



PHOTO CREDIT: ROLAND BAST

From left: Akos Hoffer, CEO of Perley Health; John Fraser, MPP for Ottawa South; Mayor Mark Sutcliffe; George Darouze, MPP for Carleton; Delphine Haslé, Executive Director of the Perley Health Foundation; Kim Hiscott, Executive Director of Andrew Fleck Children's Services; and Marty Carr, Councillor for Alta Vista.

Canada's first dementia-friendly intergenerational child care centre

BY TRACY HOLMES

On September 8 Perley Health celebrated breaking ground on Canada's first purpose-built dementia-friendly intergenerational child care centre, developed in partnership with Andrew Fleck Children's Services, located at the Perley Health campus on Russell Road.

The ceremony marked the official launch of the innovative facility, which will create daily opportunities for children, seniors, and veterans to interact daily when it opens in mid-2026. The project represents a pioneering approach to child care that bridges generational divides while providing specialized support for aging seniors and those living with dementia.

Among the speeches from dignitaries and general excitement, one unscripted moment captured the day's spirit best: a toddler in overalls and a construction hat toddled over to an elderly man in a wheelchair, offering him a second hard hat—a perfect symbol of the

connections Perley Health and Andrew Fleck Children's Services aim to cultivate.

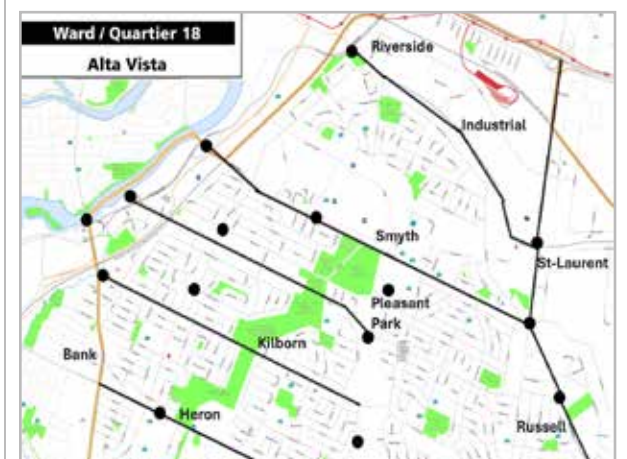
The Intergenerational Child Care Centre will be housed on the first floor of the Perley Health campus on Russell Road, providing convenient access while maintaining the specialized environment needed for dementia-friendly programming. This Canadian-first initiative positions Ottawa as a leader in innovative eldercare and early childhood education integration.

The facility represents more than just a child care solution—it's a revolutionary approach to community building that recognizes the mutual benefits of intergenerational connection. For seniors and veterans, regular interaction with children provides cognitive stimulation and emotional enrichment, while children gain from the wisdom and experience of older generations.

Alta Vista residents push for safer cycling

BY PATRICK HAMEL, ALTA VISTA RESIDENT

Last summer, while cycling down Kilborn Avenue, I collided with a car and landed myself with a dramatic trip in an ambulance, a dislocation, multiple fractures radiating from my shoulder, and a cracked helmet.



Black dots and lines represent cycling areas described as dangerous according to Alta Vista residents surveyed by the author.

PHOTO CREDIT: PATRICK HAMEL, AUG. 27, 2025

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Deadline: 15th of the month prior to publication.
Email: Editor@vistas-news.ca

- Articles submitted for consideration should be 800 words (or less) and should include a byline.
- Letters to the editor should be 500 words (or less) and must include the author’s full name
- Event announcements should be 200 words (or less)
- Images should be at 300 DPI resolution (or greater) and must include image credit

In all cases, VISTAS reserves the right to edit submissions. And, the opinions expressed in letters and columns do not necessarily reflect the opinion of this newspaper.

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NOVEMBER ISSUE OCT 29, 2025

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The VISTAS community newspaper is in its fourth decade of production. We aim to provide articles about your friends and neighbours, activities in the community, and items of concern to local residents. We encourage involvement and discussion from our readers and look forward to your emails, letters, and submitted articles. Your VISTAS team will do its utmost to continue to provide a high-quality newspaper which is engaging and informative.

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For more information about this volunteer opportunities, please contact the editor-in-chief at editor@vistas-news.ca.

REPORTERS

Our readers want more local news, and the volunteer-run VISTAS editorial team needs your help to cover the stories that matter.

If you have an interest in reporting on local news stories, the VISTAS Editor-in-chief, Lorraine Byerley, will consider your pitches and unsolicited submissions. Once accepted, she will collaborate with you to ready your story for publication. Please note all submissions are unpaid.

Volunteer reporters may contact the editor-in-chief at editor@vistas-news.ca.



Season of Renewal at VISTAS

BY ERNIE MCARTHUR, VISTAS PRESIDENT AND DISTRIBUTION MANAGER

VISTAS, the organization, is changing constantly. As a non-profit corporation run by volunteers, people come and go, whether it be our carriers, our advertisers, or our directors. Fortunately for our readers, it seems there is always someone willing to step in when others must part company.

The first change is that Valda Goudie has retired from the board of directors. When the former editor Marcia Gosse passed suddenly in 2018, VISTAS was left scrambling, and it was Valda who took on this role. As a full-time teacher, mother, and some-time writer, this took courage, and dedication, yet she did it successfully. Getting the newspaper out each month often meant Valda worked into the early hours of the morning to meet our strict publishing deadlines. Valda also spent much time on the Celine Tower Grant, organizing it and interviewing the applicants each year. On behalf of the board of directors, I must say it has been a pleasure to work with Valda; her laughter and charm encouraging each of us to push on.

Aldis Brennan and his wife will soon have an addition to their family, and so the October edition will be his last as editor-in-chief. Aldis served two years as an editor, and the board is most grateful for his good work in getting each edition to your homes. Fortunately, we are not saying goodbye to Aldis as he will continue as a member of the board, so his VISTAS story continues.

In case you are wondering where Karen Johns, another former VISTAS editor fits into all of this, I am happy to tell you that she is still with us. Karen has taken on the role of copy editor alongside the other editors. I will not sing Karen's praises today because, if I did, my admiration for her work may get the better of me.

Which leads me to the next major changes, or additions, to the VISTAS team. Lorraine Byerley is our new editor-in-chief, and Erin Harlan has joined as an editor. How fortunate VISTAS is to attract qualified people who see the value in producing our community newspaper. We on the board are confident that the strong VISTAS editorial tradition will continue, and that Lorraine and Erin bring with them renewed energy and fresh ideas.

Here, briefly, are some of Lorraine's qualifications as our new editor-in-chief. She has a Master of Arts in Communication and Technology, is a business writer, editor, trainer, and a communications consultant. She is a former director of marketing communication, and she teaches communications at Algonquin College. And, Lorraine is an avid VISTAS reader as well as long-time resident of Alta Vista.

For her part, our new editor, Erin is a Carleton University student who studied philosophy before switching to cognitive science. Again, very briefly, with regard to her qualifications, Erin is the co-president of a writing group at Carleton in which she helps writers with structure and organization, and does a lot of proofreading and rewriting. Erin is also on the editorial board of the Canadian Undergraduate Journal of Cognitive Science. Suffice to say, Erin is a busy and energetic person.

On behalf of the board of directors, our sincere thanks and goodbye to Valda. And we offer a hearty welcome to Lorraine and Erin.

LANDSDOWNE 2.0 – STILL A BAD BUSINESS DEAL

Dear VISTAS,

Despite the continued defence of a City-financed Lansdowne 2.0, there are far too many issues that make this "deal" a bad one that is not in the taxpayers' interests.

Lansdowne 2.0 is essentially the same business model as Lansdowne 1.0. Given that the City has received no revenue over the last 10 years from Lansdowne, it's hard to believe that Lansdowne 2.0 would be any different. What's even less believable are the profit forecasts for a new stadium with fewer seats and no roof, and an arena with more than two thousand fewer seats for women's professional hockey (8,585 versus 5,850), more congested traffic, dismal public transit, and competition in the future from a nearby Senators' arena and entertainment district at LeBreton Flats.

The 2020 engineering study conducted by Morrison Hershfield concluded that the current stadium is structurally sound and can last for at least 40 years with annual maintenance. In contrast, the 2019 Rossetti Report—cited as support for replacing the stadium—was contracted by the site's current operators, the Ottawa Sports and Entertainment Group (OSEG) and should be viewed very critically. Indeed, this report does not defend the City's financial interests. At the same time, credible third party reports (*e.g.* https://ottawaeast.ca/report/lansdowne_2025-06-10/), which analyse Lansdowne 2.0, challenge its rosy assumptions and forecasts, despite the City's claims.

Furthermore, the City of Ottawa auditor general (OAG) has cited significant financial risks of Lansdowne 2.0. It found that construction costs could reach roughly \$500 million. The OAG also highlighted several risks in the project's financial model that might result in the City facing significant revenue shortfalls and owing substantial debt. Moreover, the City will be responsible for construction costs overruns, which would be in addition to the crushing \$100 million debt burden from Lansdowne 1.0.

On top of these significant financial risks to the City, the much-touted benefits of publicly funded sports franchises can be misleading. Rigorous economic analyses consistently find that sports stadiums have very limited economic benefits (see stadium economic research by Robert Baade, Brad Humphries, and others).

Whatever the financial arrangements are, Ottawa taxpayers would take on an unreasonable amount of debt, however financed, and would still have to pay about \$146 million (possibly \$225 million according to the OAG) "out of pocket" to build a stadium and event centre over the possible 40-year partnership with OSEG. That's an indefensible negative return on investment from a partnership that was supposed to make money for the City.

Furthermore, OSEG was fully aware of the condition of Lansdowne facilities when it agreed to the Lansdowne 1.0 deal. It has significant financial capacity and professional expertise, and since this facility will be for its exclusive use, it should pay for construction plus the

CONTINUED ON PAGE 4.



NEEDS VOLUNTEER 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*



Thank you to our carriers. Your help makes VISTAS possible.

FOR WEST OF HAIG

Alta Vista (Cunningham to Pleasant Park), 43 papers	Baycrest Area	Grasmere, 39 papers	Heron (Alta Vista to Greenbelt), 13 papers	Highridge, 14 papers
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FOR EAST OF HAIG

Audrey	Carnegie	Elsett	Heaton	Plesser	Sonata
Avenue N	Caverley	Erinbrooke	Holt	Portage	Southvale
Avenue P	Chadburn	Fairdale	Howland	Pullen	St Laurent
Avenue Q	Connery	Foley	Joliffe	Russell	(Walkley to Russell)
Avenue R	Cornish	Folkstone	Lemay	Saunderson	Russell)
Avenue S	Dickens	Furby	Magnus	(Halifax to	Susan
Avenue T	Dorval	Gill	Martha	Pleasant Park	Tupper
Avenue U	Drew	Glendon	Maywood	Saunderson	Weston
Balharrie	Dunelm	Goron, Dakota	Melfort	(Pleasant Park	Weyburn
Banghor	Dwellingham	Haig	Monteith, Shamir	to Smyth)	
Bingham	Dwight/Dwight	Halifax (East side)	Nerta	Shelburne	
Blackstone	Place	Haney	Othello	Shelley	
Browning	Edmond	Hastings,	Pleasant Park	Smyth	
Camrose	Elderfield	Edgecombe,	(Saunderson to	(Dauphin to	
		Halstead	Othello)	Russell)	

LETTERS TO THE EDITOR

CONTINUED FROM PAGE 3.

financial risks, not the taxpayer. Ottawa currently provides the land for \$1; stadium rent for Lansdowne 2.0 would be \$0.5 million—that's peanuts for a \$500 million stadium. The current stadium will last well beyond 2032, the end of the Redblacks and Ottawa 67's commitments at TD Place. Who in their right mind would pay to build a brand-new sports complex based on that?

The City has taken a public park and commercialized it. Maintaining the stadium for 40 years would cost \$40 million at \$1 million per year versus spending \$500 million on its replacement which represents \$12.5 million per year over a 40-year horizon. Taxpayers should make substantial amounts of money from this public asset, yet we're not making anywhere near enough.

Cancel the partnership and start over. Ottawa is already facing significant challenges from government downsizing and tariffs; it shouldn't take on any more risk and debt to build a new stadium when the existing stadium can be maintained at a fraction of the cost.

Michel Haddad, Alta Vista resident

COUNCILLOR MARTY CARR RESPONSE | Sept. 22, 2025

Thank you for the letter. There are a number of incorrect statements within this letter, so I have provided a few examples below. The best source for correct information will be available in mid-October when the documents for the final council vote are released. They will be linked on my website along with a question-and-answer section.

Here are some of the challenges with the letter's claims:

- The Morrison Hershfield report was undertaken in 2019 by OSEG, to detail repair costs that would be necessary if the redevelopment of the stadium was held off until 2054. All city councillors voted in favour of the replacement of the North Side Stands and Arena in July 2021 (including the current councillor for Capital Ward) after reviewing all of these studies.
- The Ottawa Auditor General report on Lansdowne identified that a contingency of 20 per cent could have been used on the Class C estimate, as per the City's own project management handbook, while City staff used 15 per cent given that they had already accounted for escalation and had detailed knowledge of the building and site. City staff did not accept the recommendation, and councillors have been informed that the final tender price is well aligned with the original cost. This will be confirmed when the documents for the final council vote become available.
- As this will be a fixed price contract, the risks of cost overruns are significantly managed.
- The \$146 million net cost to the City over 40 years (of which approximately \$22 million has already been spent) is expected to be significantly less than the option to repair the existing arena and replace it in 2054. This will be clarified when the documents are made available.

Cancelling the partnership, as is suggested, would be at a cost of over \$140 million, funding that would need to be borne by taxpayers.

I encourage all those interested in the outcome of this project to read the City's documentation, which will be linked on my website following its release in mid-October.

OUR COMMUNITY

South-East Ottawa Community Health Centre in need of volunteers



South-East Ottawa Community
Health Centre
Centre de santé communautaire
du sud-est d'Ottawa

Become a Volunteer!

BY RACHEL WORDEN, SERVICE COORDINATOR

You may have heard of South-East Ottawa Community Health Centre (SEOCHC) before. It is a non-profit, community organization that has served Alta Vista and surrounding areas for 40 years. It provides a variety of services aimed at reducing barriers and increasing access to health care for the most vulnerable members of our community.

One program in particular, community support services, supports seniors and adults with disabilities so they can live independently at home. It provides transportation to medical appointments, daily safety calls, friendly visits, and more. With the aging population, the number of individuals accessing this program has increased substantially.

In order to continue providing the community with this essential service, SEOCHC needs more volunteers. The most needed services include transportation and friendly visiting.

Transportation involves drives to medical appointments for seniors and adults with disabilities who are unable to take conventional transit. Passengers must be able to get in and out of the vehicle with minimal assistance. Volunteers may be required to fold walkers and lift them in/out of vehicles or walk seniors into their appointments. Drives are between 8 a.m. and 4 p.m., Monday to Friday within the Ottawa area. Volunteers should be available for at least one drive per week, and should expect about two hours for the round trip. The minimum time commitment for volunteer drivers is six months. However, it is okay to take time off and come back. All volunteer drivers must speak English and have access to a vehicle plus \$2 million in insurance, and a safe driving record. Volunteer drivers are reimbursed for mileage at \$0.60/km.

The friendly visiting service matches volunteers with isolated seniors who are unable to get out for social activities. Volunteers visit the senior's home once per week for two hours. Some common activities during visits include playing cards, doing crafts, going on walks, or just chatting. This is often the only in-person social interaction the senior has each week. In order to build a meaningful relationship, volunteers must commit for a minimum of one year. Visiting times can be flexible: during the day, evening or weekend. Friendly visitors must speak English or French.

APPLICATION PROCESS

Volunteers at SEOCHC must apply online at <https://www.seochc.on.ca/join-us/volunteer/> or email volunteer@seochc.on.ca. Orientation and training will be provided. A vulnerable sector check is required. Once the onboarding has been completed, SEOCHC will provide a letter to waive the cost for this check.

SEOCHC is the perfect place to volunteer if you want to get involved in your community and make a difference!



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SAFER CYCLING: CONTINUED FROM PAGE 1

The experience drove home a difficult reality: though cycling is affordable, eco-conscious, and one of the healthiest ways to get around, for many residents of Alta Vista, it feels like an unnecessary gamble. And it got me thinking about the importance of safe cycling — not only for myself, but for everyone in the community.

A COMMUNITY SURVEY OF CYCLING RISKS

To understand the scope of the problem, I leveraged my local contacts and the neighbourhood Facebook group to conduct a survey of Alta Vista residents. The responses consistently indicated people want to cycle more but unsafe conditions are holding them back. Problem areas included intersections like Pleasant Park at Kilborn Gardens, Industrial and Riverside, and the congested Billings Bridge. Riders described these locations as intimidating for both cyclists and pedestrians.

The road network also has glaring gaps. Bike lanes vanish suddenly midway down key arteries like Smyth Road (adjacent to CHEO and the Ottawa Hospital General Campus), St. Laurent Boulevard, Kilborn Avenue, Southvale Crescent, Pleasant Park Road, Heron Road, and Frobisher Lane. In these places, cyclists are often forced into fast-moving traffic with no protection.

There is also a parking issue. Vehicles regularly block space that should be reserved for bikes on Kilborn (near the baseball diamond) and on Pleasant Park (near Riverside). Street parking on these arteries should be removed and replaced with proper bike lanes. It is difficult to understand why cars are still permitted to occupy space that ought to be reserved for cyclists' safety.

Another concern that stood out is the lack of a safe Rideau River crossing south of Hurdman. Billings Bridge is overcrowded and unnerving for anyone on two wheels. Respondents suggested the city consider either upgrading the bridge or adding a dedicated pedestrian and cyclist crossing to better connect Alta Vista with Old Ottawa South, the Glebe, and downtown. The flexible bollards that were recently added to Smyth Bridge are the beginning of a solution, but there are still no connections to Alta Vista that are safe for cyclists.

IMMEDIATE, PRACTICAL SOLUTIONS

Residents are additionally asking for smaller, affordable fixes, including safer crosswalks, signage, and visibility upgrades at high-risk intersections; speed reduction measures such as lowering speed limits on Kilborn and installing speedometers; and repurposing the parking space near Kilborn's baseball diamond and Pleasant Park/Riverside into buffered or segregated bike lanes similar to the temporary concrete barriers used on Lees Avenue. These are small, targeted steps that could substantially improve safety almost immediately.



PHOTO CREDIT: PATRICK HAMEL, AUG. 27, 2025

Walkley Road bike path, typical of those in Alta Vista.

MEETING WITH COUNCILLOR MARTY CARR

When I presented these survey results to Councillor Marty Carr at the end of August, she agreed in principle with most of the points raised, which I took as encouragement. She indicated that some of the projects (for example, the bike path on Heron) were in problematic areas or likely too expensive to be practical. She and her team committed to following up on these issues, and promised to prepare a comprehensive response for each of the issues identified.

Councillor Carr also acknowledged one of the underlying challenges: Alta Vista, like many neighbourhoods in Ottawa, was built largely in the 1950s, when cars were viewed as the unquestioned future of urban transport. Our streets were designed with cars first in mind, with little thought to pedestrians or cyclists. Our mentality is different now. Residents are calling for safer, more efficient, and more sustainable ways of moving through the city.

WHY CYCLING INFRASTRUCTURE MATTERS FOR OTTAWA

The benefits of safer cycling infrastructure go far beyond individual safety. Cycling is exercise built into everyday life. It can translate into significant benefits and long-term healthcare savings. Also, as housing and fuel costs rise, bicycles — the most affordable form of personal transportation — grant students freedom and help reduce socioeconomic disparities. Moreover, studies from across North America and Europe show that bike lanes are cost-saving, traffic-reducing investments

that can help local businesses. Also, clear bike paths reduce unexpected interactions between drivers and cyclists, which makes things easier for cars.

BUILDING ON SUCCESS — OTTAWA AND ABROAD

Ottawa already has proof that safe cycling infrastructure works. The segregated lanes on Laurier Avenue, once controversial, are now among the city's busiest. The Hurdman-to-downtown circuit has become a vital commuter link for Alta Vista. Both show that when routes are continuous, safe and direct, more people choose to cycle.

Internationally, cold-climate cities prove that weather is not a barrier when good infrastructure exists. For example, in winter, Montreal plows year-round cycle tracks, and an extensive and well-maintained network allows important usage despite long winters in Helsinki, Finland. Helsinki has been developing physically separated, grade-separated, and unidirectional cycle tracks on busy main streets, similar to the ones found in Copenhagen, Denmark.

A HEALTHIER, SAFER, BETTER-CONNECTED ALTA VISTA

Cycling isn't just about getting from A to B. It's about wellbeing, environmental responsibility, and community resilience. Alta Vista residents want to cycle more, but they need safe, continuous routes to do so. Suggestions gathered from residents provide concrete solutions that, if implemented, will benefit Alta Vista residents in the short and long-term.

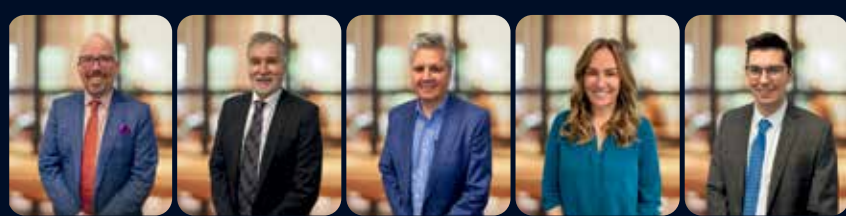


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HEROES OF HERON EMERGENCY FOOD CENTRE

BY LYNN SHERWOOD

Those among you who have checked out our website or Facebook page or who have noticed one of our eye-catching posters lately, may have noted that the Heron Emergency Food Centre has upped its game in the communications department in the last year or so. These improvements are not accidental, they are the consequence of the hard creative work of one of our newer board members, Catherine Newell. Catherine is our Hero for October.

About two years ago, we asked the Ottawa Food Bank (OFB) if they could find a volunteer to help us with our increasingly complex social media needs. Catherine, recently retired and packing boxes at the OFB warehouse, volunteered to update our website. She now spends many hours a week fine tuning our social media presence, as well as figuring out how to transpose all our records to something called Google Workspace, revamping our email system and moderating our Zoom meetings. In her spare time, she also creates the many colourful posters, signs and information sheets which help us communicate more effectively.

Since she was in Ottawa during the summer, she volunteered to co-ordinate our Walkathon, and has redesigned our entire program, introducing online registration using a QR code. Magic.

Furthermore, upon realizing that our fact sheets and general information are sadly lacking in sophistication, she has recently taken on the ambitious project of finding and developing accurate statistics about who we are, who we serve, and how much and what types of food we are redistributing. This will be extremely important for HEFC as we figure out how to manage the changes we are experiencing in our new social reality. Catherine has become an indispensable member of our management team.

Catherine has a degree in commerce with a specialization in public policy, from the University of Ottawa, which she acquired following her first career in health care. She worked until retirement for the federal government at the Treasury Board, and Industry Canada. She has a long history of volunteering for many projects – from managing a volunteer fund raising canteen at a hockey arena as a teenager, volunteering for UNICEF during their Christmas card campaigns, organizing art shows for a hospital fundraiser, and doing social media for a stone carving festival. She is



PHOTO CREDIT: CATHERINE NEWELL

Catherine Newell, new Heron Emergency Food Centre board member.

also currently involved with the charity People, Words & Change, both as a volunteer tutor and as a board member.

I asked Catherine what keeps her going and engaged. She said, “Through volunteering, you are exposed to different situations you have never fully understood before. It’s unbelievable what people go through. Volunteering enriches your life.”

We are currently serving about 800 families a month. We are really struggling to manage the increasing number of clients as well as, at the same time, trying to do more work with less space.

We have been using the community kitchen at 1480 Heron Road to inventory, sort, package and store the generous donations we receive from the community for several years. As the number of people using our service have increased, so has the amount of food required. Now that the Heron Road Community Centre is resuming full operations, we must share this space with other programs and have been told that we must remove all our supplies from the kitchen each day. This is a significant challenge for our volunteers, many of whom are seniors.

Now, we have an additional challenge. A small fire on August 18, has made the community kitchen unusable until restoration is complete. We must now store all our food in an already cramped room where clients come to receive food. This means that we have boxes and crates lining the pathways between shelves and counters, with volunteers forced to edge past each other in order to fill orders and serve clients. Clients themselves must wait in the hallway for long periods, while client registration also occurs in the hallway. On busy days, especially towards the end of the month, the situation is chaotic.

We remain extremely grateful that no clients were there when the fire occurred, and that no one was affected. We ask clients and the public to be patient while we figure out how to manage this situation. In particular, we ask those with large grocery donations to call or email ahead of time so that we can organize efficient reception of your donations.

We are attempting to arrange with the Parks and Recreation Department of the City of Ottawa to provide us with more space. We would like to stay at our current location since it is well known to our community, is central, accessible, and has good transportation. Catherine’s talents will be essential to presenting our case to our landlords.

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.

Call us at 613-737-9090 or e-mail us at info@hefc.ca for more information.

Our website is: www.hefc.ca

Our Facebook: <https://www.facebook.com/HeronFoodCentre>

We also have a QR code – thanks to Catherine – to simplify donations to our program.

OCTOBER WISH LIST

Garden fresh fruits and vegetables are always welcome. We also 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. We do not need any egg cartons at this time.



QR CODE

OUR COMMUNITY

Halloween lawn displays raise spirits and funds for Ottawa Food Bank

BY CHRISTIAN MCPHERSON

Leaves are turning brilliant shades of gold and red, the air is crisp, and Christian McPherson writes an article referring to himself in the third person. Yes, it's almost Halloween.

For Alta Vista residents, Christian McPherson and Chris Nantes, autumn is about more than just candy and costumes—it's an opportunity to make a real difference in their community. The Chris' elaborate Halloween lawn displays have become a local legend, drawing visitors from across the city for frightful fun and for their charitable mission: raising money for the Ottawa Food Bank.

Last year McPherson and Nantes raised over two and a half thousand dollars and managed to pull in ten large boxes of food. They hope to raise as much or more this time.

McPherson and Nantes' homes undergo dramatic transformations every October. What begin as ordinary suburban lawns are gradually overtaken by ghosts, ghouls, animatronic skeletons, and hand-crafted tombstones.

McPherson's Lawn of the Dead is located at 1484 Orchard Avenue and he usually manages to have his undead reanimated by the beginning of October. Meanwhile, Nantes' monster-filled lawn is at 2340 Orlando Avenue, across from Orlando Park.



PHOTO CREDIT: CHRISTIAN MCPHERSON

Come see the Lawn of the Dead at 1484 Orchard Avenue.

Once again both sites will include a prominently displayed QR code which directs donors to the Ottawa Food Bank. Also, there will be collection bins for nonperishable items such as rice, pasta, canned goods such as beans, canned vegetables, tuna, tomato sauce, as well as diapers, baby formula, and cooking oil. Everything helps. With food prices at an unbelievable high, the Ottawa Food Bank reserves are more strained than ever.

So, have fun touring the horrific new additions to the monster graveyard lawns and consider making a donation to the Ottawa Food Bank, too.



John Fraser

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Protect Yourself This Fall

Ottawa Public Health experts remind everyone to stay up to date on COVID-19, flu, school and routine childhood vaccinations. Vaccinations required for child care centres and schools should be kept up to date and are free.

Happy Thanksgiving!

I wish everyone celebrating, a safe and pleasant long weekend with family and friends.

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

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Reflections and growth: learning drill at Rocky Mountain CTC

BY WARRANT OFFICER JUSTIN RIOUX

Walking onto the parade square this summer, I didn't know what to expect, but I knew I was ready to be challenged. At the drill and ceremonial instructor course at the Rocky Mountain Cadet Training Centre (CTC) in Cochrane, Alberta, I found those challenges. The course gave me new drill skills, and it pushed me to grow as a leader, building my confidence, resilience, and the ability to guide others.

STEPPING UP UNDER PRESSURE

One of the best parts of the course was earning a spot on the precision drill team (PDT). We had to go through tryouts in groups of nine, and I was stressed, but I remained calm and focused on one move at a time. Until this summer, I had never tried out for a drill team beyond a flag party, so making the PDT and performing at the graduation parade in front of families and the Commanding Officer of Regional Cadet Support Unit Northwest was a huge achievement. Drill has never at the top of my skill set—biathlon and marksmanship are my strengths—but I wanted to show myself that I could improve.

BUILDING MY CONFIDENCE

One of the toughest parts of the course was preparing for the platoon-versus-platoon drill competition. We practiced in the hot sun, rehearsing every sequence with the goal of beating Platoon One, who had recently won the practice competition. Through repetition, I learned the importance of timing and how every cadet's effort adds up to a strong platoon. All that hard work paid off when our platoon came together and won first place. What made it even better was knowing we achieved it together; every cadet in the platoon contributed, and that teamwork is what made the win so meaningful.

Drill doesn't come as naturally to me, but I knew that if I wanted to be a well-rounded cadet leader, I had to improve. The mental focus and discipline it demanded were tougher than anything I had done before. The calm I've built through biathlon and marksmanship helped me stay steady in high-pressure moments, especially during evaluations. Even though I didn't earn "top in platoon," making it to the top-tier final evaluation showed me that I could compete with cadets who had far more experience, and that really built my confidence.

LEARNING FROM OTHERS AND GIVING BACK

I also got to mentor others during the course. One moment that stands out was helping another cadet with pace stick drill. I had only recently learned it myself, yet, on the way to lunch, I took the time to explain each step so that he could understand it well enough to share it with others.

Plus, I made sure to seek out feedback to improve my own skills. I built a great connection with a senior staff cadet who mentored me and gave me honest feedback before my drill lesson performance objectives assessment. I took her advice seriously and worked on every detail. By the time of the assessment, those changes paid off, and I scored really well. That experience showed me how important it is to ask for help, act on feedback, and pass on those lessons to others, which added to my confidence as a leader.

LOOKING AHEAD

This summer gave me new skills I'm proud of, from flag party to pace stick and guard, both as a member and as a leader. Just as importantly, it also strengthened my leadership skills, like teaching others, staying calm under pressure, and helping a team work together. Biathlon and marksmanship taught me focus, expedition leadership taught me resilience, and this drill and ceremonial instructor course taught me precision. Together, they're helping me become the type of cadet leader who can adapt to any situation and continue growing my confidence.

Now I want to bring what I've learned back to my corps by mentoring younger cadets, refining drill practices, and creating new opportunities. One of my goals is to help establish a guard team at my corps, as something I can take



PHOTO CREDIT: PATRICK HAMEL, AUG. 27, 2025

Learning drill at Rocky Mountain Cadet Training Centre



Warrant Officer Justin Rioux

the lead on, building an initiative that will strengthen our corps and give other cadets the chance to grow through drill like I had this summer.

I still have a lot to learn, and thanks to this course I'll keep stepping up and taking on new challenges. I'm grateful to the staff and my fellow cadets for pushing me and supporting me throughout the course. I'll carry this with me into the future.



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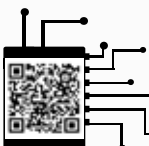
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SKYLAR'S KIDS GAMES

FIND THE IMAGES

Search each page of the paper.



FILL IN THE BLANKS

Directions: Fill in the blanks with your own descriptive nouns, verbs, and adjectives to complete the Halloween story.

My best friend Lula and I went to a Halloween party. It was at a house on the corner of _____ Drive and _____ Street. We knocked on the door and a _____ opened it. "Welcome ghouls and goblins! Come right on in!" said the _____. We walked inside and saw the most amazing _____. "How did they ever get that inside?" I wondered aloud. I was quickly distracted by a cauldron overflowing with _____. There was also a huge dish of _____ sitting nearby. I couldn't believe my eyes! Lula grabbed one and took a bite. "Yuck!" she yelled. She said it tasted like _____.

Suddenly, I noticed a _____ outside the window. "Do you see that Lula?" I asked. "Yes!" she exclaimed. "Let's go outside and look."

We went outside and saw a witch with a _____. Lula asked if she was real and the witch said, "_____." Lula bent down and took a closer look. Suddenly a huge cloud of smoke appeared. When it cleared, Lula was gone. The witch looked at me and said, "If you want to see your friend again you will need to bring me a _____ and a _____. Then, we will _____."

(On the back of this paper, finish the story in your own words.)



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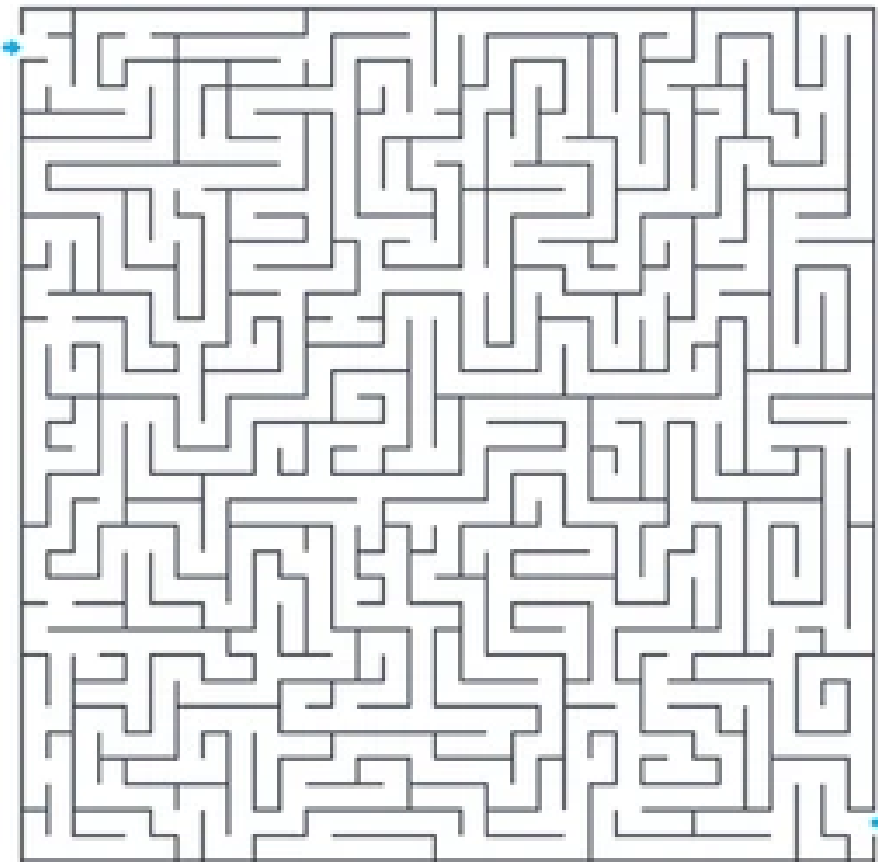


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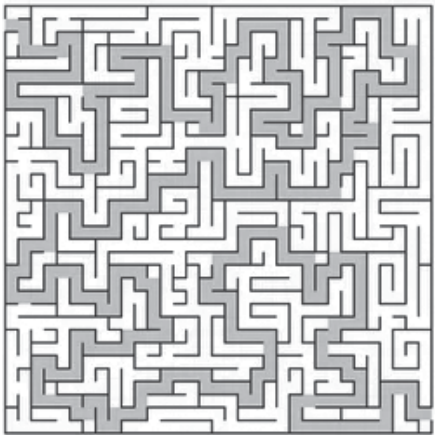
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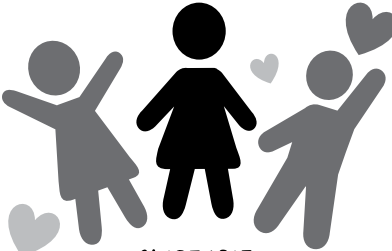


What has 13 hearts but no other organs?

SOLUTIONS



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OUR COMMUNITY

Fists Up: Shauna Bradley will fight for the cure

BY CATHY HEALY

On October 18, the 17th Annual Fight for the Cure will be centre stage at the Westin Hotel in downtown Ottawa. FFTC 2025 will feature six matches involving 12 Ottawa-based business leaders. This popular white-collar boxing event has raised millions of dollars for the Ottawa Cancer Foundation.

Among the brave contenders is Alta Vista's own Shauna Bradley, CEO of the Heart and Crown Irish Pubs. Shauna has long been involved as a title sponsor of the event, but this year, instead of stepping into the ring to welcome everyone, she will fight for Team Red. She has been training for eight months, twice a week. Her opponent on Team Blue is Jen Arbuckle, Metcalfe Realty Company broker of record.

Shauna's inspiration is her dad, Larry Bradley, who began sponsoring the FFTC in 2008 its inaugural year. He saw it as an innovative way to support a worthy cause because all families are affected by cancer. Sadly, Larry himself died of cancer in May 2024.

"I'm fighting to honour my dad, my grandma, [friend] Julie and every person who has faced this disease with courage. I want to help others navigate the pain, support clinical trials, and raise funds for the services the Foundation provides to patients and families. This fight is personal, and I'm proud to be part of it," says Shauna.

Shauna's goal is to raise \$100,000. At press time, she has raised \$51,682.50 – just past the halfway mark. Alta Vista residents are encouraged to help Shauna reach her goal by donating through her profile page on the Ottawa Cancer Foundation site.

In-person tickets for this year's Fight for the Cure are sold out. However, enthusiasts are invited to attend cheering parties at Heart and Crown's Byward Market and Preston Street locations. Fight time starts at 7:30 pm. In addition, a livestream is available for purchase at <https://millions.co/fightforthecure>. Every dollar of this livestream purchase is given to the Ottawa Cancer Foundation.

So, as Shauna, the "Queen of Hearts," carries on her father's legacy, we wish her success in her fundraising efforts, as well as in the ring. Saturday, October 18 will be, in the words of the Ottawa Cancer Foundation, "an unforgettable evening of boxing, philanthropy, and community support in the fight against cancer."

PHOTO CREDIT: ASHLEY FRASER, POST MEDIA, 2025



In the ring for the Red Team, Shauna Bradley is ready to Fight for the Cure.

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Perley Health's *New Living Well at Home* programs are designed to support aging in place

BY SHERRILYNNE STARKIE,
SPECIAL FOR PERLEY HEALTH

Perley Health has launched two revitalized programs that promise meaningful support for older adults and caregivers in Old Ottawa South: the Adult Day Program and the Respite House, now operating under its new Living Well at Home initiative

Located on Perley's Russell Road campus, both programs are designed to help seniors and veterans living with dementia to stay engaged, connected, and well cared for, while providing essential relief to caregivers.

"This is about making it easier for caregivers to access the support they need," says Tanya MacDonald, Director of Senior Living and Community Programs at Perley Health. "Whether it's a few hours of structured care, an overnight or extended stay, we're here to help people live well at home for longer."

The Adult Day Program runs four days a week and welcomes older adults and veterans living with dementia for supervised, stimulating daytime care. Participants benefit from recreational programs, social interaction, and a consistent routine – while family and caregivers gain a reliable break in their day. Guests enjoy crafts, games, conversation, and tailored activities that support memory and physical function.

The Respite House, nestled in a quiet corner of the Perley Health campus, offers short-term daytime, overnight and multi-night stays in a welcoming, dementia-friendly bungalow. With 12 private bedrooms, 24/7 staffing, home-cooked meals, and engaging programming, it provides not just a safe haven for guests but critical downtime for those caring for them. One guestroom is reserved for veterans, and staff are specially trained in the physical and mental health needs common to military service.

Both services are accessed via referral through Ontario Health atHome, with Perley Health staff available to help families and caregivers navigate the process.

There are currently vacancies in both programs, and families and caregivers are encouraged to reach out. To learn more or begin the referral process, families and caregivers can email RespiteHouse@PerleyHealth.ca or call 613-526-7170.



PHOTO CREDIT: TOM LILLY

Solving the puzzle of community care, Perley Health's "Living Well at Home" new sub-brand supports older adults living with dementia through short-term care and benefits caregivers with much-needed respite.

Donate your hearing aids to Perley Health and change a life

BY ANDREA LIU

Hearing loss is one of the most common health challenges associated with aging, yet it often goes unnoticed. Its impact extends far beyond missed conversations – it can lead to social isolation, emotional distress, and has been linked to an increased risk of dementia.



A senior being examined by an audiologist at the Care Clinic at Perley Health.

While hearing aids can be life-changing, they remain financially out of reach for many. That is why the Perley Health Care Clinic, located right here in Alta Vista, is launching Ottawa and Eastern Ontario's first Refurbished Hearing Aid Program. The program accepts gently used hearing aids (less than five years old), tests them, and then they are permanently loaned to seniors and veterans who might otherwise go without this essential support.

"Significant hearing loss can prevent people from hearing their loved ones or their doctors, and can significantly impact their day-to-day communication, which is especially critical at end of life," says Melanie Baur, an audiologist at the Perley Health Care Clinic. "Our new Refurbished Hearing Aid Program aims to provide better hearing for those most in need, who have, at minimum, a moderate hearing loss and no access to funding."

"These most vulnerable people deserve a chance to hear and access their world. If financial considerations are the main barrier, we hope to provide an affordable option."

The program is straightforward but impactful. Donated hearing aids undergo a thorough assessment and reconditioning process before being matched with appropriate candidates. This community engagement initiative promotes better health, enhanced communication, and improved quality of life for seniors and veterans.

The Refurbished Hearing Aid program is especially timely, launching in October during Audiology Awareness Month. It's an opportunity to highlight the importance of hearing health while inviting everyone to take part in something that makes a real difference.

Many people do not know that the Perley Health Care Clinic is open to the public. While the clinic is located on the Perley Health campus, it also serves the wider community. The clinic offers physiotherapy, massage therapy, audiology, and speech therapy. These services are tailored to older adults, veterans, and people living with frailty, dementia, or mobility challenges, but they are also available to everyone from pediatric through geriatric with auditory needs.

If you have a hearing aid that is less than five years old, consider donating it to the program. Your gently used device could change someone's life. Or, if you or a loved one are struggling with hearing or communication, book an appointment at the Perley Health Care Clinic and explore the services available.

Learn more about the Refurbished Hearing Aid Program or book an appointment, by visiting: www.perleyhealthcareclinic.ca.

PHOTO CREDIT: LAURA LILLY

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Book clubs and beyond

BY SUE RAVEN

In the middle of a workday, a colleague asked if I had four friends who liked to read. She and four of her friends wanted to start a book club. A few weeks later, 10 of us, having read the designated book, met in a group member's living room. We were all busy working women and were keen to broaden our horizons.

Twenty years on, we continue to meet every six weeks to share discussions about a huge variety of books. Now that we are all retired, we meet in the afternoon. For the first hour, we chat and "catch up", before discussing our current book. Our friendships have deepened over time, having lived through both happy and sad experiences. During COVID, we met via Zoom, and we got together outdoors. Finally, we returned to indoor gatherings.

Some book clubs form a reading list at the beginning of the year. Others choose their books based on a theme, for example, books written by Canadian authors. My book club uses another approach. We meet at a different home every six weeks. The person who has chosen the book provides biographical details about the author. The meeting host provides snacks and asks some book-related questions to promote discussion. After our discussion, we rate the book on a scale of 1 to 10. Not all book clubs do this, but our group is under no pressure. The host then announces the next book.

When did book clubs first begin? As early as the 1600's, groups of religious sisters met to read and discuss sermons. In the late 1800's, women formed book clubs as a way of promoting female education and encouraging intellectual activity. The groups were often linked to progressive thinking and social reform.

In 1928, the T. Eaton Company of Canada provided a literary service, sending books to its members and customers monthly. Book clubs became more mainstream in the 1990's, particularly when Oprah Winfrey started Oprah's Book Club® in 1996. She promoted a new book each month, causing sales of her chosen book to skyrocket. Oprah also encouraged people to start their own book clubs. The number of book clubs has continued to increase each year.

There have been variations in the reading experience, too, including access to books via e-books, e-readers, such as Kindle, and audiobooks. Plus, there are more "large" books which exceed 400 pages. At the same time, book clubs themselves have become more accessible. Many libraries host clubs for adults and for children, and there are virtual groups for university alumni, among others. Virtual clubs like Goodreads.com have millions of participants. A recent article in the Toronto Star describes reading clubs, where people meet, read silently together, and chat afterwards. The Silent Book Club®, which started in San Francisco, has 1500 chapters in 54 countries, where readers gather in bars, bookstores and libraries.

Canada's CBC Radio One has a large audience who listens to "The Next Chapter" and "Bookends". The annual "Canada Reads" competition features five Canadian books championed by five panelists with a declared winner. These shows encourage us to add new books to our "want to read" list.

One of the best book club success stories is the Book Clubs for Inmates created in 2008. It started at the Collins Bay Institution of the Kingston Penitentiary with a volunteer and a small number of inmates. Since then, it has since expanded to include thousands of inmates in several institutions. Funding for most of their



PHOTO CREDIT: BOOK CLUBS FOR INMATES

Rev. Dr. Carol Finlay O.Ont., M.S.M. is the Founder of Book Clubs for Inmates, now in its fourteenth year.

books comes from charitable donations.

According to Booknet Canada, there's a gender divide in book clubs with women making up 63 per cent of participants. However, men are increasingly involved in their own book clubs and mixed clubs of men and women as well as clubs based in organizations like the Men's Shed.

As is the case with many groups, belonging to a book club prompts idea sharing, having discussions, learning new things, and inspiring members. As a participant, you might read a book that you would not otherwise have chosen. Ultimately, the sense of bonding and group experience is wonderful. We need to cherish these experiences as we get older and continue to age-in-place in our community.

If you want to add more joy to your life, a book club might be worth a try. Happy reading!

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

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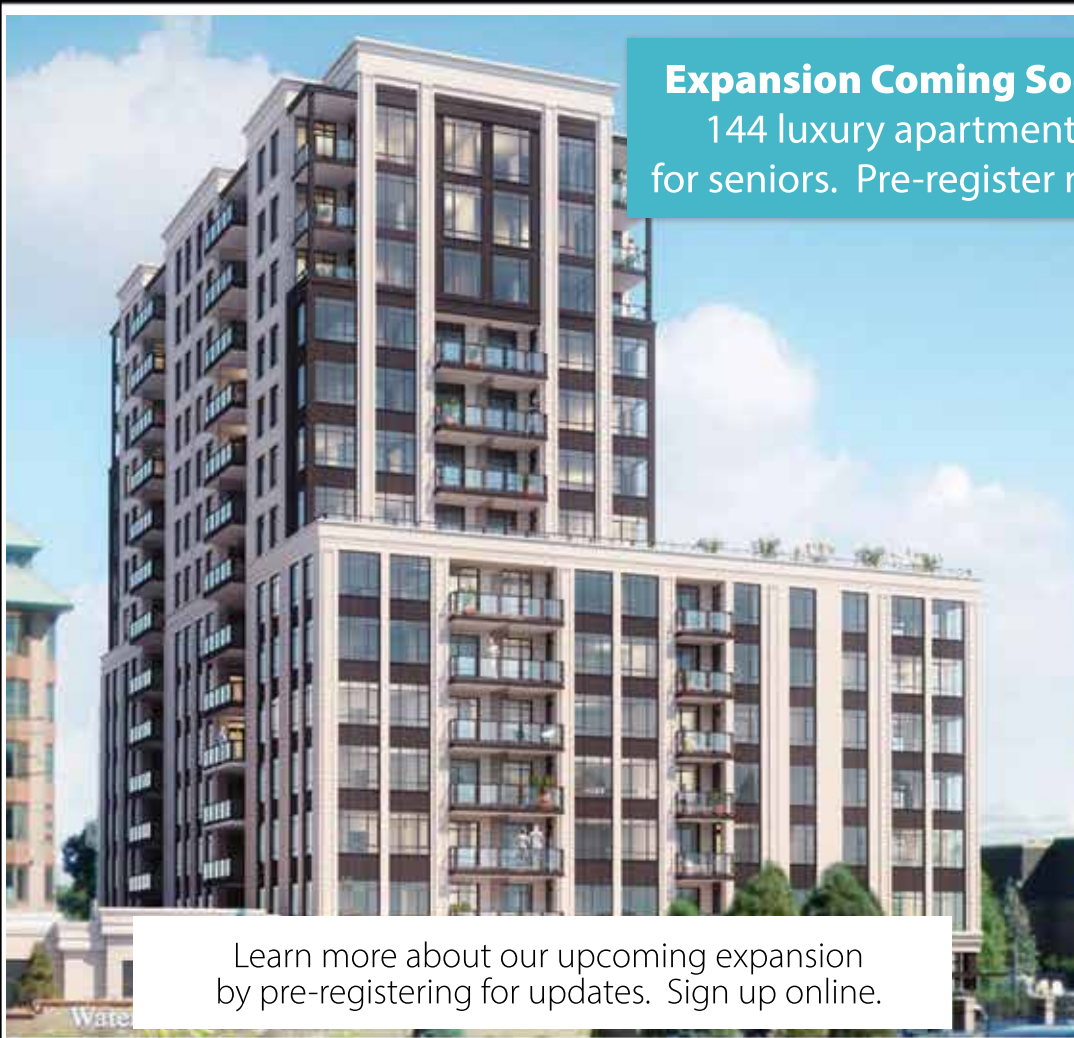
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Hosting is wonderful, particularly when you can actually enjoy it. That dress in your closet deserves an outing. Afternoon tea is at its best at home with company when the pastries are perfect and someone else made them. Mom's 70th calls for sparkle, not stress. Fun is much easier when you focus on laughter, not logistics. Haven't you earned the good stuff? We're here to help!



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Finding beauty in transition

BY VALDA GOUDIE

“I will not go.” She crossed her arms for emphasis.

“Mom, you’re not being reasonable. You know you won’t be able to climb stairs after your surgery, and that house is all stairs! You can’t even go to the washroom without going up *some* stairs.”

My friend and her sister fought hard to convince their aging mother to go into a senior complex for a few weeks, following a hip surgery—just until she had recovered enough to function in her own home. But it was a battle.

“Can’t one of you live with me?” she asked. “I don’t want to leave my house.”

“No, Mom. Even if one of us moved in, you’d still have the stairs to contend with. This is the best solution.”

Change can be hard.

In the end, their mother did go to the seniors’ residence, and she loved it there. She made many friends and enjoyed all that the complex had to offer — the common areas, the activities, everything. When her stay was over, she acknowledged that the decision had been a good one. She often returns to visit her new friends.

We recently bought a new washer and dryer set. Though I was excited for the new ones, with all their upgraded bells and whistles, the old set we bought in 2012 had served us well.



“I’m sad to see them go,” my husband said.

“Seriously? Do you have an emotional attachment to the washer and dryer?”

“I had them both apart at times, pieces spread across the floor. My blood, sweat, and tears are in those machines.”

It was true. My husband is handy, and he prolonged the life of the washer and dryer on more than one occasion. It amazed me how the sea of parts scattered about my dining room magically transformed back into a functioning machine. But it was time to say goodbye.

Change can be hard.

As we admire the sights of autumn, a transition point on the brink of cold, dark days, many of us would like to rewind the film and begin summer again; to avoid having to go through another Ottawa winter. (If you are a snowbird, happily flying off to warmer climates for the winter months, you can skip this paragraph. And stop laughing at the rest of us!)

Change can be hard.

But, wait! It’s not winter yet. Look around. We can find such beauty in this season of transition.

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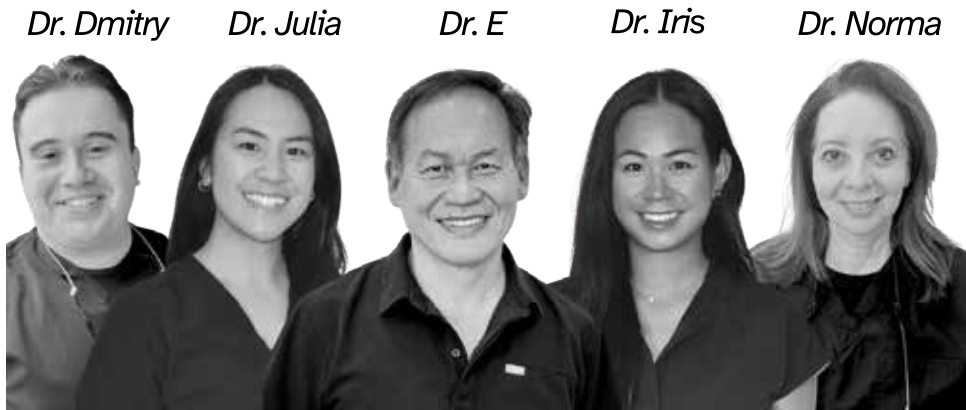
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Jeremiah 29:13

We live on the 21st floor of our building, and this is the time of year when the view is its most stunning. It's like someone took a brush to the landscape: the reds, oranges, and yellows, popping out between the greens, are spectacular. It's easy to find beauty in this change.

As humans, we like to be comfortable. This often causes us to resist change. But sometimes we don't get to choose to remain where we are. We go through seasons in our personal or professional lives when we face uncertainty and transitions that we didn't ask for. Change can not only be hard, it can be scary.

However, the Artist who painted the landscape outside my windows tells us that we don't have to do this alone. In fact, He promises us that He will be with us in every struggle and hurdle that life throws at us. We just have to open the door of our hearts and invite Him to walk this journey with us.

In Jeremiah 29:13, God says, "If you look for me wholeheartedly, you will find me." And God's promise to Joshua (1:9) is also for us today:

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

Yes, sometimes life is challenging, especially when we face significant changes, but I find beauty and peace in knowing that the Creator of the universe is with me. I might struggle to get through it on my own, but together, we can. *We got this.*

What about you? Are you facing a personal or professional change? Supernatural strength and peace can be yours, too. Look for God's presence and beauty in the transition.

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Semipalmated Plover

BY RICHARD KNAPTON

Many sandpipers and plovers spend the summer nesting in the Arctic and then migrate through our area in spring and fall to wintering grounds further to the south. Usually, they do not stop in our area because there is often very little suitable habitat on which they can forage, habitats such as mudflats and wide sandy beaches, primarily because the height of our rivers is too high. Every so often, however, the water levels are quite low, exposing mudflats and those shorebirds that would normally have migrated through without stopping drop in and take advantage of this new opportunity. This year, the prolonged drought that we have been experiencing has resulted in extensive mudflats along the Ottawa River, mudflats that we haven't seen in many years, and we are seeing good numbers of some of these shorebirds. One

such species is a charming small shorebird, the semipalmated plover. This species breeds in Canada's Arctic and winters along the Gulf Coast, the West Indies and Central America, and in fall passes through our area in August and September.

A small, compact shorebird with a short, stubby bill, round head, and large eyes, the semipalmated plover is an attractive and often confiding bird. Its body is plump, with a short neck and medium-length legs. It looks like a miniature killdeer, but with only one black band across the breast. Their brown backs blend in especially well with dark backgrounds, but their run-and-stop foraging style helps to pick them out. During migration and the nonbreeding season, semipalmated plovers forage on mudflats and muddy margins of many kinds of wetlands (in freshwater, brackish, and saltwater

environments). They also feed in both wet and dry agricultural fields, occasionally on sandy beaches, and sometimes on stony beaches. The cheerful whistle of one of these plovers coursing over a mudflat or picking through a plowed field is often the first sign that these small shorebirds are present. They often forage with other sandpiper species, but are distinguishable as plovers by their stubby bills and stop-and-go feeding style.

Semipalmated plovers eat mostly small invertebrate prey. They forage in quick running dashes followed by pauses to look and listen for signs of prey. They grab worms from their burrows with a tug. On beaches and in agricultural fields, they eat spiders, fly larvae, beetles, earthworms, and plant seeds. In saltwater environments, their prey includes marine worms, snails and slugs (gastropods), clams and other bivalves (molluscs), crabs and shrimps, plus many other tiny crustaceans.

In wetlands, they rarely wade into water more than three centimetres deep – or above their

PHOTOS BY ELLWOOD'S | GARY HOWARD

1. The **BLACK-THROATED GREEN WARBLER** is an insect eater, flitting from twig to twig.

2. The **WOOD THRUSH** is part of the American Robin family and about the same size.

3. **SWAINSON'S THRUSH** is similar to the Wood Thrush and also part of the Robin family.



AVCA Greenspace Stewardship Committee
Receives \$1476 Grant

BY GILLIAN COOPER, CHAIR, GREENSPACE STEWARDSHIP COMMITTEE AVCA



The Greenspace Stewardship Committee (GSC) of the Alta Vista Community Association is honoured to announce that we received a **\$1476** grant from the Invasive Species Action Fund administered by the Invasive Species Centre in Sault Ste. Marie, Ont. The grant has allowed us to purchase tools and equipment that is instrumental in our ongoing greenspace stewardship work.

Now in our third season, the GSC has been working along Sawmill Creek in the section behind the Billings Estate down to its mouth at Billings Bridge. We have removed invasive plants such as garlic mustard and dog strangling vine and will begin removing buckthorn in late August and September. All these species shade out or outcompete the native plants. To replace the invasive species, members of our group sowed native wildflower seeds in the winter, potted them in the spring and have planted them during the summer.

Sawmill Creek was moved from its original location at least once to allow construction in the area. A minimum of planting was done along the new banks, so the native flora was not well established, and invasive species have been dominant. Our remediation efforts are designed to establish a more diverse assortment of native plants that will support pollinator insects and birds and replenish the native seed bank in the soil.

These efforts are also thanks in part to our collaboration with the friendly and helpful staff of the Rideau Valley Conservation Authority (RVCA) and its Stream Watch Program. The RVCA has provided some shrubs and other plants to fill in the big gaps in the canopy formerly occupied by buckthorn.

To learn more about this work, look for a blog post titled “Help wanted in fight against Sawmill Creek’s invasive species.” And, when you’re in the area, watch for signs showing where we have been working!

Neighbours interested in helping are welcome to join our group on Thursday and Saturday mornings at 9 a.m., usually at the end of Chalmers Avenue. Please contact us at greenspaceavca@gmail.com or Gilliancooperprice@hotmail.com so we can look out for you.

tarsus (the lower part of the leg). In submerged muddy substrates, the birds often use their feet to stir the sediment, which flushes prey out. Semipalmated plovers have large eyes that help them forage at night, especially nights with some moonlight.

Semipalmated plovers nest on pebbles, gravel, or sand in subarctic and arctic environments. Such sites are usually near ponds, rivers, or estuaries, and where vegetation is very low and sparse, if not absent entirely. Males arrive in breeding areas a few days ahead of females and display in flight over territories. This flight display consists of slow wingbeats (often called “butterfly flight”) usually more than 30 metres high in the air, giving a constant chu-weep call. When a female appears, the male chases her on the ground, fanning and cocking his tail, lowering his head, and giving a sputtering call.

Males guard females as soon as they’ve paired and selected a nest site. Most territories are small, often less than half a hectare. The species appears to be largely monogamous. Some pairs stay partnered in consecutive breeding seasons; others change partners if the first nesting attempt in a season fails.

Males lead females to potential nesting scrapes or make new ones as females look on. The female selects the nest site by sitting in the scrape and calling. The nest is a shallow scrape in the substrate, lined with nearby materials. Males make the scrape using their feet and bodies, then line it with plant matter such as leaves, grass, moss, seaweed, and other material such as shells, rocks, and debris such as glass. Nest scrapes measure about 10 centimetres across and up to five centimetres deep at the centre. The clutch size is usually four eggs (between two and five) and the pair has one brood per year.

Given their remote Arctic breeding range, it is surprising that Semipalmated Plovers sometimes nest in busy, built-up areas. In Prudhoe Bay, Alaska, pairs have nested on roofs and even inside a large open building. They also nest at times on active gravel runways.

Both parents share incubation and chick-care duties. Males defend their territories and regularly chase out males that intrude. Males also guard and defend chicks, with threat displays that resemble courtship posture or, when larger predators appear, give a broken-wing display



PHOTO BY BOB BAKER

Semipalmated Plover

(similar to that of killdeer), with which they attempt to draw the predator away. Semipalmated plovers are also sometimes territorial on migration, chasing others of their species (and of other shorebird species) away from prime foraging sites.

Semipalmated plovers can swim short distances across small water channels during foraging. Chicks can also swim short distances to follow parents to foraging areas. The oldest recorded semipalmated plover was at least nine years and two months old when it was recaptured and re-released during banding operations in Massachusetts in 1982. It had been banded in the same state in 1974.

The scientific name semipalmatus is Latin and comes from semi, “half” and palma, “palm”. It derives its name from the partial webbing between the toes.

The semipalmated plover is among the few shorebirds whose populations appear to be stable (most shorebirds are in decline). Partners in Flight estimates the global breeding population at 200,000 individuals (all in Alaska and Canada). They rate the semipalmated plover an 11 out of 20 indicating a species of low conservation concern. However, despite the current stability of the population, there are causes for alarm. Hundreds or thousands are killed by hunters in South America each year. Oil spills and other forms of pollution pose risks such as poisoning or fouling of plumage. Finally, sea level rise and climate change are having major impacts on their arctic breeding habitat.

Everyone makes a difference at Featherston

BY WARD ALKADOUR

If someone were to walk into Featherston Drive Primary School on assembly day this year, they would have found an unusual sight: children seated in a circle as if around a campfire, acting out a play about a forest, a drought, and a tiny, clever bird.

If they’d stopped to watch, they’d witness a troop of animals, in a parched forest at the peak of summer, set out on a journey to find water. They’d watch as they came upon a cauldron, and peered into its depths, and tried to smash it — as they realized its precious, liquid contents were just out of reach.

And if they kept their faith and stayed, they’d watch a bird, barely bigger than a 7th grader’s fist, emerge from the crowd with the sparkle of an idea in her little eyes, and use her beak to pick up stones and place them, one by effortful one, into the cauldron. They’d see her block out the voices of other animals as they disparaged her for her size and weakness, and counted her labour as worthless, as the last pebble splashed into the black depths and water came brimming up the edges. And everyone drank.

The assembly, called Camp Flames, was put together by staff and some eager 7th and 8th graders. The story’s message, that the effort of those who seem small or weak can make a big difference, was intended to entertain the school while imparting confidence and strength to students who felt weak or judged.

After the success of Camp Flames, we hope to continue doing assemblies like this in the future.



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Recovery in first episode psychosis

BY DR. SARAH CHAN

There is a series of clinics across Canada and internationally whose sole purpose is to treat patients with first episode psychosis – the initial occurrence of psychotic symptoms. Here in Ottawa, our First Episode Psychosis Program (FEPP) is made up of a multidisciplinary team including nurses, social workers, psychiatrists, and other support providers. These clinics were established in recognition of how unique an experience of psychosis is and the importance of early intervention. Patients often have positive outcomes when they get good treatment early on, gains that can be lost permanently if they have another episode. So, there is special recognition that intervening at the first episode of a psychotic illness holds the greatest potential for recovery and the hope of improving the overall trajectory of an otherwise debilitating illness.

Most patients who are seen at the FEPP will be diagnosed with schizophrenia or schizoaffective disorder. Other common diagnoses include bipolar disorder or substance-induced psychosis. If a FEPP team does their job well and the patient is consistent with their medications and follow-up, the actual illness can remain uncertain because a clear diagnosis can only occur over time and after symptom relapse. The goal after the first episode is to prevent a relapse from happening. So, in a way, not having a definitive diagnosis is a good thing. Unfortunately, patients and family can take this to mean they do not have a chronic illness and, as a result, may take their mental health care less seriously.

Patients who develop a first episode psychosis are usually male between the ages of 19 and 25. Patients who have a family history of psychosis and are using substances, specifically marijuana, at an

early age are also at higher risk. What is particularly tragic is how this illness affects people entering the prime of their lives. It is the life stage where a lot of personal and social growth necessary for adulthood and independence occurs. Psychosis is also a process that is very toxic to the brain and can have a lasting impact – recovery from psychosis can take months to years.

WHAT IS IT LIKE TO RECOVER FROM AN EPISODE OF PSYCHOSIS?

Generally speaking, the first couple of months are when medications are started and optimized to stop the active symptoms of psychosis: disorganization in speech and behavior, delusions and hallucinations. During this time, there is no expectation that the patient can return to work or school as they are experiencing symptoms of the illness, symptoms of recovery and working through the side effects of treatment. Common symptoms that can be part of natural recovery – but are also side effects to medications – include low energy, excessive need for sleep, and feeling a tremendous brain fog. There can also be low mood and suicidal thinking as patients grapple with what happened to them and the impact this has had on their lives.

Once the active symptoms have resolved, the next six months are focused on functional recovery. This means having the patient re-enter social spaces and take on responsibility that is closer to their baseline. Ideally FEPPs are staffed with recreational and occupational therapists for this reason. These six months are also a time when we try to differentiate between the cognitive impacts and negative symptoms of the psychosis itself and other possible reversible factors that could be interfering with recovery, like a depression/anxiety disorder or ongoing



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substance use. Negative symptoms that are part of the psychotic illness include having less motivation, less spontaneity in thought and feeling, and apathy. Cognitive symptoms of psychosis include disruptions to concentration, memory, organizing, and learning. Negative and cognitive symptoms are the most difficult to treat and last much longer than the active symptoms. They can be permanent. A neuropsychologist is helpful here to assess a patient's cognitive functioning so that the FEPP team can advocate for accommodations at school and work. It is recommended that the return to these areas be gradual and part-time to improve chances of success. It is also during this time that applications for other support like financial aid are completed.

After the first year of recovery, FEPP clinicians monitor and fine-tune treatment depending on psychiatric symptoms and side effects. A dietician and exercise-based recreational programs may be available to help with medication-related weight gain and metabolic issues. Throughout recovery, support and education are provided to patients and families to help maintain gains and promote stability.

Like any illness, the recovery and outcomes are as varied as the patients themselves. I have been a psychiatrist at the first episode psychosis clinic in Ottawa for close to 10 years now. It is a challenging, yet truly inspiring place to work.

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Rectus femoris muscle strain

BY SUE REIVE, REGISTERED PHYSIOTHERAPIST

With the start of autumn, many people will be splitting perennials and digging in their garden. More than once, I've had patients who overexerted themselves come limping into the clinic. They could hardly lift up their leg; walking was difficult and climbing stairs impossible. The repetitive digging strained a muscle on the front of their thigh called the rectus femoris muscle.

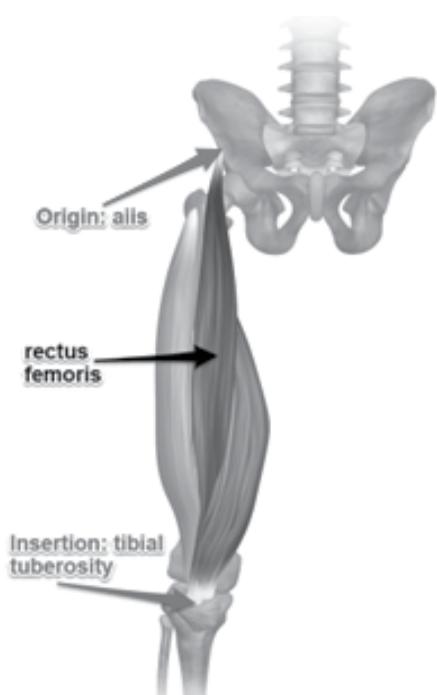
The rectus femoris is part of the four-part quadriceps muscle on the front of the thigh. It begins on the pelvis, joins with the three other quadriceps muscles to become the quadriceps tendon, and continues as the patellar tendon beyond the kneecap to insert onto the tibia (lower leg bone). Therefore, the rectus femoris crosses both the hip, which it functions to bend, and the knee, which — in tandem with the other quadriceps muscles — it functions to straighten.

This muscle is used whenever you sprint, run, jump or kick and is commonly injured during soccer and martial arts. Repetitively pushing down on a shovel can also cause muscle strain. Often the muscle is injured at the muscle-tendon junction near the front of the hip.

Symptoms of rectus femoris injury include pain when walking, climbing stairs, or simply lifting the leg to put on shoes/socks or get out of the car. The patient will experience pain and weakness when they try to raise a straightened leg, bend forward at the waist or bring their knee to their chest. Resistance will exacerbate this. Palpation (feeling the affected areas with fingers and hands) of the muscle will show soreness. There may also be a tear, in which case there will also be bruising and swelling; if one is suspected, imaging is beneficial to determine its extent. Complete tears are rare, but require surgery to repair. Physiotherapy is best for rehabilitating a rectus femoris that is only strained.

Initial treatment involves rest and avoiding activities that increase pain and aggravate the injury, alongside ice and gentle range-of-motion exercises. Ultrasound and electrotherapy can help reduce the swelling and pain and enhance healing. Once active mobility has improved, gentle stretching and strengthening exercises can begin. The key is load management and taking care not to strain the healing muscle. To prevent reinjury, a gradual return to activity is recommended. The goal of physiotherapy is to guide the healing process so that the scar tissue is strong yet extensible.

While rectus femoris strain is most common with sports that involve kicking, running, and jumping, it can also occur in activities of daily living like digging. So, warm up and take frequent breaks to avoid injury and maintain your strength as you prepare your garden beds for the winter.



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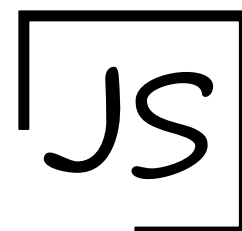
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JUST FOR FUN

FUN WITH WORDS. A WORD, A PLAN, A CANAL, A MAN

BY NORMAN PAYNE

Reading is surely one of life's greatest pleasures; the variety of subjects is as countless as the stars in a galaxy. The best writers write not only to inform, but also to entertain and pique your interest. Sometimes they mean to mostly entertain, but invariably also inform and stimulate.

Clever sentence structure, adroit deployment of facts and opinion, the perfect choice of words to convey what the writer intends to elucidate, all make for a delightful experience.

The popularity of word games, such as Scrabble, Wordle, Pass the bomb, and the time-honoured crossword underscores our fascination with words.

Entertain yourselves with some of these quirky plays on words.

Job, march, polish, mandarin, august, herb, mobile, may, ram, are intended differently when the first letter is capitalized. I am not sure what this oddity is called.

A paronym and a homonym are words with the same pronunciation but different meanings, often a same or different spelling, like – rest, wrest; symbol, cymbal; no, know; train; row; be, bee; mean; plain, plane; meat, meet; berth, birth; brake, break; male, mail; right, write; steal, steel; pray, prey; flower, flour; dye-die; eye-I; rain, reign; whole, hole, and many more.

This extends to three-word similarities like you, ewe, yew; do, due, dew; bleu, blue, blew; scent, cent, sent; freeze, frieze, frees; braise, brays, braze; flu, flew, flue, and err, heir, air. Of course, there must be four-word similarities. Like medal, meddle, metal, mettle; bi, buy, by, bye, and carat, caret, carrot, karat.

Almost every language has these idiosyncrasies, but the English language has the most extensive range in this regard.

Palindromes are words that can be spelled backward and forward, as in: wow, tenet, solos, sagas, rotavator, radar, noon, mom, dad, sis, pop, rotator, peep, madam, level, refer, deified, civic, racecar, Anna, repaper, Otto, kayak, yay, bib, nun, and stats. Not to be outdone, there are numbers, like 101, 111, 121, 979 and 999. There are 90 such numbers – nine choices for the first digit, multiplied by ten choices for the second digit.

Anagrams are names, words, or phrases that can be formed by rearranging the alphabet, as in planes, and testier being two Italian cities – Naples and Trieste. Others are Clint Eastwood – old west action; William Shakespeare – I'll make a wise phrase, Madam Curie – radium came, debit card – bad credit, a gentleman – elegant man, funeral – real fun, a decimal point - I'm a dot in place, astronomer - moon starrer, an aisle – is a lane, dynamite – may it end, Statue of Liberty – built to stay free, Fourth of July – joyful fourth, the Morse Code – here come dots, HMS Pinafore – name for ship.

But wait, there's more – there are also palindrome sentences that you can read forwards and backwards, like - Was it a rat I saw? A nut for a jar of tuna. Go dog! Don't nod. No lemon, no melon. Was it a car or a cat I saw? Never odd or even. Step on no pets. Do geese see God? Madam in Eden, I'm Adam. Borrow or rob? King, are you glad you are king? And, a man, a plan, a canal, Panama (Donald Trump's favourite!).

And lastly, in keeping with Ellwood's Summer Italian Festival, where it was everything Italian, Rome amor – amore Roma.



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BY TONY WOHLFARTH

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.

This month, I review *Better Man*, a musical film from the UK.

Better Man (2024) | Who is Robbie Williams? Williams is a successful British singer-songwriter. This musical focuses on his meteoric rise to fame in the 1990's. The film portrays him (strangely) as an ape.

The film starts slowly with the opening credits landing after an eye-popping thirteen-minute musical interlude. Williams faced many challenges in his early life. Born in Stoke-on-Trent, Williams clashed with his father and never completed school. Alcohol and drug use pervaded his early life.

What's up with the make-up? Williams comes across as an outsider, which is perhaps the point. I found it unnerving.

In real life, Williams is an accomplished stage performer. To see this, check out his live performance of his hit song “Angels” on YouTube.

The makeup in *Better Man* caught the attention of *Rolling Stone Magazine* and, more importantly, the film received an OSCAR nomination for best visual effects.

Directed by Michael Gracey, *Better Man* clocks in at two hours and fifteen minutes. The cast includes Williams himself along with Jonno Davies.

WHERE CAN I SEE BETTER MAN?

Better Man is currently available for rental from Movies’N’Stuff at 1787 Kilborn Avenue. Call Peter to reserve your copy: 613-738-1607.

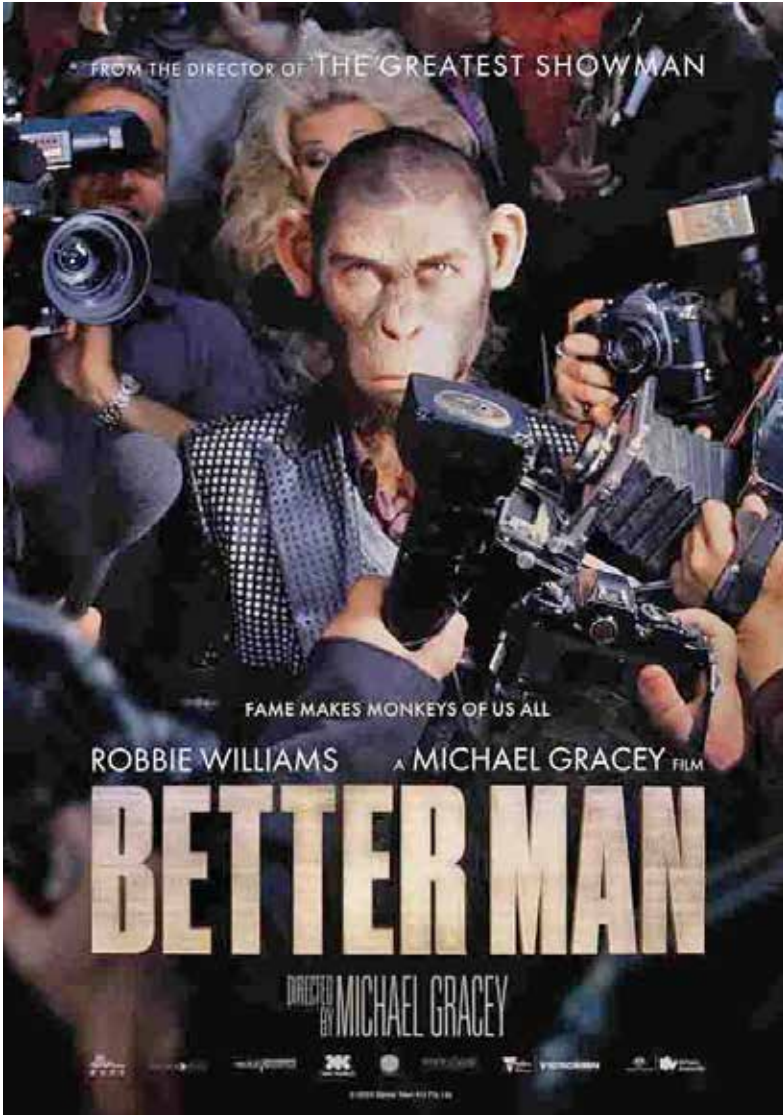


PHOTO CREDIT: ROADSHOW FILMS, 2024



PHOTO CREDIT: [HTTPS://RONSEXSMITH.COM](https://ronsexsmith.com)

Ron Sexsmith at the NAC on October 24



The National Arts Centre’s new season is underway. Here are some of the many live performances to catch this month:

- **OCTOBER 3:** Senegalese performer Zele Seck
- **OCTOBER 4:** The Ottawa Jazz Orchestra: Duke Ellington’s Far East Suite
- **OCTOBER 9:** Oscar Peterson Centennial Quartet
- **OCTOBER 9:** PEI’s Joyce Reyome
- **OCTOBER 15:** Montreal’s Martha Wainwright: 20th Anniversary Tour
- **OCTOBER 16:** Ariane Moffatt: Airs de Jeux
- **OCTOBER 16:** Maritimer, Jacques Surette
- **OCTOBER 24:** Ron Sexsmith: Hangover Terrace Tour

Beyond Casablanca: eight movie masterpieces

BY PETER THOMPSON

Everyone talks about *Casablanca* and *Gone with the Wind*, but there are so many more great movies out there, including legitimate masterpieces. Once you've seen a few of them, you'll wonder, why aren't they talked about more? Why have they gone unheralded? See for yourself with these eight great flicks!



Audrey Hepburn and Richard Crenna star in *Wait Until Dark*.

PHOTO CREDIT: © 1967 WARNER BROS. IMAGE COURTESY MPTVIMAGES.COM.



The Devil and Miss Jones (1941)

A hidden treasure of a romantic comedy/drama! A department store owner hears that his employees are planning to unionize for better wages, so he goes undercover to figure out who the leaders are. Not realizing who he is, he's befriended by the two ring leaders and develops a romantic relationship with an older woman. Very much like a Frank Capra movie and starring Jean Arthur!



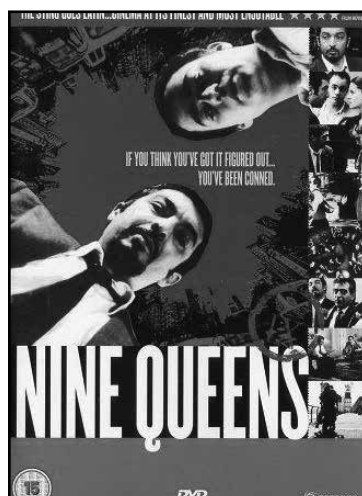
Wait Until Dark (1967)

Not sure why this film doesn't have more fanfare. It's a taut, suspenseful masterpiece starring the great Audrey Hepburn and Alan Arkin. Hepburn plays Susy Hendrix, a woman who has recently gone blind. Her husband brings her a doll back from a business trip, not realizing there's heroin hidden inside it. When he goes away for another business trip, three crooks, headed by Arkin, converge on Susy's house to find and take the doll, making for a heck of a tense situation!



Ball of Fire (1941)

Gary Cooper and Barbara Stanwyck are two of the great actors of the 40s and 50s, and yet somehow this wonderful screwball comedy is not very well known. A sassy nightclub singer is wanted by police because her testimony could put her mob boyfriend in jail. On the run, she hides out with a group of professors working on a new encyclopedia in a true meeting of two worlds.



Nine Queens (2000)

Two con artists decide to try to sell a perfect forgery of The Nine Queens – a priceless stamp collection, but they soon begin to realize that no one can be trusted and everyone has their own agendas. So many twists and turns in this fun drama/thriller out of Argentina!



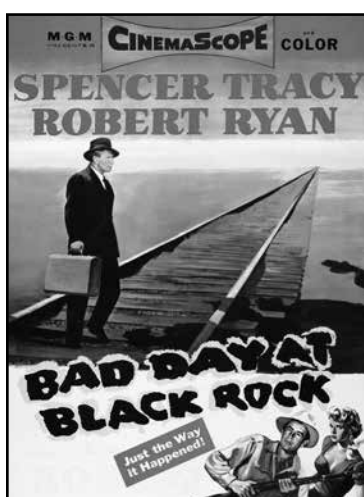
In a Lonely Place (1950)

Really neat drama/thriller about a moody writer, (superbly played by Humphrey Bogart), who has to adapt a trashy novel into a screenplay. He has a girl he knows tell him the story in her own words, but when she's murdered that evening, he's the prime suspect. His beautiful neighbor is sure he's innocent and gives him an alibi, but she soon has second thoughts. Pretty much the quintessential Bogart film that no one really knows about!



Straight Time (1978)

How many Dustin Hoffman movies can be called hidden gems? Well, this is one. A lifelong criminal, Max is determined not to go back to prison. He gets a dead-end job and endures abuse at the hands of his parole officer, but he never wavers. However, when the parole office goes too far, will that be the straw that breaks the camel's back? Great, gritty 70s flick!



Bad Day at Black Rock (1955)

The second John Macreedy steps off the train and into Black Rock, he realizes something is off. The residents are cold, the hotel won't rent him a room and the garage won't rent him a car. When he divulges that he's there to see a Japanese-American farmer, the powder keg ignites and he spends the next 24 hours fighting to survive. Great action/thriller starring the one and only Spencer Tracy!



Le Trou (1960)

Probably the granddaddy of all underrated films. Four men share a prison cell and make boxes for the warden during the evening to enjoy various perks, but what they're actually doing is digging a hole under their cell that leads to an escape route. When a fifth man is suddenly thrust into their cell, the tension rises at an incredible rate. Can they trust this new guy? Can this new inmate risk joining in the escape plan? This is one of the true great films of all time and, yet no one really knows about it!

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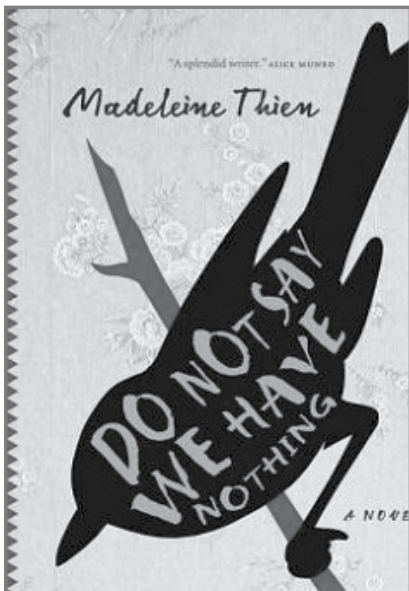


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DO NOT SAY WE HAVE NOTHING (2016)

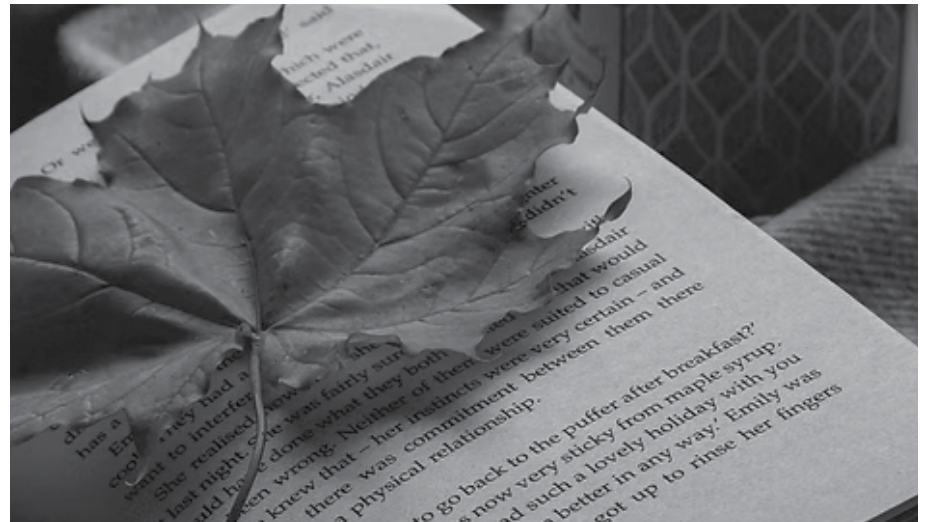
BY MADELEINE THIEN
KNOPF CANADA

Available at the Ottawa Public Library
REVIEWED BY MARIE-ANDRÉE LAJOIE

This book has been on my shelf for years. In 2016, *Do Not Say We Have Nothing* won both the Giller Prize and the Governor General's Award. It was also short-listed for the Booker Prize.

Through the multigenerational story of a family of musicians, we are immersed in Chinese history. From the beginning of the Cultural Revolution to the events of Tiananmen Square, we witness the cruelty and despair brought on by authoritarianism. This is a long saga. At almost 500 pages, it requires commitment but one is quickly engulfed in the story. The writing is beautiful and powerful, the work of an immensely talented writer.

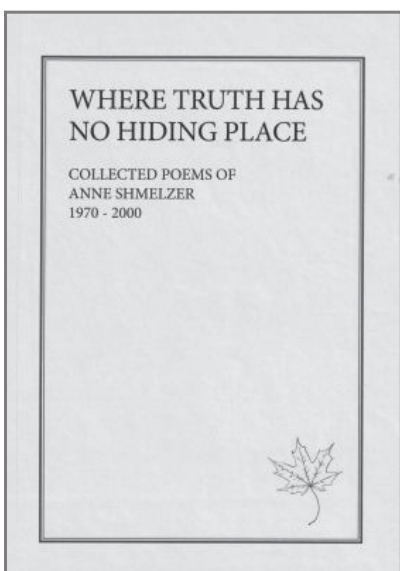
Marie and her mother live in Vancouver, where grey skies and rain are incessant. They live in sadness following the departure and death of Jiang Kai, father and husband. They welcome Ai-Ming who escaped China after Tiananmen Square. The book slowly reveals how they are



related. We then travel back in time to China, to the rise of Mao and to the life of three musicians and their family, in Shanghai, Beijing and in small, far-away, villages.

I know very little about China. This book was such an eye-opener; it taught me so much. The characters have such love for one another and such courage. The descriptions of daily life and hardships are vivid. It was an excellent book to take on vacation where interruptions would be few.

Interestingly, Thien is publishing a new novel this year: *The Book of Records*. Although there are numerous references to the Book of Records in *Do Not Say We Have Nothing*, this is not a sequel. I will not wait 10 years to discover it.



WHERE TRUTH HAS NO HIDING PLACE (2025)

COLLECTED POEMS OF ANNE SHMELZER, 1970-2000

RAILWAY CREEK BOOKS CANADA

Available at the Ottawa Public Library
REVIEWED BY MARIE-ANDRÉE LAJOIE

I find poetry to be the most intimate of writings. I am sometimes embarrassed by the depth and rawness of the thoughts and feelings. It is also such a gentle way to write about family

history, personal pain and joy.

Anne Shmelzer resides in our neighborhood; she is the author of a memoir, two novels and has participated regularly in various poetry readings in Ottawa. We are told, in her short biography, that the poems in this collection were found when she "re-discovered two computer files of unpublished poetry" she wrote between 1970 to 2000. What an amazing discovery!

This is an eclectic collection. I found myself just enjoying the slow path, full of beautiful words and musicality. It is of no use to question too much.

In "Working," it is the eternal dance of a married couple that is summoned.

*"We're very much on the edge these days
My husband and I
I'm his cup unbalanced in the saucer*

...

*But, we should both know by now
We'll be here a million years..." (Section XVIII)*

In many of the poems, the author is inspired by Canadian places and images, such as in "For Maria, My Housekeeper," "A Matane Miracle"; in "Before the Québec Referendum of 1995", the inspiration is political while in "Rue St. Dominique: Two Songs for Leonard Cohen," the story is more mysterious.

I was very touched by this woman's voice who is not afraid to tackle difficult subjects such as "On Contemplating Infertility: Victoria Day 1989" or in "With Dad gone – 1977."

Mother, father, lovers, child and friends are all present. I liked by the long *Friendship*.

"3

*When I was young I would demand total allegiance
from my friend*

*It was a requirement that she listen to my every thought
Spend her waking hours by my side*

Smoke endless cigarettes

*Nod in agreement as to how we would conduct
the tidebreaks of our lives.*

...

Now that I found you I am demanding the very same."
(Section XVIII)

The author hopes "the audacity and humor" of her writing will appeal to the readers. This collection is indeed audacious, sometimes funny but it is the tenderness of the images, the Canadian touches and the familiarity of the stories that pleased me the most. Anne Shmelzer is a local voice which is a joy to discover.

ON MY NIGHTTABLE

Small Great Things,
by Jodi Picoult
(2016)

Age of Revolutions, by
Fareed Zakaria
(2024)



Koyman art and the appearance of the painting

BY AMANDA LOSANNA LOWE

Every time I drive down St. Laurent Boulevard, past the lighthouse, I look forward to seeing the art displayed in the large windows of Koyman Galleries. And every time I look through my car window, I see an incredible painting that I wish could be mine. And that's how I felt when I saw "Windigo Bay," a sculpture by Paul Reimer. I was not prepared for it. I was caught off guard and didn't know what to do. It's art I've seen in pictures and wanted. But face-to-face, you think mostly of the encounter.

Art is good for the soul. The right painting offers healing. So having Canada's largest commercial art gallery right here in our neighborhood, does good for the residents of our community.

Alone in the gallery, I walked in complete silence. Turning a corner, I locked eyes with the woman in "Morning on the Beach" by Debra Krakow. Someone else was also enjoying a stroll. Rows upon rows of tiny paintings are on a back wall; reproductions are in a back room on the ground floor. Old works are upstairs, including "Solitude" by Charles Spratt. I would take the snowy path shrouded in light he painted leading into a forest.

Koyman Galleries has eight pieces by Raynald Leclerc, which exemplify exceptional painting, technique, choice of subject, and use of green. The gallery has expertly coordinated the order in which the paintings are hung; something to note in deciding how you'll display them on your wall.

As a Koyman news subscriber, one receives sporadic emails announcing the gallery has pulled a painting out of their stock and marked it down by 10 per cent for just one day. I dream of receiving an email like this for "Bay of Fundy" by Adrienne Godbout, for it has captivated me; I gazed for a long time at the realness of the water rippling, the softness of the rocks, and the light breathing of the trees, gently moving and softly speaking.

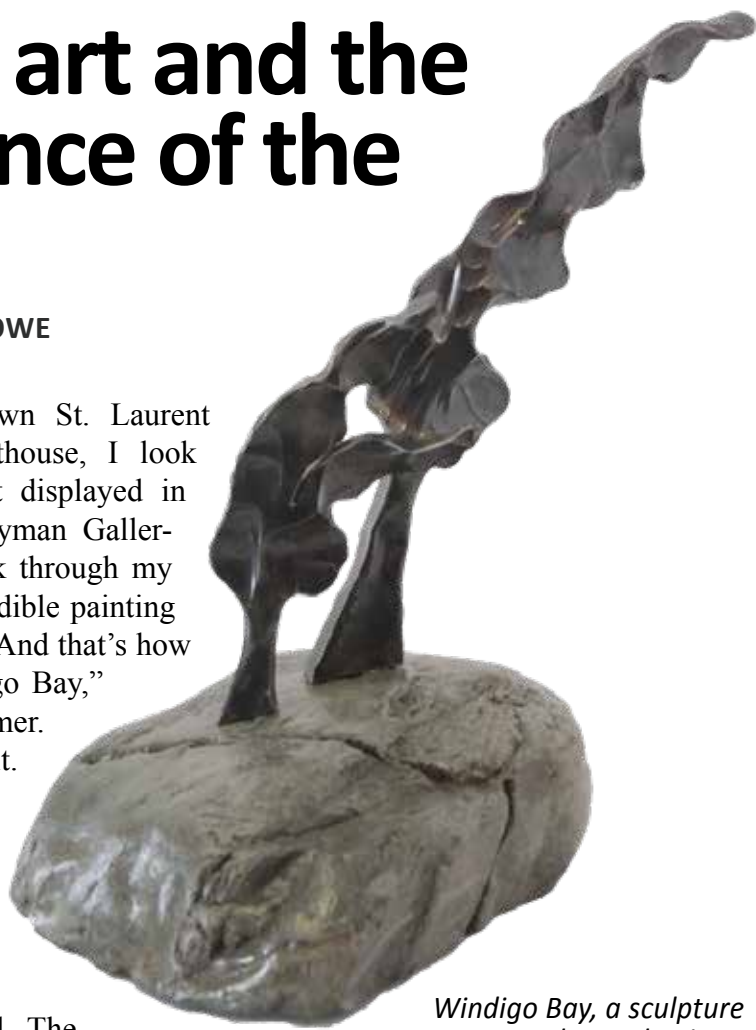
Cynthia Gatién's works are captivating. There's a dog in her paintings with magical powers. I couldn't take my eyes off him. I wanted to know what he thought he was all about. The title of the piece is "Never Take Advice From Me."

Eventually, an art consultant approached me, asking if she could help me find anything. I told her I was just looking around, and it was my first time at the gallery. She told me they feature over 200 Canadian artists, there were more upstairs, and to take my time.

You'll definitely want to take your time to see the paintings of Natasha Miller, perhaps the pride of Koyman Galleries. Her work is bold that can only come from a bold personality. In "Trading Spaces" a red canoe is aglow in a black lake forest. It's a painting that was born sexy, not trained or groomed. So, if this painting belongs with you, you must ask yourself: are you just as bold? Could you give it a world to live in?

After touring the main gallery, I found myself in the back corner of the second floor, where the works of Patricia Houg, Angela Morgan, and Louise Lauzon (among others) are displayed. It's the smile section of the gallery, and a great place to finish my tour. Aristotle said, "The aim of art is to represent not the outward appearance of things, but their inward significance."

And, when you're done admiring the art, take a little walk down to the Lindt shop, just a few doors away, to eat a little chocolate and to reflect on the healing power of art.



Windigo Bay, a sculpture by Paul Reimer



BY DYLAN MCGUINTY JR.
LAWYER

Funeral arrangements: is the executor obligated to speak with the family?

My mother appointed my brother as executor, and he has not reached out to consult the family about the funeral. What are his obligations? What are my options?

As executor, your brother must balance discretion with obligation. First, executors have a good deal of discretion in order to permit an orderly administration of estates, and to avoid duplication of efforts and needless confusion. Second, executors are obligated to dispose of remains in a dignified and appropriate manner, consistent with the deceased person's station in life — a gold-leafed coffin may not be the best call in every case. Third, funeral wishes expressed orally or in a will generally are not legally binding on the executor. In fact, in *Bedmont Estate* (2004), the Ontario Superior Court confirmed that executors have the exclusive right to determine the place and manner of burial, irrespective of the deceased's known preferences. The rationale is that the executor may override the testator's burial wishes if they are impractical, impossible, or conflict with legal obligations. Nonetheless, executors are restrained by s. 182(b) of the Criminal Code and must treat the





PHOTO CREDIT: NICK YOUNGSON CC BY-SA 3.0 PIX4FREE

testator’s remains in a dignified manner. Practically, I have observed that most executors attempt to honour the deceased’s preferences to avoid family conflict and maintain trust. Finally, executors must notify next-of-kin about funeral plans, and a failure to do so may be viewed as a breach of fiduciary obligations.

As for your options, it may be wise to write a letter to the executor, either alone or with other family members, outlining the known wishes of the deceased, if any, and the wishes of the family. But, keep in mind that the executor would be well-advised to balance those wishes with their own discretion and any other wishes communicated by other family members. After all, executors are normally appointed because testators trust their judgment.

Please note this column is not legal advice. For legal advice, a lawyer must be retained and apply the law to a client’s fact situation.

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THE GARDEN GATE

BY PATRICIA MOSHER

Foliage Forward

As summer blooms begin to fade, it's the perfect time to lean on bold, beautiful foliage to keep your garden feeling lively and inviting well into fall. A strong base of striking foliage can make your garden feel full, balanced, and thoughtfully designed during this seasonal shift.

There are so many wonderful options - from annuals and perennials to shrubs and trees that bring vibrant foliage and color through the entire growing season. Whether you're looking for a subtle backdrop or a show-stopping centerpiece, foliage can completely transform the feel of your garden.

When you're picking plants, think about what excites you most: leaf color, variegation, shape, or texture. Some plants even change hues as the seasons roll on, while others save their best display for autumn. Think about how different foliage shapes and tones will work together and how they'll enhance other garden elements like flowers, berries, fruit, and bark.



PHOTO CREDIT: GARDENIA.NET

Here are a few plant ideas that feature foliage first, presented from smallest to tallest:

Artemisia is prized for its striking silver, white, or gray foliage. Its aromatic, often pungent leaves are deeply lobed or finely divided, bringing a soft, textured look to the garden. It works well as a background plant in mixed borders, an accent in rock or herb gardens, or as a companion in container arrangements.

Coral Bells are named for their nodding, bell-shaped blooms but are most often grown for their evergreen or semi-evergreen foliage, which comes in an extraordinary range of colors and leaf shapes. This adaptable perennial thrives in semi shade and requires minimal care, making it an excellent choice – even for novice gardeners. Use coral bells in borders, as ground cover, along pathways, or in containers mixed with other plants.

Lamb's Ear is renowned for its soft, silvery foliage that resembles a lamb's ears (hence the common name) thus adding unique texture and color to the garden. Native to the Mediterranean, it thrives in full sun and well-draining soil and is drought-tolerant once established. Use it as a fast-spreading groundcover, along borders or pathways, or as a striking addition to rock gardens.

Ferns are among the most versatile and valuable plants for shade gardens, bringing a rich, layered look to borders, beds, and containers. While most have green foliage, some display striking tones of silver, white, gold, orange, or even purple. Their sword-like fronds with finely divided edges pair beautifully with a variety of shade-loving groundcovers, perennials, and shrubs.

Hostas are one of the most beloved perennials for shade gardens, known for their bold foliage in a wide range of colors, patterns, and shapes. Sizes vary dramatically - from tiny miniatures to sprawling varieties close to three feet tall. Exceptionally hardy and dependable, hostas pair beautifully with other shade-loving favorites like ferns, coral bells, and bleeding hearts. They're ideal for containers, borders, or mass plantings.

Brunnera, also known as heartleaf brunnera, is a standout shade-loving perennial and an essential addition to any garden space. Its large, silver-green leaves create a striking contrast against red brick, dark mulch, or rich soil, making it a true focal point. Perfect for underplanting beneath large evergreen trees, Brunnera's bold foliage offers visual interest throughout the year. In spring, it produces a delicate spray of tiny blue flowers - a charming touch for borders and lovely in cut-flower arrangements.

Yucca offers bold, architectural appeal with its dramatic, sword-like evergreen leaves that bring a hint of the tropics (think agave) to the garden. Beyond its striking foliage, many yucca varieties produce towering flower stalks topped with candelabra-like clusters of creamy white blooms – an unforgettable sight in full display.

Euonymus stands out for its glossy, versatile foliage, which ranges from bright green to eye-catching variegations of yellow, cream, and white. With its dense, evergreen leaves providing year-round color and texture, Euonymus is an excellent choice for hedges, borders, or foundation plantings.

Black Lace elderberry features finely cut, deep purple foliage that retains its rich color throughout the season. It produces delicate soft pink flowers in clusters, often followed by dark berries that add visual interest during the winter months.



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PHOTO CREDIT: GARDENIA.NET



CONTINUED ON PAGE 35

SCIENCE & TECHNOLOGY

TECH TIPS AND TRICKS

BY MALCOLM AND JOHN HARDING

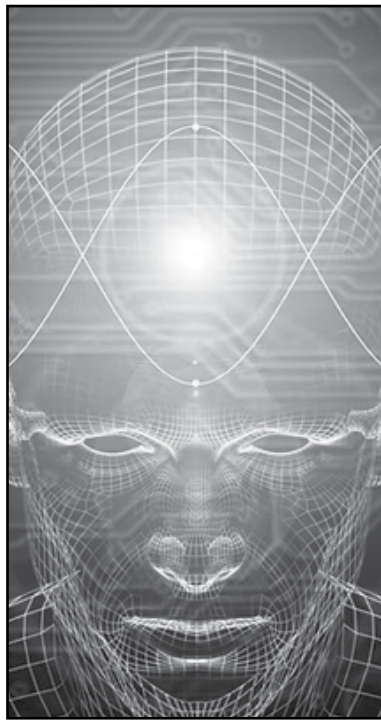
I am hearing lots about this AI thing – part 2

In our last column we tried to answer the question of whether artificial intelligence was something to fear or embrace. This time we'll talk about some of the unexpected consequences of allowing AI to expand its influence into our lives – not all of them positive. We can only scratch the surface here, but this is a topic that is not going away and there will be lots of opportunity to dig deeper.

Automation has been a feature of manufacturing in North America since the 1930s and even earlier, with the result that human workers lost jobs to machines, or at least had to learn new skills to keep bread on the table. AI, the modern descendant of the assembly line, has now infiltrated even white-collar positions in ways we could not have imagined a decade ago. It is important that we monitor the details and the results of this transition, to ensure that we keep control over this evolution in the workplace and beyond. The old expression about the tail not wagging the dog comes to mind; AI should be serving the needs of society and not the other way around.

We should be waving a huge warning flag in the areas of privacy and security, with AI's ability to accumulate the bits and pieces of so many aspects of our modern personal, professional, social and financial lives. We allow this by sharing various little details here and there, never expecting that they could be gathered together to create an unexpected sum of the parts. The result can be that others – friends, enemies, associates, governments, financial institutions, employers, or even media – sometimes know more about us than we imagined could be possible. While we should try to avoid becoming paranoid, we must be aware of the ways that our privacy and security can be compromised and remember that we now have to be more careful than we were in the past. We can do this by learning to be vigilant about what personal information we divulge online and staying mindful of how it might be used.

We must remember that for all of its information-gathering power, AI is not infallible. Most users will have noticed that when they use search services like Google and Bing nowadays, the first result is often an AI response on the subject. These results are sometimes very efficient and helpful, but they are frequently superficial and contain errors, and so at the very least we must scroll through the results for clarification or further information. One weakness of the AI search results is that there is an overuse of YouTube videos as references, which are very often poorly done and inaccurate. Students and others who have become over-reliant on ChatGPT and other chatbots to do their writing for them have sometimes learned this lesson much to their chagrin.



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The Harding Family

Knowing that information from AI sources can often be suspect, we must be especially careful when we share it. Fact-checking has to be the norm, with special attention when the content seems sensational or sensitive. MIS-information (simply mistaken) and DIS-information (deliberately misleading) must not be perpetuated simply because it is easy to click share.

While there is certainly a place for government regulation of artificial intelligence, there are actions that we can take on our own as well. We can advocate that our politicians take this issue seriously, we can use all of the privacy settings that are available on the browsers and online apps that we use, and finally we can enter into discussions (like this one) which emphasize that AI must remain a tool that we can control.



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Bloodgood Japanese Maple is prized for its rich, burgundy-red foliage that retains its vibrant color throughout the growing season. Its finely cut, lace-like leaves lend an elegant texture and a dramatic splash of color, making it a striking focal point in any garden or landscape.



PHOTO CREDIT: GARDENIA.NET



PHOTO CREDIT: GARDENIA.NET

OCTOBER GARDENING



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

HILSON GREEN



The GOHBA RenoTour is back this year! RND Construction will be showcasing Hilson Green at 545 Hilson Ave during the GOHBA RenoTour on Sunday, October 19, from 10 a.m. to 4 p.m. The event supports the Ottawa Food Bank—donations of non-perishable food items are welcome. Come tour the transformation and support our community!

rndconstruction.ca • 613-523-8598 • info@rndconstruction.ca

UPCOMING EVENTS

OCTOBER AT OTTAWA PUBLIC LIBRARY

For updates and information about available services, please visit www.bibliottawalibrary.ca or call 613-580-2940.

HOURS AT THE ALTA VISTA AND ELMVALE ACRES BRANCHES ARE:

- Monday to Thursday: 10 a.m. to 8:30 p.m.
- Friday: 1 p.m. to 6 p.m.
- Saturday: 10 a.m. to 5 p.m.
- Sunday: closed
- Monday, October 13: closed for Thanksgiving

EVENTS AT ALTA VISTA BRANCH



FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

- Books, music CDs and DVD movies are available for children, teens, and adults in both English and French.

BOARD GAME AND PUZZLE SWAP

- Small and self-serve. Located on the shelves next to the washrooms on the main floor. Bring a complete board game or puzzle and trade it for one that is “new to you.”

CHILDREN'S PROGRAMMING FAMILY

STORYTIME

- Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. DROP-IN PROGRAM
- Wednesdays at 10:30 a.m. until October 22 for 30 minutes.

BABYTIME

- Stories, rhymes, and songs for babies and their parents or caregivers. Bilingual. Drop-in program.
- Thursdays at 10:30 a.m. until October 23 for 30 minutes. Ages 0 to 18 months.

ADULT PROGRAMMING

ARMCHAIR TRAVEL – BEAUTIFUL BRITISH COLUMBIA

- Enjoy photos and narration of coastal, interior and island beauty, including stunning gardens and birdlife. Presented by Lynda Buske from the Ottawa PC Users' Group, and the Orleans Photo Club.
- Thursday, October 9 at 6 p.m. for 60 minutes. Registration required.

MEMORY CAFÉ

- An open house for persons with dementia, their families and their care partners. Includes fun and stimulating mental activities to enhance social interactions and build connections. Light snacks and warm drinks served alongside items intended to spark conversations and reminiscing. Drop-in. 120 minutes. Wednesday, October 22 at 1:30 p.m.

ADULT AND 10+ CHESS CLUB

- Join us for adult chess. All levels welcome; an instructor will be available! Come meet people and have fun. No registration required. Ages 10+.
- Saturdays, October 11 and 25 at 3 p.m. for 60 minutes.

COMMUNITY WRITING WORKSHOP

- Experience the transformative power of writing in an inclusive space! Write together, share first drafts, listen deeply and receive supportive feedback. Tap into your story and explore your voice in an environment of dignity, courage and respect.
- No experience required. Beginners welcome. Materials provided. 18+.
- Mondays, 6:30 p.m. to 8 p.m., except October 13 (Thanksgiving Day).

ENGLISH CONVERSATION GROUP

- Practice in a relaxed and friendly environment. All levels are welcome. Free drop-in. 60 minutes.
- Mondays, 1 p.m. to 2 p.m., except October 13 (Thanksgiving Day).
- Tuesdays, 7 p.m. to 8 p.m.

GROUPE DE CONVERSATION EN FRANÇAIS (INTERMÉDIAIRE) / FRENCH CONVERSATION GROUP (INTERMEDIATE)

- Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise.
- 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. for 60 minutes. Les mercredis à 18h30. 60 minutes.

SLEUTH HOUNDS MYSTERY BOOK CLUB

- Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30 - 8:00 p.m. All are welcome.
- Thursday, October 16, 2025 - Garry Disher
- Thursday, November 20, 2025 - Cancelled. New date TBD.

BOOK BANTER

- Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month 2 p.m. to 3 p.m. All are welcome.
- Thursday, October 2, 2025 - *The Henna Artist* by Alka Joshi
- Thursday, November 6, 2025 - *Prophet Song* by Paul Lynch

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 15 octobre 2025 - *Ordures! Journal d'un vidangeur de Simon Paré-Poupard*
- Le mercredi le 19 novembre 2025 - *Debout dans l'orage* de Dominique Demers

ONLINE COLLECTIONS AND SERVICES

- Check out the activities and resources we have for readers of all ages, including digital ebooks and audiobooks, language learning courses, streaming movies, free magazines and newspapers, children's resources for educational videos and online books.

EVENTS AT ELMVALE ACRES BRANCH



ELMVALE ACRES BOOK CLUB:

- The third Monday of every month at 2 p.m. Join us October 20th for a discussion of *The Framed Women of Ardmore House* by Brandy Schillace.

HOMEWORK HELP

- Every Tuesday evening at 5 p.m. Get help with reading, math, science, French, English, etc. For students grades 1–10. Hosted by United for Literacy volunteers.

ELMVALE WRITER'S GROUP:

- Every Monday at 6:30 p.m. If you love to write, come surround yourself with like-minded creative people who value the power of words. It's a safe space to write, to imagine, and to discuss your ideas, your creative process and your aspirations in a supportive group environment.

SATURDAY STORYTIME

- Join us the first Saturday every month at 10:30 a.m. for a bilingual story time open to kids of all ages.

BILINGUAL LEGAL CLINIC

- Thursday, October 30 from 1 p.m. – 4 p.m. Bilingual drop-in program. Confidential, free, 30-minute meetings with a lawyer are available on a first-come, first-served basis.





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Alta Vista Ward 18

Alta Vista Quartier 18

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Meet your Ward 18 Office Team

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

Thank You for Attending the Balena Park Corn Roast!

I'm happy to share that the annual Balena Park Corn Roast was a success again this year! The weather was phenomenal, and the turnout was the best yet!

A big thank you to all the residents who came out! I had a great time chatting with many of you. Another big thank you to all of our partners who contributed to make this event such a success.

Our next event will be Breakfast With Santa, coming up on December 6. Details to come!

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.

The Heron Road Community Centre has Reopened!

I am also excited to share that the Heron Road Community Centre has reopened as of Monday, September 15th! This includes seniors' programming and front desk staff who will be able to help with program registration.

The Last Day of the Alta Vista Market is October 11th!

It has been another wonderful summer and early fall at the Alta Vista Market! I wish to remind residents that the last day of the 2024 Alta Vista Market will be Saturday, October 11th, from 9a.m. to 1p.m. at St. Thomas the Apostle Church (2345 Alta Vista Drive).

Don't worry! The market will be back again next summer and we look forward to seeing you there!

Speed Humps Installations in Alta Vista

The City of Ottawa will be constructing thirty-nine speed humps throughout the City. The construction is scheduled for Fall 2025.

This will include speed humps on Othello Avenue (5), Blossom Drive (3), Joliffe Street (2), and Tawney Road (1). I will provide construction timelines when they become available.

Halloween Safety Tips to Keep You and Your Family Safe

With Halloween just around the corner, the Ottawa Police Service wants to remind everyone to stay safe. Here are some tips to ensure that this spooky holiday remains safe for all. More tips can be found on OPS' website.

Trick-or-Treaters:

- Be Seen: Make sure kids are visible.
- Use the Sidewalk: Walk on sidewalks or paths.
- Stay in Groups: Young children should always be with an adult. Older kids should consider going with friends. Make sure they have a charged phone and a plan in case they get separated.
- Never go inside a house to get treats.
- Always have your treats checked by an adult before eating them.

Drivers:

- Stay Alert: Be on the lookout for excited trick-or-treaters who may not be paying attention to traffic. Drive slowly and be ready to stop.
- Avoid Distractions: Put your phone away and focus on the road.

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

UPCOMING EVENTS

Mark Your Calendars



RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

Office: 613-733-3156, extension 229

Website: www.rideaupark.ca

All events are at the church unless noted.

Foster Farm Fruit and Vegetable Stand:

At the corner of Alta Vista and Cunningham. Until late October, enjoy local, freshly picked fruits and vegetables in season, including corn, root vegetables and apples, then finish with pumpkins and squash as the frost threatens. Monday to Friday from 10 a.m. to 6 p.m., Saturdays from 10 a.m. to 5 p.m., and the stand is closed on Sundays. For more info, email info@fosterfamilyfarm.ca.

Update for Healing Pathways: Sessions will be offered by appointment on Thursdays from 12:30 to 2:30 p.m. Email healingpathway@rideaupark.ca to book an appointment for hands-on healing prayer or for more information.

Nearly New Clothing Sale: Friday, October 3, from 6 to 8 p.m. and Saturday, October 4, from 9 to 11:30 a.m.. Search out gently used, good-quality clothing for fall and winter. Sizes and styles for everyone. **Donation Drop-off:** Thursday, October 2, from 9 to 12 p.m., from 1 to 4 p.m., and from 6 to 8 p.m. and on Friday, October 3 from 9 to 12 p.m.

The **28th Ottawa Scouting Group** is raising money for a trip to Scotland in 2026 and will host a pasta dinner and silent auction on Friday, October 17 from 5:30 to 7:30 p.m. at Rideau Park United Church. Tickets are \$18 for adults, children under 10 are \$12. Tickets will be available in late September after church or by email taralockhart8@gmail.com. They will also be sold at the door.

Drums Alive drop-in drumming class, for all ages, meets Thursdays at 4:30 p.m. Try your hand at drumming! Contact Iain Macpherson, macphersoni@yahoo.ca to be added to the drumming email list.

Christmas Treasures Bazaar is on Saturday, November 1 from 1 to 4 p.m. There's something for everyone—shoppers and collectors, auction bidders, green thumbs, tea drinkers and food connoisseurs, for kids and adults alike. Join us and meet your neighbours!

Alcoholics Anonymous: Ottawa Area of Intergroup of Alcoholics Anonymous (OASIS) has in-person meetings on Mondays at 8 to 9 p.m., and Twelve Steps to Serenity has in-person sessions on Thursdays at 7:30 to 9 p.m.

EMMANUEL UNITED CHURCH

691 Smyth Road

Office: 613-733-0437;

Website: www.emmanuelunited.ca

Children's and Youth Christian Education: Includes nursery and in-person Sunday school for children aged 4 to 12.

Worship Services: Sundays, 10 a.m., in person or on-line at emmanuelunited.ca/worship/webcast.php. Includes a welcoming message, hymns, prayers, videos, scripture, and a thoughtful reflection. Join us for coffee and conversation afterwards.

Take Time to be Wholey Seniors' Exercises: Classes continue each Monday (chair yoga) and Friday (stretch and strength) from 10:30 to 11:30 a.m.

Christian Meditation: Mondays, 7 to 8 p.m.; Jesus says, "When two or three pray together in my name, I am there among them." We live in a noisy world filled with ceaseless activity. We seek space to be quiet and be with God within ourselves. If you wish to learn to meditate or to join us, contact our office for the Zoom link.

Fellowship Coffee: Tuesday 10 to 11 a.m.; join Ron MacDonald, our pastoral care provider, as participants share conversation via Zoom. Ron presents a topic, and attendees reflect together on the topic, as well as what's happening with them individually. To join, contact Ron at pastoralcare@emmanuelunited.ca or 613-733-0437 for the Zoom link. All are welcome!

Thursday Morning Discussion Group:

Thursday, 10 to 11:30 a.m. The group will continue discussion of Chapter One of the Rev. Dr. Karen Hamilton's Faith as Protest. All are welcome to join in our lively chats on Zoom. Contact our office for the link.

Shantymen's Dinner: Saturday, October 18, 2025. Two sittings, 5 and 6:45 pm. Everyone is warmly invited. The evening starts with a traditional Shantymen meal featuring a hearty menu of beans, bread, ham, coleslaw, and dessert, all homemade. After dinner, the Emmanuel River Boys will provide us with home-grown, toe-tapping music. Tickets: Adults \$25; Seniors (60+) \$20; Children under 12 \$10; Families \$60.

PROBUS CLUB OF OTTAWA ALTA VISTA SPEAKER EVENT ON OCTOBER 22

On Wednesday, October 22 at 10 a.m. at Gloucester Presbyterian Church, 91 Pike Street, Dave Allston, a local historian will present the early history of Ottawa's west-end neighbourhoods.

Probus Ottawa Alta Vista is welcoming new members from the Alta Vista area. Join your fellow retirees, near retirees and want-to-be retirees for interesting speakers and discussions, as well as relaxed socializing. See our website: www.probusoav.ca for information about events, contact points, and membership information.





PHOTO CREDIT: MAGHAN MCPHEE

New Opera Lyra: Season of Beauty Opens on October 18

BY ANDREW AGER

The 2025-26 Season of Beauty opens on Saturday, October 18 at 2 p.m. at Rideau Park United Church, 2203 Alta Vista Drive.

We are delighted to present the National Capital Opera Competition—an afternoon of glorious music, performed by rising young Canadian opera stars. Formerly the Brian Law Competition, this is one of the most significant contests in Canada, featuring six finalists competing for three spots at top standing and over \$21,000 in prize money. With a panel of distinguished judges that includes prominent Ottawa soprano Meghan McPhee and Joel Harder of New York, this concert-competition is an important stepping stone for the future of Canada’s opera performers.

Please join us for a lovely afternoon in the splendid acoustics of Rideau Park United Church! The venue is fully accessible with unlimited parking. There will be a reception afterwards, where you can meet the artists. Tickets are \$40 premium/\$30 general/\$10 student and are available on Eventbrite or at the door.

Later in the season, on December 21, New Opera Lyra will host a one-hour concert to celebrate the winter solstice and the Chinese festival of Dongzhi. Join us at 7:30 p.m. at Rideau Park United Church and pay-as-you-wish!

Hope & Harmony:
A night
of music
and art for
operation come home

Hope & Harmony

A benefit for Operation Come Home

Hope & Harmony is a special event bringing together the Ottawa community for a night of music, art, and giving back. This benefit concert aims to raise awareness and funds to support Operation Come Home, a charity dedicated to helping youth who are experiencing homelessness.

EVENT DETAILS:

- **WHAT:** Hope & Harmony: A Benefit for Operation Come Home
- **WHEN:** October 10, 2025 – World Homeless Day
- **WHERE:** Overflow Brewing Co., 2477 Kaladar Avenue
- **MUSIC:** Headliners MonkeyJunk plus local performers
- **HOW YOU CAN HELP:** Attend, share, and support through tickets, donations, and the silent auction

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MOVIES 'N' STUFF

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moviesnstuff.com



October 7th

Jane Austen Wrecked My Life

Desperately single and plagued by writer's block, Agathe gets invited to the Jane Austen Writers' Residency in England. Caught in an unexpected romantic triangle, she must let go of her insecurities to decide what she really wants for herself.

Neighborhood Watch

Believing he witnessed an abduction, a young man turns to his next-door neighbour, a retired security guard, to help him find the missing woman. *Jeffrey Dean Morgan and Jack Quaid star!*

The Rehearsal: Seasons 1 and 2

The Rehearsal features Nathan Fielder, as a fictionalized version of himself, helping ordinary people rehearse upcoming difficult conversations or life events through the use of sets and actors hired to recreate real situations. *Heralded as one of the great, quirky comedy series of the last decade!*

The Bad Guys 2

Reformed criminals Mr. Wolf, Mr. Snake, Mr. Piranha, Mr. Shark and Ms. Tarantula are trying very hard to be good. However, they soon find themselves hijacked into a high-stakes heist that's masterminded by a new team of delinquents they never saw coming -- the Bad Girls. *Huge family hit!*

Bottoms

Unpopular best friends PJ and Josie start a high school fight club to meet girls and lose their virginity. They soon find themselves in over their heads when the most popular students start beating each other up in the name of self-defense. *A major indie film hit sporting a 91% positive rating from critics!*

Dangerous Animals

A shark-obsessed serial killer holds Zephyr, a rebellious surfer, captive on his boat. Racing against time, she must figure out a way to escape before he carries out a ritualistic feeding to the sharks below.

I Know What You Did Last Summer (2025)

When five friends inadvertently cause a deadly car accident, they cover up their involvement and make a pact to keep it a secret rather than face the consequences. One year later, the past comes back to haunt them as they learn someone knows what they did last summer...

Nobody 2

Workaholic assassin Hutch Mansell takes his family on a much-needed vacation to the small tourist town of Plummerville. However, he soon finds himself in the

crosshairs of a corrupt theme-park operator, a shady sheriff, and a bloodthirsty crime boss. *Bob Odenkirk reprises his role, along with Sharon Stone and Christopher Lloyd!*

Thursday Night Murder Club

Four irrepresible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands. *Helen Mirren, Pierce Brosnan and Ben Kingsley headline a truly royal cast!*

October 14th

Weapons

When all but one child from the same classroom mysteriously vanish on the same night at exactly the same time, a community is left questioning who or what is behind their disappearance. *One of the biggest hits of the year and so critically revered, this might sneak its way into competition for Best Picture!*

Burn All My Letters

Exploring Karin Stolpe's complex relationship with her husband Sven Stolpe and the passionate love affair with Olof Lagercrantz that begins in the 1930s.

Eddington

During the COVID-19 pandemic, a standoff between a small-town sheriff and mayor sparks a powder keg as neighbour is pitted against neighbour in Eddington, N.M. *Incendiary director Ari Aster helms this, with Joaquin Phoenix, Pedro Pascal and Emma Stone starring!*

Sketch

Fantastical creatures come to life when a young girl's sketchbook falls into a strange pond. As the town starts to unravel, she and her brother try to track down the unpredictable, chaotic and real monsters before they cause permanent damage. *Family friendly hit!*

October 21st

The Lake Trilogy: Mini-Series

Scandinavian Noir alert! Driving

home from a New Year's Eve party, Chief Inspector Taras Birsa notices a police car by the road. He stops, and inadvertently gets involved in an investigation of a brutal murder of a young woman.

Light of the World

Animated film that follows Jesus' life from ministry beginnings through crucifixion, resurrection, as seen through Apostle John's eyes.

The Toxic Avengers (2025)

A janitor becomes a social outcast when a freak accident at a chemical factory turns him into a mutant. However, he soon uses his newfound superhuman strength to battle slimy criminals and a corrupt CEO. *Peter Dinklage, Kevin Bacon and Elijah Wood star!*

October 28th

Maigret: Season 1 (2025)

Chief Inspector Maigret is a rising star in the Paris Police Judiciaire, relentless in his investigations, with an uncanny ability to get under the skin of the criminals he is chasing and a matchless knowledge of Paris.

The Gold: Season 1

True story of the Brink's-Mat robbery and its aftermath. On 26 November 1983, six armed men broke into the security depot, stumbling across gold bullion worth £26m. The disposal of the bullion caused the birth of large-scale international money laundering, provided the dirty money that helped fuel the London Docklands property boom. *Hugh Bonneville stars!*

Exciting additions to our catalogue!

Le Professionnel (1981)

Assassinating high-profile targets is one thing, but being betrayed by the government and sent to prison is something completely different - and someone is gonna pay! *Legendary actor Jean-Paul Belmondo stars!*

5 Fingers (1952)

During WWII the valet to the British Ambassador to Ankara sells British secrets to the Germans while trying to romance a refugee Polish countess. *James*

Mason stars in this classic drama/thriller!

Another Mother's Son (2017)

On the Nazi-occupied island of Jersey during World War II, grieving Lou finds a new outlet for her maternal love when she takes in an escaped Russian prisoner of war and hides him.

Holy Mountain (1973)

An alchemist leads a group, which includes seven people representing the negative aspects of the seven planets, to a sacred mountain where they can achieve enlightenment. *Alejandro Jodorowsky directs this strange, but revered film!*

When the Wind Blows (1986)

In this hand-drawn animated tale, elderly married couple Hilda and Jim Bloggs have their quiet, simple lives in the English countryside interrupted when they learn of an impending nuclear attack.

It's a HIT!

The Top 5 movie rentals for September were....

- 1.The Phoenician Scheme
- 2.Jurassic World: Rebirth
- 3.The Materialists
- 4.Ballerina
- 5.Sinners

The Top 5 TV Show Rentals for September were...

- 1.White Lotus: Season 3
- 2.Patience: Season 1
- 3.Dept. Q: Season 1 (2025)
- 4.Professor T: Season 4
- 5.Unforgotten: Season 6

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