



Garden Tour for Abbotsford

BY JULIE IRETON

The Japanese plants, trees and stone paths of Tim Davis and Nikey Impalawati's Alta Vista landscape will be among the 17 gardens showcased during the Abbotsford Garden Tour on Saturday June 21 between 10 a.m. and 4 p.m.

The tour is a fundraiser for Abbotsford Seniors Centre, across from Lansdowne Park, which offers a variety of classes and services for active seniors over 55, as well as specialized programming for people with dementia.

"The front garden is structural planting, shrubs that rely on shape, and a Japanese maple that's bright red all year round," says Davis, an architect who built his Alta Vista home in 2017. "In the back, we have lots of irises, ground cover, woolly thyme."

The couple's gardens illustrate a combination of French and Asian influences, Davis says, inspired by visits to Europe and Japan. It also features a gravel driveway and paths around the house, rather than pavement.

Linden Holmes takes pride in her Glebe home's unique, urban landscape which will also be featured as part of the tour.

"In the back I have raised stone beds, stone pathways, landscaping with small shrubs, perennials, a gazebo," Holmes says. "I'm really happy to participate and looking forward to seeing other gardens. I like how it's organized by area so you can choose to see a few or the whole works."

This year's tour will include clusters of gardens in the Alta Vista area, some near Hog's Back falls, as well as several participants in Old Ottawa South, Old Ottawa East and the Glebe, explains Elizabeth Ballard, Abbotsford member and one of the organizers.

"We started the garden tour event last year and it was a great success," Ballard says. "Abbotsford is receiving a little less money from the city than it used to, so these fundraisers are intended to fill in the gap."

Ballard says the tour will highlight a wide variety of styles, plants and inspire ideas.

"Some are of an English cottage flavour. A couple are more wild, with more native plants and pollinators. Others are more refined, such as those with a Japanese flavour that are meticulously managed," Ballard says.

Lesley Sibthorpe, an Abbotsford member for the past 17 years, attended last year's tour which like this year is self directed.

"It was an amazing selection of gardens. I'm a gardener so it gave me great ideas," says Sibthorpe who is also a volunteer helper. "It's like seeing people's personalities in a garden. In this day and age we need to be uplifted and sometimes the simple, subtle gardens are very restful."

Even though she'll be showing off her own plants, shrubs and trees in her own backyard, Linden Holmes hopes to see some of the other gardens featured on this year's tour.

CO-EDITOR AND LAYOUT VOLUNTEERS NEEDED

VISTAS is a community newspaper, published ten months of the year, which has served the Alta Vista and Elmvalle communities for more than forty years, and more recently the Ellwood community. It is looking for volunteers for the positions of Co-Editor, and Layout and Design. Both positions are members of the VISTAS Board of Directors.

The Co-Editor will work with the existing Editor-in-Chief, and the Copy Editor, to produce our monthly newspaper. The Co-Editor will interact with those writing for VISTAS, and will require experience in writing and editing.

The person responsible for Layout and Design will each month work with the Editors and Advertising Manager to craft submitted stories and advertisements into the monthly issue of VISTAS. Experience with Adobe InDesign, Adobe Photoshop, on occasion Adobe Illustrator, and Adobe Acrobat is required and knowledge of WordPress is beneficial.

Applicants for both positions require non-negotiable availability heading into the print deadline dates.

If you are interested in serving your community as a VISTAS volunteer in one of these two positions, please forward a letter of interest to editor@vistas-news.ca.

CON'T ON PG. 3

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Editor-in-chief: Aldis Brennan
Email: Editor@vistas-news.ca

Copy editor: Karen Johns

Layout: Dave Brown
Email: Editor@ottawaoutdoors.ca

Advertising Manager: Jim Doherty 613-523-2487
Email: Advertising@vistas-news.ca

Treasurer: Catherine Fyfe
Email: Treasurer@vistas-news.ca

Distribution Manager: Ernie McArthur 613-521-4658
Email: Distribution@vistas-news.ca

GENERAL INFORMATION

Website: vistas-news.ca
Email: info@vistas-news.ca
Mailing Address: 411 Crestview Rd., Ottawa, ON, K1H 5G7
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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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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.

OUR COMMUNITY

“I’m interested in seeing some in Alta Vista in particular because they have bigger lots there, but I also want to see those smaller, pocket gardens.” she says.

Tickets for the Garden Tour can be purchased at Abbotsford Seniors Centre by phoning Abbotsford Reception at 613-230-5730 or by dropping by 950 Bank Street. The tickets are on sale for \$28. Look for surprises at some of the gardens and bring cash, say organizers.





As can be seen from the lists below, of streets needing carriers, VISTAS is not reaching several homes. If you have half an hour to spare each month, or know someone who may be interested in getting to know neighbours, please contact Ernie McArthur at distribution@vistas-news.ca

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Baycrest Area	Heron (Alta Vista to Greenbelt), 13 papers
Edge Hill, 58 papers	Highridge, 14 papers
Grasmere, 39 papers	Portland, 34 papers

FOR EAST OF HAIG

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	Joliffe	Weyburn



VISTAS Volunteer Reporters Wanted

Your VISTAS newspaper wants to be able to carry more local news. VISTAS has no paid staff of writers and although we do try to keep up with the major local issues, often local interest stories are not reported.

If you have an interest in local news stories and would like to report on them, the VISTAS Editor-in-chief, Aldis Brennan, would consider your written news submissions and possible assignments. If the editor decides your submissions will be of interest to Alta Vistas readers, he will work with you to have them included in the newspaper. Please note that your submissions are to be voluntary; no remuneration will be provided.

Interested volunteer reporters may contact the Editor-in-chief at editor@vistas-news.ca.





LETTERS TO THE EDITOR

■ Response to Councillor Carr, re: Don't let Lansdowne 2.0 ice out Charge fans, May 2025

Councillor Carr wrote that she wanted to set the record straight about the new arena. She referred to the seating capacity and wrote “the size of the new facility – over 5,500 seats plus additional standing and communal spaces bringing the total capacity to around 7,000...”.

It is very important to set the record straight about the seating. That is our primary concern – that Charge fans will not be able to get tickets to see our team play the arena as it is currently designed.

The City staff working on the design wrote to us that for hockey games there will be a maximum capacity of 6,600 but 750 of those spaces are standing room and 800 are boxes and club seats. So, there will be only 5,050 general seats. The current TD Place has over 8,500. Councillor Carr says this reflects our city's needs.

We strongly disagree. This will shut out 3,000 Charge fans who often fill the current arena for our home games. Our average attendance for this season is 7,496. ~ Margaret Buist

COUNCILLOR CARR'S RESPONSE:

Thank you Margaret. I appreciated the chance to have a preliminary discussion with you recently, and look forward to our meeting in July to discuss this further. I'm hopeful that the PWHL will have clarified their stance on this by then.

■ Democracy is a Multi-Player Game

I want to take this opportunity the day after the Federal Election to congratulate the seven candidates who put their names forward in Ottawa South, and to thank all the volunteers who supported them in ways big and small.

Having now volunteered to campaign at the municipal, provincial and federal level, I marvel at the amount of work and dedication that individual citizens put into making our democracy run.

I did note with disappointment that there was regular vandalism in my neighbourhood visited on the signs of one party in particular. This kind of juvenile and ineffective protest is clearly not a good use of someone's time.

If these acts were committed by an individual, I'd encourage that individual to get involved in the campaign process next time – join a party or run as an independent. I'll collect the signatures for your nomination papers myself if I like your platform.

On the other hand, if these acts were committed by members of an existing party, I'd really like that party to think about its tactics and whether we want to express our political beliefs through acts of violence, even if the violence is committed on signs.

Politics is fun! Get involved! Take the time to talk to the candidate at the door, come to a debate, knock on some doors next time. It's much more productive than slicing up signs.

~ Janet Mark Wallace

■ Lansdowne 2.0 – A Bad Business Deal

There have been articles and letters about Lansdowne Park 2.0 in recent VISTAS. The city and its partners, the Ottawa Sports and Entertainment Group (OSEG), have indicated that the North Stands and Civic Centre need to be replaced. They have called it “functionally obsolete”. It's not clear what “functionally obsolete” really means and leads one to believe that the stadium is ready to fall apart. Nothing could be further from the truth. The Stadium and Civic Centre are perfectly functional, they're just not the extravagant, modern state of the art – and extremely costly – facilities that the city and OSEG would like to have but not have to have.

The city's own study by Morrison Hershfield engineering has determined that the facilities are perfectly fine for up to 40 years with a little less than \$1 million per year in maintenance. Compare that to the estimated cost of replacement at close to \$500 million, the total cost of which would be borne by the city. The rent on the new facilities would be \$500,000/year, certainly not enough to pay for these new facilities. The city would have to sell air rights for 40-story towers, divert taxes from Lansdowne Park, and take on debt to pay for it. The partners would have little to no risk if anything went wrong. One would have to question why the city would do this when the Redblacks and the Ottawa 67's are only committed to playing here until 2032 – seven more years.

The proponents insist that the redevelopment plan for Lansdowne Park is essential for financial success, however, the Lansdowne partnership, even with free land, has lost money every year since it began ten years ago. It's unlikely that more of the same will be any more successful despite the claims being made. The taxpayers of Ottawa, having spent close to \$200 million for Lansdowne 1.0 have not earned any revenue from our investment in the Lansdowne 1.0 “partnership”. For Ottawa to bear the full cost and risk of building the new facilities is not just ill-advised, it's unconscionable when the city needs money for other pressing projects like transit and affordable housing. A new stadium is not needed and will NOT pay for itself. It will be paid with half a billion dollars from the sale of public assets, tax revenue and debt. No reasonable business person would agree to this deal.

The original partnership proposal included the existing North Stand and Civic Centre. If OSEG thinks they need a new stadium, then it's a whole new ball game. The partnership agreement will have to be re-negotiated from the ground up with a limited time horizon of 25-30 years maximum. OSEG would need to take on the risk and cost of building new facilities, not the taxpayers of Ottawa. The proposed deal for Lansdowne 2.0 is a bad one.

For those who would like a good summary background on Lansdowne Park 2.0, you can consult a report by the Old Ottawa East Community Association at: www.ottawaeast.ca/report/lansdowne-2025-02. ~ Michel Haddad



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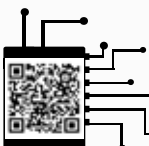
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COUNCILLOR MARTY CARR'S RESPONSE:

I understand that the Lansdowne file is complex, however, the best information is found in city reports and not in third party opinion or social media posts. While there are a number of misleading statements in this letter, I'll mention two aspects:

- The Morrison Hershfield report was commissioned by OSEG in 2019 to create a 35-year capital plan that assumed decommissioning of the arena and stands in 2054. The average maintenance cost per year until 2047 was \$1.4 million, and \$100,000 per year from 2048- 2054. The report assumed complete demolition and reconstruction of the arena in 2054, the cost of which was not provided. Given almost \$50 million would be required to simply maintain the existing state in advance of a complete rebuild, additional reports were commissioned and presented to the previous council in July 2021. The Rosetti report on the two key types of physical and functional obsolescence (defined and explained in the report) deemed them incurable as they required the introduction of new fundamental spatial characteristics not adaptable to the existing structural system. The Leibe Engineering report looked at the feasibility of redeveloping the current facility by major upgrades and determined seismic upgrading, structural reinforcements and other Building Code upgrades required would require demolition of the Ottawa Civic Centre and North Stands. These documents were presented to Council in July 2021 and based on their contents, the decision to move forward with a plan to replace the North Side Stands and Arena was approved unanimously at Council. These documents are all available online.
- Money being spent on the Lansdowne 2.0 would not be available for spending on transit and affordable housing, as the majority of money for Lansdowne will be generated by the development itself. For example, property tax uplift from new development at Lansdowne that will occur only if the development is approved is estimated at \$3.4 million a year from 2030 to 2069, totalling over \$132 million. Rent and ticket surcharge funding will generate a minimum of \$800,000 a year for a total of a minimum of \$31 million during the same time period. Air rights are expected to generate \$39 million. Similarly, taxes did not finance \$200 million for Lansdowne 1.0. The financing strategies for Lansdowne 1.0 and 2.0 are both available online.

OUR COMMUNITY



Odyssey Theatre past production lit by Graham Price: *The Miser*, 2023. (L-R): Lise Cormier, Scott McCulloch, Landon Nesbitt, Tracey Guptill, Jamar Adams-Thompson, Jesse Buck, Kate Smith, Marlow Stainfield. PHOTO CREDIT: ODYSSEY THEATRE.

Alta Vista lighting designer highlights Odyssey Theatre's 39th season

BY BRITNEY FORGET

A beloved summer tradition returns to the spotlight as Odyssey Theatre celebrates its 39th season of Theatre Under the Stars in Strathcona Park from July 31 to August 24, 2025. Local lighting designer Graham Price will be illuminating the gothic fantasy world of the play.

Odyssey's summer 2025 production, *The Girl With No Hands*, is an original, darkly comic fantasy, written and directed by acclaimed Ottawa theatre creator Laurie Steven. Inspired by the powerful Brothers Grimm tale *The Handless Maiden*, the play sweeps audiences into a crumbling dreamscape where fantasy and reality collide.

When a troubled girl is offered one final escape into a fantasy play, she becomes the reluctant heroine of a story with a mind of its own. She's courted by a desperate King, entangled in the romantic schemes of an eccentric spirit, and hunted by a Devil hell-bent on destroying her. When true love doesn't deliver a happy ending, she must take charge of her own story.

Shining the spotlight on this imaginative world is Graham Price, a seasoned lighting designer from Elmvale Acres. He has been collaborating with Odyssey for nearly a decade, beginning with his work on *The Servant of Two Masters* in 2016.

"When producing outdoor theatre, you have to embrace the extra challenges and unpredictable elements," Graham says. "With Odyssey, we're creating a whole fantasy world and this year's show presents a particularly rich and imaginative world to illuminate."

Graham joins director Laurie Steven and a veteran creative team to bring a bold creative vision to life. Blending a gritty post-industrial landscape with gothic flourish, they'll create a crumbling fantasy world teeming with pig-nosed demons, soaring wraiths, a sharply wicked queen mother, and a devil with multiple disguises.

Audiences can expect a memorable night of theatre with Odyssey's distinct theatrical flair. The summer play dazzles under the open sky with stunning original masks, bold costumes, enchanting music, and over thirty vivid characters. Odyssey veteran actors – including Bruce Spinney, Chandel Gambles, Nicholas Koy Santillo, Marlow Stainfield, Scott McCulloch, and William Beddoe – will share the stage with newcomers Erin Mackey and award-winning film actress Valerie Buhagiar.

Since introducing open-air theatre to Ottawa 38 years ago, Odyssey Theatre has become a beloved summertime staple. Its professional award-winning productions draw thousands each summer to the scenic banks of the Rideau River at the north end of Strathcona Park.

Tickets for *The Girl With No Hands* are available at odysseytheatre.ca.



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HEROES OF HERON EMERGENCY FOOD CENTRE

BY LYNN SHERWOOD

Last month our Hero was an organization, one of the five founding churches of Heron Emergency Food Centre which responded to increasing food insecurity in our community by establishing a new concept at that time – a food bank. Folks who had extra food were encouraged, rather than wasting it, to share it with folks who did not have enough. As the term “bank” suggests, the concept was that extra food could be “banked” and shared with those who were food insecure, and that these folks could give back when they were in a more stable situation. At that time, back in the mid 1980’s, this was considered to be quite a revolutionary idea. Today food banks are viewed as an integral, even essential, function of our social safety net.

Our Hero for June, Princess Olagunju, is a great example of the validity of this concept. Princess, who will be 23 years old this June, has been volunteering at HEFC since March. She lives in the area and has, herself, been coming to HEFC for emergency food supplies on occasion, especially since she decided to go back to university. She told me that she had a good job when she finished high school but wanted to further her education. Princess is now in her second year working towards a degree in philosophy at Carleton University. She loves her program and hopes to go on to law school, or perhaps to get a Master’s degree in philosophy.

Princess was born in Nigeria and moved to Canada when she was 15 years old, with her family. They had lived in the U.S. for several years after they left Nigeria but found life there to be quite difficult. Friends of her mother suggested they should move to Canada, which they said was “a good place” and they now are permanent residents here. Princess is very glad to become a Canadian.

Princess has a busy life. In addition to her full-time university studies, she is working part time as a busser/server in a restaurant and is also volunteering at HEFC as a way to give back. She tells me that she really enjoys her work at HEFC and has met many interesting people there. She bags up portions of dry goods such as oatmeal and rice, but recently she has been helping out at the front counter and has more opportunities to appreciate the diversity of folks coming for assistance.

I asked Princess if she had a message for readers of this article. She told me that she



Princess Olagunju; PHOTO CREDIT: LOUISA SIMMS.

wanted people to know that it is better to “get out of yourself” and get involved with other people, that giving back to the community makes you feel better. She says that if you do not have money to share with others, you should give your time and energy and find out what is going on in the community.

At HEFC we have many volunteers who, like Princess, have at times come to us for food themselves. They understand the challenges of hand-to-mouth survival and want to give back when they are able.

What a great thing to realize that the original vision – sharing food through a food bank – has succeeded so well. Now, 40 years after the inception of this concept, food banks not only provide emergency assistance, but also enable former clients to contribute to the welfare of all.

Since VISTAS is not published during the summer, we want to take this opportunity to remind everybody about our annual fundraiser, the Step Up and Step Out to Stop Hunger Walkathon which will take place on Saturday September 27, at St Thomas the Apostle Church on Alta Vista Drive. We look forward to meeting you there, as well as at the Alta Vista Farmers Market in late August.

Members of the Board of HEFC are happy to share information about the service we, all together, provide for our community, and to

make presentations at community events. We enjoy the opportunity to attend school events and talk with the children, as well as service clubs and festivals. We appreciate your interest and support.

- Call us at 613-737-9090 or email us at hefc-info@rogers.com for more information.
- Our website is: www.hefc.ca
- On Facebook: www.facebook.com/HeronFoodCentre
- We also now have a QR code to simplify donations to our program.

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



QR CODE

JUNE WISH LIST

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



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OUR COMMUNITY

Ellwood's UPDATE

RIDGEMONT COMMUNITY ASSOCIATION

BY NORMAN PAYNE, PRESIDENT OF ELLWOOD'S RIDGEMONT COMMUNITY ASSOCIATION

DISAPPEARING TRAFFIC PAINT MARKINGS

At the last association board meeting on Ellwood's streets, it was brought to Councillor Brockington's attention that the traffic lines painted in late October 2024 were fast disappearing even before the arrival of snow. They were reduced to wisps and mostly disappeared by early spring. Residents feel this is untenable and waste of resources. Councillor Brockington explained that this is due to a new environmentally friendly paint and other better options are to be considered.

PARK CLEANUP

Ellwood had its annual park cleanup on May 10, and it was a success. Volunteers covered the whole park and came up with quite a pile of garbage bags and debris. Special thanks to Paul Lebreque who showed up about an hour early and cleaned up a large section all by himself.

'CORNERSTONE' MCGUINITY CEMENTS MONUMENTAL WIN

Congratulations to our Member of Parliament David 'Cornerstone' McGuinity who won an incredible 8th consecutive term with a plurality of about 43,322 votes and 65.50 per cent – a staggering victory. The second-place Conservative came in at about 17,640 votes and 26.7 per cent. Out of 96,452 eligible voters, turnout was 68.56 per cent. About 30,326 people did not vote. To all who ran and did not prevail, we owe a huge amount of thanks. Stepping into the electoral arena is a grueling, expensive time-consuming and nail-biting endeavour, when



as we have seen very recently – every vote counts. To cap it off David McGuinity has been appointed Minister of Defence building on his years of experience on national security matters.

ELLWOOD'S 2025 SUMMER CARNIVAL TO BE ITALIAN-THEMED

Ellwood has long had a significant number of families of Italian descent, until recently about 40 per cent, and they have greatly contributed to the development and gaiety for which the community is known. Consequently, this year's summer carnival, set for Saturday July 26, will be Italian-themed. Chris Pilsworth – world famous magician will be performing an Italian magic show. Refreshments and pizza will be served. To prevent waste and cater correctly a ticket, at no charge will be needed. If you can play the accordion, sing, dance, or possess a unique entertaining talent with an Italian flair, and for the tickets, please get in touch with me at normanp@premieregroup.com or 613-288-0034.

INTENSIFICATION DETAIL BILL 17

On May 12, Ontario's Housing Minister Rob Flack, introduced Bill 17. The goal of which is to fast-track all aspects of new build residences. Addressing the need for expanding housing opportunities and finding ways to make affordable homes available over the next 25+ years. That there is a housing shortage is a fact, but it seems there are a lot of risks, benefits, and trade-offs in this bill, and we need to look at it from all angles.

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The City is currently analysing it, and the experts will present Council with an evaluation. It would be prudent for Ellwood residents – current and prospective – to get a good insight into what the bill might mean. Remember that further building is not happening in a vacuum, and all residents will be affected one way or the other.

Should residents have concerns over what seems to be a gravitational pull away from regulatory oversight, and towards an increasing reliance to trust developers with the best interests of the residents, current and future. There will always be variance between what regulators see as important and what developers see as necessary. One of the features of this bill seems to be an emphasis on getting things done, rather than perhaps getting things done well. Homes are needed, but they need to be good homes in every aspect. Instances of shoddy building and financial problems are legion and heartbreaking.

One only needs to look at the many cities and large towns around the world to see what minimalist oversight, sparse regulation, and naive disregard for other factors of a pleasant living environment have produced. In a not-so-perfect world, we still need to envisage what the outcome of this process will be. Our goal is and always will be more and better homes, at affordable rates – in a liveable neighbourhood. How and when will this bill get to that goal?

The bill envisions considerably less oversight on developers. It also changes and delays how and when crucial development charges are paid to the City. Developer charges – needed to fund things like sewers, waterpipes, sidewalks and other necessities, are typically paid upfront.

Key to Ellwood residents is how our neighbourhood and its environs will turn out to be. From the City's perspective, it does have a role as a regulator and a custodian of the public's interest to ensure our interests are taken care of and developer cash flow problems are not fobbed off on to residents. In the end, you and I foot the shortfall.

Right now, the neighbourhood is getting its initial taste of intensification problems, with the first residence to be turned into a business, and it is too early to see how this specific case will play out – but the signs do not augur well, and many residents who are affected are very upset at their quality of life being eroded.

POETS' CORNER

Walk in the Woods

The wildness inside me seeks
the wildness outside,
reaching across the barrier of
my sinews, bone and flesh,
like two trembling branches
rustling in the wind
that stretch across white rapids
hand in hand.

Dylan McGuinty, Jr.



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OUR COMMUNITY

To the world's greatest dad!



BY AMANDA ROSANNA LOWE

I've always been of the thinking that apart from Christmas, Father's Day was one of the best days in the year. And I had a very good reason to think this way, because I had a great father. Like most fathers, mine provided everything I needed in life; a home, food, clothes, safety and understanding. On this Father's Day, Sunday, June 15, we all have an opportunity to reflect upon the lives and significance of some of the most important men in the world; fathers.

In Canada, the day is typically celebrated by spending one's time with one's father, or someone who has been like a father to you. You could also make a little party out of the day and present dad with gifts. Now would be a good time to pick up a flyer from Home Hardware at Elmvale Acres and also one from the Canadian Tire at Bank St. and Heron Road, to look for those Father's Day specials.

But what would men really prefer to have on Father's Day? Apparently, most men would just simply love to have time to themselves. Which is perfectly easy to understand. It takes a lot out of a man to be a father to someone, and to also just simply live a man's life. You're always considered the strongest of the pack. Wouldn't it be great, if the pack didn't need him for this one special day? You may also want to take the time, to show your father the love that he deserves, and tell him how much you appreciate him for keeping you alive, with his strength and endurance.

Fathers also want to be respected. They're really hard-working men, always on duty. It's difficult to see a father ever being given a break, when so many people rely and depend on him to keep them safe and secure. He is the pillar of our family, our father, and so naturally someone to respect.

If you look back at your life with your father, you might agree that he was and maybe still is, one of the most significant teachers you've had. Your teachers at school taught you the knowledge you needed to have to be considered educated in the society you live in. But it is our fathers, who have taught us how to take that same knowledge, and apply it to the physical world, for means of surviving. Man shall not be broken! And you may agree, that your father wasn't either.

A great activity to do with your father on Father's Day, is one of his own activities that he enjoys doing. Sharing this together, is a great way to connect and to get to know your father better. One thing to know about many fathers, is that they do everything for their children with love. They even have the ability to discipline with love. My father certainly did, all the years I knew him. There was never a lesson he taught me, without love from his heart, as part of the many talks we had together.

What's also wonderful about Father's Day, is having that opportunity to have one of those good talks. Fathers need this from you. It gives them an opportunity to also really find out what's happening in your life; which should be quite easy if your dad also lives in Ottawa. But when dad is not close to us, they rely on a call instead. And that's why it's great that we have phones. They help bridge the gap between loved ones.



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HILLCREST HAPPENINGS: TEAM BUILDING THROUGH LAW

DINA G., GRADE 12 STUDENT AT HILLCREST HIGH SCHOOL

The first time our school participated in the Ontario Justice Education Network (OJEN) annual competitive mock trials, none of us knew what to expect.

The OJEN mock trial is a courtroom simulation where teams of high school students from all over Ontario take on the roles of lawyers and witnesses. For two days in early May, Ottawa-based teams argue a legal case in front of judges at the Ottawa Courthouse at 161 Elgin Street. Each high school does two rounds: one as defence counsel and another as crown counsel. This makes for two opportunities to compete against other high schools to see how well they can follow procedure, make convincing arguments, and use evidence effectively. At the end of day one, there are four semi-finalists who return on day two to battle for the coveted winner's title.

It's a unique opportunity for high school students to step into the world of law, as well as sharpen their public speaking, leadership, and teamwork skills both within and beyond the competition.

The first time I participated, I was the lone grade 10 student in a group of grade 12 students. It was intimidating. But somehow, through hours of after-school practices and learning, I found something unexpected: a sense of community. We gathered as a group nearly everyday after school for months, committed to practicing our roles, shaping our arguments and learning the flow of a real courtroom. What felt "random" initially, me in a room full of older students I barely knew, transformed into something meaningful. One of the most impactful parts of the experience was meeting the volunteer lawyers who guided us. They taught us how to ask sharp thoughtful questions, but more importantly, how to speak with confidence. They didn't just help us rehearse; they helped us grow.

When that year ended and the senior team members graduated, I worried it would be the last time our school would participate in the OJEN Mock Trial. I wanted others to experience what I had: the growth, the friendship, the spark. So, with the unwavering support of my amazing teacher, Ms. Afroza Mohammed, I helped rebuild our team. At first, the new group was unfamiliar. But, as the weeks went by, bonds began to form and that same sense of community I felt before started to rekindle.



Hillcrest student Teagan McGuire as mock-trial witness.

PHOTO CREDIT: KATELYN FARAGALLI

This year's team included four returning students. We were more at ease with each other, shared a lot of laughs, and welcomed a few new faces. By the end of the competition, it didn't matter whether we won or lost. What mattered was that we experienced it together and, most importantly, had fun.

Looking back, the most valuable part of this experience was more than learning about the law, it was learning about myself. When I first joined in grade 10, the lawyers said that I spoke too softly and lacked the assurance needed to persuade or present. Then, through practice, I began to grow as a speaker and as a person. My voice became stronger, my ideas clearer, and my confidence deeper. The growth didn't just stay in the courtroom; it spilled into every part of my life. My teachers noticed. My friends noticed. Most importantly, I noticed. Of all the clubs and extracurriculars I've been part of, the mock trial team has had the greatest impact. It helped me discover my passion for law, yes, but more than that, it showed me how much I love working with others, creating something meaningful together and pushing to find strength in my voice.

Now, as I get ready to graduate, one thing is clear: mock trial was where I found my community at Hillcrest High School. It helped me grow, speak up, and believe in my abilities. And I know it will continue to do the same for other students—young people with potential who just need a chance to discover their voice through sharing in something bigger than themselves.

BIG KIDS, BIG HEARTS: GRADE 7/8S AND YOUNGER READING BUDDIES

BY SAMA AL-ANBAGI, MF78A,
MS. CONLEY'S CLASS

Here at Featherston Drive Public School, younger students are making long-lasting friendships with our older students. That's thanks to an initiative pairing Grade 7/8 students with younger reading buddies from the primary grades. This program has been going on for years, with the expectation of continuing it for many years to come.

As an 8th grader myself, I remember when I was five years old and an older student was reading for me. Getting the chance to read to the younger students and being on the other side reminds me a lot of when I was their age.

Every week, the younger and older partners sit down together to read books, share stories, and create friendships with one another! However, reading is not all our students do, our educators have introduced various different activities, from drawing, to creating

different objects. Things like crafts and drawing allow our students to engage way more, making the experiences more enjoyable and interactive.

It's all part of a class program that educators have designed to promote a love for reading and gain responsibility, empathy, and leadership.

"Younger students can gain confidence in themselves, while our intermediate students gain valuable mentorship skills," says Ms. Conley, an 8th grade teacher.

"I love seeing the little ones smile when we read their favourite books," says a Grade 8 student. "It reminds me of when I was in Grade 1!"

Teachers say the program has been a big success.

"The younger students look up to the older ones so much," Teacher Mr. Papadatos says. "And the older students are really stepping into their roles as mentors."

Whether they're flipping through a

colourful picture book or helping sound out tricky words, our Grade 7/8 students are making a difference, one story at a time!



Here I am, reading to my younger reading buddy!



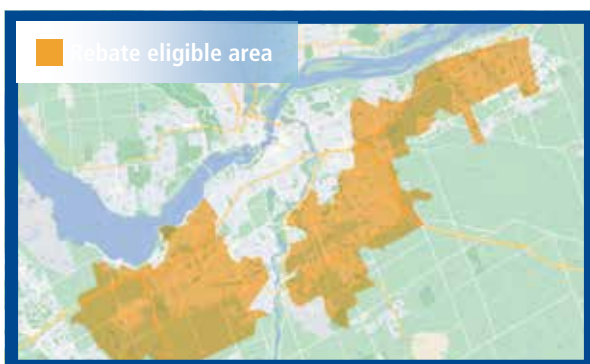
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Hackergal Hackathon

BY SAMA AL-ANBAGI AND NOUR EL- MOUSSAWI,
STUDENTS AT FEATHERSTON DRIVE PUBLIC SCHOOL

The 14th annual Hackergal Hackathon brought together girls and gender-diverse individuals in grades 6 to 9 across Canada for a coding and digital skill-building challenge. The charity event's task was to create a website or other code to address the lack of representation or misunderstanding of women, girls or gender-diverse individuals using artificial intelligence.

We find that this opportunity truly inspires and allows young women and girls to participate in science, technology, engineering, and math (STEM)-related activities as well as to represent their capabilities in a male-dominated field. For that, we thank Hackergal for promoting female representation.

Plus, we believe that the Hackergal Hackathon is not just about coding. It's about discovering confidence, community, and the power



of having your voices heard. For many women, girls, and gender diverse students, it's the first time they've stepped into a space where they truly feel welcomed in tech, where who they are is celebrated and not questioned. What makes Hackergal truly special is the commitment to inclusion. In a world where tech can feel closed off or intimidating, Hackergal opens a door, showing young people that their voices matter, their creativity and ideas matter, and their identities are a source of strength and inspiration.

The first part of the event involved a raffle where five student participants were chosen to showcase their creativity and coding skills to judges. In the second part, we used either Scratch or HTML/CSS to create and finalize our project.

Students can also enter their completed coding project in a contest with a chance to win a prize.

This year's prizes include a Kodak digital camera, a Lenovo tablet, a pair of Sony Bluetooth headphones, and a waterproof JBL Bluetooth speaker.

As female students that participated in the hackathon, we believe that Hackergal represents an important step towards a more inclusive and empowered future in tech!



Camp is more than childcare; it's a growth opportunity

BY TERRI BRENNAN

When summer break arrives, many parents scramble to solve a practical dilemma: where will my child go during the day? Camps are often seen as the answer; a safe, reliable form of childcare when school's out. But what if we stopped viewing camp as just coverage, and started seeing it as a developmental goldmine?

Summer camp, done right, isn't just about keeping kids busy. It's about helping them grow. Unlike the academic pace of school, camp gives children room to develop at their own speed. Social skills flourish as kids mix across age groups and form connections outside of classroom hierarchies.

"Confidence soars when children are encouraged to try new things in a low-pressure environment," says Jennifer Graham, Founder of The Dandelion Cafe and Student Achievement Centre. "And autonomy blossoms when kids get to make choices about how they spend their day."

For neurodivergent kids in particular, traditional school environments can feel overwhelming or misaligned with their strengths. Camp can offer a breath of fresh air, a place where their unique ways of thinking are seen not as problems to fix, but as strengths to build on. With the right supports in place, camp becomes a space where they can take risks, feel understood, and thrive socially.

Even "regular" camp experiences like crafts, games, or nature walks, can hold deeper value when framed intentionally. The child who hesitates to speak up in class might lead a team in a scavenger hunt. The one who struggles with fine motor skills in school might master tying knots or building a birdhouse. These victories matter. They shape identity and create lasting memories of capability.

Parents often tell us they notice big changes after camp; their child is more self-assured, more independent, more open. That's because camp isn't just a place to wait out summer. It's a place to grow up a little, while still being a kid.

If you're still looking for summer camp options for your children this summer, The Dandelion Cafe and Student Achievement Centre, located near Train Yards, still has spaces open. Their camp offers the kind of experience described above, a chance to build their knowledge and skills over the summer in a fun, low-stakes environment avoiding the dreaded "summer learning loss". So, if you're thinking about summer plans, ask yourself: what kind of growth do I want to see in my child? And where can that growth truly happen?



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ASK A LAWYER



BY DYLAN MCQUINTY JR., LAWYER

My neighbour is showing signs of dementia. What can I do to help?

Q My neighbour is showing signs of dementia. His wife of 60 years recently passed away and my fellow neighbours and I rarely see him anymore. There is a woman who visits him regularly, and she says she is his financial planner. However, it was recently discovered that our neighbour designated her as his beneficiary on his life insurance policy. What can we do to help?

A It sounds like your neighbour needs help to live as independently as his condition will permit him to, and that he requires protection against financial elder abuse. Here are a few steps you and your neighbours can take while promoting your elderly neighbour's maximum participation in the process.

First, establish or re-establish an authentic relationship with him that is based on neighbourliness. Try to have conversations in the morning, to avoid the evening when he may be "sunsetting" and suffering greater symptoms of dementia. Tending to someone's needs is not a short-term undertaking but requires time to earn trust. Try to avoid framing questions in a way that makes his pride susceptible to injury and that would incentivize him to save face and deny help. Second, ask if he has any family whom you can contact to assist with the help he might need. Leaning on existing, organic and stronger family ties can help ensure sustainable solutions.

Homes in suburban neighbourhoods like Alta Vista are usually allocated more by the impersonal laws of supply and demand than by personal ties of family and community. Furthermore, the realities and interests that are aligned behind intensification are not necessarily aligned with the best interests of seniors, who benefit from preserving rootedness in communities that were once thoughtfully planned to encourage family and social ties. As families have grown apart, and as homes have become unaffordable, the modern invention of suburbia as an anchor for family and community is increasingly at risk of giving way to transience and the symptoms of family breakdown. This has changed the emotional, psychological and social landscape for seniors, who benefit greatly from the support that comes from proximity to family and community. Into this vacuum have descended loneliness and the vulture of financial elder abuse.

But if families are capable of making of houses homes, then neighbourhoods are capable of making of subdivisions communities. If your neighbour has no family he can consistently rely on, consider forming a small group of neighbours on your street or in your residential building around the best interest of your elderly neighbour. Form a council, whose mission is to protect this individual's interests. Read up on the needs of the elderly. Limit the council to people of goodwill. Hold regular meetings, keep minutes, and designate roles, including a chair, vice-chair, and secretary. Ensure decisions are made to the maximum extent by your neighbour. Abide by the rule "nothing about him without him". Who is supervising his home to ensure he does not leave in the middle of the night? If there is a gas leak, who will notice? Who is managing his finances? How will you know if his stove is left on? Has he been seen wandering? Who is preparing his meals? Bringing him to his medical appointments? Is he bathing? Is he taking his medications? These and other issues require professional hands, but the council can serve a coordinating function.

Next, try and arrange a meeting between your neighbour and a lawyer who specializes in elder law. Let the lawyer take care of the legalities; you take care of community. In the absence of Powers of Attorney, the lawyer can take steps to bring a guardianship application to have the court appoint a Guardian of Property and a Guardian of the Person. The council can perform a supportive and coordinating function for cooperative Attorneys and Guardians. Consult a lawyer to know your obligations and risks if you get involved.

Now imagine that the local council I've described cropped up on the streets of Alta Vista, and what that would mean for how we think about and live in a community with an aging demographic. Community is like a building. What I see as a lawyer practicing in elder law are many bricks but a shortage of bricklayers and mortar. What we need are people who bring us together, and the caring that binds us. The world is burning. But there is an opportunity to make a better world in our own front yards.

We live in a historic moment. The sun is beginning its quiet descent on a period that gave us unprecedented prosperity after the Second World War, as a generation ages in place. What can we do to become part of the solution? The setting sun gives rise to a new day, one in which the next generation can honour the last and show an example to the next, through mutual aid and support within our communities. This era can shine as brightly with neighbourliness and goodwill as when the last one began.

Note that this column is not legal advice. Should you require legal advice, you should contact a lawyer.

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

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

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WHAT'S ON IN JUNE?

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. Thanks to Patricia Lachance at the MFA and Nadia Kharyati at the NAC for their support and assistance.



BY TONY WOHLFARTH

This month I review the new Disney film, *Mufasa: The Lion King*, which is available to rent in our community. I also look at two films which feature some of the best documentary films at the Hot Docs Film Festival this year.



MUFASA: THE LION KING

A prequel to the original *The Lion King* (1994) and 2019 *The Lion King*, *Mufasa: The Lion King*, is a highly entertaining animated feature for young and old alike. The film follows found siblings Mufasa and Scar, orphans who patrol the Pride Lands and grow into their adult roles, leading to one of the most well-known betrayals in film history.

Mufasa: The Lion King is directed by Barry Jenkins. Jenkins is best known for directing *Moonlight*, which won the Academy Award for best picture in 2017. This version of *The Lion King* is narrated by a star-studded cast which includes Mads Mikkelsen, Seth Rogen and Donald Glover. Beyoncé sings and Jenkins utilizes sophisticated film editing to make this an entertaining film to watch.

How can I see this film?

Mufasa: The Lion King was released theatrically in 2024. The running time is one hour 18 minutes. It is currently available to rent from Movies 'n Stuff, 1787 Kilborn Avenue. Please call Peter at 613-738-1607 to reserve your copy.

HOT DOCS FILM FESTIVAL

Eleven days of the best documentary films and 113 films screened in Toronto. The two films highlighted also premiered at the 2025 Sundance Film Festival.

Come See Me in the Good Light

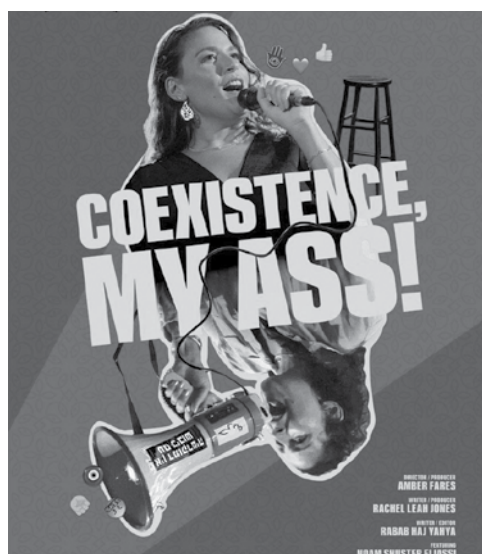
This revealing film captures two sketch comedians as they cope with cancer together. Filmed in Boulder, Colorado, Andrea Gibson and Megan Falley navigate this journey with humor and grace. The scenery in this film is

breathtaking, reflecting the beauty of the area. The director is Ryan White. *Come See Me in Good Light* won the Best Audience Award at Hot Docs. The running time is one hour 49 minutes.



Coexistence, My Ass!

Israeli comedian Noam Shuster Eliassi stars in a hilarious film poking fun at the prospects for lasting peace between Israelis and Palestinians. Eliassi's parents are Jewish and she studied at Harvard before becoming a UN official. It is hard to imagine that one can find humor in this intractable conflict but this film does it. The film is directed by Amber Fares, who is Lebanese Canadian. The running time is one hour 35 minutes. A trailer and revealing Q&A from Sundance is here: <https://www.youtube.com/watch?v=gJUc1MDPl6Q>.



NAC (1 Elgin) | Broadway Across Canada's performance of *Beetlejuice* is on at the NAC from May 27 to June 1. Do not miss this inspiring musical. The National Arts Centre stages are alive this month with these live performances:

- **JUNE 3 AND 4** – Jann Arden;
- **JUNE 14** – Governor General's Performing Arts Awards for 2025.

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

REDBIRD LIVE (1165 BANK)

Redbird features these outstanding musicians this month:

May 30 and 31 – Toronto-based duo Madison Violet;

June 6 and 7 – Ottawa's own Steve Marriner;

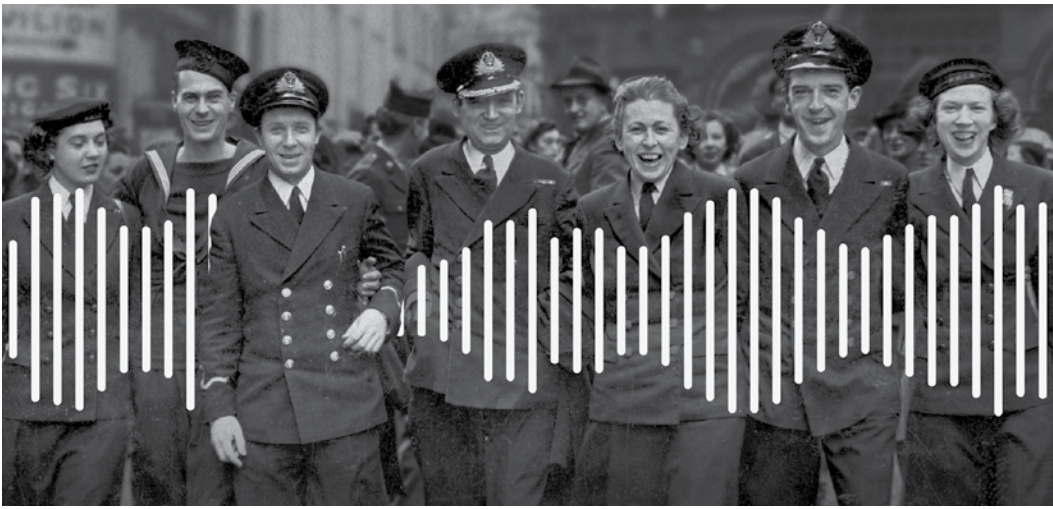
June 8 – Pat Temple and The HiLO Players;

June 12 – the quartet Medusa;

June 14 and 15 – Ottawa's Lynn Miles.

For tickets and showtimes, check out: www.redbirdlive.ca.

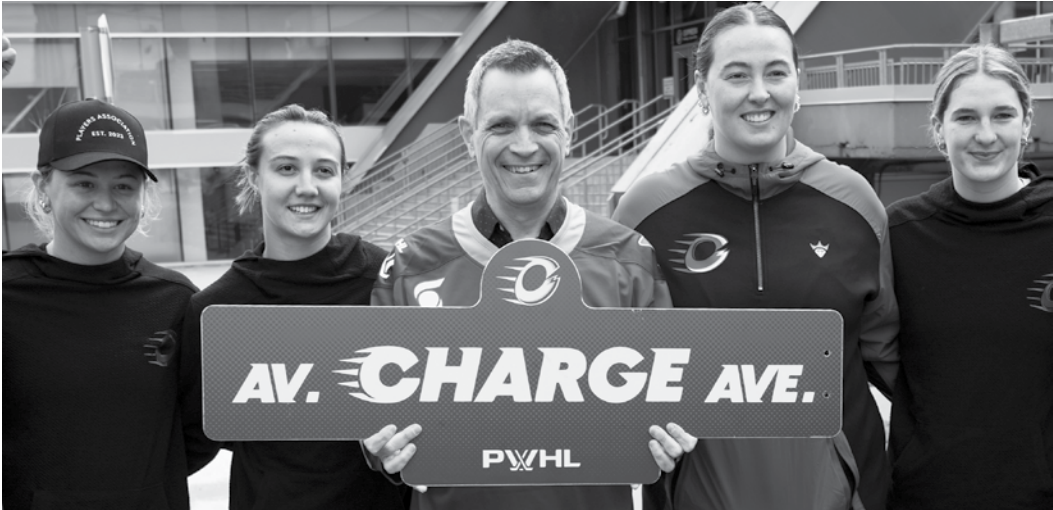




CANADIAN WAR MUSEUM

On May 8, the Canadian War Museum inaugurated a major special exhibition, Last Voices of the Second World War. The new exhibition features the voices of veterans who fought in World War Two. This multimedia presentation features interviews and videos about the impact it had on those directly affected. I found the film about Reg Harrison and his friend Buddy Holloway especially moving. The exhibition is on until January 18, 2026.

~ The new exhibition at the Canadian War Museum, Last Voices of the Second World War, features the voices of veterans who fought in World War Two. PHOTO CREDIT: CANADIAN WAR MUSEUM.



PWHL IN THE PLAYOFFS

Ottawa Charge, Ottawa's team in the Professional Women's Hockey League have made it to the finals for the first time. They play the Minnesota Frost, who eliminated the Toronto Sceptres for the Walter Cup. On June 24, the PWHL draft will be held in Ottawa.

~ Mayor Mark Sutcliffe and members of the Ottawa Charge as they declare a section of Bank Street Charge Avenue to honour the team's first playoff appearance. PHOTO CREDIT: CITY OF OTTAWA.



OTTAWA JAZZ FESTIVAL

Beginning on June 20 through June 29, the Ottawa Jazz Festival comes to the NAC with two dozen performances in two venues – The Fourth Stage and The Azrieli Studio. Fans of the genre can check: www.ottawajazzfestival.com for details.

MONTREAL INTERNATIONAL JAZZ FESTIVAL

Beginning on June 26 and running until July 5, the Montreal International Jazz Festival attracts fans from across North America to Place des Arts in Montreal. Headliners include Mavis Staples, Allison Russell, Elisapie and Wynton Marsalis. To check for times and availability, visit: www.montrealjazzfest.com/en.



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The Warbling Vireo

BY DR. RICHARD KNAPTON

One of the more common woodland birds in our area is the Warbling Vireo. In Bird Field Guides, it is variously described as cryptic, unobtrusive, plain and easily overlooked, and easily missed were it not for its frequently repeated song, a common sound in many parts of central and northern North America during summer. It's a great bird to learn by ear; "Warbling Vireo" is a good name – the male sings a fast, up-and-down, rollicking song that suits the word "warbling," and this highly variable song usually ends on a high note.

The Warbling Vireo belongs to the New World family of Vireos. In our area, there are two common vireos, Red-eyed and Warbling, and scarce ones such as Philadelphia, Yellow-throated and White-eyed.

Warbling Vireos are fairly plain birds with gray-olive upperparts and white underparts washed with faint yellow. They have a mild face pattern with a whitish stripe over the eye. They spend most of their time in the treetops of deciduous woods, where they move methodically among the leaves, hunting for caterpillars. In our area, you can likely find Warbling Vireos in almost any sizable deciduous woodland, and because of their habitually slow foraging speed, you can often track down the singer fairly easily.

During the breeding season, Warbling Vireos occur in mature deciduous woodlands from sea level to an elevation of about 3,000 metres, especially along streams, ponds, marshes and lakes, but sometimes in upland areas away from water. They also take up residence in young deciduous stands that emerge after

clear-cutting, and are rarely found in purely coniferous forests. Warbling Vireos will nest around people, including in neighbourhoods, urban parks, orchards and campgrounds. Their winter range, which extends through western Mexico and northern Central America, is much smaller than their breeding range, and includes diverse habitats from shade-coffee plantations to thorn forests to pine-oak woodland. During the winter in western Mexico, this bird almost always hangs out in mixed-species feeding flocks.

Males are highly territorial and spend much of their time during the breeding season singing. They usually arrive on their breeding grounds before females, immediately commencing a singing-and-patrolling campaign to establish and defend their territory. During courtship, a male approaches his prospective mate head-on, rhythmically weaving his body from side to side. With quivering wings, he closes the gap between them to about two centimetres,

PHOTOS BY ELLWOOD'S GARY HOWARD

1. The **WARBLING VIREO** is slightly larger than a Chickadee but can it ever sing. It's song is loud and it inhabits the middle to the top of tallest trees cheerfully singing all day through the summer and fall. The best time to spot one is in the springtime when the males are trying to impress the females. They dine on insects, spiders and the occasional berry. Both male and female look very similar.
2. The **BALTIMORE ORIOLE** males are very colourful, sing quite loudly sounding similar to a robin but have a shorter tune. They also have a chattering sound that is not as loud. The males like to sing at the top of the tallest trees. The Baltimore Oriole weaves a nest which hangs from a branch. Baltimore Orioles love sweet treats and you may be able to attract them to your feeder with slices of oranges. Their main foods are insects, spiders, snails and berries.
3. The **YELLOW-BELLIED SAPSUCKER** is a type of woodpecker and will tap a tree for its sap. They also eat a variety of insects that crawl up and down the trees as well as berries.



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whereupon the female strikes repeatedly at his open bill with her closed one. While their nest is under construction, a male Warbling Vireo spends about a third of his time guarding the female.

Warbling Vireos nest in the outer portions of deciduous trees and tall shrubs from one to 30 metres above the ground. The female selects the site, sometimes placing nesting material in several locations before making a final choice. Females do most of the building, sometimes stealing material from the nests of neighbours. She weaves a rough, slightly rounded hanging cup, usually suspending the nest from a horizontally forked twig. The nest may consist of plant matter, willow down, birch bark, dry grass, leaves, rootlets, cobwebs and spider silk, lichen, animal hair, and sometimes feathers, paper, thread and string. The nest is about eight centimetres across and five to eight centimetres deep, with an inner cup about five centimetres across and four centimetres deep.

The female usually lays four eggs per clutch, and she may attempt to have two broods per year. The incubation period is 12 to 14 days; during incubation, the female stays on the nest at night while her mate sleeps in a nearby tree. The nestling period is 13 to 14 days. Both sexes help raise their young until fledging, with females doing the lion's share. When parents are feeding young, one adult often waits at the nest until the returning partner signals with a call, ensuring that one parent is always with the nestlings. As nestlings mature, feedings become more frequent. At one nest where young were close to fledging, an observer recorded 29 feeding visits within one hour. Both sexes ferociously mob jays, grackles and other birds that approach their nests.



PHOTO BY BOB BAKER

Other probable nest predators include red and grey squirrels.

Warbling Vireos eat mainly caterpillars, pupae, and adult moths and butterflies. They also eat ladybugs, beetles, bugs, bees, ants, wasps and spiders. In fall and winter, they add elderberries and other fruit to their diet. They forage mainly in treetops, gleaning insects from leaves and twigs; they also hunt by hovering, stalking, hawking and flycatching. To subdue caterpillars and other larger prey, a Warbling Vireo whacks the unfortunate victim forcefully against its perch. Breeding pairs forage alone during the breeding season; at other times, individual Warbling Vireos forage in mixed-species flocks.

Warbling Vireos are numerous and occur across North America. In Canada, they breed in all provinces except the Maritimes and in all territories except Nunavut. Their numbers increased by approximately 0.6 per cent per year for a cumulative increase of about 29 per cent between 1966 and 2019, according to the North American Breeding Bird Survey. Population gains may result from this species' ability to adapt to suburban environments. Warbling Vireos may also benefit from new habitat created when coniferous forests are cleared, leaving large deciduous trees near open spaces. Population declines recorded in the mid-20th century have been attributed to the spraying of shade trees with chemical pesticides. Degradation of streamside habitat also causes populations to decline. Warbling Vireos die from collisions

with communications towers and other tall structures during nighttime migration. Because Warbling Vireos crowd into a winter range disproportionately smaller than their breeding range, habitat conservation there is important.

Across their wide range, Warbling Vireos differ from one population to another in several characteristics, including overall size, bill shape, plumage colouring, moult patterns, wintering areas and vocalizations. The differences are significant enough to lead ornithologists to recognize six separate subspecies of Warbling Vireo, and at one time divided them into two species.

Brown-headed Cowbirds frequently deposit their eggs in the nests of Warbling Vireos. In some instances, the vireo pair incubates the alien egg and raises the young cowbird until it fledges. Female vireos in some eastern populations, however, tend to puncture and eject interlopers' eggs.

Researchers speculate that the Warbling Vireo song is at least partially learned rather than hard-wired. They base this supposition in part on observations of one individual whose song more closely resembled that of a Red-eyed Vireo than that of its parents. The garbled song, they concluded, probably resulted from a flawed learning process during the bird's development.

The longest-lived Warbling Vireo on record – a male that was originally banded in July 1966 – was at least 13 years, one month old when it was recaptured and released during banding operations in California in 1978.



PHOTO BY BOB BAKER

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Your gut: the surprising key to better health

BY MARIAH FLECK,
REGISTERED HOLISTIC NUTRITIONIST

When people think about gut health, digestion usually comes to mind – bloating, bathroom habits, maybe the occasional indigestion. But your gut is involved in far more than just breaking down food.

In fact, research over the past decade has shown that gut health plays a powerful role in immunity, mental well-being, energy, inflammation, and even your risk for chronic conditions. If you've never given much thought to your gut, now might be the perfect time to start.

YOUR GUT IS A MICROBIAL POWERHOUSE

Inside your digestive tract lives a vast community of trillions of microbes – bacteria, fungi, viruses, and more. Together, they form what's known as the gut microbiome. This ecosystem acts like an internal control centre, influencing how we absorb nutrients, how our immune system functions, and how we feel – both physically and emotionally.

In fact, the gut and brain are so closely linked through the gut-brain axis that scientists often refer to the gut as the “second brain.” Some gut bacteria even produce neurotransmitters like serotonin, which affects mood, appetite, and sleep.

A GUT IN BALANCE EQUALS A BODY IN BALANCE

When your gut is in balance, you feel more energized, less inflamed, and more resilient. But when the gut microbiome is out of balance – often due to stress, poor diet, medications (like antibiotics), or environmental toxins – it can show up in many ways:

- Bloating or irregular digestion
- Brain fog or mood swings
- Food sensitivities
- Skin issues
- Weakened immunity

The good news? Your gut can bounce back – and food is one of the most powerful tools to help it do so.

INTERESTING (AND UNEXPECTED) WAYS TO SUPPORT YOUR GUT

You may already know that fiber and probiotics are good for digestion, but here are some lesser-known, evidence-backed ways to support a thriving microbiome:

- **Embrace diversity on your plate.** Different gut microbes like different types of fiber and plant compounds. Eating a wide variety of fruits, vegetables, herbs, legumes, and whole grains keeps your microbiome well-fed and well-balanced.
- **Eat fermented foods regularly.** Foods like sauerkraut, kefir, miso, kimchi, and plain yogurt introduce live, beneficial bacteria to your gut. Even a spoonful a day can support microbial diversity.
- **Include resistant starches.** Found in cooked and cooled potatoes, green bananas, lentils, and oats, resistant starch acts as food for your healthy gut bacteria and may reduce inflammation.
- **Spend time in nature.** Exposure to natural environments – gardening, hiking, or even walking your dog – introduces a wider range of environmental microbes, which may support gut and immune health.
- **Manage stress like it matters.** Because it does. Chronic stress can disrupt the balance of gut bacteria. Meditation, mindful breathing, and consistent sleep are all forms of gut self-care.
- **Don't Rely on Supplements Alone** Probiotic supplements are everywhere, but they're not a cure-all. Different strains have different purposes, and not all are backed by strong evidence. Rather than focusing on one “magic” pill, aim for a gut-friendly lifestyle built around whole foods, movement, and stress management.

Stay Tuned...

Over the coming months, I'll be sharing more nutrition articles and recipes filled with practical tips to help you feel your best – starting with your gut.

Your gut is talking. Are you ready to listen?

My classroom is loud and busy, and I'd be lying if I didn't admit that I'm counting down the days until summer vacation. June can be a wild ride as children stay up late and spend more time outdoors. Their spring fever longs to embrace summer, too. However, they are likely unable to communicate this through means other than unrest, loud voices, irritability, defiance and increased silliness—all challenging obstacles to teaching and learning. But we're almost there and will all get through it unscathed.

However, the “loud and busy” aspect of a kindergarten classroom is not confined to this time of year. While we have formal learning times when students are expected to listen quietly and raise their hands to speak, we also believe strongly in learning through play. So, when creating our schedule each fall, we plan to have two one-hour blocks of playtime indoors and appropriate outdoor playtime, as well.

As they interact in the house area, playing “family,” taking care of babies and setting the table for meals, my students learn about cooperation, empathy and role-playing. When they work in the pizza shop, they practice social skills used as vendors and customers, work together, accept money for products, and use their developing writing skills to record orders or create menus. Their creativity is highlighted at the art table as they experiment with different materials to produce works they are proud of. As they build with blocks, they showcase their imagination, creativity, and ability to listen to the ideas of others and compromise. Play provides crucial interaction with their peers as they develop social skills, learn to share, and build relationships.

Children aren't aware of how they grow and learn during their play – they are just having fun! They look forward to their play, both indoors and outdoors (except when the temperature is extreme). Even after spending a day on a field trip to a farm or a museum, when we return to class, they will express disappointment in missing playtime.

Who doesn't enjoy the sound of children playing on a warm summer day? (Unless they are on your lawn or you are a teacher on vacation!) But is play only for children?

Update from the greenspace stewardship committee

BY GILLIAN COOPER, CHAIR OF THE GREENSPACE STEWARDSHIP COMMITTEE

Come out and join the Greenspace Stewardship Committee of the Alta Vista Community Association any Thursday or Saturday morning to remove invasive Garlic Mustard and Dog Strangling Vine along Sawmill Creek behind the Billings Estate down to the Rideau River. It's a beautiful place to spend time. We meet at the end of Chalmers Ave at 9 a.m. Please contact greenspaceavca@gmail.com. This activity is thanks to our collaboration with the Rideau Valley Conservation

Authority's City Stream Watch program, particularly Rosario Castanon Escobar. Two weeks ago we had fun participating in a RVCA clean-up where we donned hip waders and picked litter out of the water itself. Watch the Stream Watch site for other clean ups www.rvca.ca/stewardship-grants/city-stream-watch!

It's hard to find a Buckthorn in Cunningham Woods this spring thanks to the removal work done by community members last year. The Trilliums and Trout Lilies have more light and room to grow now!

If your property abuts Cunningham Woods, our group would love to hear from you. We would be happy to help you identify and remove plants along your property line which could cause problems in your garden or the woods.

Please contact greenspaceavca@gmail.com or gilliancooperprice@hotmail.com. We'd love to hear from you.

FAITH NEWS



In a world of go, go, go and do, do, do, we need to play, too! Have you not heard the expression, “All work and no play makes Jack a dull boy”? Let’s not be Jack!

ARE YOU STRESSED?

Play is a form of stress relief. Excessive workloads, tight deadlines, high-pressure environments, and a lack of control over work tasks, schedules, or decision-making cause workplace stress. Complex relationships with colleagues or supervisors can also be a source of stress in the workplace, as well as concerns about job stability or potential job loss. How much of this stress can we manage without time to play?

Can you relate to any of those stress-inducers? What activities do you enjoy that allow you to relax and release tension to reduce your stress levels?

DO YOU FEEL CREATIVE?

Play can also boost your creativity. Have you ever taken a painting or pottery class? What playful activities have you explored that stimulate imagination and enhance creative thinking? When was the last time you enjoyed this type of play? Creative thinking can also spill over into your workplace as an added benefit for the workaholic.

COULD YOUR RELATIONSHIPS USE A BOOST?

Children aren’t the only ones who develop social skills during play. There’s nothing like a good session of axe-throwing to foster connection and intimacy in your relationships or to improve communication and understanding. What playful activities do you enjoy with your significant other or friends? Why don’t you plan a games night or book a pickleball court?

DOES YOUR MOOD NEED A LIFT?

My students are happy during their play unless they are fighting over a toy or disagreeing on a construction plan. They don’t appreciate the call for clean-up, signalling that playtime is over. As adults, play can also inject happiness into our busy lives, promoting a positive mood and reducing feelings of anxiety or depression. Many businesses have acknowledged that employees produce better work when they focus on their well-being. What better way to do that than to engage in playful activities? That grumpy colleague might crack a smile if you are having a hula hoop competition or refreshing your hopscotch skills.

Summer often evokes a sense of playfulness and freedom. With longer days, there’s a feeling of having more time. How can you be more intentional with your time during the summer months, balancing work and play? What activities do you want to prioritize? How can you find your rhythm?

Remember, even God took a rest day after six days of working. He knows the benefits of relaxing and playing on our bodies, minds and spirits. God included the instruction to rest in His Ten Commandments in Exodus 20:8-11:

Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day, no one in your household may do any work... For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

How can we incorporate more playfulness into our daily routines? What brings you joy? It’s time to play.

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Spirituality Community Service



How to feel better: the basics

BY DR. SARAH CHAN

Patients seek out mental health services with the hope of feeling better. I see it as the job of the clinician to help patients better understand why they are feeling as they do; to help patients organize what must feel chaotic and distressing. Most importantly, mental health clinicians try to give hope, and we do this by identifying areas in the patient's circumstances that can change, where the patient has control. In some ways, psychiatrists and other mental health clinicians are the Marie Kondo's of mental health: organizing the clutter that is mental health symptoms while trying to spark joy.

One of the greatest barriers to recovery is when the patient has unrealistic expectations of what it means to get well. Patients often think medication or a therapist will "fix" them or the problem. Unfortunately, this is not the case. If patients are not ready to change themselves, or do not take ownership of the areas in their lives that are causing disorganization and suffering, nothing the clinician does will help. Recovery takes hard work, but then again so does any other worthwhile endeavour.

But society is increasingly being medicated, perpetuating the fantasy that happiness and fulfillment is in a drug, or something outside ourselves. This is why it is so important to emphasize the interventions that more strongly support mental health recovery, that have the fewest side effects, and result in the most sustainable improvements. These interventions tend to be nonpharmacological ones. These interventions tend to rely on patients taking control and bringing about the change themselves.

Here are the four basic components to mental health recovery:

1. Behavioural changes: what is the patient willing to change in their behaviour to improve their situation? This could include regular exercise, sleep hygiene, and a self-care routine. This could be stepping back from toxic relationships and cutting back on unhealthy habits like alcohol use.
2. Psychological changes: How is the patient perceiving their situation that may be exacerbating their suffering? This includes certain ways of thinking that exaggerate symptoms. For example, all or nothing thinking, catastrophizing and over-personalization are ways people

can interpret events that act against their mental health by increasing anxiety and helplessness. Another key psychological trait is the degree of insight a person has and what they tell themselves about who is responsible. People who acknowledge and appreciate their own role in any given situation fare far better than those who do not.

3. Life circumstances: These may not be within a patient's control, but seeking outside support is. Getting help with financial aid, housing, or respite if the person is caring for an ailing loved one are options and is a sign the person is acknowledging their limits. Ignoring limits makes mental health worse.
4. Medications: This is in the domain of a psychiatrist or family doctor. However, at the end of the day, it is up to the patient to take the medication as prescribed and to follow-up. I put medications last on this list because most of the time, if the above changes happen, medications are not needed. Exceptions, where medications are prioritized, include mental illness that has reached a severe nature, such as psychotic and bipolar disorders.



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I will conclude with a very common presentation to illustrate these points: A patient presents with low mood and social isolation. We know having a sense of community and connection is necessary for our wellbeing. Those who deal with hardship alone are at greater risk of developing a mental illness. So, the maladaptive behaviour is to withdraw and isolate. Psychologically this patient believes he is sparing others his burden. He may not want to be vulnerable with others out of pride or fear. A life circumstance that exacerbated this was the COVID-19 pandemic, which we as a society are still recovering from.

So, the recommendation would be the following: there is a good chance that if the patient increases social engagement, either through recreation, or a support group, his mood will improve. Therapy would help target the long-held psychological beliefs that prevent the patient from meaningfully engaging with others. Fortunately, COVID-19 is no longer preventing social interaction but if this was still a concern, virtual or outdoor meetings could be considered. I would consider medications based on severity of symptoms or if the above behavioural and psychological changes are ineffective. Medications cannot cure loneliness.

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REVIEWED BY MARIE-ANDRÉE LAJOIE

SOUL MACHINE (2025) BY JORDANA GLOBERMAN

Reviewing a young-adult, graphic novel took me a bit outside of my comfort zone, but I am very happy I did it. Published by Annick Press, *Soul Machine*, is local author Jordana Globerman's first novel. She is an accomplished artist, and I was blown away by the book's aesthetic. It is gorgeous; the use of colour is so creative and so pleasing. And, the story is also full of interesting twists!

In the future (near or distant), the main characters Chloe and her big sister Lacey are trying to keep the family business going. They are soul weavers, but *breth*, the key ingredient, is in very short supply. What is going on? Their mom and dad have disappeared, and the sisters are desperate. Chloe convinces Lacey to let her go to the city to find new *breth* suppliers. There, she encounters a world she had not imagined, plus allies and enemies. How can one tell the difference?

The villains are MCorp, a big bad company, and its leader, Maya. They are developing *digibreth* a synthetic ingredient for soul weaving and plan to destroy the small soul weaving producers. This is a David and Goliath story; Chloe is courageous and determined, so she follows her heart. But, will Chloe succeed in her mission? Will she resolve the mystery of her parents' fate, and how does the distressing situation affect the sisters?

I am convinced that teenagers in your life will enjoy this book. This adult certainly did. It also opened my mind to giving graphic novels a bigger share of my reading time.

Plus, I am happy that I discovered Annick Press, a Toronto-based independent publisher of books for children and young adults, including the *Paper Bag Princess*. This powerhouse publisher may be familiar to those with young kids, especially Robert Munsch fans.

HOW TO READ A BOOK BY MONICA WOOD (2024)

In Portland, Maine, retired teacher Harriet Larson leads a book club in the local women's prison. Violet Powell, a book club member, is released after serving most of her sentence for a drunk driving accident that killed Frank Daigle's wife. Frank is the handyman at the small bookstore where Harriet selects and buys her books. How will these three connect? How will life unfold for Violet as she re-enters life on the outside?

If you are looking for a good story with kind and imperfect characters, I sincerely recommend this one. It is very touching, sometimes funny.

SUMMER PLANS: I hope to read some of the books that are waiting on my own bookshelf:

The Marriage Portrait by Maggie O'Farrell (2023); *The God of Small Things* by Arundhati Roy (1997); *The Last Stairlift* by John Irving (2022); *Do Not Say We Have Nothing* by Madeleine Thien (2017).

Have a great, book-filled summer!



ON MY NIGHTTABLE

The Life Cycle of the Common Octopus
by Emma Knight (2025);

The Reading List
by Sara Nisha Adams (2021).



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SUMMER EVENTS IN ALTA VISTA



COMPILED BY COUNCILLOR MARTY CARR

Night Market/Jazz in the Park

June 13th - 5p.m. to 9p.m.
Billings Estate Museum
2100 Cabot Street



Alta Vista Market

Saturdays - June 14th to October 11th
9a.m. to 1p.m.
St. Thomas the Apostle Church
2345 Alta Vista Drive



AVCA Canada Day Fireworks

July 1st - 9:30p.m.
Lynda Lane Park
580 Smyth Road



Jazz in the Park

July 25th - 6p.m. to 8p.m.
Weston Park - 950 Pleasant Park Road



Shakespeare in the Park

August 5th - 7p.m. to 8:30p.m.
Weston Park
955 Pleasant Park Road

Awesome Alta Vista Garage Sale

June 14th - 8a.m. to 1p.m.
Map available on the AVCA website



Hawthorne Park Fun Day

June 18th - 4p.m. to 6p.m.
Hawthorne Park
2139 Tawney Road



Shakespeare in the Park

July 3rd - 7p.m. to 8:30p.m.
Alta Vista Park
1309 Randall Avenue



Heron Gate Summer Fun Day

August 16th - 12p.m. to 4p.m.
Sandalwood Park
2850 Sandalwood Drive



Riverview Park Summer Festival/Movie Night

August 23rd - 6:30p.m. to 10p.m.
Balena Park
1640 Devon Street

Ward 18 Splash Pad/Wading Pool Visits with Treats!

Sheffield Glen Splash Pad: July 10th - 1p.m. to 2p.m.
Alda Burt Park Wading Pool: July 17th - 1p.m. to 2p.m.
Canterbury Wading Pool: July 24th - 1p.m. to 2p.m.
Cecil Morrison Park Wading Pool: July 31st - 1p.m. to 2p.m.



STAGES OF HEALING

BY SUE REIVE, PHYSIOTHERAPIST

Physiotherapists assess numerous patients with a variety of injuries and at different stages of healing. Taking a good history of the mechanism of injury and when it occurred in conjunction with assessment findings will help determine the diagnosis and the stage of healing.

Generally, there are three stages of healing. The first stage is the substrate phase, which starts from the moment of injury and lasts about five days. In this inflammatory phase, the body responds to cell damage by increased cell permeability, increased blood flow in the area, and consequently swelling. Moreover, specific cells which produce collagen (part of the scar tissue) are mobilized to the damaged tissue. At this stage the RICE protocol is best: R = rest, I = Ice, C = Compression, E = Elevation. Note: the injured part should be placed one foot above the heart to aid in drainage. Splinting and/or braces can help protect and rest the injured part while compression, ice and elevation help reduce swelling. A physiotherapist can tape or wrap the injured part and provide guidance on the use of ambulatory aides.

The second stage of healing, the fibroblastic phase, starts about a week after injury and lasts anywhere from four to ten weeks. In this phase, scar tissue is produced and laid down to heal the injured tissue. During this process, the goal of treatment is to restore mobility and tensile strength to the tissue and prevent adhesions. A strong yet extensible scar is the goal.

Physiotherapists will provide the appropriate exercises to achieve this goal and return the patient to optimal function. I find this is the stage where people tend to reinjure themselves. Between three and four weeks after the injury scar tissue is knitting the injured area together. Consequently, people feel better and return to sport.



Unfortunately, the scar tissue does not yet have the tensile strength and can tear, reinjuring the area.

The final phase of healing is the maturation phase. This phase begins about four weeks after injury and can last six months or more. Remodeling of the scar tissue occurs to make it as strong as possible.

Often patients come in for physiotherapy four to six weeks after injury with stiffness due to adhesions in the scar tissue. The outcome is often better when patients start physiotherapy in the first stage.

SUE REIVE, BSCPT, MCPA
REGISTERED PHYSIOTHERAPIST

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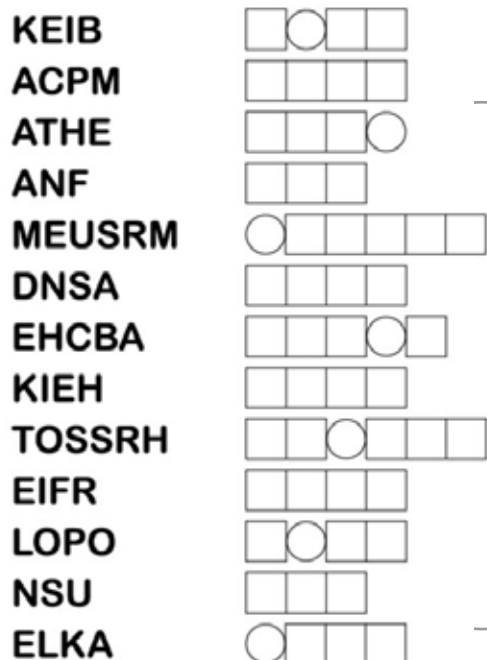
Easy Word Scramble Answers:

1. summer
2. sun
3. beach
4. sand
5. heat
6. fan
7. camp
8. fire
9. lake
10. hike
11. pool
12. bike
13. shorts

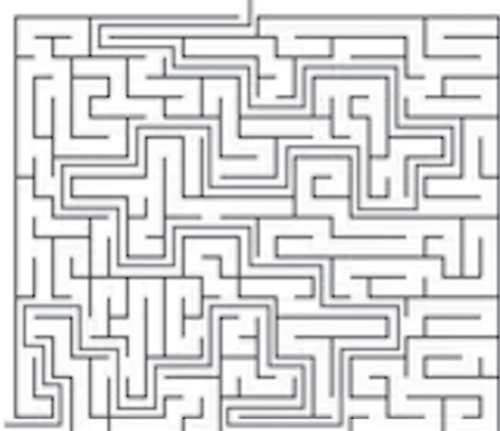
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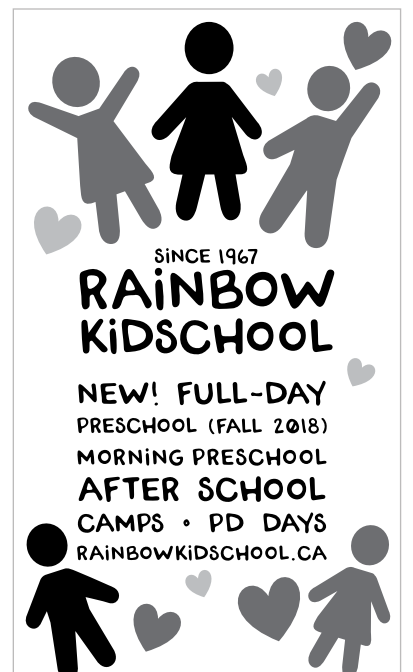
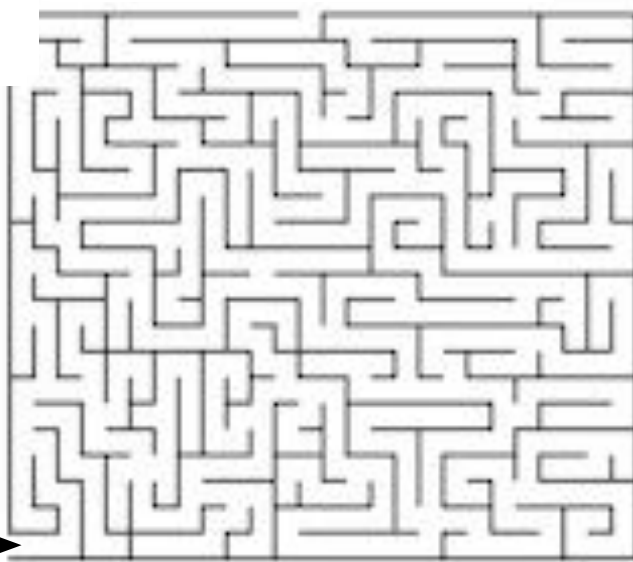


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SCIENCE & TECHNOLOGY

COMPUTER TIPS AND TRICKS

BY MALCOLM AND JOHN HARDING

Adapters, Adapters, Adapters

We are not sure whether or not we have ever offered a column on such a mundane subject, but we believe that with a bit of second thought, you might agree that adapters are the unsung heroes of the tech world. Here are just a few of the ingenious solutions that you might need someday:



- Connect an older monitor to a new computer: There have been several generations of technology and capability in computer monitors, and the changes have often incorporated new and different sockets and plugs. Fortunately, inexpensive adapters (less than \$20) are available to allow you to continue to connect your existing monitor to a new computer, or vice versa. Another possibility with a new computer is to buy a new monitor but to keep the older one as a second screen, which is a strategy that many users find extremely handy. Laptops are becoming increasingly popular, and they all now have a nifty feature of a port that allows them to connect to an external monitor, projector or TV, and there are always adapters that can come to the compatibility rescue.
- Old generations of USB devices can remain useful: The new USB-C interface offers a tremendous increase in speed, but it has a differently shaped plug. Fortunately, there is “backward compatibility” among USB devices, and so adapters are available to enable older versions to fit USB-C sockets, and the new devices can plug into the old rectangular ports. The only downside is that the data transfer speed will be at the lower version, which makes no difference when connecting a mouse, keyboard, printer, camera or speakers.
- There are never enough USB ports: With laptop manufacturers all wanting their models to be sleek and lightweight, one sacrifice has been the number of USB sockets. This has been complicated by the fact that computers now need to have both USB-A and USB-C shaped ports, and even desktop models sometimes don't have all the ports we need. In this state of affairs, a “hub” can save the day, plugging into one socket and providing four or more for all the devices our hearts might desire. Some hubs come with both old and new USB shapes, and you might choose one with an electrical connection so that it can provide adequate power for devices like external hard disks that need a boost.
- Camera cards used to have their own port on the computer: The bad news is that this is now almost never the case. The good news is that a camera card to USB adapter is less than \$10.
- Connect a computer, tablet or smartphone to your TV: If you have a combination of the newest generation of TV and the external device, this can be done wirelessly, but if one or the other is a bit older, an adapter and cable will allow for a larger image and better sound.
- Repair or improve your computer's Wi-Fi capability: All computers – even desktops – have wireless ability now, thanks to their built-in Wi-Fi adapter, but sometimes it breaks down. That would usually be a prohibitively expensive repair, but a USB Wi-Fi adapter saves the day. There are models as small as your thumbnail and others that have extension cables and folding antennae that are better than the original at capturing a weak signal.

In Ottawa, the Canada Computers stores have most of the adapters that our hearts might desire. If you are not sure just what adapter and cable you need, take photos of the ports or plugs on both ends and take them to the store. Online, amazon.ca is a reliable source, and the photos of the products in the listings are a big help.



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THE GARDEN GATE

BY PATRICIA MOSHER



FEATURE: TEN PLANTS TO TRANSFORM YOUR HOME'S FIRST IMPRESSION – THE ART OF FOUNDATION PLANTINGS

Foundation plantings are more than just greenery – they are the backbone of your home's landscape. Nestled along the base of your house, these plants not only enhance curb appeal but also serve as a bridge between your home and the surrounding environment. From softening structural lines to adding seasonal colour and texture, foundation plantings play a big role in creating your home's exterior charm.



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A well-designed foundation planting complements the style, colour and scale of your home, adds curb appeal, and can even increase property value. The best designs consider seasonal variation, plant height, spacing, and how the bed will look from various angles throughout the year.

Some plants are better suited for foundation beds than others. A thoughtful combination of evergreen and deciduous shrubs, small trees, perennials and groundcovers can transform a basic foundation line into a striking landscape feature. The key is selecting plants that not only thrive in the specific conditions of the site but also offer extended interest, whether through bloom, foliage or shape. Here are some of my favourite foundation plants for our area.

Ninebark – This versatile and hardy shrub is native to eastern North America, including parts of Ontario, so it is well-suited to our climate and offers year-round interest through its distinctive bark, vibrant foliage and attractive flowers. The leaves vary by cultivar, ranging from deep purple and burgundy to gold and green, so pick one that contrasts with your home's colour for the biggest impact. New growth often exhibits striking colours that change with the seasons (grows four to six feet tall and wide).

Ivory Halo Dogwood – A spectacular addition to the garden for all four



PHOTO: PETER KNIPPLE NURSERY

seasons, this shrub has great appeal owing to its decorative features, including attractive berries, creamy white flowers, showy red stems and lovely variegated foliage (four to six feet tall and wide).

Abelia – This hardy shrub has foliage in different colours, with pinkish tubular flowers that bloom from summer into fall. One of the best low-maintenance foundation plants, abelia is adaptable to sun and shade, making it a good choice for areas with variable light (four to six feet tall and wide).

Viburnum – The Korean Spice viburnum is a particular variety of viburnum celebrated for its fragrant spring blossoms and vibrant fall foliage. Although native to Asia, Korean Spice thrives in our area. In mid to late spring, the shrub produces clusters of small, pinkish-white flowers that emit a spicy, clove-like fragrance. These blooms are best enjoyed if planted near a patio, walkway or front entrance (four to five feet tall and wide).

Hydrangea – One of the most popular flowering shrubs, with large, showy white flowers that bloom from summer to fall. Varieties such as Annabelle and Incrediball are incredibly easy to grow and bloom on new growth in the spring, making them very resilient to winter damage (four to five feet tall and wide).



PHOTO: PETER KNIPPLE NURSERY

Cedar – One of the best evergreen foundation plants, cedars are coniferous trees or shrubs with year-round colour and structure. Smaller, dwarf varieties are generally the most suitable for foundation plantings with their compact, globular or mounded shapes (two to six feet tall and wide, although they range in size considerably depending on the variety).

Spirea – A most versatile landscape plant, spirea is a hardy deciduous shrub with colourful foliage and long-lasting flowers. Spirea's carefree nature and tolerance of different growing conditions make it an ideal shrub for foundation plantings. Dwarf varieties can be as small as two feet tall and wide, while varieties such as Vanhouttei can be six feet tall and wide with clusters of white flowers that fully coat the pendulous branches in the early spring and summer.

Weigela – This is one of my favourite shrubs with its elegant habit and tubular flowers. These plants are virtually carefree once established. Newer cultivars such as Spilled Wine and Sonic Bloom have colourful foliage and a smaller size suitable for foundation plantings (three to five feet tall and wide).



Shrub roses – Shrub roses are some of the easiest roses to grow and have the same beautiful attributes of classic roses, but without all the fuss. Shrub roses come in a wide array of colours, from snowy white to deep purple. Newer cultivars have been bred for exceptional disease resistance, hardiness, and a greater number of blooms (two to three feet tall and wide).



PHOTO: GARDENIA.NET

Japanese forest grass – One of the few ornamental grasses that thrives in shade, this hardy perennial produces golden, green or variegated foliage that adds elegance to any style garden. If you have a shaded or semi-shaded foundation, planting Japanese forest grass along the front of a garden bed makes a great addition with its graceful form. In the fall, the foliage may take on shades of red and purple (less than two feet tall and wide).

GARDENING IN JUNE

- As the weather warms up, increase the frequency of watering, especially for annuals, herbs and vegetables, and any newly-planted trees or shrubs. Keep watering throughout the growing season as necessary.
- Stake any peonies with a peony ring/hoop (available at most garden centres) to prevent flopping once the blooms emerge.
- Feed roses as the first flower buds appear; apply fungicide to prevent powdery mildew or blackspot.
- Consider planting native trees, shrubs and perennials where possible.
- Scatter crushed eggshells in a thick ring to deter slugs around hostas and anything else in your garden that slugs are chomping on.
- Mulch flower beds after planting to deter weeds, reduce water needs, and create a tidy appearance.
- Apply a second application of lawn fertilizer in late June (final application of the season).
- Train your lawn to grow deep roots by mowing weekly with the blade at a high setting.
- Weed your garden at the end of the month (because you mulched, you should only need to do this once per month).

PASSPORTS AND TICKETS PLEASE!



BY NORMAN PAYNE

CERTIFIED TRAVEL CONSULTANT, CERTIFIED TRAVEL MANAGER

Q My family and I were denied boarding due to a mismatch in some of our names between our tickets and passports, and for what they called an “invalid” passport that still had three months to its expiry date. The airline flatly refused to allow us to correct the names. We lost thousands of dollars. Our pleading fell on deaf ears, the check-in agent told us to move over and said “next” to the others in the line behind us. What happened and why?

A Name accuracy is the most important detail in the travel consulting process with clients. If passport names are not provided upfront, the discussion stops until they are. Being in a hurry and taking the incorrect name sometimes has a way of it working onto the ticket causing denial of boarding and a huge monetary loss.

This happens daily across airports around the world. I once witnessed such an incident at London’s Heathrow Airport. “I know who I am, I’m me and I am here, and you need to put me on that flight,” proclaimed an irate passenger. “You may be you, and you are here, and you are not going anywhere,” retorted the British Airways agent with a clipped cut-glass delivery.

This detail is a complex minefield fraught with risks, and absolute, meticulous attention to accuracy is mandatory. In the end, someone has to take responsibility and pay for the mistake, and it might not only be the price of the ticket, but all the other related travel arrangements now missed. Liability of this sort, in the thousands of dollars, breeds the utmost caution.

An airline ticket is a convoluted document governed by the International Air Transport Association (IATA) Warsaw Convention, signed in 1929 – long before even the DC-3 flew, before long-range postwar aircraft and the first jets. It has been amended by subsequent agreements such as the Hague Protocol. Some of its significant features are liability limits in case of a crash. And tickets are non-transferable to others. Details on the manner of how names are entered are precise and sacrosanct – no changes or corrections allowed. No hyphens, no accents or peculiar linguistic features, and they must only be in upper case.

Years ago, tickets were handwritten in five carbon copies. Even the slightest error on any detail required the ticket to be voided, and a new one started. That is why we were extremely careful. At that time, any alteration or correction rendered the ticket void, and the process could not be scratched out or reversed.

Then and now, any errors, essentially, require a new ticket at the going rate. Incidentally, this is one of the most frequent problems at check-in for passengers being turned away without a penny refunded, and no alternate arrangements provided.

Name problems are a field unto itself. People are often known by a name that is not legally assigned to them such as Skip, Gunner, Scooter, Buster, JJ and Cat and will often use these on their tickets. Then there are a lot of people from places like Hong Kong who have a

legal Chinese name but are known by English names like Annie, Sally or Andrew, which is not legally registered on their proof of citizenship, but nevertheless work their way onto OHIP cards and driver’s licences, which at check-in cannot be used to bolster one’s case. For years, the daily Cathay Pacific flight from Toronto to Hong Kong would always be overbooked by five seats, because that was invariably the number of people denied boarding due to ticket/passport name mismatch.

These days, names on an airline ticket, once issued, may be routed to various police or security agencies and a bad actor can register under one name and then change it, hoping to avoid detection. Furthermore, a ticket could be an interline ticket with other airlines, each with its own computer system’s anomalies for name corrections, which will stop any attempt at a change or correction in its tracks. Name changes and corrections are usually considered the same thing. The most sensitive are trans-Pacific airline tickets, which do not allow any kind of name changes.

An error like Philip/Phillip or Geoffrey/Jefferey or Catherine/Katherine is out of the question. The ticket must be cancelled, any loss absorbed, and depending on when the error is caught, a new ticket must be purchased at the going rate – guaranteed to be much higher than the original price.

There was a time when people would buy a cheaper return ticket to use one-way and sell the return leg to someone for a good price. Airlines looked the other way until the flight was overbooked. Then they would ask all passengers to show their ID before boarding. All of a sudden, a passenger or two

quietly walked away and the flight was no longer overbooked.

Non-IATA airlines like Ryanair have a slightly looser approach, but even they are tightening up. Some airlines will allow certain minor corrections within a very narrow parameter, for a steep fee and only a few days before departure – not worth the stress.

Always remember – the name on your ticket must match the name on your passport precisely.

To further complicate things, people with just one name, or names too long to fit in the assigned space in the name field is a complicated sub-section of its own.

And do your kids a favour – please do not name them after yourself – it has been known to be seen by the airline’s computers as a double booking, and under the rules, one or both reservations can be cancelled.

There are other details that are also very important to pay attention to when issuing a ticket, like nationality, place of birth, the passport’s expiry date – some require six months to a year of remaining validity, the condition of the passport, and would you know it, some require two completely blank pages. If yours is found to be not up to par, the country of arrival can ship you back on the flight you just arrived on and fine the airline about \$10,000 per passenger. You can begin to see why all of us in the travel business are so fixated on accuracy!

If the Vista’s editor allows, someday I will tell you a couple of amusing travel stories. In the meantime, you should go – but pay attention to detail, because there is no get out of jail free pass.



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THE LIBRARY'S HOURS ARE: Monday to Thursday: 10 a.m. to 8:30 p.m. Friday: 1 to 6 p.m. Saturday: 10 a.m. to 5 p.m. CLOSED: Tuesday, July 1 for Canada Day	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 complete board game or puzzle and trade it in for one that is "new to you."
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CHILDREN'S PROGRAMMING

TD SUMMER READING CLUB 2025

- The TD Summer Reading Club is Canada's biggest, bilingual summer reading program for kids of all ages, all interests, and all abilities. This free program is co-created and delivered by public libraries across Canada. In partnership with Library and Archives Canada and generously sponsored by TD Bank Group, the club celebrates Canadian authors, illustrators and stories, and is designed to inspire kids to explore the fun of reading their way – the key to building a lifelong love of reading.
- The theme for the 2025 TD Summer Reading Club is Around the World.

STORYTIME

- We will be hosting a weekly Storytime over the summer months as well as various programs for children of all ages. Check the website or in-branch in June for programming.

READ-ALOUD CIRCLE

- Join us for our hour-long read-aloud circle, as we take turns reading, sharing thoughts and opinions, and defining new vocabulary.
- Tuesdays at 4 p.m., until May 13. 60 minutes. Ages 8 to 12.

ADULT PROGRAMMING

ARMCHAIR TRAVEL – NORWAY

- Experience Norway through photos and narration of two separate cruises. See scenery from north of the Arctic Circle and enjoy misty fjords, mountain top vistas, and wild reindeer. Presented by Lynda Buske from the Ottawa PC Users' Group and the Orleans Photo Club.
- Thursday, June 26 at 6 p.m. 60 minutes. Registration required.

MEMORY CAFÉ

- An open house for persons with dementia, their care partners, and families.
- Fun and stimulating mental activities are planned to enhance the social interactions and the connections that are built within the group. Light snacks and warm drinks are served alongside items that aim to spark conversations and reminiscing. Drop-in. 120 minutes.
- Wednesday, June 25; Topic: Working 9 to 5.

ADULT AND 10+ CHESS CLUB

- Join us for adult chess, all levels welcome; an instructor will be available. Come meet new people and have fun. No registration required. Ages 10+.
- Saturdays, June 7 and 21, at 3 p.m. 60 minutes.

ENGLISH CONVERSATION GROUP

- Practice your English conversation skills in a relaxed and friendly environment. All levels are welcome in this free program. Drop-in. 60 minutes.
- Mondays, 1 to 2 p.m. and Tuesdays, 7 to 8 p.m.

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. 60 minutes.
- No group in July or August; group will resume in September.

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 to 8 p.m. All are welcome.
- Thursday, June 19 James Patterson
- Thursday, July 17 Summer social

BOOK BANTER

- Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month, 2 to 3 p.m. All are welcome.
- Thursday, June 5 *Song of a Nation: The Untold Story of Canada's National Anthem* by Robert Harris
- The next Book Banter meeting is on Thursday, September 4. Visit the branch in August for the book list.

INFUSIONS LITTÉRAIRES

- Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.
- Le mercredi le 18 juin *Qimmik* de Michel Jean
- La prochaine séance Infusions Littéraires aura lieu le mercredi 17 septembre. SVP demandez la liste de livres en succursale au mois d'août.



Outdoor MOVIE NIGHTS

SATURDAYS | 6PM- 10PM

2185 Arch St. - Jim Tubman Outdoor Rink



Movies will start
at approximately
7:00pm

JULY 19, 2025
PRESENTED WITH JERICHO ROAD MINISTRIES
FREE PIZZA AND SNACKS

AUGUST 9, 2025
CANDY BINGO

AUGUST 23, 2025
CANDY BINGO

CANDY BINGO STARTS AT 6:00 PM.
Bring as much candy as you want!
1 candy bar = 1 bingo card!




www.cca-acc.ca

Spend Summer With Us!

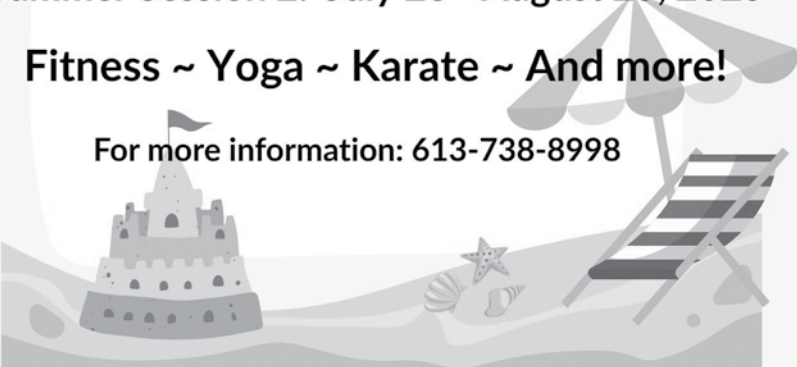
Summer Session registration
is now open!

www.cca-acc.ca/programs

Summer Session 1: June 30 - July 25, 2025
Summer Session 2: July 28 - August 25, 2025

Fitness ~ Yoga ~ Karate ~ And more!

For more information: 613-738-8998



Classifieds



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Friendly neighbourhood service, located in Elmvale Acres. Also, a small selection of refurbished bikes. Appelez Phil au 613-699-6111 (no text).



PIANO LESSONS

Piano lessons in person or virtual. You decide. Experience the love of music! Alta Vista area. Contact: jennifer.harper@rogers.com



CHAIR YOGA at Rideau Park United Church or on Zoom

Thursdays at 10:30am (60 mins). The FALL Session will start on September 18th. A perfect practice for those who haven't practiced in a while, have arthritis, fibromyalgia, past injuries, balance issues or for those who want to get stronger. Class packages available. Going on vacation? No worries. Your classes carry forward. Contact Marg Hillier, Certified Yoga Instructor, mhillier144@gmail.com or 613-299-8324. Visit www.newmoonyoga.ca for specific class dates and details.



GENTLE MOBILITY HATHA MAT YOGA at Rideau Park United Church or on Zoom

Fridays at 10:30am (60 mins). The FALL Session starts September 19th. Get your body moving, increasing balance, strength, flexibility and breathing in a gentle, mindful practice. Class packages available. Going on vacation? No worries. Your classes carry forward. Contact Marg Hillier, Certified Yoga Instructor, mhillier144@gmail.com or 613-299-8324. Visit www.newmoonyoga.ca for specific class dates and details.



MARTY CARR

Alta Vista Ward 18

Alta Vista Quartier 18

Councillor | Conseillère



martycarrottawa.ca

Meet your Ward 18 Office Team

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

Ward 18 Weekly Newsletter

Did you know that I release a bilingual weekly newsletter every Friday? Each issue features events being hosted by my office and community events in the ward, infrastructure updates, spring maintenance updates and tips, and engagement opportunities where you have the chance to get involved and share your opinion.

If you are interested in subscribing, you can do so on my website. You can also contact my office and we would be happy to subscribe you.

Heron Road Closure - June 1st to End of Summer 2025

Spring is here and with it always comes construction and taking care of our infrastructure.

As I'm sure you are all aware, the Bank Street Renewal Project is underway to install new storm sewers, sanitary sewers and watermain for our community and reconstruct our roads, sidewalks, cycle tracks and traffic signals. To expedite the underground infrastructure replacements at the intersection of Bank Street and Heron Road, Heron Road between Bank Street and Alta Vista Drive will be temporarily closed beginning on Sunday, June 1, 2025, until late summer.

Visit my website to see the full detour and accompanying temporary traffic calming measures that will be in place with detailed photos.

Summit Avenue Integrated Project Public Information Session - June 16th

City staff have received the required permitting for the Summit Avenue Integrated project and will be pushing forward to get it started this year.

City staff will be holding a public information session on June 16th. The location of this meeting will be posted on my website once it is confirmed. This will be a drop in type event with boards set up around the room detailing the project plans. City staff will be available to answer any resident questions.

Ward 18 Community Safety Meeting - June 24th

My office will be hosting a Community Safety Meeting at the Jim Durrell Recreation Centre in Ellwood Hall on Tuesday, June 24th, from 6:30p.m. to 8:30p.m.

Please join me and Community Police Officer Constable Brad Burleau of the Ottawa Police Service to discuss crime and public safety in our ward. To RSVP to this event, please email my office at marty.carr@ottawa.ca.

Current Engage Ottawa Feedback Opportunities

The City of Ottawa is always looking for resident feedback on plans and projects on their Engage Ottawa webpage. Engage Ottawa is your digital place to learn about projects and initiatives taking place throughout our city and connect with City staff at your convenience to help make decisions. Detailed project summaries and plans are provided to ensure residents have the most up to date information.

I invite you to visit the City's Engage Ottawa page and provide your feedback on important projects such as:

- 1245 Kilborn Place Concept Plan
- Lansdowne 2.0
- The New Zoning By-Law
- The Transportation Master Plan Update
- Official Plan Amendment for Consistency with the Provincial Planning Statement 2024

Stay Connected

Website: Please visit my website www.martycarrottawa.ca. I invite you to visit the site regularly for the latest news and events, community resources, and information about what's happening at Council and at the City of Ottawa.

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



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



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

110 Laurier West, Ottawa, ON K1P 1J1 | 613-580-2488
Marty.Carr@ottawa.ca | martycarrottawa.ca

Mark Your Calendars

UPCOMING EVENTS



RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive | Office: 613-733-3156, extension 229;

Website: www.rideaupark.ca

Awesome Alta Vista Garage Sale: Join us on Saturday, June 14:

- From 8 a.m. to 1 p.m. – Rideau Park's garage sale in Brackenridge Hall;
- From 8 a.m. to 1 p.m. – Scouts' sale of muffins, coffee, tea and water in the parking lot;
- From 11 a.m. to 2 p.m. – Scouts' BBQ (hot dogs, hamburgers, chips, drinks) along with children's games in the parking lot

Quartet and quintet music: Saturday, June 14 at 7:30 p.m. at Rideau Park. Join us for an evening of beautiful quartet and quintet music for strings, flute and piano; works by Andrée, Bach and Mozart. Featuring local musicians Renée Leblanc, Cal MacGowan, Iain Macpherson, Jon Mak and Renée Michaud. Free-will offering, with proceeds going to Rideau Park United Church.

EMMANUEL UNITED CHURCH

691 Smyth Road | Office: 613-733-0437;

Website: www.emmanuelunited.ca

Emmanuel United is an affirming church, a gathering place for many activities, local, city, and overseas, with our Global Partners. Learn more at our website or social media pages. Start with meditation, seniors' yoga and fitness, the Food Bank, Habitat, affordable housing with OMRA, and sponsoring new immigrants.

ST. TIMOTHY'S PRESBYTERIAN CHURCH

2400 Alta Vista Drive | Office: 613-733-0131 or

sttimsoffice.on.aibn.com; Website: www.sttimsottawa.com

Garage sale: Saturday, June 7, from 9:30 a.m. to 1:30 p.m. 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, contact the church office.

SENIORS STRAWBERRY SOCIAL

Presented by Senior Watch Alta Vista (SWAV), a committee of the Alta Vista Community Association, and its NORC (Naturally Occurring Retirement Community) Planning Group, with the support of Councillor Marty Carr.

WHERE: Ellwood Hall, Jim Durrell Recreation Centre, 1265 Walkley Rd.

WHEN: Tuesday, June 17, 1:30 to 3:30 p.m.

ABBOTSFORD GARDEN TOUR

Saturday, June 21, from 10 a.m. to 4 p.m. (rain or shine)

Tour 17 inspiring gardens in Alta Vista, Old Ottawa East, Old Ottawa South, the Glebe, and Hogsback.

Tickets on sale now for \$28; call or drop in at Abbotsford Seniors Centre (950 Bank St.), Monday to Friday from 8:30 a.m. to 4:30 p.m., 613-230-5730.

PROBUS OTTAWA ALTA VISTA PRESENTATION

Wednesday, June 25, 10 a.m., at Gloucester Presbyterian Church, 91 Pike St.

A volunteer from the Ottawa Humane Society will make a presentation to enlighten attendees on the role of the society in our community today, from caring for abandoned animals to assisting in finding and caring for a pet. See www.probusoav.ca for information about the PROBUS club.

CONCERTS BY THE POND AT CAVENDISH ROAD IN ALTA VISTA

Cavendish Road residents started hosting limited outdoor concerts during the pandemic as a way to help out their musician friends. It turns out that there is still a lot of interest in listening to live, local music in a tranquil outdoor setting.

This summer, there are several acoustic concerts planned for weekend afternoons in July and August. Local musicians CA & Sonny, Nik Field, and Canterbury alumnus Ethan Mitchell are among the performers. These events are run with a suggested admission of \$20 per adult and free for their children, with all proceeds going directly to the musicians. Interested? Just send an email to concertsbythepond@gmail.com to receive event notifications.

ART LENDING OF OTTAWA'S SPRING ART SHOW

Saturday, June 14, from 10 a.m. to 4 p.m., at the Jim Durrell Recreation Centre, 1265 Walkley Rd.

Free admission, free parking, door prizes!

Come and view the original artwork of over 40 local artists. Art is available for rental or sale.

BEYOND BILLINGS EXHIBITION

The "*Beyond Billings: Stories and Belonging(s)*" temporary exhibition at Billings Estate National Historic Site runs until October 2025. Beyond Billings showcases a selection of artifacts from the Billings Estate National Historic Site collection, chosen by 12 individual curators and is a collaboration between Carleton University's Curatorial Studies Program and the City of Ottawa Museums and Historic Sites.

Museum hours of operation: Wednesday to Sunday from 10 a.m. to 5 p.m. Regular admission fees apply. For more information, visit ottawa.ca/billingsestate.

LOST BAGGAGE MUSICAL THEATRE SHOW: 'RIDE THE CYCLONE'

In "Ride the Cyclone," a darkly comedic and poignant musical, six teenagers from a Canadian high school chamber choir find themselves in limbo after a tragic roller coaster accident. Guided by the enigmatic mechanical fortune teller, Karnak, they must compete for the chance to return to life by sharing their stories, dreams and secrets. The production features a cast full of queer youth and music that's been taking social media by storm.

The show is running at the Gladstone Theatre (910 Gladstone Avenue) from May 29 to June 1, with evening shows at 7:30 p.m. from May 29 to 31 and matinees at 2 p.m. on May 31 and June 1. Tickets available at the Gladstone box office or online at: thegladstone.ca/shows/ride-the-cyclone. Tickets are \$35 (\$30 for students).

MOVIES 'N' STUFF

1787 KILBORN AVE. JUNE 613-738-1607

moviesnstuff.com



June 3rd

Elsbeth: Season 1

Elsbeth Tascioni might be an unconventional attorney, but she's sharp as a tack. Using her quirky and eccentric talents, she works with the NYPD to catch New York's most well-heeled murderers! 92% positive from critics!

The Pool

Re-release of the 2007 international hit. An 18 year old scrapes by a living cleaning pools and working odd jobs. But things change when he becomes obsessed with a wealthy family.

Language Lessons

When Adam's husband surprises him with weekly Spanish lessons, he's unsure about where or how this new element will fit into his already structured life. However, when tragedy strikes, his teacher becomes a lifeline he didn't know he needed. Critics loved this - 96% positive on Rotten Tomatoes!

Music by John Williams

You know his music, now get to know the person. From his humble beginnings as a jazz pianist all the way up to being the most Oscar nominated person in history - a staggering 54! Join filmmakers like Steven Spielberg as they look back on the career of one of the true greats!

Diane Warren: Relentless

A groundbreaking documentary that reveals the unique genius of a woman who has shaped an entire generation of music. Racking up 9 number 1 singles on the Billboard Top 100 and 33 top 10 singles, she's one of the most prolific songwriters in history. Now hear her story.

Fallen: Season 1

When a cold case becomes relevant again, it turns the lives of several people upside down and intertwines their destinies. Starring Sofia Helin and created by the team behind of the greatest Scandinavian series of all time, The Bridge, this is a sure-fire hit!

I'm Still Here

Eunice Paiva begins a lonely battle to learn the truth behind the disappearance of her husband, former PTB deputy Rubens Paiva, while trying to keep her family together. Winner of the Oscar for Best International Film and also a nominee for Best Picture, this is an absolute must see!

Monarch: Legacy of Monsters: Season 1

After the world-shattering revelation that monsters are real, two siblings follow in their father's footsteps to uncover their family's connection to the secretive organization known as Monarch. Kurt Russell stars!

Cross: Season 1

Alex Cross, a decorated D.C. homicide detective and forensic psychologist faces a sadistic serial killer. While he and his partner track this killer, a threat from Cross' past emerges...

June 10th

The Ballad of Wallis Island

Old tensions resurface when former bandmates who were former lovers reunite for a private show at the island home of an eccentric millionaire. Rave reviews for the dramedy, including 98% from critics. This is another of June's must sees!

Universal Language

In a mysterious and surreal interzone somewhere between Tehran and Winnipeg, the lives of multiple characters interweave with each other in surprising and mysterious ways. A funny and quirky independent hit!

Drop

Violent finally re-enters the dating world and meets a handsome gentleman for dinner. When she receives a phone call to kill her date or her family dies, her world is turned upside down!

Night of Zoopocalypse

When a meteor crashes in a zoo and unleashes a mysterious virus, the zoo animals start turning one after the other into zombies. The only hope of rescue lies in a mountain lion and wolf... if they manage to work together. Fun family film!

The Shrouds

Karsh, a creative entrepreneur who lost his spouse, develops a machine designed to communicate with deceased individuals - with terrifying results. David Cronenberg directs.

A Working Man

Former military black ops, Levon, wants a quiet life working construction. But when his boss's daughter is kidnapped, he takes up arms and kicks some butt! Jason Statham stars!

June 17th

Call the Midwife: Season 14

The story unfolds in 1970, as the midwives and staff at Nonnatus House navigate the changing landscape of Poplar and the nation, including the Isle of Dogs, and face new medical and social challenges.

Death in Paradise: Season 14

A new Detective Inspector, Mervin Wilson, arrives on Saint Marie, bringing with him a clash with the island's culture and a series of complex murders to solve.

Holy Cow

After the tragic death of his father, 18 year old Totone is thrust into the unexpected and very adult role of looking after his younger sister and their failing family farm in the Jura section of France. In desperate need of cash, he enters a competition for the best Comte cheese.

V13

Vienna, 1913, Europe is on the brink of WWI. Two young men become friends: Hugo, a musician from a privileged family, tries psychoanalysis with Sigmund Freud. Adolf Hitler, a struggling artist, obsessed with vegetarianism, falls in love with German Nationalism.

Marcella

Marcella Hazan didn't just teach Italian cooking--she changed the way America eats. Fearless, passionate, and exacting, she introduced authentic recipes to millions. This intimate portrait reveals the bold woman who forever shaped home kitchens.

Recipes for Love and Murder: Season 2

A massive fire engulfs the small town of Eden, triggering a chain of events that leads Tannie Maria, Jessie, and Detective Khaya into a multiple murder investigation, uncovering the town's darkest secrets!

June 24th

The Monkey

When twin brothers find a mysterious wind-up monkey, a series of outrageous deaths tears their family apart. Twenty-five years later, the monkey begins a new killing spree, forcing the estranged siblings to confront the cursed toy. Based on a Stephen King story.

Snow White

A princess joins forces with seven dwarfs and a group of rebels to liberate her kingdom from her cruel stepmother the Evil Queen.

The Wedding Banquet

Hoping to stay in the country, a gay man proposes a green card marriage to a female friend in exchange for paying for her IVF treatment. However, things soon get complicated when his grandmother surprises them with plans for an extravagant Korean wedding banquet. A remake of Ang Lee's 1993 masterpiece!

The Friend

Iris inherits her deceased friend's 150-pound Great Dane named Apollo. The film explores themes of grief, companionship, and finding acceptance after a loss. Naomi Watts and Bill Murray star!

The Assessment

In a not-so-distant future where parenthood is strictly controlled, a couple's mysterious seven-day assessment for the right to have a child unravels into a nightmare, forcing them to question the very foundations of society. Alicia Vikander and Elizabeth Olsen star!

Novacaine

When the girl of his dreams gets kidnapped, a man turns his inability to feel pain into an unexpected advantage as he fights a bunch of thugs to get her back. Hugely entertaining action/comedy!

Minecraft: The Movie

A mysterious portal pulls four misfits into the Overworld, a bizarre, cubic wonderland that thrives on imagination. To get back home, they'll have to master the terrain while embarking on a magical quest with an unexpected crafter named Steve. One of the biggest hits of recent memory and starring Jack Black.

The President's Wife

When she arrives at the Elysée, Bernadette Chirac expects to finally get the respect she deserves. Set aside and judged for being too old-fashioned, she decides to make her mark by becoming an essential media figure.

moviesnstuff.com