is the best one possible. Having been Stage Manager for Orpheus' production of *Memphis* in March 2023, Laura is as ready as anyone to make these tough decisions.

"Are you nervous?" I have the gall to ask towards the end of our interview. Without skipping a beat, she responds, "I think nerves can be good. I'm more excited than nervous." Well, I'm impressed. At the end of my for-fun interview, I feel like hiring her for something – she is practically perfect.

So, what does one say to a Stage Manager before a show anyway? To the cast we say, "Break a leg!" For Stage Managers, perhaps well-wishers could exclaim, "Rock the booth!" No, that's not quite right – it doesn't give credit to a Stage Manager's Mary Poppins-esque abilities to balance fun with focus and to keep an eye on everything, all with a supernatural flair. Cue Stage Manager: "Hey Laura, make some magic happen!"

Mary Poppins performances: November 17–26 at Meridian Theatres @ CentrepoinTE – Tuesday through Saturday (7:30 p.m.) and Sunday matinees (2 p.m.). For more information visit www.orpheusmusicaltheatre.ca or call the box office at 613-580-2700. Want to volunteer and join in the fun? Email info@orpheusmusicaltheatre.ca or call 613-729-4318. Laura Walker guarantees that there is something for everyone!

Forgotten Treasures performances: November 30 and December 1 at Arts Court Theatre (8 p.m.). For more information, visit www.lostbaggage.org or call 613-526-0620.



OUR ENVIRONMENT

ALTA VISTA VOLUNTEERS BATTLE TO VANQUISH INVASIVE PLANT SPECIES DSV

By Nancy Lawand

You may have noticed them toiling away since early spring but not been quite sure of their mission! Deep in the bushes of Grasshopper Hill Park, WRENS Way and Lynda Lane Park—sun-hatted warriors with spades and shears are battling to vanquish invasive plant species. The No. 1 targeted enemy: Swallowwort, a.k.a. dog-strangling vine.

Dog-strangling vine (DSV) is native to parts of Eastern Europe and was brought to our lands over 100 years ago. It has been deeply embedded in Alta Vista green spaces. Unfortunately, the plant has ominous effects on native plant species—twining itself around whatever is available, choking even small trees to death.

Last year, the residents of Alta Vista were hugely blessed when Michelle St-Germain was looking for a retirement project and decided to focus her energy on eradicating DSV from our neighbourhood. Her energy and leadership helped build a formidable army of volunteers who are producing stunning results. In 2023 alone:

- 1,000 person-hours in the field;
- 5,000 pounds of roots and 1,000 pounds of seed pods culled and properly disposed of;
- 16,345 native plants planted in areas where DSV has been removed.

Not to mention the hundreds of hours put in by Michelle to grow thousands of native plants from seed at her house/nursery on Grace Street. "It is exciting to see areas in our neighbourhood thriving with native species due to the hard work of community members," says Michelle.

Because dog-strangling vine is persistent and resilient, the attack has to be on many fronts during the growing season: pulling out new shoots by the roots; digging out mature plants; harvesting seed pods; covering areas with tarps to slow growth; preparing the freed-up soil for planting of native species. It's physically tough work but one participant remarked that two hours hunting DSV is the equivalent of a week at the gym—a great all-round core workout! Plus it provides the chance to exchange recipes and pet tips with fellow Alta Vista neighbours!

Dog-strangling vine grows throughout our neighbourhood, not just in the green spaces. We can all help eradicate this plant by watching for the early shoots that sprout tiny pinkish-brown flowers to later in the summer when 4 cm yellow seed pods are visible. To learn more about DSV and the efforts required to remove them in an ecologically appropriate manner you can view the "Dog Strangling Vine Removal Workshop" that was presented via Marty Carr's Environmental series: martycarrottawa.ca/dog-strangling-vine-removal-workshop.

This initiative has received ongoing encouragement from Marty Carr, Councillor for Ward 18 Alta Vista. Some funds have also been provided by the City of Ottawa to offset expenses incurred by volunteers.

Work will continue this autumn until the arrival of snow. Two-hour shifts on Tuesday, Wednesday and Thursday are the norm. Volunteer diggers and seed pickers are always welcome, if not this year then starting in the early spring. Other ways to help the effort include donating used tarps and other gardening related equipment. Clean cardboard and used bags will also be collected again next year. Contact Michelle directly at: avcadsv@gmail.com.



Volunteers working in the field to eradicate DSV;
Photo credit: Michelle St-Germain

OUR ENVIRONMENT

BIRDS OF ALTA VISTA – BROAD-WINGED HAWKS AND MIGRATING RAPTORS

By Dr. Richard Knapton

One of the greatest spectacles of fall migration here in southern and eastern Ontario is a swirling flock of Broad-winged Hawks on their way to South America. Known as “kettles,” flocks can contain thousands of circling birds. A small, stocky raptor with black-and-white bands on the tail, the Broad-winged Hawk is a bird of the forest interior and can be hard to see during the nesting season. However, each fall, hundreds of thousands of Broad-winged Hawks leave the northern forests for South America. They fill the sky in sometimes huge flocks that can contain thousands of birds at a time, and these “kettles” are a prime attraction at many hawkwatch sites. As they move from the broad stretches of North America to narrow parts of Central America, their numbers get concentrated, leading people to describe places such as Veracruz, Mexico and Panama as a “river of raptors.” Scientists have used satellite transmitters to track four Broad-winged Hawks as they migrated south in the fall. The hawks migrated an average of 4,350 miles (7,000 kilometres) to northern South America, travelling 400 kilometres each day. Once on their wintering grounds, the hawks did not move around much, staying on average within a 2.5-square-kilometre area. The oldest Broad-winged Hawk on record was a male, and at least 18 years, four months old when it was recaptured after sustaining an injury in Florida in 1987, the same state where it was banded in 1970.

The Broad-winged Hawk belongs to a group of birds known as diurnal raptors – birds of prey that are sometimes referred to simply as “hawks.” They include eagles, falcons, ospreys, vultures, kites and harriers, as well as hawks. They range in size from the diminutive American Kestrel (the male not much bigger than a robin) to the massive Bald Eagle with a wingspan of more than two metres.

Spring and fall are ideal times to collect data on raptors because they congregate during migration along coastlines, lake shorelines, prominent mountain ridges, and river valleys making it easy to tally them. Conducting standardized long-term counts of migrating raptors can help to reveal their migration patterns, behaviours and populations. Raptors are particularly sensitive indicators of environmental health and change because they inhabit most ecosystem types, occupy large home ranges, feed at the top of the food pyramid, and are highly sensitive to chemical contamination and other forms of human-caused disturbance.

Relatively “broad-winged” species, such as eagles, vultures and some hawks (referred to as “buteos”), soar along updrafts and thermals when they are migrating long distances. Such soaring migrants tend to avoid crossing large bodies of water (where there are no thermals) and follow longer, more indirect routes over land where updrafts and thermals occur. Many of these species fast for days while migrating. Hawks, eagles, falcons and other diurnal raptors migrate during the day. The raptors that rely mostly on soaring do not start their migration until strong thermals begin to form after 8 a.m.

On the other hand, falcons, ospreys and harriers frequently use more active, flapping flight while migrating. Powered flight lets these birds take straighter, more direct routes across land and water. Many raptors, including accipiters that use soaring and flapping flight, often hunt daily in early morning or late afternoon while migrating.

In southern and eastern Ontario, birds of prey migrate south from July through January. Decreasing day length in late summer induces migratory restlessness in raptors. Weather strongly influences the timing of flights. In autumn, the passage of a cold front is often followed by large movements of raptors along ridges. Travelling long distances costs raptors a lot of energy. Before migrating, some hawks gain as much as 10 to 20 per cent of their body weight in fat as a high-density fuel for migration. Raptors conserve precious energy on migration by soaring – using rising currents and columns of air currents to gain lift and fly without flapping their wings. Raptors “slope soar” by riding winds deflected up and over hills and mountains. Birds “thermal soar” by circling in pockets of rising, warm air – thermals – which are created when the sun differentially heats the earth’s surface. Hawks ascend quickly up to a thousand metres within thermals and then glide in the direction of their destination. Radar studies suggest that many raptors migrate at altitudes of 300 to 1,000 metres.

The study of hawk migration began in September 1934 when the legendary Maurice Broun first climbed the newly established Hawk Mountain Sanctuary in Pennsylvania. Interest in hawkwatching has grown rapidly in recent years and has spread worldwide. Hawks are magnificent to watch, especially in flight, as they stream by Ontario’s top hawkwatches. Fall migration begins slowly in mid-August, and then builds up with most species peaking in September and October; the migration ends gradually after mid-November into December. In late August, Ospreys, Northern Harriers, Sharp-shinned Hawks, Broad-winged Hawks, Merlins and American Kestrels begin migration with bigger movements of these species in September. Most Broad-winged Hawks surge south in spectacular numbers within the space of a week in mid-September. A few Bald Eagles are regular throughout the whole migration period. After mid-September, increasing numbers of Turkey Vultures, Cooper’s Hawks and Red-tailed Hawks join the flow. Tundra Peregrine Falcons peak in late September and early October. Large numbers of Sharp-shinned Hawks pass in late September and early October. Cooper’s Hawks peak in early to mid-October. Red-shouldered Hawks peak from the middle to late October. Red-tailed Hawks peak in late October and early November. Rough-legged Hawks, Northern Goshawks and Golden Eagles are regular in small numbers from mid-October to early November. There is the occasional good flight after mid-November, but numbers are usually much lower. Some raptors continue to migrate into December.

The best viewing conditions for fall flights occur during cold fronts with northwesterly and north winds. Cold fronts trigger migration and the associated northwesterly winds cause hawks to pile up and fly lower along the north shorelines of the Great Lakes. Hawks migrate during most weather conditions except heavy rain, but are often missed because they fly higher on a broad front in warm weather away from shorelines.



Northern Harrier, in powered flight; photo by Bob Baker



Red-tailed Hawk, in soaring flight; photo by Bob Baker

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OUR ENVIRONMENT

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The strategy used by most migrating hawks is to glide from thermal to thermal. Wind direction also affects where the migration path will be on a given day. Hawks fly along shorelines in calm conditions and light winds from most directions, but strong onshore winds keep the birds well inland. The Holiday Beach HawkWatch near Amherstburg usually records the largest number of raptors migrating out of eastern Canada; up to October 10 this fall, some 75,000 raptors had been counted, of which 56,600 were Broad-winged Hawks.

The Raptor Population Index is a partnership between four leading hawkwatch and migration research organizations in North America: Hawk Migration Association of North America, Hawk Mountain Sanctuary, HawkWatch International, and Bird Studies Canada. Accurate knowledge of population status and change is fundamental for bird conservation. The lack of reliable information on the populations of many raptors forms a conspicuous gap in North American bird monitoring. The vision of the Raptor Population Index partners is to contribute to the effective conservation of migratory raptors through continent-wide long-term monitoring of raptor migration, scientifically sound assessments of population status, and public outreach and education. The Raptor Population Index analyzes count data from monitoring sites across the country in a standardized way and identifies recent (10-year), 20-year, and long-term (life of site) trends in migrants counted. In eastern Canada, counts of the following species are increasing over the long term at the Holiday Beach HawkWatch based on Raptor Population Index results: Bald Eagle, Golden Eagle, Merlin, Peregrine Falcon and Turkey Vulture. Species with long-term declines include American Kestrels, Sharp-shinned Hawk, Northern Goshawk, Broad-winged Hawk, Red-shouldered Hawk, Red-tailed Hawk and Rough-legged Hawk. Also concerning were recent declines of Cooper's Hawk, Osprey, Red-tailed Hawk and Northern Harrier.



Immature Bald Eagle, in soaring flight; photo by Bob Baker

As autumn arrives and our green spaces and gardens go to rest, I note with a heavy heart that we recently said goodbye to Lucy Chang. She leaves behind her family in Alta Vista – and her beautiful garden. Please find her obituary on the Beechwood Cemetery website here: beechwoodottawa.ca/en/services/lucy-margaret-chang-nyuk-ha.

Lucy wrote articles for VISTAS on Communities in Bloom. When you stop by the plaque at WRENS Way this spring, please enjoy the beautiful spring flowers from the bulbs that Lucy planted for all our community to enjoy, and the box hedges for year-round greenery.



Lucy Margaret Chang Nyuk Ha passed away peacefully at home in her beautiful garden, surrounded by her loving family on August 24, 2023. She had just celebrated her 76th birthday.

PHOTOS BY ELLWOOD'S GARY HOWARD: JUVENILE COOPER'S HAWK CHASED BY MURDER OF CROWS

A sad thing happened on October 6 – a juvenile Cooper's Hawk was chased by a murder of crows (four of them). The hawk flew into a hydro wire off Kitchener Avenue and injured itself. The crows were at the hawk instantly. Gary managed to scare them off and the Cooper's Hawk managed to fly low into an apple tree.

Gary called Safe Wings Ottawa for some advice but they were short of volunteers to pick up the bird and couldn't help out. They directed him to call the Ottawa Valley Wild Bird Care Center on Cedarview Drive, and a volunteer there provided advice on how to possibly capture the bird safely. However, Gary figured there was no way he could capture the hawk, with or without friends, all he could do was periodically monitor it. Finally, after a few hours, the poor bird managed to fly away, seemingly reasonably recovered from the shock.



Please consider becoming a Safe Wings of Ottawa volunteer. Go to safewings.ca/volunteer and fill out an application.



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OUR ENVIRONMENT

FRIENDS OF PLEASANT PARK WOODS

By the Alta Vista Community Association Greenspace Stewardship Committee

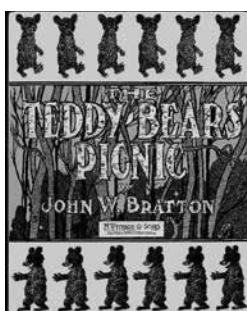
Do you recall the words, “If you go down to the woods today, you’re sure of a big surprise.” It’s from the song “The Teddy Bears’ Picnic.” It was composed by John Walter in 1907, and the lyrics were added in 1932 by Jimmy Kennedy. While the song is about teddy bears, it reminds us that you never know what you may find while walking in Pleasant Park Woods.

While most people use the woods during the day, exploring at night will give you access to entirely different kinds of flora and fauna. If you go exploring during the dark, be careful as nocturnal predators such as coyotes and foxes may be roaming about looking for food. Rabbits and raccoons also like to wander at night.

There is an abundance of “music” to be heard at night in the woods. The wind blows through the trees, nocturnal birds sing, bats flutter about eating insects, and we have a resident owl that lives in Pleasant Park Woods. Depending on the time of year, you may hear crickets chirping and frogs and toads singing.

Have you ever seen fireflies in the forest? Bioluminescence is the term used to describe the emission of light by a living organism; a chemical reaction inside their bodies produces light. They use their light to attract mates and as a defence mechanism against predators. Some trees and fungi also use bioluminescence.

Enjoy your walk in Pleasant Park Woods no matter when you walk through.



HELP WRENS WAY BY REPORTING ISSUES TO THE CITY

By the Alta Vista Community Association Greenspace Stewardship Committee

Two years ago, the City greenspace south of Kilborn Avenue was dedicated to the women who had served Canada in the Second World War II in a beautiful ceremony, and was renamed “WRENS Way.” The Mayor, women who had served and other VIP representatives attended the official dedication, and a choir from Canterbury High School performed. It was a moving event. The dedication marked the culmination of years of work by the AVCA Greenspace Stewardship Committee.

WRENS Way is a beautiful young forest (bordered by Kilborn, Featherston Dr., the Heron Rd. Federal Study Centre and Prospect Ave) that is crisscrossed by trails. In winter the paths are magical with white-dusted trees and swooshing sounds of cross-country skis. Occasionally you can spot a Barred Owl in a tree high above. In all seasons, dog walkers and folks who like to hike through the woods enjoy the calm beauty of WRENS Way. Over a hundred bird species nest here or rest in this space on their way north or south. Last year on November 11th, Remembrance Day, neighbours gathered for a ceremony and quiet reflection at the newly installed plaque at Kilborn.

Sadly, the City, which had so wholeheartedly supported the dedication of this greenspace, has not maintained WRENS Way as we might hope. We have received reports of destruction to neighbouring properties, the cutting of trees, and campfires burning that, to our knowledge, have not been addressed. Newly planted but dead trees have not been replaced and weed control has not been maintained. The faint sense of neglect saddens us.



Photo credit: Gillian Godwin

One of the mandates of the Greenspace Stewardship Committee is to help protect our green spaces. No one wants a manicured forest, but a little City TLC would help. Cutting and cleanup of weeds at the plaque and installation of a bench would enhance the contemplative nature of this dedicated space. Cutting back dangerous broken trees and branches and clearing tripping hazards on the pathways should be resolved by the City. As well, our committee is trying to collaborate with the City to expand the garden around the plaque.

Please help the City and WRENS Way by reporting issues or misuse of this wonderful space to 311@ottawa.ca.

Enjoy your time in WRENS Way.

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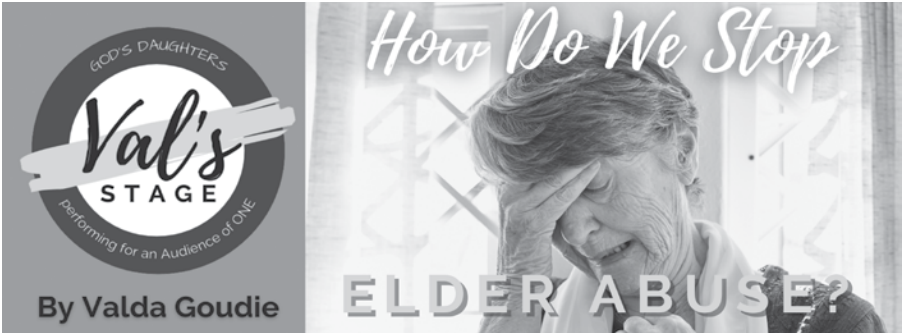


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FAITH NEWS



Your neighbour exits her car and shuffles to her front door, carrying a grocery bag. She keeps her head down and focuses on the cement pavers. She doesn't venture out often these days except out of necessity, it seems.

She spent countless hours in her garden this year, a garden that does not match your style, hosting too many tall grasses and wildflowers that attract bees and wasps to your backyard, as a result. You wonder how she gets any enjoyment without donning a beekeeper's outfit for protection.

You let the curtain fall back into place, rolling your eyes and muttering unflattering descriptors of the old lady. You smile as you recall the dramatic way she waves her book in front of her nose when you smoke your afternoon joint on the other side of the fence. It wouldn't hurt her to breathe some in so she can chill out a bit, you think. She won't say anything to you, but you don't have to be a genius to read her dislike in her perma-frown for you and your stinky habit.

She turns 90 this month. Did you know that? You might consider this the next time you see her raking leaves, shoveling her driveway, or patching her roof. She might look independently capable, but your back is likely stronger than hers. By the way, she tore a ligament stabilising the fence dividing your properties.

No one ever said we all had to be best friends with our neighbours, but common courtesy and respect, especially to those more senior, seems warranted.

Is it your goal to watch her fail at living alone in her own home? If your words and actions make her feel that way, you might be a perpetrator of elder abuse.

The Ottawa Police Service (OPS) defines elder abuse as "any act or gesture that harms or threatens to harm an older person (65 or older), including physical, sexual, financial, and psychological abuse, as well as neglect." Mistreating your neighbour with unkind or disrespectful communication or actions is psychological abuse, leaving her feeling isolated, fearful, and likely depressed on her own property.

According to Elder Abuse Prevention Ontario (eapon.ca), approximately 8–10 per cent of seniors experience some form of elder abuse each year in Canada, and psychological abuse is probably the hardest one for an outsider to identify.

The scenario I shared above is not fiction. An elderly friend currently suffers from psychological abuse by her neighbours, impacting her enjoyment of the finite years she has left.

"I cannot show the emotional scars," she admitted as she shared how hopeless she feels that no one is listening, that no one cares.

She went on to explain how each little incident would seem insignificant when viewed in isolation, but combined with all the other comments, belligerent looks, and unkind actions, she feels very threatened.

Not only did Jesus tell us to love our neighbours, but God included honouring our father and mother in The Ten Commandments. I don't believe it a stretch to think He might desire us to extend that honour past our biological parents to the mothers and fathers of our society.

I love sitting with my friend and listening to her fascinating stories and the wisdom she has gained through her varied experiences. We have so much to learn from our seniors! But instead of taking the time to get to know them, we abuse them.

The Ottawa Police Service (OPS) ascertains that by 2031, one in four people living in Ottawa will be over 65 years old, with the largest cohort of this demographic being between 79 and 84 years. How can we help them maintain their dignity in their golden years and prevent them from abuse?

Organizations such as Elder Abuse Prevention Ontario strive to educate people about the extent of abuse to seniors in our communities and explore strategies to stop it. The eapon.ca website is an excellent resource for seniors, with an active blog and webinars on many topics of interest to those needing support or information.

If you are a senior, I apologize on behalf of our city for people who are so self-centred that they abuse you and fail to see the wrong in that.


Elder Abuse Prevention Ontario provides a Seniors Safety Line at 1-866-299-1011. They promote this as "a safe, confidential place for older adults and those who care about them to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse services in their local areas."

To speak with someone in the Elder Abuse section of the OPS, you can call 613-236-1222, extension 2400.

How can we protect our precious seniors?

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



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JUST GOOD ADVICE

DID YOU KNOW: SOME TIPS TO IMPROVE GUT HEALTH AND YOUR IMMUNE SYSTEM

By Heather Bonas, RHN



Did you know that 70 per cent of your immune system is in your gut? As we creep into the cold and flu season, now is a great time to share the importance of gut health and the impact it has on your overall health – let’s dive in.

Along the walls of your intestines, a single layer of cells forms the boundary between what is in your gut and what gets absorbed and circulated to the rest of the body. These cells, together with the 1) mucosal layer, 2) gut microbiota, and 3) immune system, make up the gut barrier. A healthy gut barrier is selective about which substances are allowed to pass through. This barrier offers three levels of defence against disease-causing microbes that try to gain access to your body:

- 1. A healthy gut barrier is covered with a layer of mucus. These mucosal cells provide a physical and biochemical barrier that prevents harmful microorganisms and toxic substances from entering, while allowing beneficial nutrients to pass through. A diet low in fibre erodes the mucus barrier, making you more susceptible to disease-causing bacteria.

- 2. The gut microbiota is the population of bacteria, viruses and fungi living along the length of the intestines. The gut microbiota helps maintain the gut barrier. It crowds out potentially harmful bacteria by competing for space and food.
- 3. Within the intestinal wall are special regions called Gut-Associated Lymphoid Tissue, or GALT. GALT produces and stores immune cells that watch over what passes through the intestines. These cells recognize, identify and neutralize harmful substances that have found their way into the body.

So what keeps these three levels of defence running at peak performance and you healthy? The gut microbes are healthiest and support strong immunity when we consume a healthy, balanced and diverse diet. What does that look like? Here are a few examples but if you google “gut health,” you will find many more.


Nutrient	Function and Food Source
Vitamin A	Helps the immune system by aiding in the normal development of white blood cells, which are critical to immune response and regulation. Food sources that are high in vitamin A include fruits and vegetables that are bright and colourful, such as kale, spinach, broccoli, red bell pepper, tomatoes, cantaloupe and mango.
Fermented Foods	Probiotics in fermented foods nourish the gut microbiota and strengthen the gut barrier, and they are easy for your gut to digest – foods like yogurt, kombucha and sourdough bread.
Vitamin D	Essential to the function of the immune system and plays an important role in the regulation of inflammatory responses and antibody production. Not found in a lot of food, but is found in fortified orange juice, fatty fish like salmon and sardines, and egg yolks.
Zinc	Contributes to the normal function of the immune system and is important for the synthesis and function of immune cells. Baked beans, lentils, turkey.
Vitamin B12	Affects the immune system through its role in DNA and protein synthesis and is required for the formation of new immune cells or antibodies. The best food sources for vitamin B12 come from foods like lean meats, poultry, fish and eggs.

To get you started strengthening your immune system, try this immune-supporting smoothie bowl:

- 1 cup frozen mango (vitamin A)
- 1/2 cup Greek yogurt (fermented food – probiotic)
- 1/4 teaspoon fresh ginger (aids in digestion)
- 1/4 cup orange juice (vitamin D)
- 1/2 cup spinach (vitamin A)
- 1 teaspoon chia seeds (protein)
- 1 kiwi, peeled and sliced (fibre and vitamin C)
- 1 tablespoon chopped almonds (fibre and protein)

Blend all ingredients until smooth. Pour into a bowl and add toppings, if desired. Remember: A diverse, whole grain, fibre-fueled well well-balanced diet will keep your gut healthy and your immune system strong. Try adding some of the ingredients mentioned above this fall and let me know how your winter goes.

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



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JUST GOOD ADVICE

FOUR THINGS TO KNOW AS EXECUTOR OF A WILL

By Dylan McGuinty Jr., JD

So, you’ve been appointed as Executor. Here are four things you should know.

1. You may be liable for the deceased’s debts and taxes. If you start taking measures to administer the estate of a loved one, remember that you may be deemed later to have accepted the liability for the deceased’s unpaid debts and taxes. If certain debts and taxes cannot be paid, for example, because you distributed funds without first notifying creditors or withholding funds for taxes, you may be held responsible for unpaid debts and taxes to the extent you were responsible for the shortfall.
2. Trustee obligations will apply if you are deemed to have become Executor. Again, if you start taking measures to administer an estate, you may be deemed to have accepted the responsibility of being the Executor, and you will be held to the standard of care required of Trustees under the Trustee Act of Ontario.
3. Without full and final beneficiary releases, you may be subject to a lawsuit. Being accountable to the beneficiaries of an estate is one of the most honourable parts of being named Executor. It is also in the Executor’s own best interest. It is generally recommended that Executors obtain full and final releases from beneficiaries. Releases are guarantees by the beneficiaries that they have had the opportunity to review and approve the estate accounting, understand what is owed to them, and that they will not turn back and sue the Executor.
4. Without a tax clearance certificate from the Canada Revenue Agency, you may be responsible for unpaid taxes. It is highly advisable to apply for and receive a Tax Clearance Certificate from the Canada Revenue Agency before distributing the entire residue of the estate. It is advisable to have an accountant prepare tax returns for the deceased in the year of death, tax returns for the estate, and to apply for the Tax Clearance Certificate.

To conclude, consider seeking legal advice before taking measures to administer an estate.

Have a question you’d like answered? Send me a note at dylan@dylanmcguinty.ca.

Dylan McGuinty Jr. is a lawyer with the McGuinty Law Office on Rockingham Ave in Ottawa. He practices in the areas of Wills and Estate Planning, Estate Administration, Trust Law, and assisting Executors and Substitute Decision-Makers.

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JUST GOOD ADVICE

THE GARDEN GATE

By Patricia Mosher

Feature: Nine small native trees for urban gardens



Last month I explored the splendid fall foliage provided by several small trees. As November arrives, it's the perfect time to turn our attention to a collection of native trees that equally deserve a place in our urban landscapes. These trees not only add beauty but also support our local ecosystems with their pollinator-attracting flowers and bird-friendly fruits.

- 1. **Alternate-leaved Dogwood** – In spring, this small tree sports clusters of delicate white flowers, followed by bluish-black berries in late summer. This tree thrives in partial shade, making it ideal for areas with dappled sunlight or where full sun exposure may be limited.
- 2. **Blue Beech** – Despite its name, the Blue Beech is more closely related to birch trees than to other beech trees. Distinguished by its smooth, blue-grey bark, this tree stands out in any garden and plays host to several butterfly species.

- 3. **Staghorn Sumac** – Although more akin to a large shrub, the Staghorn's height and spreading habit make it a distinctive landscape feature. Come autumn, its fern-like leaves turn brilliant shades of red and orange. Distinctive red, fuzzy fruit clusters persist, adding a unique textural element to the winter garden.



Photo Credit: Ontario Native Plants

- 4. **Pin Cherry** – A small, fast-growing tree, Pin Cherry is famous for its striking displays of white blossoms in spring. It later offers small red cherries that are sought after by our avian friends.
- 5. **Mountain Maple** – Mountain Maples put on a dazzling display of vibrant fall foliage, making them a standout for fall-themed gardens. These are among the smallest trees in the maple species, offering a compact size that fits well in city landscapes.
- 6. **Serviceberry (Juneberry)** – With its showy white spring flowers, Serviceberry is also a food source for pollinators. Early summer brings delicious edible berries, which serve as a banquet for songbirds and small mammals.
- 7. **White Cedar** – As an evergreen, cedars maintain their lush green foliage throughout the year. They are exceptional choices for creating privacy screens and windbreaks in your outdoor space.
- 8. **Canada Plum** – While primarily used for pollination purposes, the Canada Plum also yields tasty fruits. Although somewhat bitter, these fruits can be used to create delicious compotes and jellies.
- 9. **Common Juniper** – This evergreen boasts blue-green, needle-like foliage. It produces small berry-like cones that range from green to dark blue, adding both colour and aroma to the garden.

Most of these native treasures reach a mature height of 15–25 feet, making them excellent choices for our Alta Vista gardens. And good news: November is still typically a good month for tree planting!

Plant of the month: Mountain Maple

When it comes to urban landscaping, Mountain Maples prove their worth as hardworking, resilient, and beautiful additions. Standing at heights ranging from 15 to 25 feet (~10 metres), Mountain Maples are one of the smallest maple species, perfectly suited for tight urban spaces. Best of all, their modest size doesn't compromise their visual impact, especially during autumn when their leaves burst into a display of fiery reds, oranges and yellows.

Continued on page 27



Photo Credit: TN Nursery



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JUST GOOD ADVICE

Continued from page 26

Mountain Maples depend on bees for pollination, with most of the maple's spring flowers exhibiting either male or female characteristics. Bees play a vital role in facilitating the union of these male and female components, ensuring effective pollination. Honeybees, in particular, convert the nectar into honey with a taste reminiscent of clover.



Photo credit: University of Guelph Arboretum

Numerous beneficial beetles, such as Soldier, Long-horned, Flower Longhorn, Click, and Rove Beetles, are attracted to and utilize Mountain Maples for various ecological purposes.

Mountain Maples are hardy and adaptable, thriving in various soil types and moisture levels. They are also shade-tolerant, making them versatile choices for city gardens where sunlight may be limited.

November gardening

- Cover any fragile evergreens or shrubs with burlap or other protective covering.
- Add organic matter (compost/manure) to flower borders and garden beds.
- Protect the bark of saplings from gnawing mice and rabbits by wrapping tree guards around the lower parts of the trunks and well past the anticipated snow level.
- Undertake a final raking of leaves off the lawn and garden beds.
- Finish pruning down plants such as roses, spirea, nepeta and peonies to about 18".
- Clean away any debris from garden beds containing hostas, garden phlox and other perennials that can harbour mould and mildew
- Do a little fall weed control using non-chemical methods such as boiling water (use for weeds in pavers) or the old "dig and pull" method to stay ahead of spring weeds.
- Evaluate the shape and layout of any garden beds and make notes about what works and doesn't so you can plan accordingly next spring.

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



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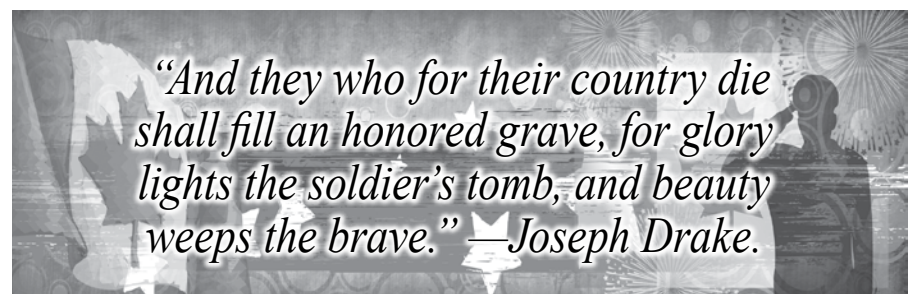
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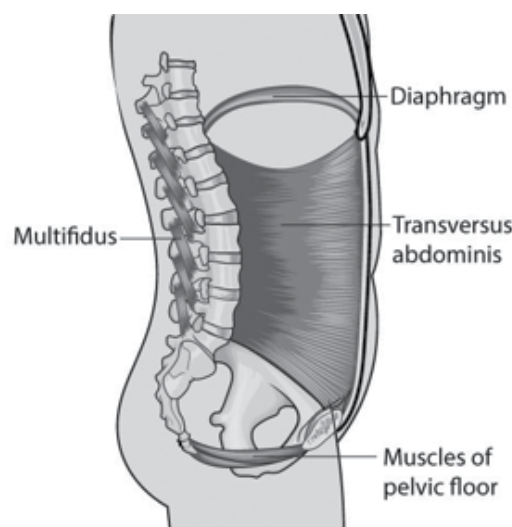
By Susan Reive, Physiotherapist at OPTSC Glebe

Ever wear a pair of loose pants without a belt? You feel like you are letting it all hang out! This is what happens when your abdominal muscles are really weak; indeed, the abdominal muscles, specifically the transversus abdominis, are like the buckle on your belt. When they contract they help stabilize your trunk, which is necessary for everyday activities. Many people suffer lower back pain because they lack strong core muscles, i.e., the deep back and abdominal muscles.

The spinal column consists of 33 vertebrae, of which 24 are moveable, and are connected by discs and ligaments allowing both movement and stability. The discs, which consist of a ligament-like outer ring and a soft gel-like inner nucleus, act as shock absorbers but at the same time allow spinal movement, while the adjacent ligaments help to stabilize the vertebrae. The vertebrae sit on top of each other and form a distinctive S-curve with the neck and lower back being slightly concave and the thorax convex. These curves help the spine withstand the force of gravity and loading; indeed, any deviation from the normal S-curve will reduce

the spine's ability to absorb shock and transmit load. The surrounding spinal muscles provide the stabilization necessary for a healthy spine.

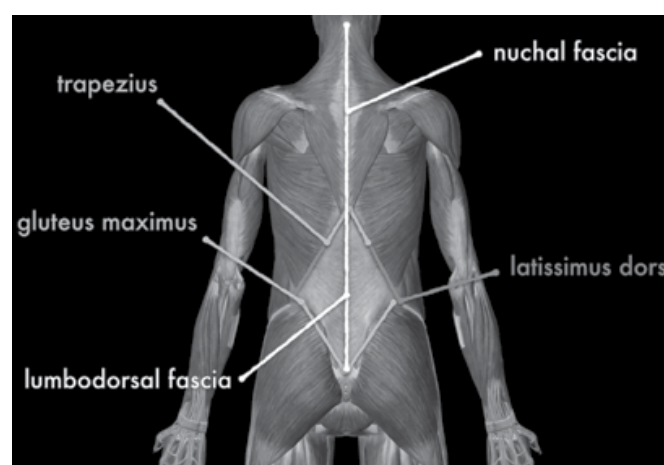
The spine has muscles that move the spine forward (flexion) and muscles that move the spine backwards (extension). There are three layers of back extensors muscles: the most superficial muscles include the powerful latissimus muscle, the middle layer consists of



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the erector spinae muscles, which keep us erect, and the deepest muscles include the multifidus, which function to prevent excessive movement of the spinal joints. The latissimus and erector spinae muscles function as prime movers and are responsible for large spinal movements, such as bending and generating power for activities like shovelling.

In addition to the muscles, the thoracolumbar fascia (TLF, or lumbodorsal fascia), a diamond-shaped ligament-like structure, provides core stability. It covers and surrounds the lower back muscles (multifidus, erector spinae) and serves as the attachment site for the large buttock muscle (gluteus maximus) and the latissimus and trapezius muscle in the neck and upper back. Thus, the TLF helps transfer the force between the arms and legs. The abdominal muscles in the front (transversus abdominis) attach to the TLF. When the abdominals contract, they pull on the TLF and help support and stabilize the spine. It is like tightening the buckle on the belt.



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The ligaments, discs and deep muscles send messages to the brain regarding joint position. The nervous system then makes specific muscles contract to maintain trunk stability. The deep muscles are extremely important in stabilizing the vertebrae during movement. Sometimes people have good core muscle strength but poor motor patterning; they exhibit what is referred to as a faulty movement pattern and therefore lack stability.

Some people have spinal segments with increased spinal joint movement due to injury or lax ligaments. One example is anterolisthesis, where one vertebra slides forward on the adjacent vertebra, leading to pain and dysfunction.

Spinal stability requires good alignment of the vertebrae, good strength in the spinal muscles, and correct muscle control by the nervous system. Treatment focuses on strengthening and motor patterning. I'll often start people on non-weight bearing strength exercises such as side leg lifts, active straight leg raises, bridges and four-point kneeling leg lifts. It is important to ensure that the lower back remains still while the legs are moving. This is true spinal stability. The progression of strength training involves lifting weights and the use of TheraBand to mimic activities of daily living such as pushing, pulling, and lifting, all of which contribute to back injuries.

Without good spinal stabilization, lower back pain can ensue, and simple activities of daily living become difficult. So, take care of your spine and start a good strengthening program.



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HEALTH & FITNESS

HOW DO YOU GET HELP FOR SOMEONE WITH MENTAL ILLNESS? PART 3: 'Care' on a CTO, a review of the process

By Dr. Sarah Chan



I am often very grateful and impressed to live in a society where a community treatment order (a CTO) can exist. To review, a CTO legally allows a psychiatrist to administer treatment to a patient against their will. At its best, the CTO is a lifeline in a chaotic, dizzying and scary place. It is a ray of hope for family members looking to get their loved ones back from a severely compromised mental state. Patients can be so far from their normal selves that they are at risk of significant harm to themselves and others. I support the use of a CTO as a necessary bridge for many patients back to wellness and I have experienced this firsthand in my practice. I see patients regain their sense and look back in shock at what happened, as they struggle to move forward, to stay stable. Many of these patients would not have had a second or third chance at the lives they want to live without an intervention like a CTO; the CTO is an important and vital part of mental health care.

That being said, how CTOs are managed in the real world casts doubt on their benefit. From my personal experience and a review of the literature, those whose lives continue an onward and upward trajectory after being on a CTO are in the minority.

First, a comment on the process of keeping someone on a CTO. In the real world, a CTO is renewed every six months or at any time the patient asks for the CTO to be overturned. Further, the CTO is a legal document and proper procedure can take priority over good clinical care. I have seen CTOs stopped when the mental health criteria were met but the legal ones were not; an example of this is having the wrong time or date marked on a certain form. Patients are also given a lawyer. Although I recognize it is important to have due process without error, psychiatrists are not lawyers and we cannot keep up with what is legally demanded from us as processes change; I value staying on top of my clinical knowledge more. All to say, the process of maintaining a CTO is inconvenient and acrimonious for the psychiatrist, so finding enough of us willing to take these cases on is a challenge.

Second, ideally a CTO would help a patient to recover and regain insight so that they can become capable once more of looking after their own mental health. While a CTO is meant to be temporary, in real life this is simply not the case. Many psychotic illnesses result in a permanent loss of insight, and so even when acute symptoms have subsided, patients do not believe they have an illness that will relapse and needs ongoing treatment. It would be a more sensible process if patients with permanent loss of insight and incapacity for treatment decisions have their CTOs reviewed annually or even less frequently, so long as they are stable on treatment.

Third, ideally the psychiatrist would develop a therapeutic alliance with their patients on CTOs and patients would then be subjectively and objectively better, happier and more productive. In real life, because the CTO must be discussed and the patient's insight and capacity evaluated every six months or less, any rapport is quickly lost. These patients are angry that they are forced to participate in psychiatric care and so these relationships, in my experience, are tense and unrewarding for all involved. The assessments are unreliable; thus I question a psychiatrist's role in maintaining CTOs in chronically unwell patients. The psychiatrist has not earned the patient's trust and, in fact, the psychiatrist is seen as a perpetrator.

Research on CTOs has found little benefit. In studies from England, where there is a longer history with CTOs, CTOs did not reduce the cost of care for patients, nor did they improve patients' quality of life. CTOs also did not improve psychiatric outcome measures like time to readmission to hospital or time to relapse. Important to mention is that the research articles I have read specifically address patients with psychosis who are on CTOs, which is the most common patient population to find themselves on CTOs, and also reflects my clinical practice.

So, there you have it, this article concludes the series on how to get help for someone with a mental illness. As you can see, though there are many options, there are also significant limitations and the outcomes are as varied as the patients themselves.

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.



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

SENIORS SPACE

GETTING READY FOR CHRISTMAS AT PERLEY HEALTH

Continued from page 1

As a young boy growing up in Burk’s Falls, Ontario, I never could have imagined the life that lay ahead. Our farm had no electricity or running water and was a three-mile walk into town. It sure didn’t have the comforts I enjoy at Perley Health today.

Christmas holds many memories. Milking cows in the morning, cutting down trees, and hauling them uphill for my school’s Christmas celebration. I remember my mother returning from her long walk to town with holiday packages under her arms.

December 2023 will be my third Christmas at Perley Health. The staff here do a fantastic job making the holidays magical. This year will include concerts, social activities, turkey dinners and a visit from the man in red, Santa Claus. I will love hearing the singing of Christmas carols by residents, staff and volunteers.

So much of the joy and laughter at Christmas is thanks to donors. When you donate, you’ll help bring new life to activity rooms — where we travel the world from the comforts of our armchairs, get plants ready for spring gardens, play trivia with volunteers, and have our horoscopes read!



Kelly, one of Perley Health’s Creative Arts Instructors, works alongside Sheridan “Pat” during one of their studio sessions. Photo credit: Perley Health

During my time in the Korean War, holiday joy and laughter were hard to come by. I often think of my Army colleagues from those days, especially those who never came home. It reminds me that Christmas is also a time when we remember the people who are no longer in our lives.

When I joined the Army at 17, I didn’t realize what a life-changing decision it was. Beyond my family, my 42 years in the military is my biggest source of pride.

I met the love of my life, my late wife, Gwenneth, while stationed in Calgary. I think of all the different parts of the world my family experienced because I was in the military – so many family adventures. We loved Germany, discovering hand-carved nutcrackers in markets. Do you know Christmas tree decoration began in Germany in the 16th century?

I am so proud my boys, Mike and Kevin, followed me into the military. Together, we served Canada for over a century and all received the rare Order of Military Merit from different Governor Generals, a great family honour. I don’t mind bragging about that!

As the holiday season draws closer, I hope you will make your presence felt this Christmas at Perley Health by making a special donation. My friend, Courtney, in the Perley Health Foundation, tells me your gift will help renew and refresh popular recreation and creative arts spaces at Perley Health. What a wonderful gift that will be.

To donate you can visit us online at www.perleyhealthfoundation.ca or call Courtney Rock at 613-526-7173.

Thank you and Merry Christmas.



Winter wonderland – Pat’s winter collage featured on this year’s Christmas Cards. To purchase cards, please contact foundation@perleyhealth.ca. Photo credit: Perley Health



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By Malcolm and John Harding, of Compu-Home

It was your pride and joy! It cost a small fortune, but it would satisfy all your needs (practically do your work for you) and make your life far less complicated. Sadly, in what seems like such a short time later, your computer is gasping its last breath; slow to start, shutting down unexpectedly, taking forever to load web pages... and the new ones are on sale this week! The major remaining question is about where the final resting place for this old friend will be and that is our subject for today.

Over the years, you have entrusted a lot of important data to this device and you don't want to lose that but also don't want it to be out there accessible to anyone else. Transferring your data to a new computer is pretty straightforward but after you have confirmed that you haven't missed anything, the next step is to delete it from the old one. The easiest way is to remove the hard disk and store it in a drawer, so that you have a backup of that old data and the carcass will be secure when it goes out the door.

Assuming that you are not going to keep your old machine for a spare or some special use, or pass it on to a friend or family member, you will have to decide on its future:

Your first thought may be to donate it to a charity. This commendable plan will only work in very narrow circumstances. Simply put, if the computer no longer fulfils your needs, there is a good chance that it will not be useful for someone else, either. Needy recipients will not be unduly fussy about what is being offered, but the fact is that even the most basic uses nowadays are pretty demanding of a computer's resources and beyond a certain age and condition, it will not be able to keep up. Certain organizations (... and Compu-Home is one of them) will accept, cannibalize and recondition the best candidates for donation, but they have to be pretty good to start with.

One of your options is to return an electronic device for disposal to a store that sells that kind of equipment. The Government of Ontario

allows stores to charge a small fee when they are selling new electronics, to compensate them for the costs associated with recycling. You will likely find a bin near the front door.

Junk That Funk is an Ottawa company that creates popup electronic waste collection sites one day at a time at

various locations throughout the city. The process is utterly free and painless; you drive up and a helpful squad will unload and categorize your offerings. You never even have to step out of your car. Even when there are longer lineups they move quickly and the whole process rarely takes more than ten minutes. The company posts a yearly calendar of dates and locations on the Junk that Funk website.

The City of Ottawa accepts e-waste at the Trail Road Landfill facility south of Barrhaven. Hours of operation, a list of items that are accepted and other related information can be found on the www.ottawa.ca website under *Hazardous Waste and Special Items*.

Just in case you fear that eventually your e-waste is still going to be dumped on the shores of a developing country on some far continent, as used to be the scandalous case, Schroeder & Schroeder have published online a report titled *E-Waste Management in Canada*. Although the report is a few years old, there is a faint glimmer of optimism that we will gradually become more sophisticated in disposing of your old friend. You can Google *Schroeder & Schroeder* if you would like to read the report.

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




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BOOKWORMS DELIGHT

FIGHT NIGHT (2021)

By Miriam Toews

Reviewed by Marie-Andrée Lajoie

Miriam Toews does it again. After *A Complicated Kindness* (2004), *Women Talking* (2018) and more in between, she brings us now the story of a close-knit family of three. *Fight Night*, published in 2021, was short-listed for the Giller Prize and named a Best Book of the Year by the Globe and Mail and the CBC, amongst others.

Miriam Toews is a Canadian living treasure, as far as I am concerned. Her childhood in a strict Mennonite community in Manitoba always hovers over her stories. Her father's and sister's deaths by suicide are a constant reminder of the frailty of humans and the impact of mental illness on families.

Grandma Elvira, a very pregnant mother (nicknamed Mooshie), and 9-year-old daughter Swiv are a forceful trio. This is a love story but they do fight against each other and against the world: the guy who wants to buy their house, the school that expelled Shiv, the mother's employer, the grandmother's health concerns, and much more.

The book takes the form of a letter from Swiv to her father who has gone away and will likely not return. In her assumed role of teacher to Swiv, Grandma has tasked the girl with writing the letter. In turn, Swiv asks her mother and grandmother to write a letter to her unborn sibling "Gord." "You are a small thing and you must learn to fight," writes Elvira.

Swiv spends her days with her life-loving grandma: getting her washed and dressed; picking up the pills she constantly drops on the floor (together with conchigliette pasta and puzzle pieces); having "Editorial Meetings" and wandering around Toronto. We love this feisty grandmother, her mysterious upbringing, her love of the Raptors and of British soap operas.

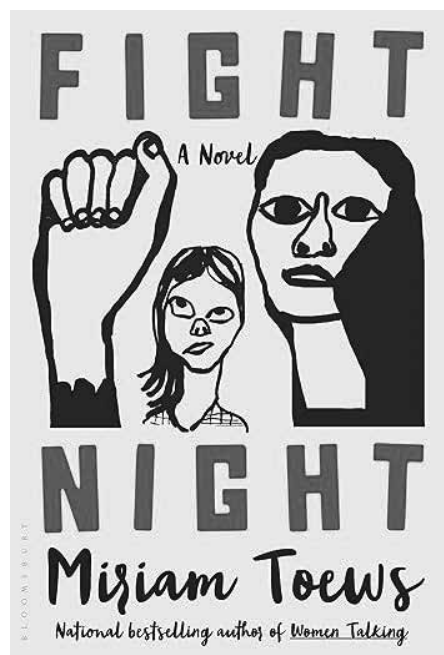
"At some point in Grandma's life, someone must have threatened to kill her whole family unless she became friends with every single person she met." (P. 135)

I laughed out loud many times while reading Swiv's opinions and her views of the adults around her. Her internal monologue/letter to her father is extraordinary. But have no doubt, this is a deeply felt story. Swiv is terrified by her mother's shaky mental health and by her grandmother's frailty. And she misses her dad. Her busy mind is also obsessed with "Gord." What life will "Gord" have?

Without checking with her daughter, Elvira decides to travel to Fresno, California to visit extended family and old friends. Elvira is not fit to travel alone so Swiv will accompany her. What could go wrong? Then begins a crazy, funny adventure which reveals more of Elvira's past to Swiv's constant astonishment. Lou, Ken and Jude will not let you down. There is true love and attachment between Grandma and her not-so-young nephews. It is an eventful visit. The precipitated return to Toronto and the arrival of "Gord" will leave you breathless, laughing and crying.

I was very entertained and touched by this book. It is difficult to do justice to such a complex work of fiction in a short review. Thus, I strongly encourage you to enter the world of Grandma, Mooshie, Swiv and "Gord" to judge for yourself.

On my night table: *Night Train to Lisbon* (Pascal Mercier); *All the Beauty in the World* (Patrick Brinkley); *Ce que je sais de toi* (Eric Chacour)



BUBBLEGUM, BAD FOOD, BAD DOCTORS (2023)

By Ross C. Dumoulin

Reviewed by June Coxon

As the front cover of Ross C. Dumoulin's book says, this is "a collection of funny short stories from a weird kid to a borderline normal man."

The stories by this Alta Vista area author span 60 years, beginning with a tale about what happened when Dumoulin wore a bow tie on his first day in kindergarten and ending decades later when he is in his sixties and still enjoying funny life experiences while a volunteer at the École Marie-Curie.

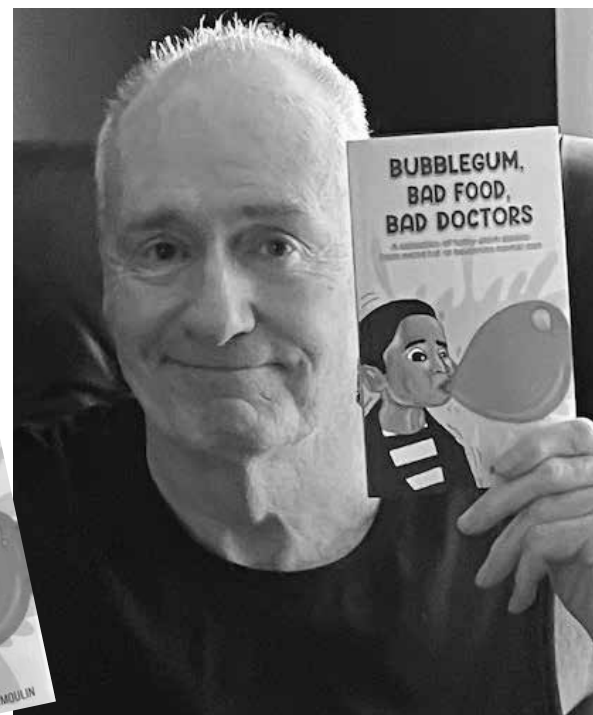
His stories are sometimes filled with subtle humour. Others, like why he put greasy sausages in his pocket, more overt. They are not only funny but also interesting and informative. One, called "Shark Provocation," for instance, contains details about sharks that many readers likely wouldn't have known before reading it. A lot of the stories in this book also include historical information about the various places the author lived, such as when Eastview was renamed Vanier in 1969.

For readers of a certain age who grew up in Ottawa, the early stories may bring back old memories. One story takes place at an elementary school Dumoulin attended called École Barrette. Other humorous events occurred at different schools he went to, including L'école secondaire de La Salle and l'Académie de La Salle.

Some stories refer to fictional personalities popular during his childhood like G.I. Joe and Zorro, while others mention real people like French Canadian hockey stars Jean Béliveau and Bernie Boom Boom Geoffrion. "Bubble Gum Overdose" is a humorous story about what happened the day one of his classmates committed the forbidden act of chewing gum during a class in their school. It recalls the days when kids could buy a package of Bazooka Joe bubble gum for just 25 cents, with each stick of gum wrapped in a Bazooka Joe wax paper mini comic strip. Places like Brandy's disco, once located in the market area, and Le Chateau record store on Rideau Street may also evoke memories for music lovers. So too may the author's stories that mention the Woodstock music festival and a list of the vinyl 45 records he bought with music played by groups like the Rolling Stones, The Beatles and The Who.

Bubblegum, Bad Food, Bad Doctors is a light-hearted welcome relief from news about the many disasters in the world lately. One of the stories in the book is not true and the author invites readers to guess which one it is.

This is Dumoulin's second book. The 170-page collection of stories was published this year by Austin Macauley Publishers. It is being sold at Coles bookstore at the Billings Bridge shopping centre; Books on Beechwood; and Singing Pebble bookstore on Main Street. You can also order it online from the Chapters/Indigo website and from Amazon.



Ross Dumoulin showing his new book

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SCHOOL NEWS

CRAFTING COMMUNITY AT ST. PATRICK'S HIGH SCHOOL

By Matthew Koeslag

The St. Pat's Christmas Artisan and Craft Show is more than an opportunity to start your Christmas shopping. It's a community building event that began in 2018 and has grown ever since.

In 2018, the St. Pat's basketball team was raising funds to participate in one of Canada's oldest national tournaments, the Coal Bowl Classic in Cape Breton. That is when the craft fair was born. The school tapped on the shoulder of the founder and convenor of the extremely successful All Saints Craft Fair who had retired and offered to lend a hand. The team, alongside other student volunteers, were able to run a successful fair to raise some of the needed funds for the trip down east. But more than raising funds, the event built community, and continues to do so year to year. The St. Pat's Christmas Artisan and Craft Show supports school sports teams, clubs, student initiatives, as well as graduation awards. Beyond that, it has become a valuable opportunity for the students at St. Pat's to accumulate community service hours towards their graduation requirements. It's the students who really help bridge the gap between the school community and the larger one.



Students Sam Saint-Val, Josh Rutarindwa and Precieux King volunteered for a previous craft show.

Year after year, it is the students who volunteer who are the talk of the event. Working alongside the artisans and crafters to support them throughout the day, the students are always praised by both the vendors and the patrons who come through St. Pat's for the event. Kind, courteous and helpful, the students display the sense of community inherent to the school's culture. Last year there were close to 100 students who volunteered to help out. This year, the registration for volunteers already exceeds that. The St. Pat's Christmas Artisan and Craft Show has become an important staple for the students to represent their school community and they are excited to welcome both crafters and patrons to their halls again this year.

With over 100 artisans and crafters from woodworkers to jewellers, purveyors of themed socks to fudge, door wreaths to knitting and sewing, stained glass to wooden or crocheted toys, home decor to art, candles to body care and so much more. There is truly something for everyone whether it is a gift for Christmas, weddings, birthdays, a new home, or just because. This year even has crafters from the St. Patrick's school community, with both a parent, as well as an entrepreneurial student who will be selling their goods.

Admission to the event is only \$2 for adults – children are free. There is a canteen hosted by the St. Pat's Dance Team for those who would like something to eat or drink while perusing the aisles of amazing goods for purchase. And of course, there is a raffle table that features items from the crafters that shoppers can purchase tickets to win. Don't forget to mark your calendars for November 25th. The St. Pat's Christmas Artisan and Craft Show will be open from 10 a.m. until 3 p.m. The school, the students, and the crafters all look forward to seeing you there!



More than 100 artisans of all sorts will be selling their wares at the craft show.

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UPCOMING EVENTS



ALTA VISTA LIBRARY

For the most current updates as well as information about available services, please visit www.biblioottawalibrary.ca or call 613-580-2940.

The Library has returned to pre-COVID hours, which are as follows:

- 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

- Thursday, November 2 – Employee Forum Day
- Saturday, November 11 – Remembrance 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, which are brought in, are complete with no pieces missing.

CHILDRENS PROGRAMMING

Bilingual Family Storytime

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

Tuesdays and Wednesdays at 10:30 a.m.

Bilingual Babytime (NEW)

Stories, rhymes, songs and activities for babies (ages 0-18 months) and a parent/caregiver. Bilingual. Drop-in program. Thirty minutes.

Thursdays at 10:30 a.m., except November 2.

Stay and Play (NEW)

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

Tuesdays, Wednesdays and Thursdays at 11 a.m., except November 2.

Lego® Block Party

Building Boom! Show off your architectural creativity with Lego®! Drop-in program. Sixty minutes.

Saturdays at 11 a.m., except November 11. Ages 4 to 12 (children ages 4 to 6 must have adult supervision).

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.

Protecting Your PC

The average time it takes for an unprotected computer to be compromised after connecting to the Internet is under 15 minutes. Don't let it be yours. Chris Taylor, President of the Ottawa PC Users Group will show you the simple steps you need to take to keep your PC from being hacked. And best of all, it can be done for free.

Thursday, December 7 at 6 p.m. Two hours. Registration required.

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, November 16

Scott Pratt – any title

Thursday, December 21

Year-end planning party and holiday social

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, November 2

Meeting cancelled due to Library closure. New date TBD.

Thursday, December 7

Small Things Like These
by Claire Keegan

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 20 novembre

Amun,
une Collection de nouvelles éditée
par Michel Jean

Le lundi 18 décembre

Plus jamais sans moi,
de Maud Akaoua

ONLINE COLLECTIONS AND SERVICES

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



UPCOMING EVENTS

COMMUNITY EVENTS

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

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

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

Rideau Park's Christmas Music Concert – Bells, and Choirs: Sunday December 3, 7 p.m. Enjoy the sacred and popular music of the season with our musical ensembles. Sing some favourite carols. Free-will offering.

The Christmas Pageant (24th Annual): Sunday December 17 at 10 a.m. Nearly 50 children and youth from Rideau Park and the community will lead the way in telling the Christmas story, with a focus on the true meaning of Christmas, along with a little humour.

Christmas Lunch: Wednesday, November 29 at 12 noon at Rideau Park. There will be a fee for the meal. Community members 55 and over are welcome. Reservations are required. For more information, please call the church office or contact whitridge.patricia@sympatico.ca.

Forest Church: Sunday, November 26, 4 p.m. Meet at the church for a walk in the Cunningham Woods and a pause for reflection on God's creation. Lead by Elizabeth Bryce.

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

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

Yoga with Zoe: Yoga at lunch Thursdays at noon.

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

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

Drums Alive: Drop-in drumming class, for all ages, on Sundays, 1–2 p.m. November 5, 12, 19 and 26. No drumming in December. Contact Iain Macpherson, choirdirector@rideaupark.ca.

Handbell Choirs: Adults will be practicing on Monday/Tuesday evenings and playing at the church and in the community this fall. Bell choirs for children are also resuming. For more information, contact: gordon@dewis.ca.

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

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

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

Holiday Bazaar: Saturday, November 4, 10 a.m.–2 p.m. Find homemade goodies like baking, jams and other preserves. We have a Scroungers Paradise with household items, toys, puzzles and sports equipment. Get your dazzle on from our jewellery and accessories room. We have treasures to bid on in the Silent Auction, a book room, sewing and knitting, woodworking, Christmas decor and crafts made by our youth. Enjoy a home-cooked meal in our Lunch Room and take home a meal-to-go from our Shantyman's Deli.

Just Gifts Christmas Market: November 10–25. Shop online for Fair trade and local products including jams, baked goods, handcrafts, coffee and more. Proceeds support Emmanuel's global partners in Zambia and El Salvador. <https://euconlinemarket.ca>

Emmanuel Friday Night at the Movies: November 17, 7:00 p.m. See the award-winning film, *The Mission*, the dramatic story of a Jesuit Mission in 18th century South America, starring Jeremy Irons and Robert de Niro. Adventure, drama, and history. Rated PG. Some violent scenes. Free admission. Everyone welcome! Bring your friends. Drinks and snacks available.

"Graham's Christmas Readings": Friday, December 1, 7 p.m., Join us for an evening of Christmas Readings that will be sure to bring back fond memories of your Christmases past. Guest MC, back by popular demand, is Hallie Cotnam of CBC Radio Ottawa.

Order pick-up and in-person shopping at Just Gifts Christmas Market for Fair trade and local products: Saturday, December 2, 10 a.m.–1 p.m.

ST. AIDAN'S YULETIDE BAZAAR

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

ST. TIMOTHY'S BAZAAR

Come to the Bazaar at St. Timothy's Presbyterian Church, 2400 Alta Vista Drive on Saturday, November 18, 10:30 a.m. to 2 p.m. Tables will feature yummy home baking and deli, books, crafts, and a silent auction. Baking will include rum cakes, apple pies, fruit cakes and slice 'n bake cookies. Enjoy a nice fellowship over a lunch of mansaf, a tasty dish with meat, rice and vegetables. Tickets for lunch: Adults \$15, Children \$10. Everyone is invited to be part of this church and community event. For more information or tickets, please contact the church office at 613-733-0131 or sttimsoffice@on.aibn.com.

FROSTY'S CHRISTMAS FAIR

Frosty's Christmas Fair is coming to town. Do some Christmas shopping, stock up your larder and get your Christmas cards.

Look in Frosty's giant freezer where you can get delicious frozen meals and soups. Visit the Bakery Shop to pick up some of the best treats in town. Pick out gifts for your special people. Why not treat yourself too? There are tables of knitting, sewing and handmade gifts. Get beautifully made tree decorations. Select favourite items from the new-to-you jewellery shop. Finally, pick up next-to-new decorations to get ready for the season, all for a bargain.

Saturday, November 18, 10 a.m.–2 p.m. Trinity Anglican Church, 56 Cameron Avenue. www.trinityottawa.ca (613-733-7536)

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

Cafe and Raffle Table too! 2525 Alta Vista Drive November 25, from 10 a.m. to 3 p.m. \$2 admission

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

UPCOMING EVENTS

MAC FAIR: FESTIVE CHRISTMAS CRAFT MARKET

Immaculata High School, 140 Main Street

December 2, 10 a.m. till 3 p.m.

Over 80 local artisans; handmade awesomeness

Admission \$3 – supports several extracurricular groups and our annual Christmas Hampers for hungry families

Information available on our website: www.MACFAIRCrafts.ca.

CHRISTMAS CHOCOLATE FUNDRAISER

Holiday chocolate sale by the Ottawa South Committee for Refugee Support. Help us assist refugees. Order by November 19; pick up on December 10. Go to: bit.ly/3t8gkpM; Questions: osrefugee@gmail.com

PROBUS CLUB OF OTTAWA ALTA VISTA

PROBUS Ottawa Alta Vista is welcoming new members from the Alta Vista area. Join your fellow retirees, near-retirees and want-to-be retirees for interesting speakers and discussions, not to mention relaxed socializing. See our website, www.probusoav.ca, for more detailed information about the club and its activities, as well as contact points, membership information, and meeting location. We will be meeting on Wednesday, November 22 for a presentation about the Influence of the Vikings on the English Language.

OTTAWA HUMANE SOCIETY CHRISTMAS CRAFT SALE

Looking for holiday gifts? The OHS Auxiliary will be selling high-quality handmade crafts at its Christmas Craft Sale. The sale takes place at “The Spot” between Bentley and Laura Secord, Carlingwood Mall 2121 Carling Avenue, Thursday, Friday and Saturday, November 16, 17 and 18, 10 a.m.–5 p.m. All proceeds go to support the animals at the Ottawa Humane Society. We accept cash, credit (over \$10) or debit. Sorry, no table rentals. Free parking. For more info, contact Loreen, loreenohs@gmail.com, or go to facebook.com/OttawaHumaneSocietyAuxiliary.

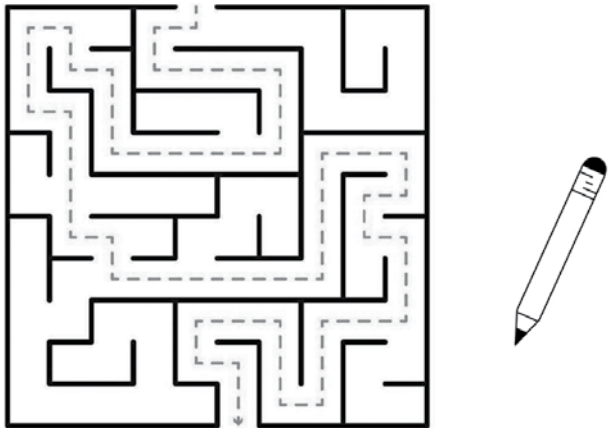
SKYLAR’S KIDS PAGE ANSWERS

SCIENCE WORD SEARCH

MOELUCELOMQBLQVXLBP
VSEBUTYTSETSCISYHPC
NETRUCETIRAMRPNVJCT
EDXKNBYVDCCRKAEBEH
LCMITIKBURNERXRACQEZ
IYHXCEOSDWMATTERRXOX
LUWCFBPKGZLBSDKOHKRC
AZIALORTNOOMYEKHYDYH
GALBERTEINSTEINVPUEH
OPLYEHNTLQUBVQQFOPSM
ERAOBVVOLEIKODRQTPII
LRYTBJRGTCCFNHLYDC
IZSCGKOELEWOTYCDFEPIA
LKSADBVOSEWERRLFJSHRL
ALAEFFKGKUBYNLIYUIVTW
GYMVEYHMHJOCCLLSQEM
CHEMISTRYASGSASISEPM
MEASUREWEMNYPYASTTCO
GASCISYHPORTSAOSSOYT
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WORD LIST

ALBERT EINSTEIN	CHEMISTRY	HYPOTHESIS	MOLECULE
ASTROPHYSICS	CONTROL	ISAAC NEWTON	OBSERVE
ATOM	ELECTRICITY	MARIE CURIE	PETRI DISH
BEAKER	FACT	MASS	PHYSICS
BIOLOGY	FOSSIL	MATTER	TEST TUBE
BURNER	GALILEO GALILEI	MEASURE	THEORY
CHEMICAL			



WINTERSONG: ANNUAL CONCERT OF BAND AND CHOIR RETURNS!

Returning this year is another annual Christmas music tradition! The fabulous Ottawa Wind Ensemble again teams up with the wonderful local choir Harmonia for a spectacular Sunday afternoon show.

The Ottawa Wind Ensemble was formed in 2005, drawing together current and former Canadian Forces musicians, music teachers and other professional musicians, in a professional calibre group.

Harmonia Choir of Ottawa, rehearsing on Wednesday evenings at St. Thomas the Apostle, celebrates their 20th anniversary this year, has presented numerous concerts in Alta Vista and the surrounding area, and hosts an annual festival of choral music for singers and audiences of all ages each February.

Together they have been putting on a local Christmas tradition in an annual concert team-up of band and choir, featuring the eclectic mix of seasonal music that audiences have come to expect, and enjoy.

This year’s event will be no different, taking place again at St. Thomas the Apostle, 2345 Alta Vista Drive (next to the fire station) at 3 p.m. on Sunday, December 3. Tickets (\$25) will be available at the door, or \$20 from wintersong.bpt.me or from band and choir members.

RIDEAU CHORALE DECEMBER CONCERT

Sunday, December 10, 7:30 p.m. Southminster United Church – 15 Aylmer Avenue

Come celebrate the season with the Rideau Chorale at Noël featuring the beautiful music of the French master of Baroque music Marc-Antoine Charpentier.

Charpentier’s Messe de Minuit pour Noël is a dance-like work based on ten traditional French carols of the 17th century. Rideau Chorale will also perform two smaller pieces by Charpentier: Troisième Magnificat H. 79 and Salve puerule. The audience will also be invited to sing selected carols with us.

Southminster Church is a beautiful 1930s era building, fitting for the soaring sound of a choir. It is wheelchair accessible (east entrance near Bank St via a lift).

Further information available at rideauchorale.com; tickets available at eventbrite.ca.

JUST FOR FUN

Just for Fun
by: Alicia

Q: What’s the most negative month of the year?
A: NO-venber.

Q: How do you fix a gourd?
A: With a pumpkin patch.

Q: If money really did grow on trees, then what would everyone’s favourite season be?
A: Fall.

Q: What was Humpty Dumpty’s favourite month?
A: November, because he had a great fall

Q: What did the baby corn say to the mama corn?
A: Where’s Pop Corn?

Q: What was the pumpkin’s favourite sport?
A: Squash.

MOVIES 'N STUFF

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

NOW HERE!

Barbie

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. Soon to be an Oscar nominee in every major category, the biggest box office hit of the year is now available!

Night of the 12th

Every police precinct has a case that defies explanation and evades solution. Recently promoted Captain Yohan Vivès faces such an elusive mystery when he investigates the gruesome murder of a young woman named Clara in the French town of Grenoble. It is clear that the attack was premeditated, and the violent nature of the crime suggests revenge. All the evidence points towards a scorned ex-lover, but which one? Winner of the French Oscar for Best Picture!

The Lost Weekend: A Love Story

A true tale that took 50 years to tell, The Lost Weekend: A Love Story follows John Lennon and Yoko Ono's personal assistant May Pang as she recounts her 18-month relationship with John a relationship orchestrated by Yoko herself. During this extraordinary period, May helped John reunite with his son Julian and participated firsthand in his most productive period post-Beatles!

The Last Voyage of the Demeter

The crew of the merchant ship Demeter sets sail from Carpathia to London to deliver a cargo of 50 unmarked wooden crates. However, they soon discover they're not alone as Dracula's unholy presence turns the trip into a nightmarish fight for survival.

Strays

An abandoned dog teams up with other strays to get revenge on his former owner.. Will Ferrell and Jamie Foxx lend their voices to this R rated talking canine comedy.

The UP Series

The Up series of documentary films follows the lives of ten males and four females in England beginning in 1964, when they were seven years old. A unique series that had rave reviews - including Roger Ebert hailing 28 Up as one of the 10 greatest films in history!

Michael Palin Pole To Pole

Re-release of the 2007 epic series. Michael Palin embarks on another epic journey of exploration and adventure, this time 15,000 miles through 18 countries around the Pacific rim. One of the greatest travelogue docs of all time!

Longitude

Re-released to celebrate the career of the great Michael Gambon! In two parallel stories, the clockmaker John Harrison builds the marine chronometer for safe navigation at sea in the 18th Century and the horologist Rupert Gould becomes obsessed with restoring it in the 20th Century. Winner of the 2000 BAFTA for Best Drama Serial and co-starring Jeremy Irons!

The Good Mother

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

Blue Beetle

Jaime Reyes suddenly finds himself in possession of an ancient relic of alien biotechnology called the Scarab. When the Scarab chooses Jaime to be its symbiotic host, he's bestowed with an incredible suit of armor that's capable of extraordinary and unpredictable powers, forever changing his destiny as he becomes the superhero Blue Beetle.

The Woman Who Ran

With her ever-present husband finally away on business, a woman visits three friends and reflects on her life choices. Rave reviews from critics for this small Korean drama!

The Lesson

Liam, an aspiring and ambitious young writer, eagerly accepts a tutoring position at the family estate of his idol, renowned author JM Sinclair. But soon, Liam realizes that he is ensnared in a web of family secrets, resentment, and retribution. Julie Delpy and Richard E. Grant star!

Slotherhouse

If you're looking for something truly mindless, look no further! Senior Emily Young wants to be elected sorority president. She adopts a cute sloth, thinking it will help her win, but a string of fatalities implicates the sloth.

Vera: Season 12

Joel Kingston is a copper's copper from a respected and notable police family but when he is found dead, floating in a park lake, DCI Vera Stanhope finds herself investigating both sides of the thin blue line in order to find his killer.

Tony Palmer's Film About Margot Fonteyn

The life and tribulations of world renown ballerina Margot Fonteyn as told by herself, friends and fellow dancers. A 2005 re-release.

November 7th

Gran Turismo: Based on a True Story

The true story of a team of unlikely underdogs -- a working-class gamer, a former race-car driver, and an idealistic motorsport executive -- who risk it all to take on the most elite sport in the world

Les chambres rouges (Red Rooms)

The high-profile case of serial killer Ludovic Chevalier has just gone to trial, and Kelly-Anne is obsessed. When reality blurs with her morbid fantasies, she goes down a dark path to seek the final piece of the puzzle: the missing video of a murdered 13-year-old girl, to whom Kelly-Anne bears a disturbing resemblance.

Scraper

Living alone in her London flat, 12-year-old Georgie must confront reality when her estranged father, Jason, shows up out of nowhere. Uninterested in a sudden new parental figure, she remains stubbornly resistant to his efforts. As they both adjust to their new circumstances, Georgie and Jason soon find that they still have a lot of growing up to do. Wonderful reviews!

Homicide Hills: Seasons 1-3

Sophie Haas wanted to be promoted to head of the Cologne Murder Department but instead of climbing the career ladder, she is unexpectedly banished to a quirky police outpost in the remote Eifel mountains!

Hotel Portofino: Season 2

It is the summer of 1927 and Bella Ainsworth is still devoting her considerable energies to the Hotel Portofino, which has overcome its early troubles and is starting to prosper. As Season 2 begins, Bella is looking forward to her son Lucian's imminent arrival for a vacation and the chance to discuss with him her plans for the Hotel.

November 14th

The Equalizer 3

Denzel is back! Since giving up his life as a government assassin, Robert McCall finds solace in serving justice on behalf of the oppressed. Now living in Southern Italy, he soon discovers his new friends are under the control of local crime bosses. As events turn deadly, McCall becomes their protector by taking on the mafia.

The Nun II

In 1956 France, a priest is violently murdered, and Sister Irene begins to investigate. She once again comes face-to-face with a powerful evil.

Justified: City Primeval

Having left the hollers of Kentucky 15 years ago, Raylan Givens now lives in Miami, a walking anachronism balancing his life as a U.S. Marshal and part-time father of a 15-year-old girl. His hair is grayer, his hat is dirtier, and the road in front of him is suddenly a lot shorter than the road behind. A new chapter in the fantastic Justified series!

November 21st

Tori and Lokita

A friendship unites two youngsters who have travelled alone from Africa and find themselves contending with the cruel conditions of their exile in Belgium.

The Eight Mountains

An epic journey of friendship and self-discovery set in the breathtaking Italian Alps, The Eight Mountains follows over four decades the profound, complex relationship between Pietro and Bruno.

Godland

At the end of the 19th century, a young Danish priest is sent to a remote part of Iceland. The deeper he travels into the unforgiving landscape, the more he loses touch with his own reality, his mission and his sense of duty.

November 28th

Magellan: The Complete Series

Intrigue. Betrayal. Sabotage. Inspector Simon Magellan unravels crimes and mysteries in the fictional French town of Saignac. But that's just his day job - he's also raising two teenage daughters.

Mongeville:

Antoine Mongeville, a former investigating judge in Bordeaux, meets a Criminal Police detective who he will have to work with. Despite their tense relationship and their opposed characters, they will realize that they are not so different.

Sound of Freedom

The incredible true story of a former government agent turned vigilante who embarks on a dangerous mission to rescue hundreds of children from traffickers. One of the biggest word of mouth hits in history!

Fremont

Formerly a translator for the United States military in Afghanistan, Donya now works for a Chinese fortune cookie factory. Struggling to put her life back in order, she decides to send out a special message in a cookie.

UPDATE!

Indiana Jones and the Dial of Destiny is now slated for NOVEMBER 28th!

VISIT OUR WEBSITE - MOVIESNSTUFF.COM