



SUNSHINE AND SHADOW OVER ELLWOOD

Photo credit: Gary Howard

All the hype, anticipation and hoopla culminated in a near-perfect day on April 8th to observe Ottawa's near-total solar eclipse. Read about it on pages 5 and 6.

BIG CHANGES COMING TO ALTA VISTA HOUSING

It is all coming to a head now, the months and years of plans, hearings, disputes, concerns or supports, for higher-density housing in Greater Ottawa including Alta Vista. What the Alta Vista Community Association (AVCA) planning experts call "significant changes" for this community are contained in the first draft of a City report to be finalized by May 31, when a new draft Zoning By-law will be released. This first draft contains the fundamental layout of permitted homes on a lot in Alta Vista (four to six), of housing units nine-, six- and four-storeys high depending on location, of new parking rules.

VISTAS has covered all the earlier stages, reporting on the planning and carrying the many responses to it, pro and con. We continue this

now, with a lengthy report on the first draft by the Planning Committee of the AVCA, on pages 7 and 8. We also carry a summary of the main aspects of the report by Councillor Marty Carr, on page 14.

Councillor Carr indicates that about 18 months of consultations will be held by the City in the various wards including our Ward 18. So another but final round of disputes, presentations, briefing sessions, will be held and concerned voices heard. We encourage Alta Vistas to turn to pages 7, 8 and 14 to learn what the AVCA describes as "significant changes" in store for the community.

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SUBMISSIONS & COMMUNITY EVENTS

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

DEADLINE: 15th of the month prior to publication
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VISTAS Vision

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

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2024

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VISTAS' Delivery Schedule

2024	VISTAS Delivery Date
June Issue	May 29, 2024
September Issue	August 28, 2024

LETTERS TO THE EDITOR

Bravo Dylan!

Re: “Consolation after Crashing” by Dylan McGuinty Jr., April 2024

Dear Editor,

I hereby thank Mr. Ernie McArthur for delivering the April issue of VISTAS, which arrived in time to accompany my wake-up coffee. I salute all carriers.

This month was a special treat: Page 17 caught my eye with a black surround embracing a poem and I thought, “VISTAS artistic faith writer, Valda Goudie.”

But Valda does not write poetry. This exquisite poem of grief, “Consolation After Crashing,” was written by a young lawyer, Dylan McGuinty Jr, and whether the loss was his or that of his client(s), the poignancy penetrates on “looking back.” I found it a healing poem, a belief that the primitive or protective part of our brain walks in when we are faced with fractured choices – softening life’s pummeling, allowing us the smell of trees, snow on our tongue and how the rivers run. And who can forget that train whistle of long ago – that new beginning on first leaving home? Bravo Dylan!

With thanks,

Mary Howell, local writer and award-winning poet

‘New Ways to Bus’ will disrupt the daily commute of many riders in Alta Vista and Elmvale Acres

Dear Editor,

About two weeks ago, OC Transpo announced that “New Ways to Bus” will come to Ottawa later this year and posted a map of those changes on its website. These changes, particularly to routes 48 and 49, will significantly disrupt the daily commute of many bus riders in Alta Vista and Elmvale Acres. The new routes will force them to take two buses to reach the Hurdman O-Train station, adding unnecessary complexity and time to their journeys.

For over 30 years, routes 48 and 49 have taken riders along the Kilborn and Pleasant Park corridors to Hurdman Station. This route design, which is consistent with bus route designs in most major cities, has provided feeder bus service to a transit hub for fast and convenient transfers to reach the city’s main points. The upcoming changes, therefore, seem unnecessary and disruptive for a system that has been working well.

With the changes, coming out of Alta Vista, route 48 will continue to Carleton University, and Route 49 will terminate at the Billing Bridge station. While Carleton students will enjoy their new direct service, most travellers will need to take another bus at either the Billings Bridge or Pleasant Park Transitway stations to reach the Hurdman O-Train station. I expect OC Transpo will say that this is a minor inconvenience as bus service along the southern Transitway is frequent and reliable. But that is not the case. It is not uncommon to wait 10 minutes for a bus travelling on the southern Transitway towards Hurdman station, even in peak periods. On weekends, that can be up to 20 minutes. So, with this change, travel times from the neighbourhood to an O-Train station could be more than 45 minutes.

Here is what we can expect during the morning peak. Route 48 and 49 riders travelling to Hurdman station will cram bus platforms at Billings Bridge and Pleasant Park Transitway stations, and after waiting up to 10 minutes for a bus to arrive (I counted 20 such riders the other morning), will see that it is too full to board. The trip home will become an exercise in timing; travellers will need to build in an extra 15 minutes to allow for the additional bus trip from Hurdman station to either Pleasant Park or Billings Bridge Transitway stations to connect to routes 48 and 49.

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

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- Grasmere, 39 papers
- Heron (Alta Vista to Greenbelt), 13 papers
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- Mimosa, 30 papers
- Neighbourhood Way, 35 papers
- Pixley, 60 papers
- Portland, 34 papers
- Renova, 55 papers
- Station Boulevard, 40 papers
- Thessaly, 62 papers

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Devon	Lemay	Weston
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LETTERS TO THE EDITOR

Continued from page 3

I have two questions for OC Transpo. The first is why are they expanding the O-Train network while at the same time cutting bus service to O-Train stations. The second is what savings or optimization will result from redirecting these routes. The added inconvenience of travelling downtown, which I can't emphasize enough is where most bus riders in Alta Vista and Elmvale Acres go, will drive those with other options away from transit, seeing dismal ridership levels drop even lower.

I have contacted Alta Vista Ward Councillor Marty Carr to ask for her intervention to stop these changes. Her prompt reply was much appreciated, but unfortunately, she indicated that there was little she could do to reverse the changes. However, she said she would monitor their implementation and raise any issues with OC Transpo. Let's hope she can do that effectively so that bus service for the taxpayers of Alta Vista and Elmvale Acres will be what they need and pay for.

Marc Boivin

Councillor Marty Carr responds:

As a result of the 2023 bus route review, some customers may have to go further to the bus stop and/or have additional transfers to buses or trains. I recognize that for many residents who previously travelled west along Kilborn and Pleasant Park and continued to Hurdman an extra trip is now required, which adds inconvenience. The 48 Hurdman heading east on Kilborn will connect to Hurdman directly, although this will be a longer ride travelling in that direction for many. The 41 St-Laurent will provide access to the St-Laurent station as a direct connection to the LRT. Although staff have indicated that they are unable to make changes to the routes at this point, I will be closely monitoring uptake on these revised routes as well as resident feedback. I encourage riders to reach out to my office with feedback on their experiences once the new routes are launched. I would also like to invite riders interested in knowing more about the route changes to attend my virtual meeting with OC Transpo staff on May 9th on the new routes.

Compliments to VISTAS and its writers for a great community newspaper

Dear Editor,

Life can be very busy and reading can sometimes be put to the side to make room for pressing concerns. Recently I sat down to "catch up" on reading the last four issues of VISTAS and learned much about my larger community.

I want to compliment you and your writers on the diversity of issues and events you cover. Besides the informative UPCOMING EVENTS and ARTS & CULTURE sections, there are specific contributions I have particularly enjoyed.

"Birds of Alta Vista" by Dr. Richard Knapton is wonderful. He has introduced us to the birds we see right in our backyards here in our community – the Dark-eyed Junco, the House Sparrow, the European Starling, etc.

"Ellwood Update" by Norman Payne is an interesting read and as much as I've tried to stay abreast of community and city issues, this column has taught me much more. "Will the City eliminate minimum parking rules for new housing?" and "Ellwood's Ridgmont Community Association off to a new year – alert, advocating and active!" are examples of this informative column. I live in Elmvale Acres, not Ellwood, but Mr. Payne's enthusiasm and information serve us all in Alta Vista.

"Friends of Pleasant Park Woods" by the AVCA Green Committee and Dylan McGuinty's "Ask a lawyer" in the JUST GOOD ADVICE section are great too.

I know I have missed mentioning some of your other regular writers/columns but want to compliment you all for a great community newspaper!

Leslie Loizides



OUR COMMUNITY

ELLWOOD UPDATE

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

SUNSHINE AND SHADOW OVER ELLWOOD



All the hype, anticipation and hoopla culminated in a near-perfect day on April 8th to observe Ottawa's last solar eclipse until July 17, 2205 – 181 years from now, when Ellwood's Ridgemont Community Association hopes to have another equally successful event. By then the park will be nicer, with a new field house and a mini-observatory located on the roof!

The previous eclipse was on February 26, 1979, but was nowhere as nice as this April's. Did you know that the Concorde, on a precisely timed flight on June 30, 1973, flew in the shadow of a total eclipse at twice the speed of sound for 74 minutes, obtaining the only pictures of the eclipsed sun with the earth's curvature in the foreground plus accumulating more observations and photos than in the previous 100 years?

They came from all parts of the Ellwood Galaxy, some made the interstellar trip from the nearby Pinwheel Alta Vista Galaxy and others from the Large Magellanic Southgate Galaxy, converging on Licari Park with lawn chairs, specially filtered telescopes, and astronomic cameras. Seriously attentive photographers dotted the park as they made final adjustments to their equipment. Altogether about 50 people attended Ellwood's Solar Eclipse Show and Tell.

Solar Max (a.k.a. Gary Howard), our resident stellar guru and naturalist, was in seventh heaven, with a large table overflowing with special solar glasses, an information board, various experiments, and other objects focused on everything solar that attendees eagerly tried out.

It took about eight minutes for the first hint of occultation of the sun to reach Ellwood and from there on it was oohs and aahs, rising to wows, "that's incredible," and "a memory to last a lifetime." At peak occultation, a silence of four minutes descended on the crowd as this spectacular phenomenon unfolded.

Continued on page 6

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OUR COMMUNITY

Continued from page 5

The brightness abated swiftly, suddenly the temperature dropped perceptibly, and the birds stopped chirping and a rabbit came out. Everyone was glued to their solar glasses, telescopes and bazooka cameras, transfixed and hypnotized by the otherworldly spectacle. And then a huge cheer of appreciation and gratitude swept the visibly amazed crowd.

We did it! Special thanks to Gary Howard, who had been preparing for months by requesting the board to purchase the special glasses, which by and by were as hard to find as comets and worth their weight in interstellar platinum. He also put in a special request for good weather and amazingly it was delivered. Gary had also prepared pinhole cameras and other viewing devices and experiments that were enthusiastically used by many attendees.

Adriano Fournier, of the four goals in-a-row fame at our Winter Carnival, constructed an elaborate and quite sophisticated pinhole camera that worked flawlessly. Wendy Hook made a pinhole-type device of unusual ingenuity: it was a rectangular cardboard box, completely open at the top, with a section removed along the middle and replaced with wax paper. The result was a stunningly clear and crisp image of the occultation that took very little effort to align. Wendy also kept

us in stitches with her bon mots and cracked up all by revealing she had brought along a flashlight to find her way around in the darkness. Katherine Renee, Sheila Thompson, Renee Gingras, Paul Thompson, Christine Licari, Angela Patten and her two nephews, and many others livened up the event. Sweetie Patel was at a loss for words, and then gushed, "I can't believe I have seen such a beautiful thing of nature."

It was unanimous that this was an Ellwood event not to be missed. A fun and educational time was had by all. And then it was all over.

OTHER UPDATES

Licari Park clean-up: Ellwood's ever-popular Cleaning the Capital clean-up is scheduled for Saturday, May 11 from noon to 2 p.m., rain or shine. There will be refreshments and prizes. Please bring a rake and elbow grease!

AGM to be held in May: Ellwood's Ridgemont Community Association will hold its 44th Annual General Meeting on Wednesday, May 29 starting at 7 p.m. at the Marriott Residence Inn at 1172 Walkley Road in the newly renovated Rideau Room. Refreshments will be served and there will be guest speakers. ID will be requested to participate, vote and win prizes.

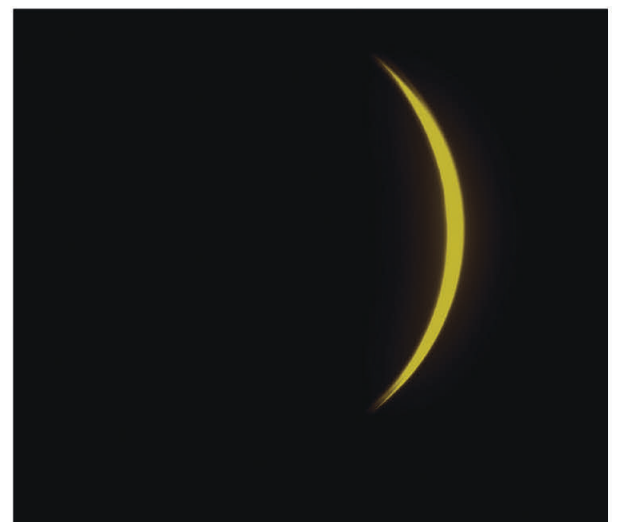
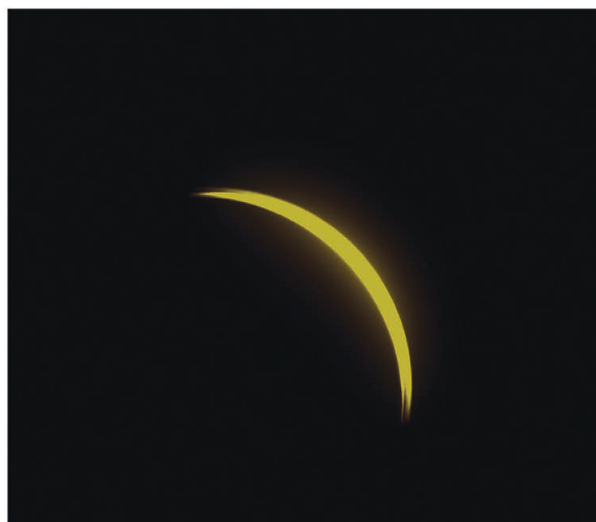


Photo credit: Gary Howard



John Fraser

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OUR COMMUNITY

UPDATE ON THE DRAFT OF THE NEW ZONING BY-LAW

By Judy Korecky and Garry Lindberg of the Alta Vista Planning Committee

On April 19, 2024, the City Planning Department submitted a detailed high-level report on the draft new Zoning By-law to the Joint Planning and Housing Committee and Agriculture and Rural Affairs Committee for consideration on April 29, 2024. This report sets out the policy foundation of how housing development may occur moving forward. Given changes at the provincial level and the policies in the new City of Ottawa Official Plan this will mean significant changes in what can be built.

The complete first draft of the new Zoning By-law Provisions, to be released on May 31, 2024, will concretely show how residents may be affected by the new Zoning By-law provisions. This could be different depending on where your street and house are located.

As a reminder, “as-of-right” building heights in Ottawa have already been set by the Official Plan approved by City Council on November 24, 2021. The Official Plan permits heights up to nine storeys along mainstreet corridors such as Smyth Road, and up to six storeys along minor corridors like Pleasant Park Road, Kilborn Avenue and Heron Road. However, the AltaVista/Faircrest Heights/Riverview Park Secondary Plan designates corridors within the Secondary Plan as low-rise neighbourhood development, with heights of four storeys.

The Neighbourhood designation of the Official Plan, which typically comprises local streets not located along a corridor, permits two or three storeys and no more than four storeys at “the edges” of neighbourhoods near corridors and transit stations. As well, the Official Plan sets out how small-scale commercial is to be introduced to make for 15-minute neighbourhoods.

Given the complexity of the package, the Alta Vista Community Association Planning Committee will continue to review in detail. A high-level summary of key elements that may impact residents follows.

KEY ELEMENTS FOR NEIGHBOURHOOD ZONING

Zoning will change from the current R zoning to form-based zoning. The primary Neighbourhood zones are N1- N4 (up to four storeys), N5 (for five to nine storeys) and N6 (10-plus storeys) and will regulate levels of density via the maximum number of units permitted on a lot, using a units per hectare (UPH) calculation.

Sub zones A to F are introduced to the primary Neighbourhood zones to reflect a continuum of existing characteristics in accordance with Official Plan direction. Sub zone A reflects neighbourhoods that have the most urban characteristics, while Sub zone F reflects neighbourhoods that have the most suburban characteristics. Each sub zone has its own minimum lot widths and building setbacks (from the lot lines) and apply to all primary zones.

WHAT COULD THIS MEAN FOR AVCA RESIDENTS?

It would seem, based on the information provided in the Zoning By-law package, that the key change would be an anticipated maximum allowed four to six units per lot in an interior of the neighbourhood (which is more than expected based on the recent amendment to the *Ontario Planning Act* to allow for three units per lot). Current setbacks would appear to remain mainly unchanged (except for a maximum height increase from eight metres to 8.5 metres).

Lots located on a major or a minor corridor, near to the Hurdman-Billings Bridge Plaza Transitway, near the proposed Heron Road Bus Rapid Transitway or anywhere in an Evolving Neighbourhood, (for example close to Bank Street) would be zoned to a higher level (both for height and density). Generally, lots near a corridor or within 400 metres of a transitway would be considered an Evolving Overlay and could allow for eight to 12 units per lot and with a potential maximum building height of 11 metres to allow for three storeys. Given the number of corridors in our ward – the Hurdman-Billings Transitway, the proposed Heron Transitway and the Elmvale Acres Transitway – a fair bit of the Alta Vista Ward could be considered an “Evolving Overlay.”

Continued on page 8



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OUR COMMUNITY

Continued from page 7

That said, the Alta Vista/Faircrest Heights/Riverview Park Secondary Plan which characterizes corridors as low rise (up to four storeys) is still in effect and this could temper how these maximal limits are translated into the actual text of the Zoning By-Law to be released on May 31. Existing Secondary Plans are to be updated over the coming years.

As a comparison, the Inner Urban area (Vanier, Old Ottawa South, Old Ottawa East) baseline for interior lots is at the medium density level of eight to 12-plus lots. Low density residential zoning (N1) is intended for the interior areas of the Suburban transect (such as Barrhaven, Kanata and Orleans).

PROPOSED POLICY ON 'OVER DENSIFYING'

Some of you will undoubtedly be surprised by the higher than anticipated maximum number of proposed units per lot. The city has decided to use an "over densifying approach" at the lot level. Lots within existing neighbourhoods typically redevelop at a slow rate, and within the interiors of neighbourhoods, the Official Plan directs development to be "gradual" and "context-sensitive". This is why, to meet Official Plan density targets at a neighbourhood level, the policy and draft zoning proposes to permit higher densities at a site level (four to six units) than required by provincial

law (three units allowed per lot) or by the Federal Accelerator Fund (four units allowed per lot).

IMPACTS ON PARKING

The draft Zoning By-law proposes to eliminate minimum parking space ratios city-wide and move to a "choice-based approach." Maximum space ratios would still be in place near transit. Some residents may be concerned this could lead to more on-street parking and perhaps to on-street permit parking as is found in the Glebe and more recently in Vanier. In the report, the City states that removing minimum parking rates does not mean eliminating or banning parking. And a recent CBC article noted that other cities have made this change with little appreciable impact.

HOW TO GET INFORMED AND INVOLVED


The Public Engagement Plan indicates that once the draft Zoning By-law is released on May 31, 2024, there will be various engagement activities including on Engage Ottawa, online document circulation, online story map, public workshops, as well as community meetings and community pop up events. Councillor Carr has already scheduled two information sessions on June 10 (at Jim Durrell Recreation Centre) and June 13 (virtual) with required registration. AVCA Planning and Zoning will examine what other meetings might be needed before the end of the consultation period in October. Any questions or comments can be directed to the AVCA Planning Committee care of altavistacommunityassociation@gmail.com.

The second draft of the Zoning By-law provisions is anticipated to be released for further consultations in the first quarter of 2025 and the final version is to be presented to Council in the last quarter of 2025.

AVCA Planning and Zoning will continue to follow this file closely and will provide further details and analysis after the first draft of the actual Zoning By-law provisions is released.



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OUR COMMUNITY

THE BRUTALIST BEAUTIES OF ALTA VISTA

By Chris Wiebe



Virtually every book or article on the concrete or “Brutalist” architecture of the 1950s to 1970s begins with an apology for the architectural style and ends with a plea to love it better. People don’t like Brutalism, so the saying goes, because it’s rough and inelegant, concrete is a poor finishing building material that easily gets dirty and discoloured, and its heavy presence has become synonymous with

dreary hockey arenas and hulking public buildings. It’s a style out of step with the light and glassy tastes of today. Has anyone in Ottawa rushed to the defence of the soon-to-be liquidated concrete Main Branch of the Ottawa Public Library on Metcalfe Street?

And yet, when first introduced, concrete buildings were all the rage and highly coveted. Alta Vista is full of these structures once you start looking. In January 1969, *Ottawa Citizen* ad copy about the Playfair Towers (1701 Kilborn Avenue) enthused about the new development: “You can live in Ottawa’s most extraordinary new apartment residence ... Playfair Towers by Campeau. A new dimension in apartment living ... with all the grace, elegance and convenience you’re searching for in a home.” This towering structure of rough brick and concrete was synonymous, apparently, with “quiet privacy” and “luxury.” Indeed, ads in the *Canadian Architect* magazine from the 1960s summed up the prevailing thinking about concrete architecture at the time, stocked with phrases like: “Precast concrete stands for status”; “Built to Last”; “Triumphs of integrity”; or simply, “Concrete is good for you.” In other words, concrete was a refined and “noble” building material, like stone in the past, yet affordable and accessible to all.

The original concrete Children’s Hospital of Eastern Ontario (CHEO) building at 541 Smyth Road speaks to this idea. “Our design was based on the child, incorporating new concepts to make the hospital elegant and efficient ...” said lead architect George M. Moiseyev (of Lithwick, Lambert, Sim and Johnston) in August 1968 as the original plans were unveiled. “The element of horizontality would be a change from the fortress-like masses which most hospitals represent. The patient will feel quite at ease.” Standing before it today, CHEO’s dominant feature is the precast sculptural panels running in bands around the building. I’m embarrassed to admit that even after repeated visits to the building with my kids, I’ve never paused to look at them. They alternate between two designs that could be read as two abstracted children in movement, and they do succeed in breaking up and “lightening” the massive building.

“Architecturally speaking, with few exceptions, Ottawa’s apartment buildings in the post-War period were cautious and unadventurous,” writes Robert Smythe dismissively in the 2017 Heritage Ottawa book, *From Walk Up to Highrise: Ottawa’s Historic Apartments*. I would argue that the apartment tower at 1144 Rockingham Avenue, however, is one of those exceptions, and stands as one of Alta Vista’s most striking brutalist buildings. Named the “Rockingham Palace Apartments” when it opened in 1978, the late “Brick Brutalist” tower is powerfully



1144 Rockingham Avenue with its striking monolithic stair towers.

bracketed by two monolithic concrete stair towers that feature dramatic angles at their summits. It bears similarities with the nearby Ottawa Postal Terminal (1424 Sandford Fleming Ave.), whose 1970 design uses chunky stairwells to enliven the façade, but the Rockingham tower is more playful in execution. When you look at it you can see the influence of Brutalist masterworks like Ernő Goldfinger’s London apartment towers or Robarts Library in Toronto.

In the face of the diminished reputation of concrete architecture, it is interesting to note how Alta Vista’s Brutalist buildings have been modified in attempts to help them shed their dated appearance. At Urbandale’s Lord Halifax Place (2240 Halifax Dr.), the concrete panels and balconies in the central sections of each tower have been painted black, no doubt to try to break up the massiveness of the structures and hide stained concrete panels. St. Laurent Towers (1975 St. Laurent Ave.) by the Elmvale Shopping Centre has gone further and painted the entire concrete and variegated red brick 1970s towers in blocks of white and black. It is a strategy that I fear will not age well.



Lord Halifax Place (2240 Halifax Dr.) with its sections of concrete painted black.

By the 1980s, Brutalism was out of fashion. It begs the question, when do buildings go from being remarkable to forgettable, and perhaps even loathed? *Concrete Toronto: A Guidebook to Concrete Architecture from the Fifties to the Seventies* (2007) by Michael McClelland and Graeme Stewart is a terrific book that helps you see that city’s Brutalist gems and wealth of everyday concrete buildings with new eyes. “We now suffer a cultural amnesia about this period,” write McClelland and Stewart. “We remain critical yet uninformed about its architecture and leave its very large impact on our environment without thoughtful assessment. An appreciation for the architecture of the recent past is a contemporary cultural blind spot.” Hopefully, Alta Vista and Ottawa can learn from the ongoing reappraisals of this oft maligned architectural style.



St. Laurent Towers (1975 St. Laurent Ave.) have recently received a bold new colour scheme.

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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.

New Ways to Bus Virtual Information Session - May 9th

My office in collaboration with OC Transpo will be holding a virtual information session regarding the ward specific changes coming as part of *New Ways to Bus* launching with Line 2. This session will be hosted virtually on May 9th from 7p.m. to 8:30p.m. Please email jane.gibson@ottawa.ca to register for this event. The meeting link can also be found on my website

Repair Café - May 11th

Do you have an item that needs to be repaired? My office, in collaboration with the Ottawa Tool Library will be holding a Repair Café at Jim Durrell Recreation Centre (1265 Walkley Road) on Saturday May 11th from 10a.m. to 2p.m. We will also have representatives from the City of Ottawa's Public Works team and the Rotary Club of Ottawa on site to share their work with residents.

We will be collecting items for Cornerstone Housing for Women's shelter at this event. Cornerstone provides essential needs such as nutritious food, personal care items and shelter. You can learn more about Cornerstone on their website at www.cornerstonewomen.ca.

They are looking to collect the following items for their shelter:

- 200 new underwear
- 150 Mattress Pads
- 150 New Pillows
- 150 Travel Size Toiletries
- 43 Brooms and Dustpans
- 43 Mops and Buckets
- 43 Bottles of Floor Cleaner
- 43 Bottles of All-Purpose Cleaner
- 43 Sponges and Cleaning Cloths
- 43 Plungers

Zoning By-Law Review

The Zoning By-Law draft provisions will be released June 1st. My office will be hosting 2 information sessions on the zoning changes that will occur as a result of this review.

There will be an in person session on June 10th from 6:30p.m. to 8p.m. at Jim Durrell Recreation Centre (1265 Walkley Road) in Ellwood Hall. The same information will be presented in a virtual format on June 13th via Microsoft Teams from 6:30p.m. to 8p.m. To register for either session, please email Jane.Gibson@ottawa.ca.

More information on the New Zoning By-law can be found on <https://engage.ottawa.ca/zoning>.

Delmar Drive and Playfair Drive Renewal


The City of Ottawa is undertaking the design and construction of new infrastructure in the area of Delmar Drive and Playfair Drive. The project scope will consist of concrete sidewalks, renewal of storm and sanitary sewers, and three new speed humps. Project specifics can be found on the City of Ottawa's website by searching Delmar Drive and Playfair Drive – New sidewalks, sewer renewal and drainage improvements.

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)

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

Marty.carr@ottawa.ca | martycarrottawa.ca

OUR COMMUNITY

ORKIDSTRA'S SOCIAL DEVELOPMENT THROUGH MUSIC PROGRAM IS NOW IN HERON GATE

By Riaz Mohammed, OrKidstra Board Vice-Chair

Think about the most memorable times in your life – was music involved?

My journey with OrKidstra began when I stumbled upon this remarkable organization while teaching at Charles Hulse Public School. I brought OrKidstra into my school, and after witnessing firsthand the transformative impact of the program, I knew I had to be part of it once I retired. Newly retired, I am now the Vice-Chair of OrKidstra's Board of Directors and am excited to share our story with you.

About OrKidstra

OrKidstra is more than just a music program; it's a social development program with a mission to build community and empower kids, ages five to 18, from equity-deserving communities through the universal language of music. As of 2023, OrKidstra operated after-school music programming in two community-based hubs in West Centretown and Vanier/Overbrook. By providing children and youth with free access to instruments and music lessons, taught by passionate music educators, OrKidstra teaches life skills – such as respect, compassion, teamwork, self-confidence, and responsibility. OrKidstra students also receive performance, mentorship and leadership opportunities – opportunities which they may otherwise go without.

With the support of our community, we have grown from serving 27 children in 2007 to nearly 700 children and youth, both in-school and after-school, from over 62 linguistic and cultural backgrounds, in 2024. Research consistently highlights the profound impact of music engagement on children and youth and we have witnessed remarkable outcomes. One of the statistics that I am most proud of is that 100 per cent of OrKidstra graduates have completed high school and gone on to post-secondary education.



OrKidstra teaching artist, Mr. Emmanuel, leads Heron Gate Hub students in song. Photo credit: Leslie Noxon

And OrKidstra is now in Heron Gate!

On April 17, 2024, OrKidstra launched its third after-school hub in the heart of Heron Gate. Community needs brought OrKidstra to the Heron Gate neighbourhood. Our goal is to provide more kids from equity-deserving communities with the opportunity to participate in our music education program, helping them to grow and thrive despite systemic barriers.

Located at the Heron Gate Community Hub (2850 Cedarwood Dr.), we are introducing eight weeks of our KidSingers (choir) after-school program to children and youth ages eight and above. Every Wednesday, students embark on a musical journey, learning vital life skills through the joys and challenges of music-making together. Looking ahead to 2024–25, OrKidstra plans to begin expanding after-school programming at our new Heron Gate Hub to include instrumental lessons, as we have in our two established hubs.

Want to join OrKidstra? Families interested in enrolling their children in our after-school program in Heron Gate are encouraged to register on the OrKidstra website (orkidstra.ca). For any inquiries, please reach out to the OrKidstra team at programadmin@orkidstra.ca. Make music, make friends!

How can you support OrKidstra in Heron Gate? We invite members of the Alta Vista and Heron Gate communities to join us in this exciting endeavour by sharing the news and spreading awareness. And if you can volunteer your time, offer networking opportunities, or contribute to fundraising efforts, we would love your support. Together, we can create a brighter future for our community's children and youth. Please visit orkidstra.ca to learn more and reach out any time by email at contact@orkidstra.ca or call us at 613-233-0166.

OrKidstra students are truly our best advocates! Isaac, a 14-year-old OrKidstra student, aptly captures the essence of our mission: "Learning a musical instrument is such an opportunity in life. The more kids that experience it can help the world grow and be a better place." Your support can help us expand our reach and create more opportunities for youth like Isaac to realize their potential!



OrKidstra launched its Heron Gate Hub after-school program on April 17, 2024, at the Heron Gate Community Hub. Photo credit: Rebecca Russell

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OUR COMMUNITY

THE ALTA VISTA FIELD OF DREAMS

By Bill Reid (Alta Vista resident 1954–67)

It happened long before the movie *Field of Dreams* (1989). It predates personal computers, the internet and smartphones. It happened in the era when colour television was embryonic and really high tech while, at the same time, children listened to cowboy and detective programs on the radio and legally played road hockey.

It happened in Alta Vista 69 years ago – June 25, 1956, in the presence of local dignitaries and the RCAF Band. “It” was the first game of the brand new Rideau Park Little League. That game was played on the newly constructed Kilborn baseball diamond, known today as the Kilborn 1 (West) diamond in the South Ottawa Little League organization. The diamond is located in Grasshopper Hill/Kilborn Park.



Recent photo of the Kilborn baseball diamond from behind home plate looking out towards the infield/pitcher's mound and the outfield. Photo credit: Bill Reid

The success of the Glebe Little League, the first in Ottawa, formed in 1955, inspired a group of Alta Vista parents to band together in 1956 and create the Rideau Park Little League. These same parents then constructed the Kilborn diamond – the Alta Vista Field of Dreams – build it and they will come.

The Rideau Park Little League started with four teams – the Braves, Cubs, Orioles and Tigers. The Cubs and Braves played in that historic first game. My older brother played for the Cubs and my father was his coach. Dad also served as president of the league. I played for the Tigers and we met the Orioles in the second game later that week. I went on to enjoy four fun-filled seasons, 1956–59, with the Tigers; and the Tigers were League Champions in 1956 and 1957.

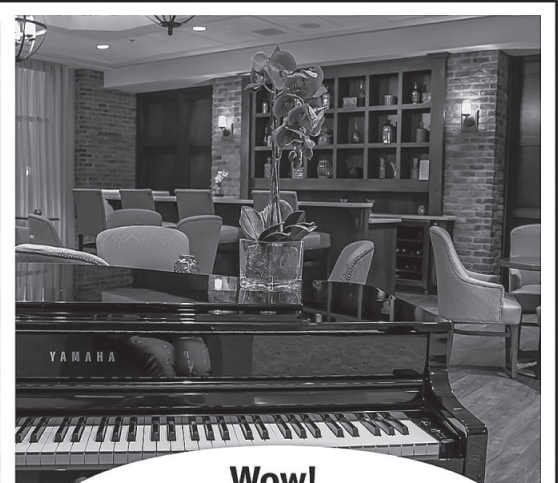
Significantly, we played organized baseball with children who lived in Alta Vista but were outside of our own personal boundaries within Alta Vista, were of varying age ranges, and attended different schools. Most of us could get to the diamond on our own either by walking or by bike. Many friendships were formed that otherwise might not have happened.

Continued on page 14



Bill Reid preparing for the game before heading for the park – or maybe this would be used for his baseball card.

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OUR COMMUNITY

Continued from page 13

In early May 2024, the 69th consecutive season of Little League baseball will begin on that very same baseball diamond. It is reasonable to suggest that the Kilborn 1 (West) location is one of few Little League diamonds anywhere in the world that has survived intact for 69 years. Changing demographics, urban renewal and progress are a few of the events that could result in the demise of many Little League diamonds located on prime real estate.

Little League baseball is played worldwide by millions of boys and girls aged 12 years old and younger. The “It” diamond has provided thousands of Alta Vista boys and girls the opportunity to enjoy the game of baseball. Little League baseball was so enjoyable that my children played and I coached in Ottawa.

In 2017, the “It” diamond, and the adjoining Kilborn 2 (East) diamond, were named the “Bill and Marion Atwell Baseball Diamonds” to honour their many decades of volunteerism to Little League Baseball.

I encourage Alta Vista residents, both current and past, to take in a game, or stroll through Grasshopper Hill/Kilborn Park and marvel at the history and fun embedded in the dirt and grass of Kilborn 1 (West). And, if you let your imagination run amok, you just might see former Little League players coming to the park along the path from Cunningham Avenue, just like the players emerged from the Iowa cornfield in the movie *Field of Dreams*.



Bill Reid on second base at the Kilborn baseball diamond in August 1956.



OUR COMMUNITY REPS

FIRST DRAFT OF NEW CITY ZONING BY-LAW TO BE RELEASED MAY 31

By Marty Carr, Councillor Ward 18 Alta Vista

A report on the first draft of the new comprehensive Zoning By-Law was tabled at a joint meeting of the Planning and Housing Committee and the Agriculture and Rural Affairs Committee on April 29. The by-law will implement the policies and directions in the City of Ottawa’s New Official Plan approved by the Minister of Municipal Affairs and Housing on November 4, 2022. The report explains how the new Zoning By-law implements Ottawa’s new Official Plan.

On May 31, the new draft Zoning By-law will be released, which will include specifics. City staff have indicated that consultation on the new Zoning By-law will take place over approximately 18 months, with approval by Council expected in Fall 2025.

The current zoning system as we know it will change significantly, not only by reworking and consolidating zoning codes, but also by increasing housing options and amenities within all neighbourhoods to implement the policies of the new Official Plan. Some of the changes that we can expect to see include:

A new zoning framework of Neighbourhood zones;

- A minimum of four dwelling units proposed per lot in all Neighbourhood zones serviced by municipal water and sewer systems;
- Expansion of requirements for soft landscaping;
- New permissions for non-residential uses;
- New permissions to address climate change adaptation and mitigation; and
- Elimination of parking minimums.

The draft documents show that much of Ward 18 is expected to be low-density Missing Middle, allowing four to six units on lots in the interior streets of the neighbourhood, while Minor and Major corridors and areas identified in the Official Plan as the “Evolving Overlay” are proposed as mid-density Missing Middle, allowing eight to 12 units on lots.

A height strategy is also included in the Zoning By-law, which aligns with the Official Plan. Where the Alta Vista/Faircrest Heights/Riverview Park Secondary Plan establishes low-rise maximums, a maximum height of four storeys will be maintained. This includes Pleasant Park Road (from Riverside Dr. to the Allotment Gardens), Kilborn Avenue (from Bank St. to WRENS Way), and along the south side of Smyth Road between Alta Vista Drive and Lynda Lane. Elsewhere on Smyth will be a maximum of nine storeys as per the Official Plan. The portions of Heron Road, Pleasant Park and Kilborn not subject to the Secondary Plan will be a maximum of six storeys.

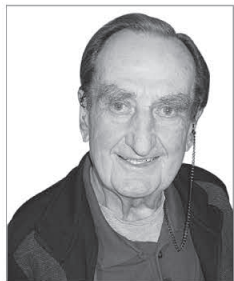
I know that there will be many questions with respect to what these changes mean. The information received this week is very preliminary, and there will be more precise materials released on May 31. These will include detailed zoning maps that will include zoning codes and sub-zones, which will identify what is allowed on each street. My office will be hosting two information sessions on the proposed zoning changes in June. There will be an in-person session on June 10 from 6:30 to 8 p.m. at Jim Durrell Recreation Centre (1265 Walkley Rd.) in Ellwood Hall. The same information will be presented in a virtual format on June 13 via Microsoft Teams from 6:30 to 8 p.m. To register for either session, please email Jane.Gibson@ottawa.ca. Note that these will not be City-staff-led sessions, these will be led by me and my staff, and are designed to ensure that we have an ongoing dialogue on this issue and that I identify the key issues and concerns.

You can read the draft provisions on the joint Planning and Housing and Agriculture and Rural Affairs committees agenda on the City of Ottawa’s committee agenda webpage or my website at martycarrottawa.ca. To receive the most up-to-date information from my office, please subscribe to my weekly newsletter online on my website or by emailing jane.gibson@ottawa.ca.

OUR PEOPLE

HOW TO RETIRE? WALK 240 KILOMETRES

By Courtney Tower



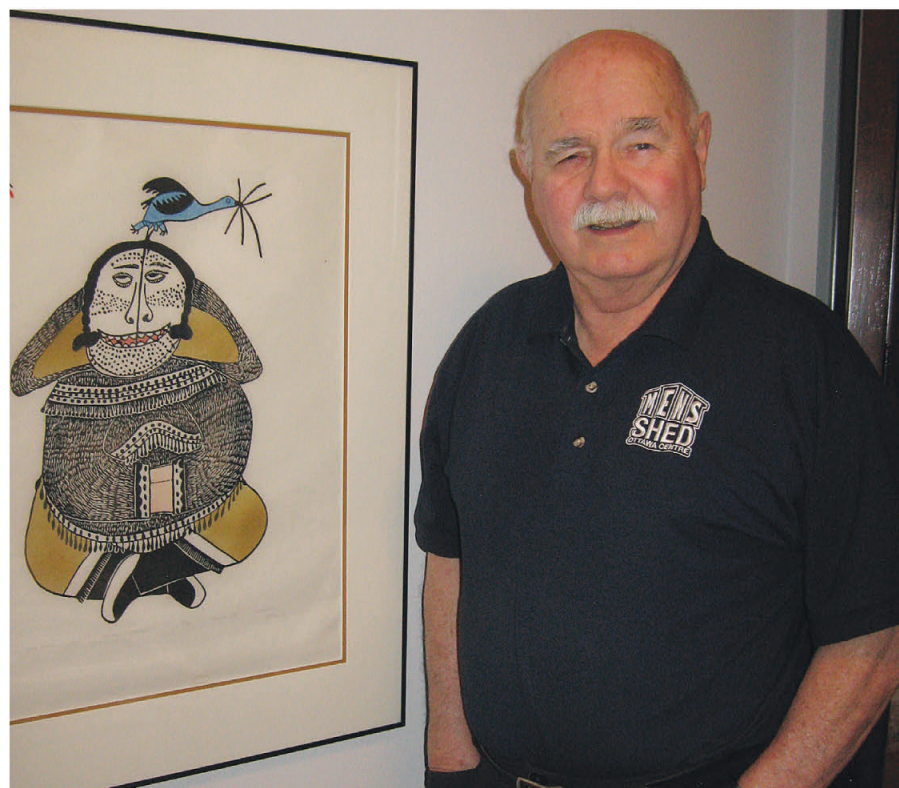
Yes, retiring can involve hiking a 240-kilometre route of the Camino de Santiago de Compostela up rocky hill and down scenic dale between Portugal and Spain. And it can include “a wonderfully freeing” meditative retreat of 10 days of total silence in a Quebec woodland setting. And visiting residents of seniors’ homes to display a touch of the creative wonders of artificial intelligence. Or volunteering a day a week at the Ottawa Civic Hospital. Or just going out walking about seven kilometres with a neighbour twice a week.

These and other ventures are what Paul Morisset, 76, engages in, still following the eclectic path his life seems to have set out for him. They also serve to keep him busy. Every day.

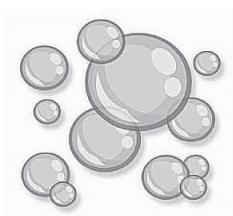
Sound Man To Reporter All In A Career’s Work

Paul has been retired, if one could call it that, since 2012. His long career with the CBC covered the progression of CBC television from film to electronic news gathering technology. First there were years as “a film sound man” who accompanied a cameraman (almost never a woman) bearing a microphone on a long pole to catch the speech or other sound of the person or event being filmed. The two, film and sound, would record the interview or reportage conducted by a third person, a reporter, on one device. That would be electronically shipped off to Toronto by 8.40 p.m. to make the CBC National broadcast at 11 p.m.

Then, in 1977, technology advanced and the film sound man became an E.N.G. (Electronic News Gathering) man, with the new package capturing both picture and sound. So, Paul packed a heavy video camera on his shoulder and became a cameraman. *Continued on page 16*



Among Paul Morisset’s diverse interests is a love of Inuit paintings and soapstone carvings. He stands by one superb example on his apartment wall. Photo credit: Gerri Doherty



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OUR PEOPLE

Continued from page 15

More technological change followed, in the “downsizing” trend that hit all aspects of the media. The team of three became one, and Paul was required not only to film the subject of the day but be the reporter and producer as well. He would arrange the interview, ask the questions, and record the responses, as well as gather the necessary cover images. Then he would take the material back to his desktop computer and edit it down for broadcast that night.

The Unchanging Grind

A New Opportunity

Most of this progression took place for Paul on Parliament Hill in Ottawa, 11 years of covering MPs and ministers, the daily scrums with Government and Opposition figures, the trips abroad to China and Europe and South America, sometimes exciting and often boringly repetitive. All of that was topped off by eight years as reporter-video journalist with CBOT in Ottawa.

“The Parliament Hill scene got to be so tedious, so repetitive, the say-nothing-new scrums, the waiting outside the Cabinet Room or in the lobby outside the Commons chamber for MPs and ministers with their stock phrases, the daily grind, that it affected my nerves and I asked for and got a transfer to the local CBC television station.” Paul says. “At CBOT there were not the foreign trips and occasions that broke the tedium of Parliament Hill coverage but there was a different story to follow every day,” he told this interviewer (also a political reporting alumnus).

Guess Who Knows?

The Shadow Knows

Paul Morisset was born to Leon-Paul and Geraldine Morisset in Ottawa on August 14, 1947, in between older sister Denyse and younger brother Richard, now gone. The family moved around a lot and he would be taken out of one school in mid-term to go to another.

“I became a very poor student,” Paul says. “I failed a couple of times, and it took me six years to get through Grade 12.”

One happy break in these clouds came during a stint at Rideau High School, now defunct, on St. Laurent Boulevard, because he became a member of a folk quartet.

“We called ourselves the Lamont Cranston Quartet, after the radio serial character in *The Shadow* (who uttered ‘Who knows what evil lurks in the hearts of men? The shadow knows’). We weren’t very good as a band, but we were funny. We had little skits, and we played in high schools in the whole Ottawa area,” Paul says.

That was a good time that cropped up during gloom, as a beloved old guitar at rest in his apartment sitting room attests. Then other opportunities, other happenchances, would come along after he was out of high school giving him a series of short-term, going-nowhere jobs ranging from bottom-grade clerk to messenger taking confidential documents from the Privy Council Office to Ministers’ offices and back.

Happenchance

With the CBC

“I was about 20 and jobless when my brother-in-law, a freelance film cameraman, suddenly needed a sound man to accompany him and he asked me to fill in,” Paul recalls. “That turned into a long association with him. And then, more happenchance, we freelancers would be working often at events being covered by CBC crews. They encouraged me to join them, and I became a CBC sound man on Parliament Hill.”

“You know, I’ve had a charmed life,” he ruminates. “Something always turns up that points to a new way.”

What turned up next, just after retiring from the CBC at age 65, was becoming a volunteer on Ward B-5 at the Civic Hospital on Carling Avenue, talking with and otherwise assisting patients and helping nurses in their duties. Then COVID-19 came and volunteering in the wards was stopped. But the Auxiliary at the Civic beckoned, the body

that operates the gift shop and oversees the other ventures including the two commercial fast-food eateries. All funds from Auxiliary operations or commissions from the eateries, as much as a million dollars a year, support the Civic’s equipment or staffing needs. Paul became President of the Auxiliary but as other interests grew, he dropped down to what he does now, working at the gift shop one day a week.

Finding Oneself

Over 240 KM Walk

Those other interests included fulfilling a long-held wish to take one of the nine walks or pilgrimages to Santiago de Compostela in Spain from France or Portugal. He chose the Camino de Santiago de Compostela from Porto, Portugal, to what is described as “one of Christianity’s greatest cities,” with its Romanesque cathedral dating to 211 A.D. allegedly harbouring the remains of the Apostle James behind its medieval walls.

“I’m not religious, but this truly was for me a spiritual experience,” Paul recalls. “Alone with my thoughts and walking 20 kilometres a day, I learned more about myself, got a sense of being at one with myself and of my place in the world.”

“Also, I proved to myself that I could research, plan and complete such a venture at my then age, 75.”

Paul also proved to himself that he could meditate, in total 24-hour silence, for 10 days running, at a retreat in eastern Quebec north of Montebello. The retreat is part of the ancient Indian Vipassana technique of meditating for at least 10 hours of each day. Lodging and board is free and total silence, even at mealtimes, is required by participants.

“The first three days are excruciatingly hard, and some drop out, but then it becomes easier,” Paul says.

Paul has been interested in Canadian Arctic art since his CBC days: huge prints of Inuit paintings adorn a wall of his apartment while another wall shows off many Inuit soapstone sculptures. The huge leap from the traditional to today’s artificial intelligence is made by the electronic gadgets and software programs that interest him. One such is an AI program that turns words into images.

“You say the words of what you want portrayed, say a festive birthday scene with balloons and candles, and lo, that is what appears on screen,” Paul explains.

Paul takes this beneficial aspect of AI to seniors homes to make little presentations for residents.

What’s Next?

Another Walk

Paul is active in the Ottawa chapter of Men’s Shed, a group of elderly men that meets Tuesday mornings for breakfast and other socializing. All the while, he has regular lunches or dinners with old friends and takes a neighbour for those seven-kilometre walks. He does the weekly shopping and other chores for his wife, Joyce, who lives apart from him.

What’s next?

“Well, I’m planning to research the life of my great-grandfather, a country doctor who lived in Sainte-Hénédine, Quebec, south of Quebec City,” Paul says. “Alfred Morisset died in 1896, a doctor and a poet.”

“And I’m looking at doing another walk, the Confederation Trail in Prince Edward Island.”

*“We must be willing to let go of the life we planned so as to have the life that is waiting for us.” —
Joseph Campbell*



ARTS & CULTURE

What's On in Ottawa in May

By Tony Wohlfarth



This month, I review a new exhibition at the Canadian Museum of History and an entertaining film available in our community. More live music awaits at the NAC and from home via CBC Gem. Looking ahead to the long weekend, do not miss the Great Glebe Garage Sale on May 25.

First Royals of Europe (100 Laurier Street in Gatineau)

A new exhibition is underway at the Museum of History in Gatineau. First Royals of Europe is a collection of artifacts from 26 national museum collections in southeastern Europe – from Bulgaria to Montenegro to Hungary and beyond. The collection spans 6,500 years and is organized into four chapters. I enjoyed the scope of the collection and its interactive elements. First Royals of Europe is on display until January 19, 2025. Admission is included with tickets for the permanent collections. For more information, check out: www.historymuseum.ca



A gold wreath from the Iron Age is part of the First Royals of Europe exhibit at the Museum of History. Photo credit: Field Museum, Ádám Vágó.

The Promised Land

The Promised Land is an entertaining historical drama set in Denmark's Jutland, in 1755. The film is based on a true story and a book, *The Captain and Ann Barbara* by Ida Jessen. Ludwig Kahlen (performed by Mads Mikkelsen) is a 25-year veteran of the German army. He presents his credentials to the Danish royal family and asks for a land grant in the remote region of Jutland. Jutland is covered in heath and occupied by bandits. Kahlen clears the land to plant a mystery crop he brought with him from Germany.

The region is also claimed by Frederick Schinkel, a rogue nobleman who rules his subjects with an iron fist. *The Promised Land* tells the story of Kahlen's epic struggle with Schinkel. The action is brutal and gruesome.

Mikkelsen delivers a masterful performance. His facial features are stoic, leaving audiences guessing at his true feelings. I was also impressed with Melina Hagberg, who performs the role of Anmai Mus.

Directed by Nikolaj Arcel, the film won three European Film Awards, including one for Mikkelsen for best actor. The running time is two hours, seven minutes.

How Can I See *The Promised Land*?

The Promised Land is available to rent from Movies 'n Stuff. Call Peter to reserve your copy at 613-738-1607.

CBC Gem

Looking for something else entertaining to watch from home? CBC Music has a series of live musical performances filmed at Massey Hall, the iconic and beautifully restored concert hall in downtown Toronto. Some recent additions for 2023 include Matt Andersen & the Big Bottle of Joy (33 minutes), Donovan Woods (32 minutes), Jeremy Dutcher (45 minutes), William Prince (30 minutes), and Charlotte Cardin (38 minutes). Log on at gem.cbc.ca.

NAC (1 Elgin)

A number of outstanding artists perform at the NAC this month:

- May 2 – the Glenn Miller Orchestra;
- May 4 – Walk off the Earth;
- May 5 – Gimeno & Toronto Symphony Orchestra with Emily D'Angelo;
- May 10 – the Mary Ancheta Quartet;
- May 11 – Maïa Davies with Ottawa's own Mikhail Laxton;
- May 16 – Katherine Levac;
- May 18 – Leanne Hoffman;
- May 25 – Ottawa's own Lynne Hanson's album release party; and
- May 31 – Ottawa-born singer songwriter Bruce Cockburn.

For tickets and showtimes, check out: www.nac-cna.ca

Continued on page 18

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ARTS & CULTURE

Continued from page 17

Six

Broadway Across Canada's latest musical production from Broadway, *Six*, is about the six wives of King Henry VIII. It opens at the NAC on May 21 for an exclusive engagement (eight shows) through until May 26. Tickets are now on sale at: ottawa.broadway.com/shows.



The six wives of Henry VIII from the hit musical *Six*. Photo credit: Joan Marcus.

Emmanuel United Church

The Peanut Butter Falcon is the final offering in Emmanuel's Friday Night at the Movies. A heartwarming adventure about a misfit on the run in the bayous of Louisiana, a young man with Downs Syndrome escaping from the seniors home where he is required to live, and a young social worker who is tracking him down and wants him to have a better life. The movie screens on May 24 at 7 p.m and is free to see. Mark it on your calendar. For more information, contact emmoffice@bellnet.ca or call (613) 733-0437.

The Great Glebe Garage Sale

Do not miss the Great Glebe Garage Sale on Saturday, May 25. The action gets underway at 8 a.m. with more bargains to be discovered late in the day when stuff is often given away!

Out of Town

Ahead of Hot Docs Canadian International Documentary Festival 2024, I had a chance to screen one of the international documentaries on offer.

Daughter of Genghis

Mongolia is a tiny democracy sandwiched between China and Russia. It is the setting for a dark documentary about Gerel, a single mother to Temuulen. As the film opens, Gerel is a flaming nationalist and leads a brazen group of activists who patrol the streets of Ulaanbaatar shaming prostitutes who they perceive as giving in to Chinese men. Later in the film Gerel reverts to work as a safety officer for a Chinese company. Filmed on location from 2015 to 2023, *Daughter of Genghis* is a gritty look into life for young people in Mongolia. It is not pretty but it is sadly realistic.

At Hot Docs, *Daughter of Genghis* has its international premiere on April 29 at 2:45 p.m. It screens again on May 4 at 5:45 p.m. Its director is Kristoffer Juel Poulsen. The running time is one hour, 25 minutes. Subtitles in English.

For tickets and information about the films, check out www.hotdocs.ca.



Gerel and her nationalist compatriots patrol the streets of Ulaanbaatar, Mongolia in *Daughter of Genghis*. Photo credit: Kristoffer Poulsen and Christian Als.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He is currently attending Hot Docs in Toronto and will have more reviews to share next month.



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ARTS & CULTURE

PUTTIN' ON THE RIZZ! AND VISTAS-AREA PAINT NITE FUNDRAISER

By Sutida 'May' Turcot

On a Tuesday night in early April, three people enter a virtual meeting in quick succession, all three in comfortable clothes and ready for that precious adult time at the end of the day when the household is as quiet as a mouse.

They are: Jesse Kahat, a familiar name in Riverview Park's Lost Baggage Musical Theatre (LBMT) company productions; Nancy Poirier, VISTAS-area resident and cast member of an upcoming LBMT production; and May Turcot, VISTAS-area resident, amateur writer and LBMT supporter.

I had convened the call to chat with Jesse and Nancy about LBMT's upcoming "dance cabaret." LBMT advertises that: "The show will feature ensemble numbers with contemporary, ballroom, tap, jazz and musical theatre styles of dance with solos and small group numbers mixed in. The cast will be comprised of trained and amateur dancers from all levels and styles of dance."

Jesse explains that she, and good friend and Co-Director Andrew Wiseman, are both dancers. Jesse is a trained ballroom dancer and Andrew has honed their dancing skills in the world of competitive figure skating. From Jesse and Andrew's perspective, in community musical theatre, there are generally more performers who are singers first, which can result in the dance component of musical theatre taking the backseat. This can also sometimes translate to aversion (or sometimes dread) in potential cast members to the dance component of musical theatre auditions.

With *Puttin' on the Rizz!*, Jesse and Andrew seek to bring more dance to the community in a fun and inclusive manner, both from the experience and cash flow perspectives. "Dance doesn't have to be inaccessible, but dance lessons can be (cost) prohibitive," explains Jesse.

For Nancy's part, she is primarily a dancer, and while she can hold a tune, musical theatre is not "dance theatre," and so there are fewer show opportunities where dance is the primary focus. Nancy is excited to be part of a musical theatre endeavour where her inclusion does not hinge on "whether I can belt or am a mezzo" – a reference to the singing ability to put significant power and volume behind the voice (think of pop singer Adele, for example) and the middle register voice in female singing ranges, sandwiched between altos and sopranos.

Nancy attests to Jesse and Andrew's success in bringing about their vision, even before the lights shine on the opening night stage. We have "fun and welcoming rehearsals with lots of different people from all walks of life. It's great to see people throwing themselves into it." Nancy finds it incredible that she can access, for the cost of her time and performing energy, one hour of ballroom dancing instruction, followed by one hour of contemporary dance instruction, for example. "It definitely makes my heart happy."

When creating the show concept, Andrew excitedly reached out to other choreographers – Amber Green and Milie Véronneau – to provide specialized dance instruction. Jesse, has had fun introducing dancers to the varied ballroom dancing styles.

"I just start teaching them and see what cast members gravitate toward. You hear something like 'foxtrot' and that doesn't tell you much about what it involves until you try it," Jesse says.

As for the title of the show, it reflects Andrew's love of puns and Jesse's reality of being the parent of a teenager. "Rizz" is a slang term coined in mid-2021, so if you don't have a direct line to pop culture, you might be new to the term, as I am (see box for the Merriam-Webster definitions).

Rizz (*noun*): (slang) romantic appeal or charm.

Rizz (*verb*): (transitive, slang) to charm or seduce.

[Kai] Cenat dubbed his friend Duke the "master" of unspoken *rizz* when Duke was able to have a woman giggling... with only a hand wave. – Emerald Pellot

While the cast will be puttin' on the rizz through various dance numbers, audience members will also be provided opportunities to rizz it up, as Jesse



Lost Baggage Musical Theatre invites you to their dance cabaret show "Puttin' on the Rizz!" and Paint Nite fundraiser at Liam Maguire's. Left to right: Nancy Poirier (VISTAS-area resident and *Puttin' on the Rizz!* cast member), Jesse Kahat (Co-Director, choreographer, and Paint Nite instructor – holding her demo painting of a disco ball), Andrew Wiseman (Co-Director and choreographer).

and Andrew are planning some more (optional and inclusive) interactive portions of the show as well. So whether you are bringing your rizz or attending to witness the rizz, come on out! And if you attend, don't hesitate to find Jesse and Andrew after the show to speak about other opportunities and possibilities to collaborate. The question after every successful show is, "What's next?!"

(Aside: May apologizes to her future teenaged children for possibly making a fool of herself in trying to use the word "rizz," which is clearly not hers to use. Pop-culture-infused VISTAS readers, May challenges you to write a Letter to the Editor to correct her use of the term and perhaps provide better examples.)

Come see and be a part of *Puttin' on the Rizz!*, a new dance cabaret concept by Jesse Kahat and Andrew Wiseman, with choreographers Amber Green and Milie Véronneau, at the Léonard Beaulne Studio (University Of Ottawa – 135 Séraphin-Marion Private) on May 31 and June 1. Evening shows 8–9:30 p.m. and the Saturday afternoon show 2–3:30 p.m. Tickets are \$23 in advance, \$25 at the door (general admission). For more information, visit www.lostbaggage.org or call 613-526-0620.

Paint Nite fundraiser – Hosted by Jesse Kahat, who has led over 100 Paint Nite events, come out to Liam Maguire's (corner of Saint-Laurent and Industrial/Innes) on Wednesday, May 8, at 7:30 p.m. Tickets available at www.lostbaggage.org or call 613-526-0620. For \$45, you receive all paint supplies, expert instruction, and help to cover some of *Puttin' on the Rizz!*'s production costs. Jesse is looking forward to leading you through painting your own flashy disco ball.

With thanks to LBMT, use promo code "VISTAS" to get 15% off for both events!



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OUR ENVIRONMENT

PHOTOS BY ELLWOOD'S GARY HOWARD

“Youuu’re deththpicable!” This is the bird that inspired Walt Disney to create Daffy Duck. Notice the ring around the neck.



Ring-necked Duck.

Flycatchers eat the same food, catch it in a similar manner, sound and look similar, but there are differences between them and the ducks. Observe the bills, wing bars and the chest area.



Willow Flycatcher



Eastern Phoebe

FRIENDS OF PLEASANT PARK WOODS

By the Alta Vista Community Association Greenspace
Stewardship Committee

May is a wonderful time to walk in Pleasant Park Woods and view the beautiful display of trilliums. We are fortunate to have such a spectacular parade of nature’s woodland flowers. More than 40 species of trilliums have been identified in the world. It’s easy to identify these flowers with three leaves, three sepals and three petals. They also come in a variety of colours and while you will notice mostly white ones in our woods, you will easily find a few red ones as well.

Trilliums require full to partial shade and rich moist soil. They grow better with organic matter and loamy soil that is well drained with a neutral to acidic pH base. The south part of Pleasant Park Woods provides the best soil base for these flowers to thrive.

While enjoying the trilliums in our woods, there is another plant you will find that is a threat to them, and that is the garlic mustard plant. Garlic mustard (*Alliaria petiolata*) is classified as an invasive species and one of Ontario’s most aggressive forest invaders. It is identified by its smell and its kidney-shaped, scalloped-edged green leaves and tiny white flowers on top. This plant releases a toxin into the soil that can affect the growth of other plants. It also can contribute to the suppression of tree growth because it harms the fungi that our native trees rely on for nutrients.



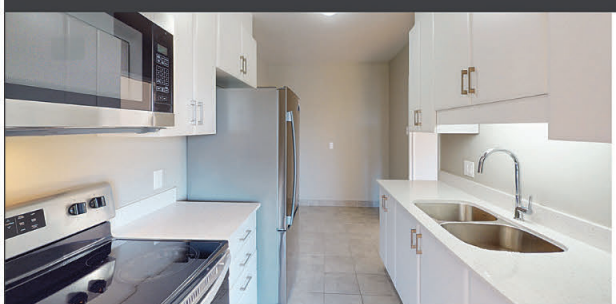
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PHOTOS BY VISTAS STAFF PHOTOGRAPHER GERRI DOHERTY

Left: Owls in the morning; Right: Two raccoons looking for food.

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OUR ENVIRONMENT

BIRDS OF ALTA VISTA – THE GREAT BLUE HERON

By Dr. Richard Knapton

A walk along any of our waterways during spring and summer – the canal, Ottawa River, Rideau River – will quite likely turn up the largest of our local birds, the Great Blue Heron. It is not unusual to spot one of these herons flying over Alta Vista, on slow-measured wingbeats, looking for all the world like a prehistoric Pterodactyl, as it travels from one feeding area to the next. So, what do we know about Great Blue Herons?

Standing about one metre tall, the Great Blue Heron is the largest heron in North America. This bird has greyish-blue feathers on its body, a white head with a black stripe on each side, and a long neck and legs. It has a thin, extended, yellow-orange beak and displays brighter feathers during mating season. Great Blue Herons have a large wingspan and can fly up to 55 kilometres per hour. During flight, they often hold their necks in a characteristic “S” curve and long legs trailing out behind.



Great Blue Heron; photo by Bob Baker

Whether poised at a river bend or cruising the shoreline with slow, deep wingbeats, the Great Blue Heron is a majestic sight. This stately heron often stands motionless as it scans for prey or wades belly deep with long, deliberate steps. They may move slowly, but Great Blue Herons can strike like lightning to grab a fish. This is thanks to specially shaped neck vertebrae. Mainly found along shorelines, river banks, and the edges of marshes, estuaries and ponds, Great Blue Herons also feed in meadows, farmland and other open fields where they stalk frogs and mammals.

Most breeding colonies are located within four to six kilometres of feeding areas, often in isolated swamps or on islands, and near lakes and ponds bordered by forests. Some colonies or “heronries” are found near developed areas; look for the herons’ bulky stick nests high in trees. Great Blue Herons nest mainly in trees, but will also nest on the ground, on bushes, in mangroves, and on structures such as duck blinds, channel markers or artificial nest platforms. Males arrive at the colony and settle on nest sites; from there, they court passing females. Colonies can consist of 500 or more individual nests, with multiple nests per tree built 30 metres off the ground.

Male Great Blue Herons collect much of the nest material, gathering sticks from the ground and nearby shrubs and trees, and from unguarded and abandoned nests, and presenting them to the female. She weaves a platform and a saucer-shaped nest cup, lining it with pine needles, moss, reeds, dry grass or small twigs. Nest building can take from three days up to two weeks; the finished nest can range from a simple platform measuring 50 centimetres across to more elaborate structures used over multiple years, reaching one and a half metres across and nearly one metre deep. Ground-nesting herons use vegetation such as salt grass to form the nest. Clutch size ranges from two to six, incubation length is about one month, and the nestling period can be two months.



Great Blue Heron perched in tree; photo by Bob Baker

If you visit a colony, look for elaborate courtship and pair-bonding displays that include a ritualized greeting, stick transfers, and nest relief ceremony in which the birds erect their plumes and “clapper” their bill tips. Pairs are mostly monogamous during a season, but they choose new partners each year. Away from the colony, Great Blue Herons defend feeding territories from other herons with dramatic displays in which the birds approach intruders with their head thrown back, wings outstretched, and bill pointing skyward.

Despite their impressive size, Great Blue Herons weigh only 2.5 kilograms thanks in part to their hollow bones – a feature all birds share. These herons have specialized feathers on their chest that continually grow and fray. The herons comb this “powder down” with a fringed claw on their middle toes, using the down like a washcloth to remove fish slime and other oils from their feathers as they preen. Applying the powder to their underparts protects their feathers against such slime and oils.

Great Blue Herons can hunt day and night thanks to a high percentage of rod-type photoreceptors in their eyes that improve their night vision. A study found that herons ate mostly diseased fish that would have died shortly anyway. Sick fish spent more time near the surface of the water where they were more vulnerable to the herons.

Great Blue Heron numbers are stable according to the North American Breeding Bird Survey. Great Blue Herons in southern Canada have benefited from the recovery of beaver populations, which have created a patchwork of swamps and meadows well-suited to foraging and nesting. Because Great Blue Herons depend on wetlands for feeding and relatively undisturbed sites for breeding, they are vulnerable to habitat loss and human impacts such as traffic, logging, motorboats, and other intrusions that can disrupt nesting colonies. Other threats include chemical pollutants or other causes of reduced water quality. Although contaminant levels have declined in many areas, pollutants such as PCBs and DDT and newer types of industrial chemicals continue to affect heron habitats and can contribute to factors such as reduced nest site attendance.

Great Blue Herons are not likely to visit a typical backyard. However, they are sometimes unwelcome visitors to yards that include fish ponds. A length of drain pipe placed in the pond can help to provide fish with a place to hide from feeding herons. Herons, like most of our birds, are legally protected by the Migratory Bird Treaty Act. The oldest recorded Great Blue Heron was found in Texas when it was at least 24 years, six months old.

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OUR ENVIRONMENT

INTERESTED IN HELPING OUR LOCAL GREENSPACES?

By Michelle St-Germain, DSV Management Project Lead

Swallow-Wort, commonly known as Dog Strangling Vine (DSV), has been spreading rapidly across Ottawa and has wreaked havoc in many of our green spaces, pushing out much of our native flora. Dog Strangling Vine is also a serious threat to the Monarch butterfly, a species at risk in Ontario. Monarchs can mistake DSV for milkweed and lay their eggs on the vine. Milkweed is the only host that will support Monarch larvae.

Moreover, many trees planted by the City of Ottawa in these green spaces have been choked dead by DSV and many more will be lost unless it is managed. However, the City has limited resources to manage DSV.

In 2022, the Alta Vista Community Association piloted a DSV Management project in two ecologically significant areas of the neighbourhood, namely WRENS Way and Kilborn/Grsshopper Hill Park. The pilot project was a great success, so Lynda Lane Park was added to the work areas in 2023 and Urbandale Fields has been added for 2024.

In the past two years, over 4,000 hours of volunteer efforts were given to:

- Collect and bag 3,000 pounds of DSV roots and 4,000 pounds of DSV seed pods;
- Save over 70 City-planted trees from DSV and plant 125 new native trees and shrubs; and
- Plant 16,300 native flowers and grasses.

We will continue to combat DSV, improve native habitats, protect existing trees, allow new native trees to flourish, and strengthen knowledge/experience for broader invasive plant management.

We are looking for volunteers who are interested in spending a few hours outdoors with us either on a regular basis (or even just once!) No special skills or knowledge are required, and team leaders will show you everything that needs to be done! Management practices set out by the Ontario Invasive Plants Council will be followed. **No pesticides or power tools will be used.**

It will be a great opportunity to meet some of your neighbours, get fresh air and exercise, learn about invasive species, and strengthen ecosystems in our Alta Vista greenspaces. And for high school students, it's a great way to complete your community service hours.

We are also collecting dark tarps that you may have to donate.

If you'd like to join or want more information, send us an email at avcadsv@gmail.com.

If you can't come out and volunteer, you can still help reduce the spread of DSV by learning to identify and remove it from your own property. The Ontario Invasive Plant Council is an excellent source of images and information. You can visit their website at www.ontarioinvasiveplants.ca.

Looking forward to meeting you!



VOLUNTEERS NEEDED TO WATER BABY TREES THIS SUMMER PLEASE!

By Gillian Cooper, Chair, Greenspace Stewardship Committee, AVCA

Butternuts and Chestnuts in Grasshopper Hill/Kilborn Park

In 2022, the Alta Vista Community Association's Greenspace Stewardship Committee planted Butternut and Chestnut seedlings along the path across Grasshopper Hill/Kilborn Park, from Kilborn to Cunningham avenues. The Butternut seedlings were donated to us by the Rideau Valley Conservation Authority and we promised to water them for three years. This is the last summer of our commitment! The Chestnuts were grown from seed by a neighbour who entrusted them to our care.

Both those species are native to this area and are endangered due to the arrival of diseases from overseas. We are trying to establish a grove of young trees to help preserve the species. You can identify these tiny trees by the enclosures that protect them from dogs and wildlife.

Please help these trees to thrive by watering them for one week this summer. Advice about equipment and methods will be provided. Contact Gillian Cooper at gilliancooperprice@hotmail.com, or altavistacommunityassociation@gmail.com.



Baby trees in enclosures along the path across Grasshopper Hill/Kilborn Park

New trees in three local school yards

The City of Ottawa planted new trees on the properties of three of the schools in the Alta Vista area last summer through the Schoolyard Tree Planting Grant Program. Featherston Drive Public School, Hillcrest High School and Alta Vista Public School received new trees that will make a welcome contribution to the canopy in our neighbourhood, addressing some of our heat islands.

Watering the new trees is the responsibility of the school communities over the summer. Extra helpers are needed at two of those schools. If you can help for a week, please get in touch, whether or not you have children attending that school. Contacts are as follows:

- Featherston Drive PS: Gillian Cooper at gilliancooperprice@hotmail.com;
- Hillcrest High School: Janet Mark Wallace at janetmarkwallace@gmail.com.



FAITH NEWS



My husband and I waited for the crew to tie the boat to the pier after our wild water taxi ride that had me looking like a Labrador Retriever with her head out the car window on a highway. A touch of my tangled hair revealed that any attempt at grooming would be pointless. I shoved my sunglasses back on my face, thankful I had taken them off before they flew overboard with that first burst of speed out of the bay. I couldn't say how many eyelash extensions made it with me from Belize City, though.

The waves slapped noisily against the pier and rocked the boat as we waited to disembark. I turned to see where the turquoise water crashed against the second-largest coral reef in the world one kilometre away. In front of me, the pier led to a sandy beach lined with palm trees and buildings with thatched roofs. Without the wind from the boat's rocket-like speed, I felt the sun's rays heat my skin, almost instantly causing damp spots on my shirt. Great. I needed another reason to feel like a mess.

One of the deckhands said we would collect our luggage once we exited the pier, so we set out over the uneven boards with our eyes on our flip-flops but our sights on the sand. The closer we got to shore, a peculiar thing happened to our noses – they scrunched up into an expression of curious disgust. With each step, the scent intensified like entering a room full of rotten eggs. This was not what paradise was supposed to smell like.

“What is that smell?” another passenger asked, saving me the need to seem ungrateful or whiny.


“It's the Sargassum,” one of the luggage handlers explained. He gestured to the yellow-brown seaweed that hugged the shore and extended several yards on the water. “It's bad this year.”

He wasn't kidding. As we followed a local to his golf cart rental shop, the scent tried to tail us, but we gave it the slip about two blocks from the beach.

After our short stay in Belize, filled with fun and adventure (often involving our one-eyed, backfiring golf cart), we returned home, and I compiled our photos into a memory book. The image on the cover displays a spectacular sunset behind the silhouettes of majestic palm trees – a picture of tropical bliss. But, if you look closely, you can see the Sargassum.

Do you know what you can't see? The stink.

Continued on page 24

 <p>St. Timothy's Presbyterian Church A warm welcome awaits!</p> <p>Sunday Worship 10 am In-person and livestreamed Reverend Reine Boghos</p> <p>We are a family of God's people drawn from many cultures. Come worship with us!</p> <p>In-person Sunday School</p> <p>2400 Alta Vista Drive sttimsoffice@on.aibn.com 613-733-0131 www.sttimsottawa.com Follow us on Facebook</p>	<p>CHRISTIAN FAMILY SUNDAY May 12, 10 am</p> <p>PRESBYTERIAN COLLEGE SUNDAY May 19, 10 am Guest: Rev. Dr. R. De Vries</p> <p>AGAPE GATHERING Tuesday, May 28 10:30 am to 12 noon</p> <p>CAFÉ CONNECTIONS Friday, May 10, 10 am Coffee, tea & conversation</p> <p>GARAGE SALE Saturday, June 8 9:30 am to 1:30 pm Table rentals \$40 Barbecue lunch</p>
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Continued from page 23

To a friend who did not travel with us to Ambergris Caye, the photos in my book only tell a part of the story. The viewer can see the beautiful places we visited, but they can't feel the hot sun or smell the Sargassum. However, I always journal in my books, so they can read about the stinky seaweed and recognize that it did not ruin our trip.

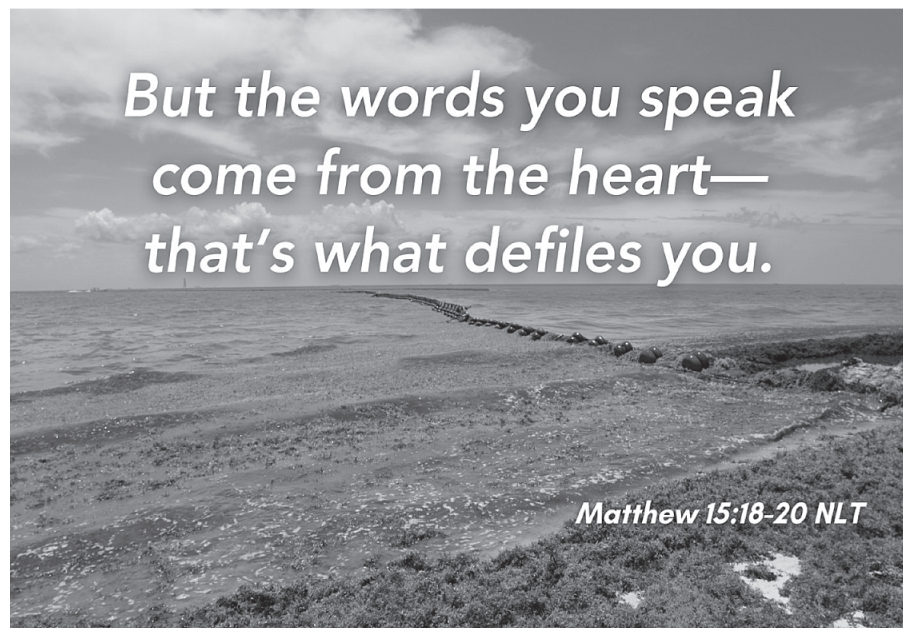
If you've ever watched re-enactments of Bible times, you saw the religious leaders dressed in fancy robes and hats, holding Biblical scrolls, and looking very pious. Jesus, on the other hand, did not fit in with their outward religious display. He dressed like the everyday people surrounding Him and often broke the rules that the leaders upheld.

In Matthew 15, some of those Pharisees and teachers of the law confronted Jesus, wanting to know why His disciples did not follow the traditional ceremonial handwashing before they ate.

Jesus told them, "It's not what goes into your mouth that defiles you; you are defiled by the words that come out of your mouth (v. 11)."

They must have looked at each other in confusion. But Jesus knew they weren't asking out of concern for His disciples' health. So, He went further with His point:

But the words you speak come from the heart – that's what defiles you. For from the heart come evil thoughts, murder, adultery, all sexual immorality, theft, lying, and slander. These are what defile you. (v. 18-20)



Jesus knew that an image did not reveal everything. While the Pharisees and religious leaders looked the part, inside they stank! You can correctly assume they did not like His rebuke one bit. They filed this incident away to add to a collection of evidence against Jesus that led to His trial and death.

The moral of the story today is that SIN STINKS! While we can't see the stink, God can.

When we give our hearts to Jesus, He sends in the Holy Spirit like an aromatic air freshener to rid us of our stench. As we live for Him and follow His commands to love God with our hearts and minds, and love our neighbours, too, the stinky seaweed of sin will remain offshore. But it's always there, waiting to come in with the tide. Let's be vigilant and guard our hearts as we journey with Him.

Valda Goudie is a teacher and author of the Tickle Me with a Crowbar! series (available on Amazon and Kobo.com).

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JUST GOOD ADVICE

AIRLINE SERVICE IN OTTAWA – WHAT HAPPENED?

By Norman Payne, Travel Agent

COVID's vicissitudes have passed and travellers frequently ask – when are we getting more nonstop flights from Ottawa? Before COVID, Ottawa was a thriving, ever-expanding air centre. There were daily non-stop flights to London England, Frankfurt, London Ontario, Chicago (two airlines), Detroit, Edmonton (two airlines), Boston, North Bay, Philadelphia and Las Vegas. There were also many seasonal flights to the Caribbean Islands and Mexico, including places like the Turks and Caicos and Puerto Vallarta.

All these flights stopped with COVID and almost all remain so for the foreseeable future, despite travel having almost completely rebounded or expanded since.

What happened and why?

Air Canada operated two of their 67 Boeing 767s on the London and Frankfurt flights, but removed that type from their passenger fleet in 2020, with some being converted to cargo. Most aircraft by then were around 40 years old and at the end of their useful lives. 767 flights were frequently delayed for mechanical problems, with the London and Frankfurt flights frequently affected. The 39 new Boeing 787s replacing the 767s are insufficient to make up the shortfall, especially for long-haul flights, and Airbus and Boeing are astoundingly backlogged with aircraft orders of over 6,000 each. Consequently, anywhere you go in Europe with Air Canada will be through Toronto or Montreal. Plus, as with most airlines, there is a shortage of pilots and operational personnel, which has exacerbated the situation.

Flights to London, Ontario stopped ostensibly for lack of enough daily demand, and passengers are now funnelled through Toronto airports. London and Frankfurt, it seems, will return once Air Canada has more aircraft and crew and reacts to Air France attracting record numbers. The Air Canada Edmonton daily flight was dropped due to fleet rationing and seemingly lower-than-expected demand.

One flight to Chicago and others to Detroit, Boston and Philadelphia were dropped due to a combination of low demand and airlines adjusting routes for efficiency. For example, United Airlines has routed everything through Chicago, New York and Washington. American Airlines has abandoned

Ottawa seemingly for lack of return on investment when faced with stiff competition from the Air Canada and United partnership.

The frequency and choices of seasonal flights to the Caribbean and Mexico were reduced, it seems, due to oversupply, consolidation of flights, cautious COVID recovery, and other operational constraints.

Delivering a greater number of people to a lesser number of beaches seems more operationally and economically expedient than delivering a lesser number of people to a greater number of beaches. Vacationers, typically, rarely mind or reluctantly accept the difference.

One thing you will find almost for certain, regardless of where in the world you are boarding a plane, is it is packed, and gate staff are often coaxing a few passengers to get off an overbooked flight with ever-increasing enticements.

New entrant ultra-low-cost carriers, Lynx, Flair and Jetlines, began ambitious programs of non-stop flights to attractive destinations, but have faced difficult challenges as evidenced by Lynx's recent cessation of operations due to financial difficulties.

WestJet, alas, has decided to largely abandon Eastern Canada and focus on Calgary and the West. The travel trade appears to have taken this in stride and adjusted remarkably well.

But wait, there's good news!

The silver lining in all this is the non-stop Air France flight to Paris which, started in June 2023. Demand exploded – 7,000 passengers per month each way – a larger aircraft was wheeled in and the flights now operate five days a week (no Wednesday and Friday service), 1700–0550 hrs outbound and 1315–1450 hrs inbound. The early morning arrival in Paris makes it convenient to connect to many places in Europe, Africa and Asia. Frankfurt and Munich flights, whether direct from Ottawa or via Toronto or Montreal, were equally convenient for similar connections, but have become problematic as both airports and Lufthansa staff are now prone to sudden work stoppages, cancelling thousands of flights. Time was when you avoided Air France and Paris for the same reason.

Continued on page 26



Porter Airlines Embraer E195-E2



Ottawa's real estate market is blooming as we are well into spring, we are seeing an increase in activity and confidence.

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Continued from page 25

However, Ben Smith, former President and COO of Air Canada, took the helm of Air France-KLM in 2018, and despite not being entirely conversant in French, has completely turned the airline around with labour peace, record profits and greatly increased service to Canada.

Porter Airlines continues to significantly invest in Ottawa with non-stop flights to New York, Halifax, Calgary, Edmonton, Fort Lauderdale, Thunder Bay, Orlando, Boston, Fredericton, Moncton, Charlottetown, and Winnipeg, and they are building a large operations facility at the Ottawa airport. And word is that Porter may begin flights to Los Angeles and Las Vegas. The secret of their success is the new fuel-efficient E195-E2 jet. Spacious, quiet and comfortable with no middle seats, complimentary WIFI, snacks, beer and wine, they need a much smaller load than an Airbus A320 or Boeing 737 Max 800 to fill and make a profit.

And Air Canada has re-introduced a long dormant daily flight to the much beloved Ronald Reagan Washington National Airport, close to DC.

Ottawa, you are cleared for take-off!

Norm Payne is a top travel agent recognized by the Association of Canadian Travel Agencies, and a traveller's rights advocate. He welcomes your travel questions for future columns.



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JUST GOOD ADVICE

THE GARDEN GATE

By Patricia Mosher

Feature: Ten plants for incredible curb appeal



As you stroll around Alta Vista, there are probably a few front yards that stand out to you. The key, in many cases, is a judicious mix of plantings of varying heights, leaf textures, and colours. If improving your home's curb appeal is on the to-do list this year, start with trees and evergreens to give overall structure to your yard. Then mix in flowering shrubs, perennials, and other plants with year-round interest. While there are almost infinite combinations to choose from, here are 10 suggestions to get you started (ordered from tallest to smallest).

1. **Ornamental trees** like Ivory Silk are traffic-stoppers, noted for their profusion of creamy-white, fragrant plumes in early summer. This 20' tree is also quite drought tolerant and pest/disease free.



Photo credit: Ontario Native Plants

2. **Arborvitae** are a mainstay of residential gardens because of their evergreen foliage and the wide variety of shapes available, which can be mounded, conical, pyramidal or pendulous (depending on the cultivar), providing instant architecture in the garden.

3. **Weigela** shrubs are hard to beat for sheer romantic charm. Their tubular-shaped flowers in pink or cherry red are particularly stunning and are a big draw for hummingbirds and butterflies as well.

4. **Hardy Hibiscus** are some of the most stunning perennials available and I always wonder why I don't see more around. Blooming continuously from mid-summer to early fall with impressive saucer-sized red, pink or mauve flowers, this plant looks like it's on steroids with its eye-popping flower size and colour.



Photo credit: Ontario Native Plants

5. **Hydrangeas** always provide a lot of bang for your buck. They're easy to grow, need little care and put on a spectacular show when in bloom (mid-summer into fall). Most hydrangeas prefer morning sun with afternoon shade.

6. **Ornamental grasses** are a modern way to boost your home's curb appeal with interesting textures and movement. Use these grasses for a contemporary look in beds or large containers, or to soften a rock garden or a bed mulched with coarse bark, stone or gravel.

7. **Spireas** are another great shrub option because they provide a cascade of colour throughout the season. Newer varieties showcase colourful leaves in shades of orange, rosy-red or dusky plum and look great in an autumn palette. Ease of care and reliability have kept Spirea in gardens for decades.

8. **Coneflowers** have become rock stars in the garden thanks to breeders who have developed new and improved colours and forms of this easy-growing native perennial wildflower.

9. **Sun-loving daylilies** add cheerful colour when planted in masses. These tough perennials tolerate heat, drought, and many pests and diseases. If you plant early-, mid- and late-season varieties, you'll have a flower show all summer long.

10. **Annuals** are relatively inexpensive and make good fillers when your bulbs, perennials or flowering shrubs have finished blooming. For fast curb appeal, pop them into containers, hanging baskets or window boxes for splashes of colour. Marigolds, petunias, impatiens and geraniums are popular and easy to grow provided they are well watered.

Plant of the month: Bleeding Heart

Bleeding Heart plants have long been cherished for their delicate, heart-shaped flowers dangling from long, arching stems, evoking a sense of romance and nostalgia in the garden. The plant gets its common name from its puffy, heart-shaped pink flowers from which a white petal protrudes, resembling a drop – hence the “bleeding” in bleeding heart.



Photo Credit: Proven Winners

The month of May is when these plants burst into bloom. With their drooping, heart-shaped blooms in shades of pink and white, the Bleeding Heart plant looks like it's perpetually caught in a state of melancholy. I sometimes think of them as the botanical embodiment of unrequited love – romantic, yet slightly tragic.

These graceful perennials are prized for their unique beauty and care-free nature. This garden classic is a must-have for shady gardens with well-drained soil. And here's the best part: despite their penchant for drama, the Bleeding Heart plant is surprisingly low-maintenance. Once established, they require minimal care and are generally disease- and pest-resistant. In late summer, after the foliage has died back, simply cut the stems to ground level to tidy up and prepare the plant for winter dormancy.

While the classic Bleeding Heart remains a timeless favourite, there are newer cultivars to explore. The fringed Bleeding Heart offers a more refined appearance with finely divided leaves and pink or white flowers. For smaller spaces, the dwarf Bleeding Heart is a charming option, with both compact growth and vibrant blooms.

Gardening in the month of May

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



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

“It's amazing how a little tomorrow can make up for a whole lot of yesterday.” — John Guare



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JUST GOOD ADVICE

ASK A LAWYER

By Dylan McGuinty Jr., JD



Q: I am a senior citizen. I bought a house 10 years ago for my son to live in. He later got married and his wife moved in with him. I still own the home. I am planning my estate and am concerned that when my son receives the home, it will be subject to a division of property in the event he and his wife separate. What are my options to protect the home from a family law dispute?

A: First, you can have your son invite his wife to sign a marriage contract. The matrimonial home has a special status in family law. If your son owns the matrimonial home personally, he can only exclude it from a division of property through a marriage contract with his spouse. However, this is not desired by most spouses and may be seen by your son as an unwelcome imposition. Whether or not you gift your home to your son by deed during your lifetime or in your will, and even if you include a clause in the deed or in the will to protect it from a division of property, a marriage contract would be required because of the special status of the matrimonial home.

You may, if you wish, consult with your accountant to determine whether an alter ego trust during your lifetime, and a testamentary trust after your death, is a worthwhile option to protect the home from a division of property. A trust is a relationship whereby a trusted person, called a trustee, holds property for the benefit of another, called a beneficiary. A trust serves many purposes, including handling someone's property when they are away or incapacitated. A trust could serve the purpose of allowing your son and daughter-in-law to enjoy the property without opening it up to a division of property.

Finally, you may simply wish to ask your son what he would prefer to do. If he is comfortable taking the risk of owning the home personally, then, in consultation with your accountant, you may wish to transfer it to him during your lifetime or upon your death. Keep in mind, however, that upon transferring the property to your son, it will be subject to capital gains taxes because it is not your principal residence. Or, you might consider having a discussion with your son and your daughter-in-law about adding an in-law suite and living with them. This would have the benefit of providing you, your son and your daughter-in-law with the mutual supports to be expected in such an arrangement, as well as an exemption from capital gains taxes upon the transfer of the home to your son.

Dylan McGuinty Jr. is a lawyer with McGuinty Law Office on Rockingham Ave. He practices in the areas of Wills and Estate Planning, Estate Administration, Trust Law, and assisting Executors and Substitute Decision-Makers. He can be reached at dylanjr@mcguintylaw.ca. Note that his column is meant to provide legal information rather than legal advice. Should you require legal advice, you should contact a lawyer.

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SCIENCE & TECHNOLOGY

COMPUTER TIPS AND TRICKS

By Malcolm and John Harding, of Compu-Home

Your Best Shot with your Smartphone Camera

Not long ago we were a little embarrassed to admit that a photo was, "Just one I took with my phone." Those days are now in the past with the significant advances in smartphone lenses and its camera having become a significant selling feature for all of the manufacturers. Actually, it now takes a pretty expensive digital camera to outshine the specs of the phone that is riding around in your pocket... and there's no contest when it comes to convenience. After all, you could do any of the tricks below with a conventional digital camera but having the phone multitasking at taking and retrieving useful images as well as all of its more conventional uses saves time and eliminates another bulky, delicate and expensive device.

You can take advantage of your phone camera by shooting subjects for purposes that might not have occurred to you. Here are some of the most useful or unexpected suggestions we have been using ourselves or will start to use since we Googled "*Get the Most out of your Cellphone Camera.*"

- A photo can help you to remember products on store shelves when comparison shopping.
- Your phone camera is an easy replacement for a scanner, for recording credit cards, passports, licenses and instructions.
- Capture trailhead maps or waypoints when hiking, or street signs in new neighbourhoods – even parking garages.
- Grab screenshots of web pages with information you will want at your fingertips later.
- Document the condition of a rental car before taking it out, and don't forget the license plate.
- Make quick records of the other driver's identification and the damage, after a fender-bender.
- Take a shot of a product label that is in an awkward location or too small, and then enlarge the image on your screen.
- Record the wires and connections in the back of an electronic device before you have to move it.
- Sometimes a video is a more efficient record than a series of still photos.

All of the above, and many other cellphone functions are made easier when you take the time to learn these tricks:

- Launch the camera with a voice command.
- Learn to send photos by email or text.
- Learn to rescue storage space by copying photos to your computer.
- Use a simple photo editor such as IrfanView to play the Apple video (.MOV) files on a Windows PC (for iPhone users).

Last but not least, an hour learning the special features and capabilities of your specific cellphone and its camera will result in more pleasing (and maybe prize-winning) images. Google your choice of the following, to become an expert:

Apple: "*iPhone camera basics*" or "*Tom's guide to iPhone camera tricks*"

Samsung: "*How to use the camera on a Galaxy smartphone*"

Google: "*Take high quality photos on your Pixel phone or tablet*"

We hope to see you at a camera club meeting.

We love feedback! 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.



PHYSICAL THERAPY CAN BE HELPFUL IN THE REHABILITATION OF NECK PAIN

By Sue Reive, Physiotherapist

Neck pain is very common, affecting many people both young and old. Whether the pain arises from an acute muscle strain or results from a chronic degenerative neck condition, the pain can interfere with activities of daily living such as shoulder checking, lifting, reading and sleeping. Thankfully, most neck pain can be resolved with specific exercises. Physical therapy can be beneficial in the rehabilitation of neck problems.

Many structures in the neck can cause pain when injured. The cervical spine is comprised of seven vertebrae that sit on top of each other. With the exception of the top two vertebrae, the vertebral bodies are separated in front by a disc. They are joined together at the back by two facet joints. The circular spinal canal, housing the spinal cord, runs down behind the vertebral bodies. Nerves traverse through a small hole at each vertebral level. The spine is held together by ligaments, the disc, and the surrounding muscles.

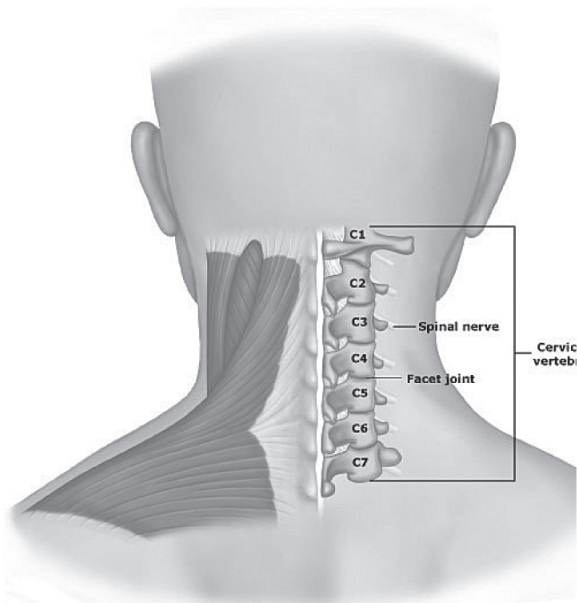


Photo from www.helpyourback.org/neck-pain

The cervical muscles, which attach the vertebrae together, run up to the skull and down into the thoracic spine and shoulder blade.

Neck pain can be classified as acute (lasting less than three months) or chronic (lasting more than three months). The most common cause of acute neck pain is a muscle strain or ligament sprain. A fall, carrying a heavy backpack, or physical exertion can strain the muscles. Chronic neck pain is usually a result of a sprain of the facet joints or disc. The facet joints can get sprained with poor posture. The classic “crick in the neck” syndrome results when people wake up feeling locked, having slept on their stomach, and can’t turn their head one way. When the facet joint gets overly compressed or conversely overstretched, the capsule will respond with pain and inflammation. Moreover, aging causes degenerative changes in the facet joint just like in a knee joint, making it more vulnerable to increased stress and strain.

Disc problems arise often when there is excessive load on the disc, often from repetitive heavy lifting or a torsional strain. The disc fibre tears and inflammation results. Sometimes the adjacent nerve root can get inflamed and compressed, causing pain radiating down the arm and possibly tingling down the arm.

Treatment is directed at restoring full mobility, reducing pain, improving strength, and correcting poor postural habits.

With mechanical neck pain, there will be movements that increase the pain but, thankfully, there will be movements that reduce the pain. Exercise is a big component of treatment. Acute muscle strains need to regain flexibility and strength. Chronic disc issues will usually respond to exercises that promote good cervical alignment, such as neck retraction. Maintaining good posture places less stress on the spine. Keeping active is a good idea as prolonged positions, especially sitting, can aggravate the neck.

If you are experiencing neck pain, whether it is acute or chronic, physiotherapy can help teach you what to do and what not to do.

ADDENDUM TO ‘PSYCHIATRIC CARE: GIVING THE PATIENT FEEDBACK USING THE CASE FORMULATION’ – TWO EXAMPLES

By Dr. Sarah Chan



This is the third installment of a series where Dr. Chan describes psychiatric care offered to patients with mental health disorders.

In last month’s VISTAS, I described how a case formulation is developed by the psychiatrist after all the questions for the initial assessment have been asked. The case formulation is how a mental health professional understands the patient and the patient’s symptoms. It is coming up with the best explanation for what is happening and why. The formulation provides a rationale for the diagnosis given, as well as lays out the conclusions made to support treatment suggestions and predict treatment response.

This month, I am presenting two examples of a case formulation. It is important to note that the clinical information provided below does not represent real cases in order to protect patient confidentiality. Instead, these are fictional examples.

Case formulation #1

Catherine is a 35-year-old woman who experienced her first depression in university after a break-up. She tells me her depression resolved on its own. She had a relapse in 2020 when she found out her husband was cheating on her and she suffered a miscarriage. At that time, she was stabilized with medications and therapy.

She was off work for much of 2020 but has since returned, and though she initially did well enough and was able to stop her medication and therapy, there has been a change in management and she finds her new boss micro-manages and second-guesses her. She does not feel supported by any other members of her team. She has noticed since these work changes, her mood has deteriorated significantly and she has experienced a relapse of her depression and anxiety, including intermittent suicidal ideation.

This history is in the context of a difficult upbringing with a volatile father and being a “parentified” child to her mother, whom she still feels she needs to look after. Further exacerbating things is her ambivalence to take measures to look after herself and protect her mental health. I can’t help but wonder if she experiences her current work situation like the household she grew up in. Her father was demanding and belittling and she could not count on her mother to defend or help her. The helplessness and self-blame she described feeling in much of her childhood is similar to how she describes her boss making her feel now.

She has not responded yet to medication because she only restarted it two weeks ago. I believe, however, that her ongoing stressors make it difficult for any improvements to be sustainable, especially if she does not take steps to look after herself, such as detaching from her workplace in her personal time and seeking out therapy to help her work through this difficult situation.

Continued on page 31

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HEALTH & FITNESS

Continued from page 30

Case formulation #2

Matthew is a 47-year-old man who presents with low mood, irritability, impulsivity and poor coping, in the context of significant alcohol and cocaine use and a difficult last three years with several significant losses. As a result, Matthew stopped work and entered into the mood and anxiety program at Homewood Health Centre where he has successfully abstained from substances and built a routine for himself with self-care and social support, such that he feels his mood is quite improved and he feels balanced and forward-thinking most of the time. He also is very committed to his sobriety and mental health. Unfortunately, ongoing hostilities between him and his girlfriend can change his mood significantly, and he continues to struggle with setting boundaries with her that protect him from her anger and frustration. His behaviours over the past several years have taken a toll on their relationship.

From the assessment today, it appears that Matthew has a life-long pattern of forming relationships that are volatile and where his substance use further exacerbates conflict and unpredictability. He is estranged from his daughter, likely due to his reaching out to her ex-boyfriend when she asked him not to. He describes a history of difficult relationships with siblings, ex-husbands, and his children, and today gives me the

impression that this along with his impulsivity, mood lability and anger outbursts are behaviours more consistent with an underlying personality disorder than with ADHD (Attention Deficit Hyperactivity Disorder).

Fortunately, as previously mentioned, Matthew has some insight and psychological mindedness to understand what he must do to protect and nurture his own mental health. I sense limitations in how he takes only partial ownership of the impact of his behaviours on others and his difficulty tolerating any negative emotions towards him. This will likely lead to ongoing vulnerabilities in his resilience and he has established limited coping (mainly through substances) that may become overwhelmed as these relationships and other stressors play out.

At this time, given the improvement he has seen already with a healthy routine and abstinence from drugs and alcohol, I strongly recommend he pursue addictions treatment first and foremost. Without this, his risk for relapse is high and this would greatly worsen his prognosis.

Medications at this time are not indicated and therapy is most appropriate for the challenges resulting from his underlying personality structure. However, medications can be considered to manage specific symptoms if needed going forward, so I will follow up in the short term to monitor for this.

SPORTS NEWS

A ROUND OF GOLF IS A GREAT CURE FOR A GRUMPY MOOD

By Anthony Hadwen

If you find yourself honking at other cars at the neighbourhood intersection or scowling at someone who blocks your way in the grocery store aisle, you may need to gain some perspective on things, and to find a solution to this grumpy mood. From my own experience there is always a solution in the sports world, and in this case, golf is the perfect antidote. The physical benefits of the game are obvious. But perhaps the most beneficial aspects of the game are from a mental perspective – especially for those of us that are prone to grumpiness.

Everyone gets grumpy after being stuck in the daily routine during the long winter months. Grumpiness is also a challenge for the retired person. The hustle and bustle stage of life has passed, life becomes refined – order restored. But it is also easy to get overprotective of your new life, and before long you may become that angry person at the neighbourhood intersection. The first step to solving problems of this sort is reflection. Secondly, it is always good to re-establish contact with the outside world. Finally, it helps to find a new challenge. Golf provides opportunities in all these areas.

If you are not initiated to the game, then golf may seem intimidating and expensive. It is important to understand that golf is a personal journey, so you don't have to play all the time (and break the bank) to enjoy the process. Also, you should start by learning the fundamentals of the game, and there is no better place to discover those than Ben Hogan's book, *The Modern Fundamentals of Golf*. Ben Hogan is a legendary golf professional from the 1950s. In the book, he asserts that there is a small set of fundamental principles to the golf swing, which will be a baseline for your lifetime enjoyment of the game.

“(They are) all the golfer needs in order to develop a correct, powerful swing that will repeat. If he learns to execute these fundamental movements – and there is no movement in this swing which a man or woman of average coordination cannot perform – he will continue to become a more and more skillful player,” Hogan writes in the book.

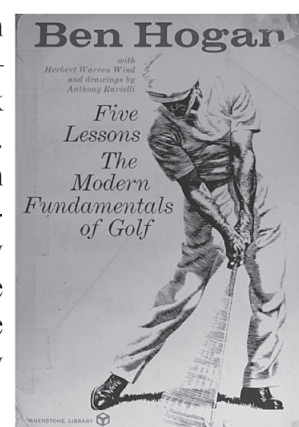
Golf may appear to be a difficult game, but the key is to be hopeful. Hogan offers lessons in techniques, but also, he emphasizes the importance of starting with and maintaining the right mindset. A famous Hogan quote is, “Golf is a game that is played on a five-inch course – the distance between your ears.” The mental challenge is, for many, the most appealing aspect of the game, and for the grumpy, the most beneficial.

The first step to solving grumpiness with golf is readily available on any golf course – humility. The preface to Ben Hogan's book states, “Golf is man's most humbling diversion. No man... ever reaches that point at which he can say: I have learned the secret...” Self-reflection is part of the game. There is ultimately only one person responsible for results on the course, but everyone will come to the same realization together – that things do not usually go according to plan with golf.

This is the next part of the solution – shared experience and community. The cynic may call this a common state of misery but remember that there are always three other people in your golf group to keep you company, encourage you, and when necessary to distract you. You can all work on maintaining a positive mindset together, which is relatively easy to do, when you have at least four hours to spend outdoors with a community of friendly people.

Finally, in golf the grumpy person always has an opportunity to try something new to achieve better results. Some people will focus on improvements through the purchase of new equipment. Every year, the manufacturers design golf equipment that is ‘guaranteed’ to improve your score. Then there are golf lessons or YouTube videos that offer a new tip to fix your slice or hook. Hopefully in one of your lessons your golf pro will link the tip with some exercise techniques. Hogan's career proved that practice builds muscle memory, but achieving the correct techniques can also be achieved efficiently by improving overall strength and flexibility. Golf is a challenge, but it is important to have the right mindset because there is always something new to try to improve your game. It is said that golf is a game for optimists, but if you are not optimistic by nature, then golf will help you to develop that mindset.

If golf is a new game, then give it a try. If you have already started, then keep trying to find new ways to improve. Now, when you approach the neighbourhood intersection, or turn into the grocery store aisle, instead of being irritated at the person ahead of you, your perspective will have shifted to other bigger priorities, such as planning when you will be able to try out the latest backswing technique, or to discover how many extra yards you hope to get from the new driver. Your mind is free to anticipate the next round of golf, and of course with a modest degree of confidence. All you will have to worry about now is how you will manage the inevitable obsession you will develop for the game.



Ben Hogan's "*The Modern Fundamentals of Golf*" teaches the basics of the golf swing.

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SCHOOL NEWS

HILLCREST HIGH SCHOOL'S THEATRICAL COMEBACK

'THE BIRDS' – ITS FIRST PLAY IN 15 YEARS!

By Sarah A.B., Grade 11 Hillcrest student

After weeks of rehearsals and preparation, Hillcrest students are thrilled to present their first theatrical production in over 15 years. Students will be performing *The Birds*, by Algonquin-Irish playwright Yvette Nolan.

Based on the ancient Greek comedy by Aristophanes, this modern adaptation highlights the history of colonization and the future of reconciliation. As Yvette Nolan writes in her play, "We cannot forget our history; it is a part of us. But the remembering connects us to our ancestors, forward to our descendants."

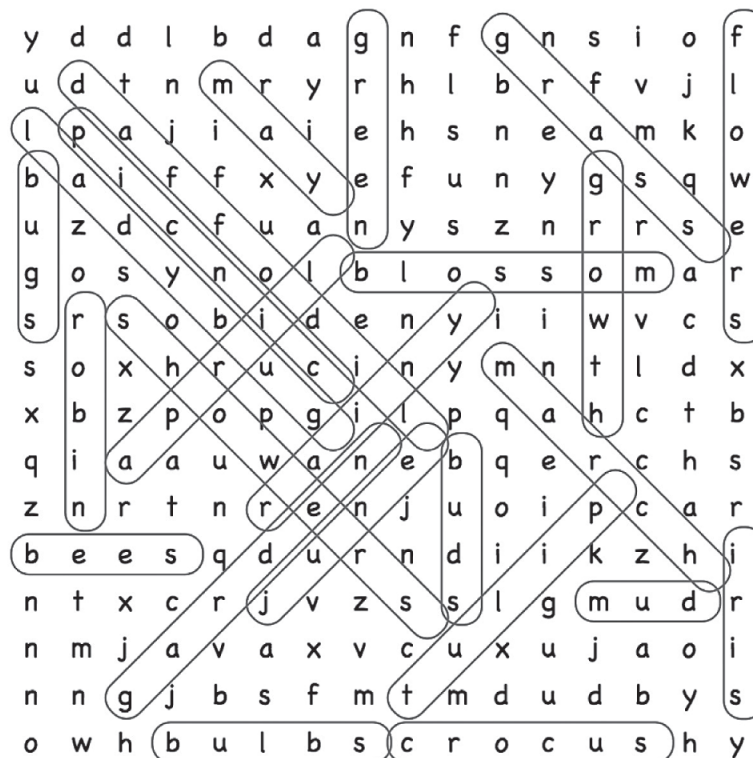
Fed up with the modern world, Jack and Gulliver decide to leave the humans and embark on an exciting adventure in the Land of the Birds in search of a better life. This play follows their journey as they navigate their new lives and relationships with the original feathery inhabitants of the Land of the Birds.

The play will run from May 15 to May 16 with the curtains opening at 7 p.m. (doors open at 6:30 p.m.) at the Hillcrest High School auditorium at 1900 Dauphin Rd. Tickets will be available at the door upon arrival: \$5 for students and \$10 for adults. Tickets will also be available online at the school website. Follow @hillcrest.drama on Instagram or visit hillcresths.ocdsb.ca for more information.



Hillcrest High students in rehearsal

SKYLAR'S KIDS PAGE ANSWERS



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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.

BOOKWORMS DELIGHT

ATOMIC HABITS: AN EASY & PROVEN WAY TO BUILD GOOD HABITS & BREAK BAD ONES (2018)

By James Clear

Reviewed by Lucy Agba

Sit with this for a bit before you read on, “Every action you take is a vote for the type of person you wish to become.”

Atomic Habits by James Clear is about how to make small changes to get one per cent better every day. It teaches how to use practical rules and guides to create good habits and break bad ones.

Goals are not as important as systems. Systems fulfill goals. Without functional systems, goals are hardly attained. *Atomic Habits* speaks to the need to commence and appreciate daily small positive changes. A consistent daily change in the right direction would take you to the right destination. A daily consistent change in the wrong direction would take you to the wrong destination. The question is, what direction are you headed with your daily actions, choices and habits?

Your current reality is a reflection of your past consistent choices, called habits. So, whether you are in a good or bad place, habits brought you there and with the right system of habits in place you can, one action at a time, sail your ship to your desired destination.

The book offers several concepts to adhere to as you navigate the journey of change and self-transformation:

- 1. Small habits make big changes** – start small then grow and improve consistently one tiny action at a time. Learn to celebrate your wins. If you have decided to read daily, celebrate that you read for five minutes a day and then improve from there. If you choose to improve by one percent a day throughout the year that is a great improvement.
- 2. Don't just set goals, focus on your system** – goal setting is very important to become who you choose to be. However, goals do not achieve themselves. Develop a system that supports the achievement of that goal. If you want to have more cash to invest, set an automatic monthly deposit to your savings account. If you want to be a better listener, practice daily silence. Over time you will be calmer, and more patient with others during a conversation.
- 3. Build identity-based habits** – identify who you want to be, decide to be that and mirror that person. This is where the saying fake it until you make it comes from. I say, do it until you make it. So, if you want to be a classy dresser, start where you are by being intentional with your choice of clothes and outfits. Ensure to wear clean clothes and shoes. Walk head up and chest out. Mirror that confidence.

Habit change is a journey and James Clear has identified four concepts to help you on your way: **Cue – Craving – Response – Reward**. Cue is a trigger, it triggers the craving, which propels the response, which then rewards the cue. A consistent flow becomes a habit loop be it positive or negative.

So, how do you make use of these concepts? Clear turns them into rules to follow:

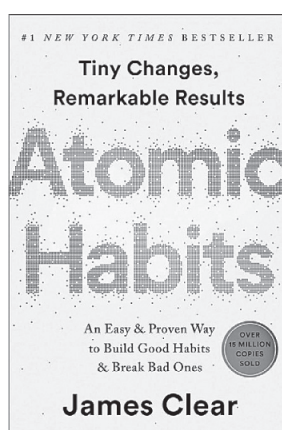
- Cue – make the desired habit visible
- Craving – make it attractive
- Response – make it easy to achieve
- Rewards – make it satisfying

If you're trying to kick a bad habit, you do the opposite.

- Cue – make it non visible
- Craving – make it unattractive
- Response – Make it hard to achieve
- Reward – make it unsatisfying

So, if you are looking to fit into some summer clothes keep unhealthy food away, keep the clothes visible, buy and keep healthy food in your fridge and reward yourself with happy moments for staying with the plan daily.

Atomic Habits endorses the idea that every little action is an indication of the type of person your future self will be. Start small and stay consistent.



THE UNDERLING (2012)

By Ian McKercher

Reviewed by Marie-Andrée Lajoie

Another Ottawa discovery!

On April 16 last, my book club had the pleasure of welcoming local author Ian McKercher to discuss his 2012 novel *The Underling*. My review is inspired by our lively discussion.

First, a word on Book Club Addicts (BCA), a club that was formed over 12 years ago. The members are all breast cancer survivors and met through Breast Cancer Action (BCA) Ottawa. At any given time, there are about 10 of us around the table. Our literary discoveries are only one aspect of our enduring friendship.

The Underling is historical fiction at its best. It is set in Ottawa in the 1930s. It follows the life and career of Frances McFadden, as she is recruited from the High School of Commerce to assist in the establishment of a research office for the soon-to-be-created Bank of Canada. She is 17 and a bright star in her class. Like so many women of the time, she takes charge of office organization and logistics. She is well regarded by her bosses and colleagues and her effectiveness does not go unnoticed. She will rise through the ranks as the Bank of Canada grows.

This very young woman also has friends, a difficult mother, and has suffered hardships. She is so earnest and determined; it is very hard not to fall for her.

The author succeeds brilliantly in describing Ottawa in the '30s. During our discussion, it was fascinating to hear of the research done and the documents used to bring our city to life so realistically. Many of us recognized the names of long-gone businesses. The street names, churches, restaurants and neighborhoods are all there: it is familiar and nostalgic all at once.

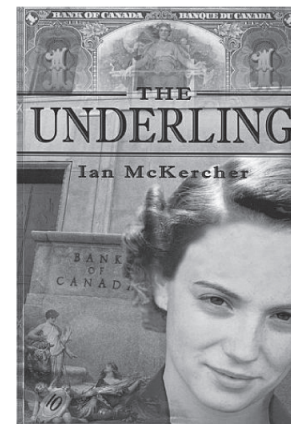
The creation of the Bank of Canada and the workings of “official” Ottawa provide such a fascinating historical backdrop to the story. There is so much to learn about our country’s history. I want to read more about this period as Canada was slowly becoming its own. Who knew the creation of a central bank could be so fascinating? Again, the author captures the essence of the challenge and describes deftly the main political actors, while keeping us hooked on Frances’ adventures.

As the decade advances, events in Europe are watched with increased concern. The early days of the Second World War set the stage for the last part of the book. As governments around the world are making plans to face another war, the Bank of Canada is asked to help secure Poland’s gold reserves before the country is invaded by Germany. Will the plan work? Will Frances be involved?

Members of Book Club Addicts all enjoyed this book and were grateful to have a chance to exchange with the author about writing historical fiction, the writing process itself and many other topics.

I highly recommend *The Underling* and I was thrilled to find out that there is a follow-up to Frances’ story entitled *The Incrementalist*. I am looking forward to reading it. Ian McKercher’s books are available through the Ottawa Public Library. Those of you who would like to purchase a copy can contact the author at Ian.s.mckercher@gmail.com.

On my side table: *The Incrementalist* (Ian McKercher); *Four Treasures of the Sky* (Jenny Tinghui Zhang); *The Emperor of Paris* (C.S. Richardson); *The Survivors* (Alex Schulman).



SENIORS SPACE

SENIORS WATCH ALTA VISTA – HOME MODIFICATIONS

By Sue Raven, on behalf of SWAV

As you approach your senior years it is time to think about preparing your place of residence for a safer and more comfortable existence. Whether you live in a house or an apartment, there are simple and relatively inexpensive things you can do.

- Rearrange your furniture so you will have clear pathways with no obstacles when moving from room to room.
- Remove loose rugs and mats which could be tripping hazards.
- Install automatic timer lights or night lights in rooms and hallways.
- In your main entrance, put a bench or chair near your door.
- If there are steps outside, make sure you have a railing. All stairways inside should also have secure railings.
- Change your round doorknobs to lever handles or put doorknob grippers or lever extensions on traditional round doorknobs.
- In your kitchen, move things you use regularly to the lower easy-to-reach shelves. Leave your heavier appliances out on the counter. Meal preparation can be made easier by using easy-grip utensils and specially designed dishes. Always have a jar opener handy.
- In the bathroom, put non-slip mats or surfaces on your tub, shower and bathroom floor. Install grab bars in the tub and shower. You can also install a removable grab bar on the side of your bathtub. Get a shower stool. For those who have trouble sitting and standing from the toilet, install a toilet safety frame or rails and, if needed, a raised toilet seat.

Overall, we need to practice prevention and preparation. For emergency preparedness, there should be a list of important telephone numbers near your main phone. Flashlights should be close at hand in case of power outages. If you are on your own, consider getting a medical alert call button with a fall detector, which can be worn as a necklace or bracelet.

If you own your place of residence and have a good financial cushion, you might consider things such as making your home more “open concept” or widening door frames. Doorways should have a clear width of at least 34 to 35 inches for wheelchair access. Hallways should be at least 36 inches wide. Where floor surfaces change, there should not be any rises more than ¼ inch. If you are renovating your bathroom, consider putting in a walk-in shower with a handheld showerhead. If possible, locate your laundry on the main floor.

Even though some of these suggestions may be beyond the budgets of many people, the smaller simpler changes, mentioned earlier, can make life so much easier. For other related ideas, check out the Arthritis Society Canada (arthritis.ca) or Seniors and Aging – Assistive Devices on Canada.ca.

Seniors Watch Alta Vista (SWAV) focuses on the interests and needs of the 65+ age group in Alta Vista.

SPRING INTO ACTION WITH TEAM PERLEY HEALTH

By Danielle McCarthy, Administrative and Stewardship Coordinator

Spring has sprung, and with it comes the opportunity to rejuvenate not just nature, but our goals and commitments. This spring, why not embrace a fresh challenge that aligns with your aspirations? Join Team Perley Health in the Desjardins Charity Challenge at the 2024 Tamarack Ottawa Race Weekend.

For many, spring is a time to focus on health, fitness, and personal growth. What better way to support these ambitions than by signing up for a run? It’s the perfect motivation to keep active as you aim towards your wellness goals.

This challenge isn’t solely about improving your fitness; it’s an opportunity to contribute to a meaningful cause. By participating as a fundraising runner or walker, you’ll empower transformative care for Seniors and Veterans.

Run (or walk) in person or virtually

This year, you once again have the option to join in-person or virtually, accommodating everyone’s comfort levels and circumstances. Whether you choose to pound the pavement at City Hall or log your miles from your neighbourhood, your participation is equally important. Set your own pace and join us in going the distance for Seniors and Veterans, as we aim to surpass our fundraising goal of \$150,000.

Participants of all ages and backgrounds are encouraged to join Team Perley Health. This year, our team members range from 13 to 86! Take on this spring challenge to support transform care for Seniors and Veterans. Your participation can truly make a difference! Join Team Perley Health today at www.perleyhealthfoundation.ca/events.

Support the team!

If you don’t want to run or walk in the race weekend but you still want to support us, you can! You can support Team Perley Health by donating to the team or one of our team members. Every donation will fund much-needed research, empower knowledge sharing, education and training, shape public policy and transform care for Seniors and Veterans. Donate today by visiting www.perleyhealthfoundation.ca/events.

Let’s live life to the fullest together now and continue to provide exceptional care for Seniors and Veterans in the future.

The Perley Health is home to more than 600 Seniors and Veterans who access a range of care and independent living options. It is also home to Canada’s first Centre of Excellence in Frailty-Informed Care.



Team Perley Health members before the 2023 race; photo credit: Courtney Rock

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SENIORS SPACE

PERLEY HEALTH SHARES LESSONS LEARNED ABOUT PRESSURE INJURIES

Sponsored by Perley Health

By Peter McKimmon

Perley Health – home to 450 veterans and seniors in long-term care (LTC) – has begun to share the lessons it learned from a project to reduce the impact of pressure injuries, commonly known as bedsores.

Pressure injuries can significantly reduce quality of life and often take many months to heal. For LTC homes, the effective treatment of pressure injuries represents a complex challenge. To help meet the challenge, Perley Health launched a multi-faceted initiative a few years ago. The project has been an overwhelming success: the number of worsening pressure injuries at Perley Health has declined by 52 per cent, while the number of infections in all types of wounds is down by 56 per cent.

The driving force behind the success of the pressure-injury project is Samantha Boulerice, a Registered Nurse and certified Wound Ostomy and Continence Care Specialist.

“I’ve always had a passion to care for the elderly,” Boulerice says. “I know that pressure injuries can have devastating impacts on residents. Many can’t find a comfortable position, so they choose to stay in their rooms and avoid activities, which can make matters worse.”

Boulerice is quick to share credit for the initiative’s success with Perley Health staff, donors and partners. The initiative began with a comprehensive analysis of how Perley Health staff identify, treat and track pressure injuries, along with a review of relevant clinical guidance, including clinical best practices published by the Registered Nurses Association of Ontario (RNAO). Perley Health has long participated in RNAO’s Best Practices Spotlight Organization program. Under the program, Boulerice completed an advanced clinical practice fellowship and mentored under Christine Murphy, PhD., a recognized leader in wound care who works at the Ottawa Hospital.

Perley Health established a quality-improvement team with representatives from across the organization – not only nurses, personal support workers and occupational therapists, but also those responsible for staff training, and ordering and stocking supply cupboards. Together, the team identified a series of effective operational actions and a strategy to foster adherence. The actions focus on operations – measures that ensure staff can consistently apply clinically proven prevention and treatment protocols.

To share lessons learned with other LTC homes, Perley Health’s Centre of Excellence in Frailty-Informed Care™ created a tip sheet – *Six Key Elements of an Effective Wound-Care Program* – along with a booklet of guidelines and a website. Centre of Excellence Knowledge Translation Specialist Heather MacLeod and team are distributing and promoting these resources at a series of events, including this spring’s conferences of Advantage Ontario and the Ontario Long Term Care Association.

“It makes me happy to know that what we learn and apply at Perley Health can benefit residents of other homes,” says Boulerice.

In 2023, the *Journal of Wound Care*, an international peer-reviewed publication, awarded Boulerice a bronze medal for antimicrobial stewardship—a project to reduce the use of antibiotics in the treatment of infected wounds.



Samantha Boulerice demonstrates a wound imaging device to Registered Practical Nurse Emily Loiselle in Perley Health's Living Classroom. Photo credit: Peter Warren



National Nursing Week: Changing Lives. Shaping Tomorrow.

At Perley Health, nurses play a key role in transforming care for Seniors and Veterans.

Meet Samantha Boulerice, our Wound, Ostomy, and Continence Nurse (left), and Heather MacLeod, our Knowledge Translation Specialist at the Perley Health Centre of Excellence in Frailty-Informed Care™.

A few years ago, Sam undertook a project that aimed to reduce the severity of pressure injuries, commonly known as bedsores. Pressure injuries often have serious impacts on health and well-being, particularly among residents of long-term care homes. By leveraging clinical evidence, and standardizing bedside care and operational practices, the project has significantly reduced the severity of pressure injuries at Perley Health.

The Centre of Excellence is now sharing lessons learned from the project with other care providers. Translating complex information into practical, readily accessible tip sheets and guidelines helps transform care for all Seniors and Veterans.

This Nursing Week, we honour the dedication and professionalism of nurses like Sam, and celebrate their contribution to changing lives and shaping the future of care. On behalf of the entire Perley Health community, thank you.

Learn more at PerleyHealth.ca

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's hours 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. • Sunday: CLOSED*

*The Greenboro branch at 363 Lorry Greenberg Drive is open on Sundays from 10 a.m. to 5 p.m.

CLOSED – Monday, May 20 – Victoria Day

Please note the following when visiting:

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Public computer use is currently limited to two hours per user per day. To reserve a computer ahead of time, reservations can be made either at the branch or online from home.
- Meeting and program rooms are available for booking, for an hourly fee.
- Please visit our website for the most up-to-date information with regard to programming.
- Outdoor book drops are open 24 hours a day, seven days a week.
- Museum passes are available on a first-come, first-served 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 hosts 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.

CHILDREN'S PROGRAMMING

Bilingual Family Storytime

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

Tuesdays and Wednesdays at 10:30 a.m. 30 minutes.

Bilingual Babytime

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

Thursdays at 10:30 a.m. 30 minutes.

Stay and Play

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

Tuesdays, Wednesdays and Thursdays at 11 a.m. 60 minutes

Arabic Storytime (NEW!)

Arabic Stories, rhymes, and songs for children of all ages and their parents or caregivers. Drop-in program. 45 minutes.

Saturdays, April 20, and May 18 at 3 p.m.

Lego® Block Party

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

Saturdays at 11 a.m., except April 27. Ages 4 to 12 (Children Ages 4 to 6 must have adult supervision). 60 minutes.

Crafternoon!

Come crafting at the library, we have all the supplies you need to satisfy your creativity! Drop-in program. 60 minutes. Ages 4 to 12. Fridays, May 10 and 17, at 4 p.m. 60 minutes.

ADULT PROGRAMMING

How to Secure a Home Wireless Network

Many wireless routers do not default to the most secure configuration. Make sure you are not the “low-hanging fruit” that someone will decide to attack. It is surprisingly easy to make sure your network is secure. Chris Taylor, President of the Ottawa PC Users’ Group will show you just how easy it is. Thursday, May 9 at 6 p.m. 120 minutes.

NFB Film Screening: ‘To Kill a Tiger’

Academy Award nominee, TIFF feature film, “To Kill a Tiger” (2022). “A man. His daughter. The trial of their lives.” Ranjit, a farmer in Jharkhand, India, takes on the fight of his life when he demands justice

Continued on page 37

SKYLAR'S KIDS PAGE

WORD SEARCH

Spring Words Word Search Puzzle

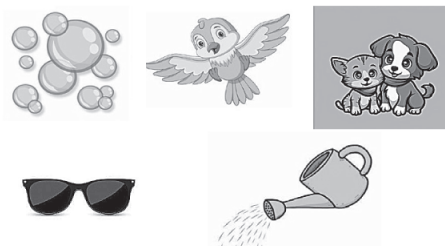
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- FIND THESE SPRING WORDS
- | | | | |
|----------|---------|---------|--------|
| daffodil | March | bulbs | rainy |
| garden | showers | buds | mud |
| blossom | flowers | ladybug | bugs |
| bees | growth | crocus | tulip |
| June | April | iris | picnic |
| robin | green | grass | |
| May | | | |
-

COLOURING PAGE



Search the entire paper for these seasonal items.



JOKE OF THE MONTH

Why do bees have sticky hair?
They use honeycombs.

UPCOMING EVENTS

Continued from page 36

for his 13-year-old daughter, the survivor of sexual assault. In India, where a rape is reported every 20 minutes and conviction rates are less than 30 per cent, Ranjit's decision to support his daughter is virtually unheard of, and his journey unprecedented. Thursday, May 23 at 6 p.m. 127 minutes. Hindi and Nagpuri with English subtitles

Armchair Travel – Newfoundland

Photos and narration from multiple car trips around this wonderful province. Highlights include the Viking settlement in L'anse aux meadows, the fjord at Western Brook Pond, the Tablelands, Bonavista, Twillingate, Cape Spear, icebergs, etc. Presented by Lynda Buske from the Ottawa PC Users' Group and the Orleans Photo Club. Thursday, May 30 at 6 p.m. 120 minutes.

English Conversation Group (NEW!)

Practice your English conversation skills in a relaxed and friendly environment. All levels are welcome in this free program. Drop-in.

Mondays, 1–2:30 p.m. 90 minutes. No group on May 13 or 20.

Tuesdays, 1–2 p.m. 60 minutes.

Tuesdays, 7–8 p.m. 60 minutes.

French Conversation Group (Intermediate)

Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required. Wednesdays at 6:30 p.m.

Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30 - 8:00 p.m. All are welcome.

Thursday, May 16 TBD

Thursday, June 20 TBD

Book Banter

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

Thursday, May 2

Hang the Moon
by Jeannette Walls

Thursday, June 6

The Night Portrait
by Laura Morelli

Infusions Littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.

Le lundi 13 mai

Mon voyage en Amérique
de Kim Yaroshevskaya

Le lundi 17 juin

Belle Greene
de d'Alexandra Lapierre

ONLINE COLLECTIONS AND SERVICES

Please check out some of the activities and resources that we have for adults, teens, and kids alike.

These resources include:

- Digital eBooks and Audiobooks via Overdrive/Libby and CloudLibrary for English titles and Cantook Station for French titles;
- Language learning courses via Mango Languages;
- Streaming movies via Hoopla, the Kanopy Collection, Kanopy Kids and Access Video on Demand.
- Free magazines and newspapers via Flipster, Overdrive Magazines or PressReader; and
- Children's resources for educational videos and online books such as Just for Kids and the Tumblebook Library.

To access these resources and much more, please visit bibliottawalibrary.ca/en/databases/search-all. A valid Library card is required. For assistance, call Info Service at 613-580-2940 or email infoservice@bibliottawalibrary.ca.

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UPCOMING EVENTS

COMMUNITY EVENTS

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive, 613-733-3156; www.rideaupark.ca

Bells in Spring Concert: Sunday, May 5, 7 p.m. Enjoy the bells and chimes ensembles of Rideau Park along with three guest bell choirs as they play both sacred and popular music to celebrate the spring season. Free will offering. For more information: handbells@pinetree.org.

Sundays@Four Series: The next concert takes place on May 12. Appreciate the performance of a rising young opera singer. Concerts are about one hour, and always at 4 p.m. Accompanist is Andrew Ager on piano or organ. Admission is pay-as-you-wish. Proceeds go to the artists. Details available at newoperalyra.ca.

Awesome Alta Vista Garage Sale: Saturday June 8. Rideau Park will be participating in this event. Inside the church, there will be a garage sale, 8 a.m.–1p.m. Donations of goods are always welcome (drop-off at church Fri June 7, 10 a.m.–6 p.m.). Outside the church, we will be selling muffins and coffee/tea, 8 a.m.–12 p.m.

28th Ottawa Scouts (Rideau Park) BBQ fundraiser: Also on June 8 from 11 a.m. to 2 p.m., in the parking lot of Rideau Park Church. Hot dogs, hamburgers, drinks and chips will be the order of the day. Proceeds to Scouts International Travel 2024.

Camp Awesome Day Camp: Plan ahead. Camp will be held at Rideau Park the week of August 12–16. Registration will open soon at

Foster's Farms Fruit & Vegetable Stand: Coming soon at the corner of Alta Vista and Cunningham, by Rideau Park Church.

Forest Church at Rideau Park: Sunday, May 26 at 4 p.m. Meet at the church for a walk in the Cunningham Woods, with the leafing out of the trees and the spring flowers in full bloom. Pause for a reflection on the return of Spring in God's handiwork! Lead by Elizabeth Bryce.

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

Tai-Chi classes: Saturday mornings, 10:45 a.m.–12 noon. For more information, contact Eduardo at molon@eduardomolon.com.

Euchre Club: Thursdays, 1 p.m. For information, contact Rod Hagglund at rhagglund@rogers.com.

Knitting and Quilting Groups: Knitting on Mondays, 1–3:30 p.m., and quilting on Thursdays, 9:30 a.m.–noon. For more information, contact Doreen Hamilton at prayerchain@rideaupark.ca.

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

50+ Fitness with Faiza: Tuesdays and Thursdays 9 a.m. – cardio, stretching and strengthening sessions.

Drums Alive: Drop-in drumming class, for those aged 8 to 80, Thursdays at 4:30 p.m. For more information, contact Iain Macpherson at choirdirector@rideaupark.ca.

Alcoholics Anonymous: OASIS has meetings at the church on Mondays, 8–9 p.m., while Twelve Steps to Serenity holds sessions on Thursdays at 7:30 p.m.

EMMANUEL UNITED CHURCH

691 Smyth Road, Office: 613-733-0437; Email: office@emmanuelunited.ca; Website: www.emmanuelunited.ca

Take Time to be Wholey Seniors' Exercises: Mondays, 10:30–11:30 a.m.: Chair yoga, mat-free. Fridays, 10:30–11:30 a.m.: Stretch and Strength.

Christian Meditation: Mondays, 7–8 p.m., by Zoom. If you wish to learn how to meditate or to join us, contact our office for the Zoom link.

Fellowship Coffee: Tuesdays, 10–11 a.m. Join Ron MacDonald, our Pastoral Care Provider, as participants share conversation via Zoom. Ron presents a topic and folks present reflect together on the topic, as well as what's happening with them individually. To join, contact Ron at pastoralcare.euc@gmail.com.

Thursday Morning Discussion Group: 10–11:30 a.m., by Zoom. The group is currently discussing Jesus' parables. They are using the book *Meditations on the Parables of Jesus* by Thomas Keating as a source of ideas.

Spring Pilgrimage: Wednesday, May 8, 10 a.m.–2p.m. (rain date May 15th) at Vincent Massey Park (off Heron at Riverside). The theme is "No One Stands Alone." Bring a bag lunch, water, outdoor chair and good walking shoes. Parking is \$8 per car. To register, sign up at the church or contact our office.

Emmanuel's Friday Night at the Movies: Friday, May 24, 7 p.m. The final offering in this series is Peanut Butter Falcon, a heartwarming adventure about a misfit on the run in the bayous of Louisiana, a young man with Downs Syndrome escaping from the seniors home where he is required to live, and a young social worker who is tracking him down and wants him to have a better life. Rated PG 13; free admission; everyone is welcome; drinks and snacks available.

Camp Awesome at Emmanuel: Coming July 8–12. This will be a day camp for children aged 4–12.

IT'S SHOWTIME! WITH THE CAPITAL CITY CHORUS

June 15 at St. Thomas the Apostle Church, 2 p.m. matinee and 7 p.m. evening shows. Experience a variety of show tunes in the unique barbershop style! (capitalcitychorus.org/show)

ST. THOMAS THE APOSTLE CHURCH PARKING LOT SALE & BBQ

Saturday, June 8 at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive (beside Fire Station) from 9 a.m. to 1 p.m.

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

ELLWOOD HOUSE YARD SALE

Come and see what the youthful seniors at Ellwood House have at their yard sale on Saturday, June 8 starting at 9 a.m. Our address is 2270 Braeside Avenue, directly behind St. Thomas the Apostle Church.

ST. TIMOTHY'S PRESBYTERIAN CHURCH GARAGE SALE

Saturday, June 8, 9:30 a.m.–1:30 p.m., at 2400 Alta Vista Drive

Come for tables of treasures, baking, BBQ, and light refreshments. Got items to sell? Tables are available for \$40. For general inquiries or table rentals, please contact sttimsoffice@on.aibn.com or call 613-733-0131.

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. We will be meeting on Wednesday, May 21, at 10 a.m. at Gloucester Presbyterian Church, 91 Pike Street, for a presentation by the author of "Ladies Don't Do That."

OTTAWA HUMANE SOCIETY AUXILIARY

Would you like to help us support the animals at the Ottawa Humane Society? Join us at the Auxiliary's monthly business meetings from 1:30–3 p.m. the first Thursday of every month (except July, August and December). We meet at the animal shelter, 245 West Hunt Club Rd. The next meeting is Thursday, June 6. For more information, contact Connie at constance_nunn@yahoo.com or go to ottawahumane.ca/getinvolved/volunteering/ohsauxiliary.

2332 ARMY CADETS SPRING BOTTLE DRIVE

Don't forget to keep your bottles. Donations are appreciated!

Date: May 26

Location: 2100 Walkley Road

UPCOMING EVENTS

ALTA VISTA PUBLIC SCHOOL SPRING FAIR

Saturday, May 25, from 10 a.m. to 2 p.m. – Save the date!

Come and join us for a fun-filled day of delicious food, games and treats as we celebrate our school community at our annual Spring Fair and Silent Auction. Enjoy activities such as musical cakes and cupcakes, face painting, a hair and nail salon, indoor and outdoor games, and a bouncy castle. Browse the silent auction, class baskets, and plant and baked goods sales. There will also be plenty to eat with a delicious BBQ catered by Hometown, pizza by the slice from Panago, ice cream treats from Merry Dairy, cotton candy, popcorn and more! Rain or shine, we hope to see you there at 1349 Randall Ave. Please note that this is primarily a cash event.

OTTAWA REGIONAL YOUTH CHOIR'S SPRING CONCERT

Sunday, May 5, 3–5 p.m. at St. Joseph's Church, 174 Wilbrod Street

The choir, for which Canterbury High students and alumni form an important part, is excited to be performing Joseph Haydn's *The Creation*. The oratorio depicts and celebrates the creation of the world as narrated in the Book of Genesis. The choir will be accompanied by a professional orchestra.

The choir will also perform the premiere of a complementary choral composition, "Inferno," written by ORYC students with the libretto derived from Dante's *Inferno* as well as texts written by members of the choir. This composition is a commentary on the present-day concerns surrounding the climate emergency and the general mistreatment of the environment due to human activity.

Online tickets are available for \$30 at oryc.ca and at the door. To make ORYC concerts accessible to all, admission at the door also includes "pay what you can."

CANADIAN CENTENNIAL CHOIR'S CONCERT 'RED AND WHITE'

Saturday, May 11 at 7:30 p.m.

St. Thomas the Apostle Anglican Church, 2345 Alta Vista Dr.

Tickets: Adult \$25, Senior/Student \$20; Available at www.brownpapertickets.com/event/6144463.

A wide-ranging program of Canadian music spanning the last seven decades. Come and hear Srul Irving Glick's magnificent "Triumph of the Spirit," the quirky "Figures de danse" by Lionel Daunais, and recent works by Marie-Claire Saindon, Matthew Emery, Katerina Gimon and others. We'll also perform much-loved folk song arrangements and introduce you to some new ones.

ATLANTIC VOICES

The Newfoundland and Labrador Choir of Ottawa presents "Rogues' Gallery" – Bad behaviour has never sounded SO GOOD."

May 26 at Centretown United Church, 507 Bank St.

Doors open at 2:15 p.m. for the Fumbin' Fingers house band; Choir concert at 3 p.m.

Tickets: \$25 in advance, \$30 at the door

For concert information and tickets: www.atlanticvoices.ca

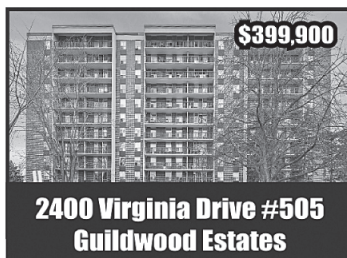
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MOVIES 'N STUFF

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www.moviesnstuff.com

May 7th

Driving Madleine

A seemingly simple taxi ride across Paris evolves into a profound meditation on the realities of the driver, whose personal life is in shambles, and his fare, an elderly woman whose warmth belies her shocking past. *Truly wonderful French film!!*

Teacher's Lounge

When one of her students is suspected of theft, teacher Carla Nowak decides to get to the bottom of the matter. Caught between her ideals and the school system, the consequences of her actions threaten to break her.

Funny Woman: Mini-Series

A young woman from Blackpool finds her voice in the male-dominated world of the 1960s comedy and takes London by storm.

Testament

A retired archivist is annoyed and confused by a group of protestors who are angered by a mural inside the retirement home where he resides that glorifies colonialism. The new film from legendary Canadian director Denys Arcand!

French Girl

Follows Gordon Kinski, a high school teacher from Brooklyn, who goes with his girlfriend and chef Sophie Tremblay to her hometown of Quebec City where she is testing for the Michelin 3-star restaurant of super-chef Ruby Collins. Zach Braff stars.

Road House

A remake of the 1989 cult classic that starred Patrick Swayze finds Ex-UFC fighter Dalton taking a job as a bouncer at a Florida Keys roadhouse, only to discover that this paradise is not all it seems. Starring Jake Gyllenhaal.

Stopmotion

A stop-motion animator struggles to control her demons after the loss of her overbearing mother. A wild, nightmarish horror film!

Lisa Frankenstein

A coming of RAGE love story about a misunderstood teenager and her high school crush, who happens to be a handsome corpse. After a set of playfully horrific circumstances bring him back to life, the two embark on a murderous journey to find love, happiness...and a few missing body parts along the way!

Monster

A single mother demands answers from her son's teacher when her son begins acting strangely. From director Kore-eda Hirokazu, the mastermind behind such contemporary classics as Shoplifters and most recently Broker. 97% positive reviews from critics!

Fallen Leaves

In modern-day Helsinki, two lonely souls in search of love meet by chance in a karaoke bar. However, their path to happiness is beset by obstacles - from lost phone numbers to mistaken addresses, alcoholism, and a charming stray dog. From Legendary Finnish director Aki Kaurismäki.

The Peasants

Jagna is a young woman determined to forge her own path in a late 19th century Polish village - a hotbed of gossip and on-going feuds, held together, rich and poor, by adherence to colorful traditions and deep-rooted patriarchy.

Land of Bad

When a Delta Force team is ambushed in enemy territory, a rookie officer refuses to abandon them. Their only hope lies with an Air Force drone pilot as the eyes in the sky during a brutal 48-hour battle for survival. Starring Luke and Liam Hemsworth and Russell Crowe.

The Taste of Things

The story of Eugenie, an esteemed cook, and Dodin, the fine gourmet who she has been working for over the last 20 years. Juliette Binoche, Benoit Magimel, Emmanuel Salinger.

May 14th

Dune: Part Two

Paul Atreides unites with Chani and the Fremen while seeking revenge against the conspirators who destroyed his family.

Imaginary

A woman returns to her childhood home to discover that the imaginary friend she left behind is very real and unhappy that she abandoned him. Fun thriller/horror movie!

Karaoke

A long-married couple becomes obsessed with their new, charismatic neighbor and his karaoke parties. Stars Sasson Gabay of The Band's Visit, Shtisel.

Alice & Jack: Mini-Series

Alice & Jack explores perseverance, passion, and the true sense of partnership over the course of a profound 15-year relationship. Are the bonds between us stronger than the forces that would tear us apart?

Noryang: Deadly Sea

Admiral Yi leads an allied fleet of ships against invaders in a final valiant naval battle to annihilate the retreating Japanese army. Now seven years after their deadly invasions of Korea, a massive battle at sea unfolds during the winter of 1598 in the Noryang Strait. The third in the trilogy after Hansan: Rising Dragon and The Admiral: Roaring Currents (available now!)

Father Brown: Season 11

More mysteries featuring the charismatic clergyman sleuth. Set in the beautiful English countryside. It's now 1955 and Chief Inspector Sullivan and Mrs. Devine have grown closer since we saw them last!

Uncropped

The stories behind iconic images of New York and celebrities, from Alfred Hitchcock to Muhammad Ali, recounted by photojournalist James Hamilton.

May 21st

Bosch: Complete Series and Legacy Season 1

Bosch is faced with the dark side of the police department -- in his relentless pursuit of the truth. The critically acclaimed procedural is based on Michael Connelly's series of best-selling novels. Great performance by Titus Welliver - this is a must see series!

Reacher: Season 2

Reacher is contacted by a former member of his defunct MP unit from New York City when one of their own is murdered under mysterious circumstances. He reassembles his old team to find the murderers and avenge their friend. This series is a lot of fun!

Desperate Romantics: Mini-Series

Re-release of 2010's six-part drama series set in and among the alleys, galleries and flesh-houses of 19th-century industrial London, following the Pre-Raphaelite Brotherhood, a vagabond group of English painters, poets and critics.

May 28th

Anatomy of a Fall

A woman is suspected of murder after her husband's death; their half-blind son faces a moral dilemma as the main witness. This is the film that stunned the cinema world and became one of two foreign language films to be nominated for Best Picture this year. A must see.

Bob Marley: One Love

Celebrate the life and music of an icon who inspired generations through his message of love, peace, and unity

Knox Goes Away

A contract killer who is diagnosed with a fast-moving form of dementia has an opportunity to redeem himself by saving the life of his estranged adult son. Stars Michael Keaton and Al Pacino!

The Chosen: Season 4

One of the biggest shows in history returns for the fourth massive season.

Love Lies Bleeding

Lou is a reclusive gym manager who falls hard for Jackie, an ambitious bodybuilder who's heading to Las Vegas to pursue her dream. Their love soon leads to violence as they get pulled deep into the web of Lou's criminal family. Sizzling reviews and an electric performance from Kristen Stewart!

Maryland: Mini-Series

Becca and Rosaline find themselves thrown together by the sudden death of their mother, Mary. Trapped on the Isle of Man with each other, the sisters discover layer after layer of Mary's secrets. Stars Suranne Jones of the incredible Scott & Bailey detective show!

Mr. Bates Vs. The Post Office

The extraordinary story of the greatest miscarriage of justice in British legal history, where hundreds of innocent sub-postmasters and postmistresses were wrongly accused of theft, fraud and false accounting due to a defective IT system. One of the most asked for titles of the year sports an 8.6 rating on IMDB and 95% positive reviews from critics! Stars the great Toby Jones.

Problemista

Alejandro is an aspiring toy designer from El Salvador struggling to bring his unusual ideas to life in NY. As time runs out on his work visa, a job assisting an erratic art-world outcast becomes his only hope to stay in the country.

All That Breathes

As legions of birds fall from New Delhi's skies and the city smoulders with social unrest, two brothers race to save one of the casualties: a majestic black kite, a bird of prey essential to their city's ecosystem. Winning documentary!

Io Capitano

A Homeric fairy tale that tells the adventurous journey of two young boys, Seydou and Moussa, who leave Dakar to reach Europe.

April's top 5 movie rentals were....

1. The Holdovers
2. The Three Musketeers - Part I: D'Artagnan
3. Anyone But You
4. Our (Almost Completely True) Love Story
5. The Most Reluctant Convert

March's top 5 TV Show were...

1. Shetland: Season 6
2. Slow Horses
3. Shetland: Season 7
4. All Creatures Great & Small: Season 5
5. For All Mankind

VISIT OUR WEBSITE - MOVIESNSTUFF.COM