



PHOTO CREDIT: JANINE FLOOD

Last chance to comment on the new zoning by-law

BY JUDY KORECKY AND GARRY LINDBERG OF THE AVCA PLANNING AND TRANSPORTATION COMMITTEE

The City of Ottawa will release the third and final draft of the new Zoning By-law <https://engage.ottawa.ca/zoning> on September 8, 2025. A 28-day public consultation period will follow, ending on October 8, 2025. Residents are invited to learn more about how the new Zoning By-law will shape growth in Ottawa at several upcoming events:



- Virtual Open Houses: September 17 and September 25
- Statutory Open House (in-person): September 23 at the EY Centre

No registration required for the in-person Open House. Registration for the virtual events will be available on the new Zoning By-law <https://engage.ottawa.ca/zoning> Engage Ottawa page two weeks beforehand.

The AVCA Planning and Transportation Committee expects the N2 and N3 Neighbourhood densities of Draft Two will remain

the same, which could result in up to six units per building or up to 10 units per building respectively (to note - some larger VISTAS catchment lots may accommodate more than one building) and that “no parking minimums” will also remain the same.

There will be increased height limits along Smyth Road and Heron Road (up to six storeys) and possibly increased densities around Pleasant Park Transit Station (notably to the lands at 1245 Kilborn Place) based on recent amendments to the Official Plan. At the same time, these recent amendments have resulted in maintaining the proposed height limits on Pleasant Park and Kilborn to four storeys.

One open question is whether the height limitations of Draft Two for residential N2 and N3 areas across the City (8.5m for most of the AVCA catchment area) will remain as they are or will they be changed to 11m to match the current zoning in the suburban area. Once the new Zoning By-law is in place, the seemingly endless process of updating our Official Plan and its supporting documents such as the Master Transportation Plan, the Master Infrastructure Plan and others will finally be complete after more than eight years of consultations, resident suggestions and concerns raised, and some changes by the City.

LOCAL BEAVERS BUILD A GARDEN BED

BY ROB HARBIC

In July the 104th Beavers, which run out of Pleasant Park Public School, were very proud to plan and complete a new pollinator garden bed outside the entrance of the school as part of their Northern Lights Quest which requires community service as they work to obtaining their North Star award.

With the supervision of leaders and parents they built the boxes using power tools, shovelled the dirt and planted the various flowers in hopes of creating a space for butterflies and bees.



PHOTO CREDIT: JANINE FLOOD

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- Articles submitted for consideration for publication should be 800 words or less and emails and letters 500 words or less.
- Pictures submitted should be 300 DPI resolution.
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Email: Editor@vistas-news.ca

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VISTAS' DELIVERY SCHEDULE

OCTOBER ISSUE OCT 1, 2025

VISTAS VISION

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

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

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



OUR COMMUNITY

That said, new provincial legislation is being introduced on an ongoing basis that appears to be creating increasing flexibility in planning so developers can proceed with essentially no community involvement. Most recently, Bill 17, which received Royal Assent on June 5, creates the authority for the province to create regulations that will allow certain variations to the Zoning By-law set-back requirements to be permitted “as of right” without having to go to the Committee of Adjustment, which effectively cuts out this check and balance for both the City and residents. The province also now has the authority to extend the scope of this regulation to other performance standards such as height and lot coverage.



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

FOR WEST OF HAIG

- Alta Vista (Cunningham to Pleasant Park), 43 papers
- Baycrest Area
- Cunningham (Marshall Crt to Alta Vista), 22 papers
- Cunningham (Marshall Crt to Fairbanks), 27 papers
- Edge Hill, 58 papers
- Grasmere, 39 papers
- Heron (Alta Vista to Greenbelt), 13 papers
- Highridge, 14 papers
- Portal, Applewood and Cunningham, 23 papers
- Portland, 34 papers
- Simpson, South Haven, Highland Terrace, 29 papers
- Summit (Fairbanks to Alta Vista), 42 papers

FOR EAST OF HAIG

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



LETTERS TO THE EDITOR

Safe injection sites to close if within 200 metres of schools

The lack of response from the public about the closure of the safe injection sites was underwhelming to say the least. Those sites speak of the strides and efforts taken on the long road from prison to some semblance of sanitation and containment, and yes, even hope, when addiction is treated like any other disease.

What other “present and accounted for” reality doors will be closed next to protect our children? Have we taped over all the dangerous outlets a child may meet on the way to school – crosswalks, bullies, adults attracted to young children, bus, friends?

Are we overlooking an opportunity here? Those students are being prepared to function in an adult world – and there is a lot of pain along the way – hurting seeks relief – word gets around – that’s where friends come in – and the relief from that first pill, or toke will become the sought-after fix to soothe the way until all ambition surrenders to pain relief.

The person with an addiction doesn’t remember much along the way except his “fix”; waking up in alleys, disease from dirty needles, an in-and-out goal, and the craving in between that never stops, even in dreams.

Are children being prepared for an adult world, where the hurting will seek solace, users will be imprisoned to the poison, and sellers will not curtail their demand? Should we be hiding the long-term effects of the use of illegal drugs by moving them away from the view of the young? Or should it be part of the curriculum with volunteer speakers (addicts) so children can SEE the effects on the body and FEAR the stories of the price paid for drug abuse?

Those who loved them are left to pick up the pieces, wondering where they went wrong. They are left only with “Just Say No to Drugs” slogans and the street clinics.

STREET CLINIC | (by M. Howell, Ottawa)

They came by night,
The drug-crazed young,
As if the dropping
Of a final cloak
Had snuffed the last lamp
In their world, and sent them screaming; Children once again,
Into the arms of strangers.
(Alberta Poetry Year Book, 1978)

Safe Injection Sites are a long way from the non-professional street clinics. Give them a chance to function.

Mary Howell (RIP July 2025), submitted by friend, Valda Goudie (Drug addiction tragically affected Mary’s family, cultivating her support of safe injection sites.)

VISTAS Volunteer Reporters Wanted

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

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



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



Commemorating Ottawa Loves Local

BY MARLENE DALLEY

The Ottawa city community loved Billings Bridge Plaza’s Ottawa Loves Local store, and customers were proud to support the idea it was built on. Buyers loved browsing the displays and admiring what local artists of all ages had crafted, and the joy of making a purchase at the end of the experience. The artists who sold there used crafting to improve their mental health and foster peace within, something particularly important in recent times.

The store’s display included, but was not limited to: unique jewelry pieces, paintings, cosmetics, cozy “stuffies” for children, toys, ceramics, perfumed pillows and bath bombs, interesting and tasteful monogrammed t-shirts, key chains, maple syrup, jams, and bean soup packages.

It was not uncommon to hear a customer exclaim “How did they make it?” The store not only promised wonder but represented a serene place to rest the soul from the stress and politics of an uncertain time in Canadian history, where buyers could help one another and imagine hope for the future.

As a community member, I was proud that the Plaza’s management allotted the store space to Ottawa crafters and provided them the opportunity to financially support their passions. It was a gift we valued. My thoughts continue to rest on families whose income was supported



by these sales; on how they provided an outlet for artistically talented folks forced to remain at home for health reasons to supplement their family income.

On behalf of the artist community, I wish to thank the store owner, the artists, buyers and salespersons, the plaza management and any others involved in this community gift shop, who all suffered a huge loss with its closure on June 1st, 2025. I wish the crafters to know I am thankful for them and that I encourage them to have hope for the future; you are one of a kind.





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Welcome to the Al Forno Pizza Pub

New restaurant moves into historic location previously held by the Bella Vista for over 50 years

BY DAVE BROWN

We were happy to speak with Pawan and Pulkit, the owners of Al Forno Pizza Pub.

What made you want to open your own restaurant?

We've always had a passion for great food and creating memorable experiences around the table. Opening our own restaurant was a way to bring that passion to life. It allows us to share the flavours we love, connect with the community, and build a space where people can relax, enjoy themselves. It's incredibly fulfilling to see people come together over a meal and know we've played a part in that moment.

Have you had much experience in this industry?

Yes, between us we have worked for about eight years as a server, bartender, cook and general manager in local restaurants. It's given us a solid understanding of what makes a restaurant run smoothly, and what entices customers to return again and again.

What do you love most about this location?

I love that it's simple and accessible. We're in a well-known location in a popular plaza with plenty of parking. This makes it easy for neighbours to drop in for a quick bite, to meet friends for a drink, or to come with the family for a tasty meal.

The inside atmosphere of the restaurant has that elevated bar/pub feel; one side with high-top tables and bar seating perfect for those who'd like to enjoy a drink, watch the game,



and hang out. While the other side is more laid-back, with soft booths and cushioned chairs great for families or anyone looking for a more relaxed dining experience.

Can you share a bit about the menu you've created for Al Forno?

Our menu is centred around what we do best: Neapolitan-style pizzas baked at 700 degrees in high temperature deck ovens for that perfect balance of crisp and chew. While we do offer a variety of dishes, pizza is definitely our specialty.

What really sets us apart is that everything is made from scratch. Our tomato, pesto and Alfredo sauces are cooked in-house. The dough is made fresh daily, and all our meats are seasoned and cooked right here. Even the basil on our Classic Margherita pizza comes straight from a fresh plant. The level of care and quality is something guests are saying they can really taste.

Beyond pizza, we offer a full menu of appetizers, pastas, handhelds, salads, and mains. And of course, we have a full bar stocked with craft beers, as well as a solid selection of wines and cocktails.

To give even more value to our guests, we recently introduced a special offer: every Tuesday and Sunday, you can get two small pizzas for \$30. It's been very well received, and we plan to keep introducing offers like this for our customers.

Why not build a dock on the Rideau River at Pleasant Park Road?

While walking along the Rideau River, I've often wondered why the Ottawa South side of this waterway has a dock (Windsor Park Dock) and the other side does not.

There are many canoe, waterboard, kayak and water enthusiasts on the east side of the river who would greatly benefit by the NCC providing access to our river.

The idea could play out as follows:

- Clear an access road to the river at the intersection of Pleasant Park Rd and Riverside Drive to ensure safe entry and exit;
- Clear a viable path through the trees to access the water;
- Create a gravel parking lot so all Ottawa citizens can use this entryway to the river (Note: a gravel lot will allow for water penetration in the soil);
- Install dock for safe and secure entry to the water;
- Erect signs on the bicycle pathway that warns, 'Pedestrian Crossing Ahead'.

This is likely not the first time this idea has been brought forward and I'm hoping the NCC will take a serious look at this issue. We want access to our waterways and not just here and there but in many places.

Steve McKenna



PHOTOS: AL FORNO RESTAURANT

You've been open for just a few months. How's the response been so far?

We've had great feedback from guests who are loving the food, the atmosphere, and the overall vibe of the place. People have especially been enjoying our pizzas, the tastes, and that everything is made fresh.

It's only been a little over a month, but we're already seeing familiar faces coming back, which is the best sign we're doing something right.

What else do you hope to provide at this neighbourhood restaurant?

Whether it's live music, themed nights, or other fun events, we're always looking for ways to keep things exciting and give the Alta Vista community a reason to come out and enjoy a night with us. We want Al Forno to be a place where everyone feels welcome. The support from the community so far has been amazing, and we're committed to continue to offer great food, great service, and a fun, relaxed atmosphere people can count on.



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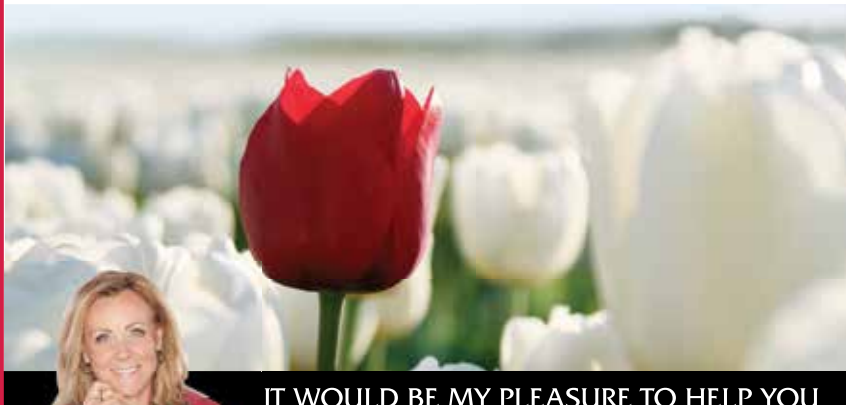
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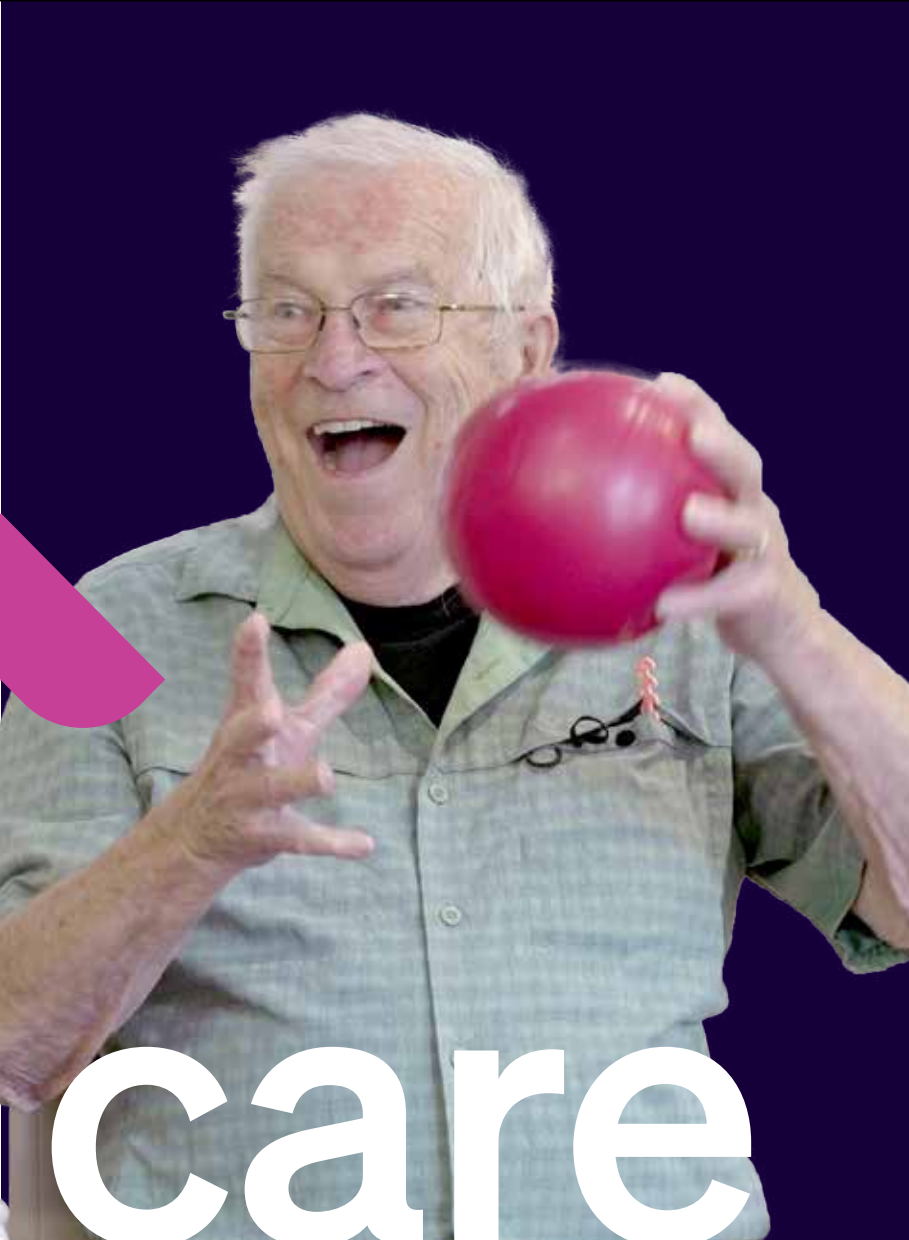
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Together, we improve the well-being of the people we serve.



PAGE 6 VISTAS SEPTEMBER 2025

HEROES OF HERON EMERGENCY FOOD CENTRE

BY LYNN SHERWOOD

Our Hero for September is Omar Rezgui, who began work last July as our Assistant Coordinator here at HEFC.

Omar is providing much-needed support for Louisa Simms, our Executive Coordinator, who (until now) was our only paid employee.

Omar is managing the expanded Link2Feed, a province-wide database we use to register and track clients, implemented last June by the Ottawa Food Bank — who are also financing his position through a one year grant. Going forward, he will also support Louisa in managing delivery and inventory, supervising volunteers, and distributing food to our ever-growing clientele. We are excited to welcome him to the HEFC.

As a newcomer arriving as a permanent resident to Ottawa in February, 2025, from Tangier, Morocco, Omar is conscious of the challenges many of our clients face. He speaks three languages: English, French, and Arabic. He chose Canada because he wanted to live in a country free of corruption that values equity. (He still seems keen on us, even after surviving an Ottawa winter).

Omar is absurdly overqualified for the work we are asking him to do. In Morocco, he earned a Master's degree in Logistics and went on to manage logistics operations for the entire northern region of the country as a banking sector professional. We reckon he will have no trouble handling the complexities of our new database. This September, he plans to start a Master's degree in business administration at the University of Ottawa, specializing in management consulting, while continuing part-time with HEFC. He will certainly be a busy man.

Omar volunteered with us prior to his employment and enjoys the work. He tells me he feels it's important, whatever your organization, to understand the nature of the situations the front-line staff are facing. He looks forward to his work at HEFC as an opportunity to better understand the challenges vulnerable persons in Canada are confronting, to get to know the volunteers assisting them, and to develop his appreciation of Canadian culture. Working at a food bank is a unique chance to become familiar with a wide range of Canadians — from the clients who come to us for assistance, to the organizations that supply our food and funding, to the volunteers who keep us functioning. Welcome aboard, Omar!



Increasingly at HEFC we are meeting volunteers, and even clients, who are idealistic newcomers to Canada eager to contribute to the growing diversity of our population and our changing role on the global stage. Their optimism and vitality bring new insights and perspectives as they strengthen our nation.

Even with the invaluable support of several new additions to our staff, we are still in the process of resolving issues associated with a significantly increased volume of clients. The emergency shelter that has occupied the Heron Road Community Centre for the past few years will be closing at the beginning of September, and 1480 Heron Road will once again open for community programs. This means we will lose exclusive access to the kitchen area, which we have been using for storage, sorting and packaging donations, and a few administrative functions. We ask for the patience of our donors and clients as we adjust to these new circumstances; demands on our program continue to increase, and we urgently need more space.

This year, our walkathon "*Step Up and Step Out to Stop Hunger*" will take place on Saturday, September 27, at St. Thomas the Apostle Church, 2345 Alta Vista Drive, at 9 a.m.. For more information, please see the website at <https://go.rallyup.com/hefc2025>,

or scan the QR code. We look forward to meeting you!

The members of the HEFC Board of Directors are happy to share information about the services we give to our community, whether individually or through presentations given at community events.

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

- Call us at (613) 737-9090 or email at info@hefc.ca for more information.
- Our website: www.hefc.ca
- On Facebook: <https://www.facebook.com/HeronFoodCentre>.

SEPTEMBER WISH LIST

We welcome cash and food donations including tuna, canned vegetables, canned tomato sauce, canned soup, chickpeas, kidney beans, sardines, cereal, peanut butter, jam, tea, coffee, snacks for children, feminine hygiene products and personal care items including toothbrushes, toothpaste, soap, and shampoo. We do not need any egg cartons at this time.



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OUR COMMUNITY:



City of Ottawa Chief of Police Eric Stubbs pays a visit to Norman Payne and Councillor Riley Brockington in Ellwood. PHOTO: EMMA JACQUARD



**John
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BACK TO SCHOOL

Children are returning to school and many will be bussing, walking and riding their bikes to their destinations. I want to remind motorists and pedestrians to be aware of the increase of children and youth on city streets.
 I wish all students a safe and successful new school year.

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

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



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Ellwood's UPDATE RIDGEMONT COMMUNITY ASSOCIATION

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

WHAT A SUMMER FOR ELLWOOD! A nice new home in progress on Banff Avenue, with the residents peering in on it daily. Gardens neatly tended and chock full of flowers, residents taking their evening promenade some with their dogs. Backyard BBQs and languid visits to the park on hot days, some to play bocce while the kids splash gleefully in the pool. In the background, your community association is constantly looking to enhance, enrich and improve our neighbourhood.

ANNUAL GENERAL MEETING

Ellwood's Ridgemont Community Association held its 44th AGM at the Marriott Airport Hotel on Walkley. Special thanks to Allison McCarney for making all the complimentary arrangements in the newly renovated Rideau Conference Hall. Our Community Police Officer Marcus Cibischino came straight from a busy day on the Prime Minister's security duties on his own time to brief residents on the latest safety updates and police initiatives. One is for residents opting into a program that makes their security cameras available to police when and where needed – confidentiality guaranteed.

Councillor Riley Brockington briefed us on the Bank Street Redevelopment, a project your association has been deeply involved from the start about 22 years ago. He also spoke of the upcoming Comprehensive Zoning By-Law Review, the LRT, upgrades to Licari Park and more. Former Councillor Karen Howard countered a claim from City Hall that your association had a laissez-faire approach to intensification, re-zoning, and the encroachment of peripheral commercial businesses on residential homes. Ms. Howard emphasized your association's deep involvement and steadfast defence of homes – especially those on the community's Walkley/Bank/Albion/Kitchener boundary. In a nutshell, she demolished this nefarious mistruth, highlighting a string of successes that have preserved and protected our community.

Councillor Brockington and your board also re-committed – for the 3rd AGM in a row – to a formal request to the City for two options for a Traffic Mitigation Initiative (cut through traffic, safety, speeding and disregard for traffic rules) linked to the Bank Street Redevelopment.

There were fabulous door prizes of two huge gift baskets, and items from British Airways, Royal Jordanian Airways and Alitalia airlines and others. The evening was well attended, and guests enjoyed baked refreshments.

GRAND SUMMER ITALIAN CARNIVAL

Saturday July 26, dawned with a perfect blue sky for Ellwood's Ridgemont Community Association's Grand Summer Italian Carnival. It was fantastico!

One hundred and sixty-seven residents signed up in advance, and more people who chanced by swelled the crowd. Special thanks to Ottawa City's Kaytlin Barr for arranging permits and to Aimee Besharah for having the Ellwood Hall at the Jim Durrell Centre ready in case it rained. The Kid's Screaming Contest was a blast. About 15 kids of various ages lined up to compete for a \$25 Walmart gift card. It was ear-piercing. Apparently, By-Law services received some complaints. A runoff between friends Adriano Fournier and Christian Durrand ensued, with more screaming necessary. The judges declared Christian the winner. Noble competitor that he is, he promptly declared he was sharing his win with Adriano – who declined, and more screaming ensued!

Celebrated Ottawa accordionist Giuseppe Borracci strolled through the crowd, regaling all with his virtuoso accordion skills of many Italian favourites. The crowd loved him.

Residents were divided into East Ellwood and West Ellwood for the Italian quiz contest's Ellwood Cup. The questions were tough and some tricky, and it seems Ellwood residents are well up on their Roman lore. Judge Gary Howard carefully tallied the results and declared the contest a draw!

"Straight from Italy" world-famous magician Christoforo Di Pilsworthtiii then launched into 45 minutes of special "Italian" tricks. The crowd, gathered under the park's shady trees were amazed and astounded at his repertoire, and the kids squealed with delight – screaming, by now forbidden.

David from Gabriel's Pizza delivered a truckload of hot delicious, special Italian pizzas that were promptly devoured by the attendees. Our MPP John Fraser treated the crowd to four large tubs of Italian ice cream. His team, serving eager and expectant residents non-stop till their hands were frozen stiff. Many coming back for seconds and thirds.

Gilles Comtois arranged for the event to have a new sophisticated sound system and Gary Howard arranged two hours of non-stop happy, cheerful Italian favourites. He also came in early to decorate the park with colourful bunting. Special thanks to Gary and Gilles, and to Danielle Reklitis and Christine Licari, for serving the pizza and cool drinks. Thanks to Michel Kazan from

the Alta Vista Public Library, who had a well-attended stand promoting the library and its services. Councillor Riley Brockington and MPP John Fraser made speeches on various issues important to the community, thanked your board of directors for their unceasing involvement and attention to the community, and pledged their continued willingness to enhance the partnership.

Hey badda bing, hey badda boom, before you knew it, the show ended to rapturous applause.

A SURPRISE VISITOR ARRESTS MY ATTENTION

Councillor Riley Brockington informed me on July 27, that a special guest wished to meet with me for a laneway chat at 1:40 p.m. the following Tuesday. While intrigued, I was patient to await the "special guest" whom I deduced would be a developer, perhaps from the new Bank Street development.

Right on time, he drove up and out stepped Ottawa Police Chief Eric Stubbs! I was astonished and, unusually, at a loss for words. It is not every day or ever at all that a chief of police comes to visit a community volunteer. Chief Stubbs came to listen to our collective concerns, the neighbourhood's problems and expectations and inquire what he could do for Ellwood. The conversation was freewheeling, open, honest and refreshing. I found Chief Stubbs to be an upright person, unpretentious and a good listener. Astute in his judgement of issues, direct, and open-minded. Most importantly, he cares about our Ellwood community. Doubtless, he has more surprises for Ellwood in the future!

SKYLAR'S KIDS GAMES

FIND THE IMAGES

Search each page of the paper.



FILL IN THE BLANKS

Autumn Fun
Word Fill-In for Kids

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

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

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

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

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

The two buddies had so much fun but squirrel really needed

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

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

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

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

any more work that day. Today had been fun but

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

WORD SEARCH



P T F S B H X I D C
B X Z H I L U N C H
A E C H N M I A C Q
G C H W D O W L V L
E U A R E G L U E V
G C L V R H J A S C
T O K B X M G H D O
P A M N P A I N T I
E T V B O O K U Z Y
N P O S T I T P L G

WORD LIST

BAG
BINDER
BOOK
CHALK
COAT
GLUE
LUNCH
PAINT
PEN
POST-IT

School
Word Scramble



Unscramble each group of letters to form a school word.

- 1. PCLIN _____
- 2. EKDS _____
- 3. HACRI _____
- 4. DCOINTAIYR _____
- 5. TTSE _____
- 6. OOWEHMKR _____
- 7. TYSDU _____
- 8. EANLR _____
- 9. ECTEHR _____
- 10. CYSNRAO _____
- 11. SEDNTTU _____
- 12. RDIAEGN _____
- 13. WTNIGR _____
- 14. LNPEIGSL _____
- 15. CMEUTPOR _____

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P A M N P A I N T I
T O K B X M G H D O
G C H W D O W L V L
E U A R E G L U E V
A E C H N M I A C Q
B X Z H I L U N C H
P T F S B H X I D C

OUR COMMUNITY

How Suzi Shore-Sauvé is helping new immigrants

BY SUE RAVEN

When Suzi Shore-Sauvé's grandparents came to Canada as new immigrants from Eastern Europe, there was no support or infrastructure to help them get settled. Their experience may have inspired Suzi when she began collecting furniture donations in 2020. Using her garage as a base, she and a friend helped 20 newly arrived families. Soon her garage – and her friend's – were overflowing with donations. So, she moved the items into a 10,400 square foot empty grocery store in the Mooney's Bay area, which the construction company Brigil provided. Donations expanded to kitchenware, dishes, clothing and small appliances. When it was time for Brigil to start their new construction project, the contents of the warehouse were moved to a space which a former bank had occupied at the Westgate Shopping Centre. From January 2022 until February 2025, the group, now called House to Home, helped 1,700 families in Ottawa furnish their homes, all done with generous donations. Currently, the number of families who have been helped is close to 2,000.

After moving the project out of her garage, where she had the support of two men with a truck and van, Suzi needed more help. Not long after the House to Home warehouse opened in 2021, an Afghan refugee named Assad came to pick up his furniture. He introduced himself and immediately started a friendship with Suzi. Five days later, he began working with her. Now he is a co-partner. Suzi, a Jewish woman, and Assad, a Muslim, happily run the organization together. More newcomers from Afghanistan have joined the part-time staff as well. There are now more than 30 volunteers.

House to Home has consumed Suzi, exposing her to a whole new world and many new friendships. She now feels she understands more of what her grandparents went through. The job fills her with positive energy, which overflows to her family. They support her by finding things that are needed and helping to pick donations up.

Family has always been very important to Suzi. She grew up in Ottawa on Orillia Street here in Alta Vista. She went to Hillcrest High School and Carleton University. She remembers a beautiful childhood, spending lots of time with family and friends. She and her husband will soon be moving back into the home on Orillia, which her parents bought 65 years ago.

Prior to starting House to Home, Suzi was employed in different fields, including working with children who have autism, acting as a "laughter leader", being a consulting hypnotherapist, and more recently, working in her son's catering business Flapjacks. She had to give that up when House to Home became too busy. Although her time for relaxation is limited, she still manages to enjoy swimming and relaxing at the family cottage.

Suzi grew up in a family of volunteers. Her parents instilled in her the mindset that you have to give back to your community. But nothing could have prepared her for the remarkable growth of House to Home. There is a constant stream of new families arriving from all sorts of different countries. Many are referred a few months ahead of time. At this point, there are some on the list who expect to move into their accommodations in October or November.

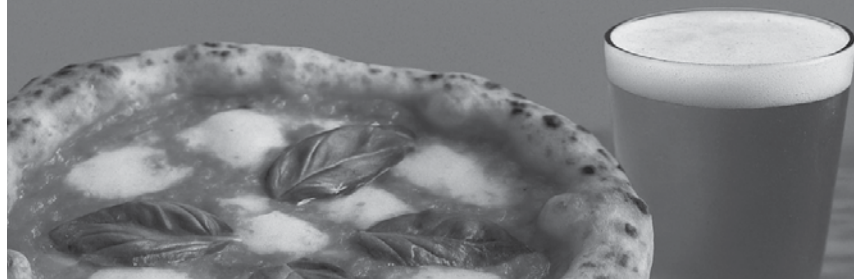
Securing a new space is a huge challenge. The Westgate Shopping Centre, which is due to be re-developed, has set a deadline of October 31 for vacating. As a result, Suzi is looking for another large affordable warehouse location. She also hopes to secure some ongoing financial support. Currently, some generous donations help to keep House to Home afloat, and the newly arrived families are asked to pay a small fee to help with expenses such as moving and delivery.

In the future, Suzi looks forward to being able to spend more time with her family and future grandchildren, while continuing her important work. House to Home is instrumental in welcoming and helping many new immigrants get settled into the Ottawa community.

Hopefully, a new space will be found before October. To learn more about House to Home, or how you can help, go to the website: h2hottawa.com.

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Game. Set. Match: the long goodbye for the AVPS tennis courts



BY CHRIS WIEBE

The backhoe and asphalt grinding machine arrived at Alta Vista Public School (AVPS) in late July and it didn't take long to liquidate the last vestiges of the two tennis courts on the school property's north side. The nets and ten-foot fencing surrounding the courts were torn down and soon all that remained were a few small post holes. Created in 1978, the coup de grâce was quick, but it was honestly a long goodbye for tennis courts that were rarely played on in my 20 years of living near them. While they enabled a short tennis module in the AVPS sports program each year, and I once saw a summer tennis camp held there several years ago, for the most part the courts sat empty with asphalt crinkled and nets bedraggled.

As with most things in Alta Vista, the origin story for these two courts is far more interesting than you would anticipate, combining the mid-1970s tennis-craze, a ParticipACTION fueled health boom, with a strong dash of NIMBYism. The two tennis courts were greenlit by Ottawa City Council for Blossom Park (now called "Applewood Park" at 134 Begonia Avenue) in May 1978. They were part of an ambitious plan launched in 1975 to ensure there were tennis courts within a quarter mile (400 metres) of every Ottawa resident. By 1978, 26 courts had been built around the city, at the cost of \$16,000 each (about \$90,000 today).

While it might seem mind-boggling that Ottawa felt it needed this extraordinary level of access to a land-hungry sport with single-use infrastructure, it pays to remember that tennis was the "it" sport of the 1970s. Once the province of Anglo-elites in their tennis whites at posh clubs, tennis was simultaneously

glamourized and democratized by network TV tennis broadcasts (perhaps analogous to *F1 Drive to Survive's* turnaround of today's auto racing) and compelling player-personalities like Björn Borg, Chris Everett, Jimmy Connors, and John McEnroe. Meanwhile, national initiatives like ParticipACTION launched in the early 1970s looked to turbocharge physical activity and combat exploding costs for the Canada's young universal health system.

Two months after the announcement of the Blossom Park tennis courts, however, the idea ran into a sharp return volley from nearby residents. The *Ottawa Citizen* reported that on June 27, "When resident Hazelle Habermann spotted workmen beginning construction of the asphalt courts, she immediately circulated a petition to stop the project. Now the city's community development departments – faced with the signatures of 120 neighbours dead set against the tennis courts – has decided to hold a referendum before proceeding further." The argument from residents was that the courts would overwhelm the small greenspace, which at the time was really nothing more than an empty grass field. Building courts would reduce children's "freestyle" playing space and be a magnet for parking and noise issues from visiting tennis enthusiasts. In a fascinating plot twist, Ottawa's Community Development Commissioner Robert Bailey, in charge of the city-wide tennis court rollout, coincidentally happened to live on Crocus Avenue near Habermann. He opined that: "I think petitions are mis-leading. Residents are inclined to sign a petition if they know the person who comes to the door." At the political level, Alderman Joe Quinn said the city wouldn't foist tennis courts on the community if they didn't want them. "Hundreds of other people in this city want tennis courts – every alderman has a waiting list," Quinn said. "We just thought this park would be a good place."

In early July, the City of Ottawa sent postcard ballots to 1,400 nearby residents so they could vote on the proposed tennis courts at

Blossom Park. The results, announced on July 20 saw 441 ballots returned (a high 31 per cent return rate which normally saw only 10 per cent) with 53 per cent in favour of the courts. The Applewood Acres Ratepayers Association, stridently against the courts, complained that voters were confused by the "Blossom Park" name on the ballot, and had consequently ignored the voting request. The park was unsigned, no one in the area knew it by this name, and to compound the confusion it was also the name of a subdivision five kilometres south of Alta Vista. This uproar around names precipitated an immediate change in the park's name to Applewood Park, as it stands today. Meanwhile, the political tide was turning. Deputy Mayor Marion Dewar predicted city politicians would scrap the plan and look for a new location, remarking, "It's the first objection we've ever had to a tennis court."

Considering the split in local opinion, the Community Development Commission withdrew the Blossom Park plan in late July and explored other nearby options such as the parking lot of the Riverside Hospital. An off-ramp came when the Ottawa Board of Education offered to accommodate the unwanted tennis courts on the grounds of Alta Vista Public School. The location on these larger grounds also had synergies with the nearby wading pool, clubhouse, and baseball diamond, and could be integrated into the school's gym program. Thus, construction began at AVPS in summer 1978, and the rest is history.

So, is tennis in a death spiral in Alta Vista? I conducted a very unscientific survey of the other neighbourhood courts one August Sunday afternoon: the two Featherston courts were empty; Canterbury's hosted two energetic tennis matches; the pair at Pleasant Park School boasted a pickle ball match and a fellow practicing his tennis serve. Perhaps these old courts, born in a 1970s flash of enthusiasm, still have some life left.



August 3rd at the site of the two former tennis courts, erected in 1978, at Alta Vista Public School. PHOTO CREDIT: CHRIS WIEBE.



Two empty courts lonely for players at Featherston Public School (Rabbi Bulka Kindness Park). PHOTO CREDIT: CHRIS WIEBE.



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CITY OF OTTAWA PUBLIC OPEN HOUSE ON THE VISION FOR 1245 KILBORN PLACE

The City of Ottawa is planning Open House sessions to provide updates and seek input from the community on the vision for 1245 Kilborn Place.

There will be:

- An in-person event on Tuesday, September 23, 2025
- An online event on Wednesday, September 24, 2025

There will also be opportunities to submit feedback through Engage Ottawa. Keep an eye on the project website engage.ottawa.ca/1245-kilborn-place-concept-plan for event details and more information about the project.



Scan to learn more about this project and upcoming events.




SÉANCES PORTES OUVERTES DE LA VILLE D'OTTAWA SUR LA VISION POUR LE 1245, PLACE KILBORN

La Ville d'Ottawa prévoit la tenue de séances portes ouvertes afin de faire le point sur la vision pour le 1245, place Kilborn et de solliciter l'avis des résidents à son sujet.

Il y aura :

- une séance en personne le mardi 23 septembre 2025;
- une séance en ligne le mercredi 24 septembre 2025.

Vous aurez également l'occasion de soumettre vos commentaires sur Participons Ottawa. Consultez le site Web du projet (participons.ottawa.ca/1245-place-kilborn-plan-conceptuel) pour en savoir plus et connaître les détails des séances.



Balayez le code pour en savoir plus sur le projet et les événements à venir.

OUR COMMUNITY

My Journey as a Legislative Page

IVAN, GRADE 7 STUDENT AT ALTA VISTA PUBLIC SCHOOL

When I first heard about the Ontario Legislative Page program, I never imagined how much it would change me.

Five years ago, my older brother was accepted into the program. Unfortunately, it was cancelled due to COVID-19. He was very disappointed, but he told me about the amazing opportunities he had been looking forward to. Even though I was only six years old, but made up my mind—I wanted to become a page. Ever since, I've been interested in learning about government and public service.

In the fall of 2024, I was finally old enough to apply. I submitted my application, which included an essay about why I would be a strong candidate and what unique qualities I could bring to the program. Then came the long wait. In March, I was overjoyed but also a little nervous when I received the acceptance letter. What would it be like to work alongside Members of Provincial Parliament (MPPs) in such an important place?

In April, my dad and I attended the orientation session at Queen's Park. It was my first time inside the Legislative Building. I met the program coordinators, teachers, and the other pages.

We were given a tour, learned more about the expectations, and even got fitted for our uniforms.

Before my two-week term started in May, I had to memorize all 124 MPPs, their ridings and political parties, the Cabinet Ministers and their portfolios, and the chamber seating plan. It was a lot, but I was excited and ready. From day one, I knew this was a once-in-a-lifetime opportunity.

As a page, I delivered messages, ran errands, and assisted during proceedings. Wearing the traditional uniform and standing in the beautiful chamber while watching democracy in action felt surreal. I learned how laws are made, observed debates on important issues, and even spoke with MPPs who shared their experiences and advice.

Each day, we had access to staff-only areas like the Whitney Block, the Hansard offices, and the Legislative Library (which contains a lot of paper!). One of the highlights was meeting the Speaker of the House, the Clerk, the Leader of His Majesty's Loyal Opposition, and the Government House Leader. We were even invited to the Premier's office. Mr. Doug Ford let us sit in his chair and he told us his favourite food is pasta. The Premier also shared that he really loves Ontario, which reminded me how important it is to care about where we live and serve.

I also met my MPP, Mr. John Fraser from Ottawa South, who was also the interim leader of the Ontario Liberal Party. He was kind and generous—he even treated me to lunch! Mr. Fraser gave me great advice about public speaking: always remember the "Big Three"—three main points, each with three supporting details. I've already used this tip at home... especially when trying to convince my parents to let me skip vegetables!

Fun fact: During my term, Ontario made history by electing its first-ever female Speaker of the Legislative Assembly. On April 14, 2025, the Honourable Donna Skelly, MPP for Flamborough-Glanbrook, was chosen as the 43rd Speaker. It was inspiring to witness this important moment in person!

We had lessons every day with Mr. G, our incredible teacher, where we learned about the legislative process, practiced debating, and shared ideas. On Fridays, we went on field trips—one of the most exciting was our visit to Ripley's Aquarium!

On the final day, we had a special mission: deliver printed copies of the 2025 provincial budget to all MPPs. Thanks to Mr. G, who trained and led us, we set a new record—completing the task in just 22.2 seconds!

Another amazing part of the program was meeting other students from across Ontario. We quickly became friends, sharing our interests and experiences. During our breaks, we played ping pong, piano,



Premier Doug Ford with Ivan, Legislative Page

chess, and more. Even though our term has ended, many of us keep in touch and hope to meet again someday.

Being a page helped me become more confident and responsible. I learned how to stay organized, communicate clearly, and remain calm even when things got busy. One tip: drink lots of water—the uniform is a three-piece suit and can get very warm! Also, always keep your uniform neat. Even though this is a learning program, you're still working and need to be professional and respectful.

If you're a Grade 7 or 8 student interested in government, I strongly encourage you to apply for the Ontario Legislative Page Program. It's a challenging and exciting experience that teaches you about leadership, teamwork, and how our province is governed.

Take a chance—you never know how much you can learn and grow until you try.

I'm grateful for this incredible opportunity, and I hope my experience inspires other students to explore the world of public service.

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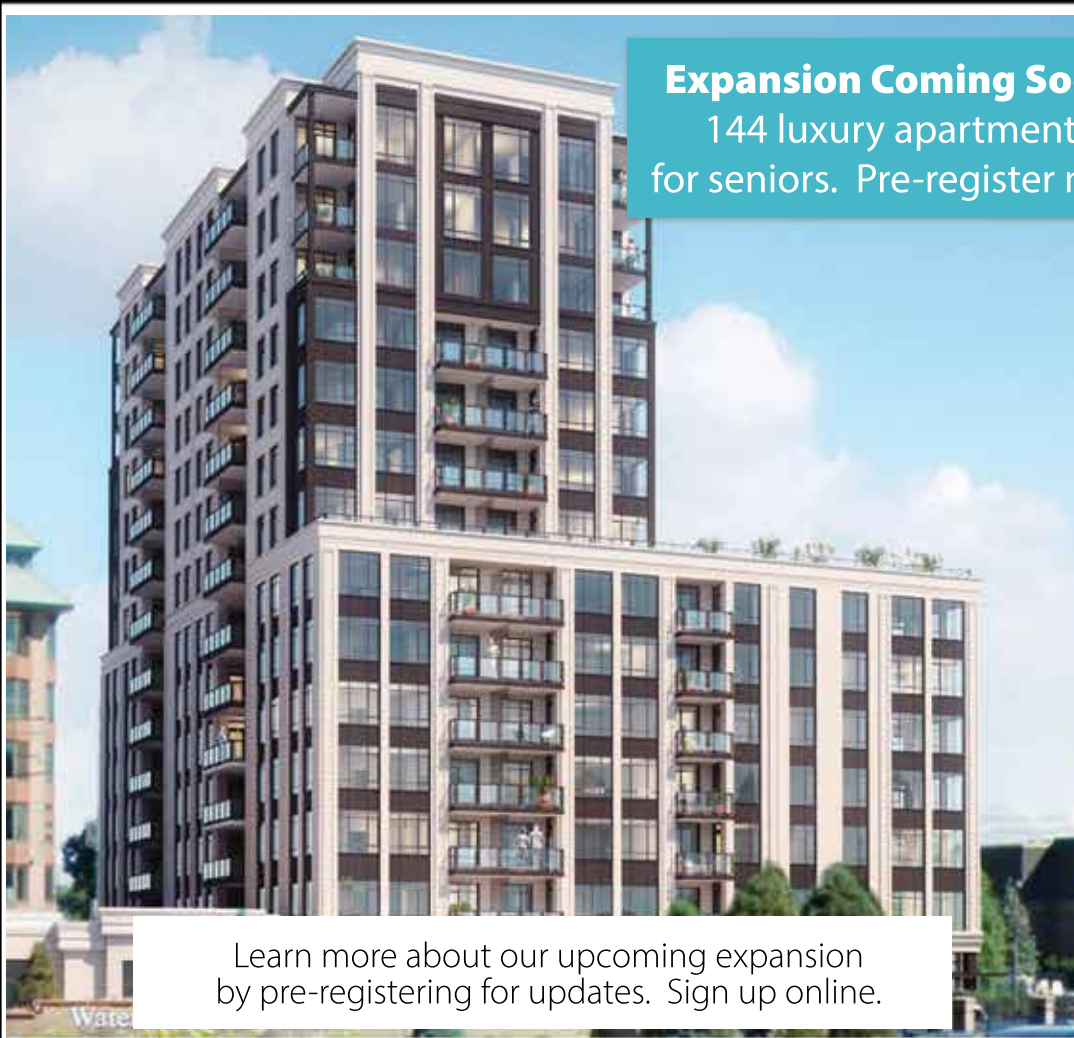
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Feel like Chinese tonight?

BY AMANDA ROSANNA LOWE

In the past few years, takeout became the standard source of my weekend suppers. And the choice of restaurants had always been consistently the same, from weekend to weekend. But every now and then, someone would ask, “How about Chinese tonight?” Well, the answer to that question, is always, “Yes!” Being one of the world’s most popular cuisines, it contributes to the allure of trying the diverse flavours of your local Chinese restaurant, like Ruby Inn Chinese Takeout, tucked into a corner in the Walkley Centre at 1834 Bank Street. You may have noticed their yellow sign lit up when you got back into your car and thought about how nice it would be to have an egg roll. And maybe some hot fried rice and Kung Pao chicken. Maybe even a plate of vegetable chow mein. Or maybe you’re someone enrolled at the Algonquin Careers Academy, right next door to Ruby Inn, who dreams about lunch time.

Ruby Inn opened their place in 1971, just one year after I was born. I used to take the bus right beside the mall to go to school, but I had never noticed that they were there. My dad knew, and that’s because he used to order food from them all the time. They still have customers from 40 years ago who continue to order delicious Chinese food from them.

What makes Chinese food so addictive? It’s the simplicity of the dishes, like white rice and mixed vegetables, as well as the herbs and seasonings used, with the method of preparing and cooking the foods. So that’s basically what brought me out to Ruby Inn, on a lovely Friday

morning, right after they opened at 11:00 a.m. It was my first visit. I walked in to their little place. There was no one waiting; so that was great. Then a lovely lady came out to greet me. I told her it was my first time at Ruby Inn. She said, “Okay” and I proceeded with my order of two egg rolls. She said, “Sure no problem, it will take about 10 minutes.”

Egg rolls are generally made with wheat flour skin and stuffed with cabbage, pork, and other ingredients and then fried in hot oil. I don’t use duck sauce or soya sauce when I eat egg rolls. In my opinion, the egg roll is delicious enough without the need for sauce. You taste all the natural ingredients used to make the egg roll. Most reviews praise Ruby Inn for making the best egg rolls in town. I had to try some for myself to see what people were talking about.

When the egg rolls were done, that same lovely lady came back out to see me, and said so very elegantly with a smile, “Here are your two egg rolls.” I thanked her and left to go eat my egg rolls in the car. The reviews were right! And the egg rolls should be praised. But no one has mentioned that they are so beautifully hand rolled and fried till golden brown. The taste of the cabbage and the pork is sweet and yummy. The egg rolls have an incredible crunch. They are cylindrical in shape, stuffed generously and are incredibly delicious! Ruby Inn egg rolls are by far the absolute best egg rolls I have ever tasted in my life. They have a delight equal to having a full meal. When I bit into the second egg roll, I could hear that wonderful crunch; like the crackle of fireworks.



A week later, I returned to Ruby Inn to try my favorite soup; wonton. To make wonton soup, you would typically use pork, shrimp, Chinese rice wine, soya sauce, brown sugar, green onion and ginger root. Their soup has the taste of a sweet floral broth. You get some Napa cabbage, four nice chubby wontons, and a few slices of pork. I felt happy to eat the entire soup. If you prefer a more Canadian experience and you like omelets, try ordering egg foo young. It’s a thick egg omelet stuffed with greens and a meat of your choice. Ruby Inn offers egg foo young vegetable omelets and also ones with chicken, shrimp, pork, mushroom, beef or bacon. You’ll even find French fries on their menu.

When I got home, I opened my fortune cookie. And this is what it said, “Goods that are not shared are not goods.”

Caring for Others: Immaculata students make a lasting impact at Perley Health

BY TRACY HOLMES

For the past three years, Grade 10 students from Immaculata High School have brought energy, laughter and helping hands to Perley Health as part of their *Caring for Others* program. Visiting one afternoon a week throughout their second semester, these students supported the therapeutic recreation staff with a variety of activities that brought joy to seniors and veterans.



The program, founded and organized by teacher Susan Kehoe, is rooted in the belief that caring for others is not only a core value but a viable career path. Over the school year, students explored various professions in different schools, health centres, nursing homes and community organizations. Through hands-on experiences like their time at Perley Health, students developed skills, built confidence, and saw how faith and compassion can shape a life’s work.

In addition to volunteering their time, the students raised \$782 through school dress-down days and other fundraising activities. Their donation to the Perley Health Foundation will support the *Bridging Generations* campaign, helping to build a dedicated intergenerational space at Perley Health where children, seniors, and veterans can connect, learn and grow together.

The interactions between the Grade 10 students and Perley Health residents highlighted just how powerful intergenerational connections can be. One particularly heartwarming moment came from Ellie, a student whose father is visually impaired. When she learned about a couple at Perley – one living in long-term care and the other, who is blind, living in an independent senior apartment – she stepped in to help. Drawing on her own experience, Ellie arranged a special Wednesday ice cream “date” for them in the Perley pub. Her compassion helped make their visit both accessible and deeply meaningful.

In moments like this, students don’t just witness compassion – they live it. And thanks to *Caring for Others*, many will carry that experience forward into careers that truly make a difference.

Immaculata High School student Ellie lends a helping hand to Perley Health resident Marsha as part of the *Caring for Others* program.

PHOTO PROVIDED BY IMMACULATA HIGH SCHOOL

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While I was getting a pedicure, I saw a face I thought I recognized. Her chair faced mine as the esthetician massaged her calves and painted her toenails, but her eyes were focused on her phone. I didn't call out because I was uncertain, and I had been embarrassed a few days earlier, misidentifying someone from across the pool deck without my glasses on.

Her treatment was completed before mine, so she left for the room with the dryers. I assumed she would be finished before I joined her, thinking what a shame that we didn't get to catch up (if it was her!). However, this familiar-looking woman wasn't done treating herself. She sat across from a nail artist who was working on her fingernails. As I waited for my polish to dry, sitting with my back to them, I heard the nail lady say, "Yes, that's Valda. She comes here all the time." Ah, so she recognized me, too.

When the toes seemed ready to go, I headed that way and greeted her. Our boys had played hockey together for a few years, and we hadn't seen each other since they graduated from high school. We chatted for a while. Several times, I tried to end the conversation, but she asked a new question or offered more updates about people we both knew. I didn't have anywhere else to be, but I found it funny that I couldn't get away.

Finally, on my way home, I stopped once more to pick up something. As I backed out of my parking space in the busy lot, I heard a loud bang, and my heart sank. I had hit a post with the front bumper of my car as I attempted to reverse and turn into the laneway. After calling my husband and the insurance company, the wait for a tow truck added even more time to my delayed return home.

RIVERVIEW

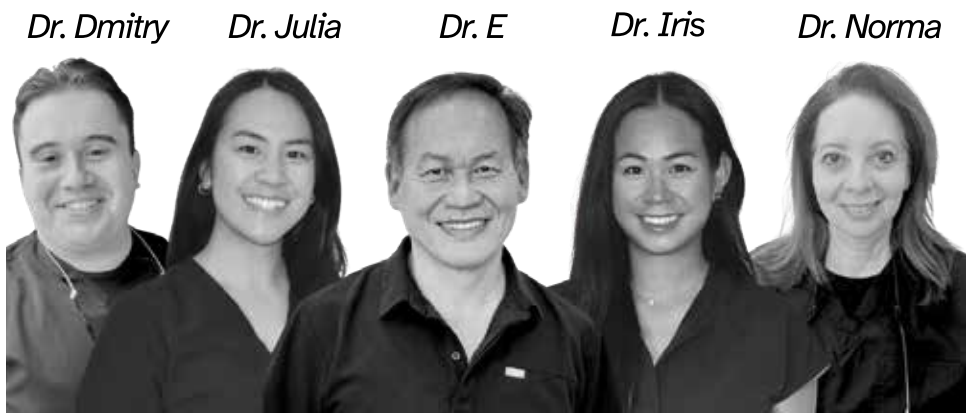
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The tow truck driver was courteous and calming. He has likely seen how even small fender-benders can shake people up. He suggested, "You know, sometimes things like this happen to prevent you from getting into something more serious."

As his words played in my mind, I thought about how hard it had been to leave the nail salon because of a conversation that could have happened while we both sat across from each other getting our pedicures. What if he was right?

Do you believe in that kind of thing? Some call it karma. Others say the Universe was looking out for me. I believe in a God who protects me.

PSALM 121:7-8 SAYS:

*The Lord keeps you from all harm
and watches over your life.*

*The Lord keeps watch over you as you come and go,
both now and forever.*



I am not suggesting that believers do not get sick or injured, because we do. But sometimes, God steps in and protects us from something that we may never fully understand.

Thankfully, I was not hurt—just my pride and my car's pretty face. As I went through the days of phone calls and patience-testing waiting on insurance adjusters and tow truck compounds, I also held fast to:

PSALM 46:1:

*God is our refuge and strength, always ready
to help in times of trouble.*

Not only do I believe in a God who protects me, but I believe He cares about my stressors and is willing to step in and help me when I ask. He is such a good Father to His children.

As we step into fall with its changes in nature, many of us experience changes in our lifestyles, too. Children head off to school, and the rhythm of family life transforms with new routines. Your child may not get into the class with your preferred teacher. If you believe in a God who cares, like I do, why not pray about that situation? If things don't change, there may be reasons why your child should remain where they were assigned. A teacher's style may not match your child's learning style; a classmate might not get along with your child; God might have a better plan for them. He is a good Father to His children.

If you do not have children or they are no longer in school, you can apply this to many other areas of your life. Sometimes disappointments are God's appointments. He can be your protector, too, if you ask Him.

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The Spotted Sandpiper

BY DR. RICHARD KNAPTON

Sandpipers are shorebirds that can be notoriously difficult to identify, with so many species being very similar in plumage and behaviour. However, the one species which breeds along our rivers and streams and around our ponds and lakes here in the Ottawa area is the Spotted Sandpiper, which fortunately is an easy shorebird to identify both from its appearance and its behaviour. You most likely have seen this bird when you were walking on pathways along the Rideau and Ottawa Rivers, or around ponds, both natural and man-made – a brown-backed bird the size of a Cardinal flying low over the water with distinctive shallow wingbeats and giving a high-pitched loud call. It is a summer visitor to our area, arriving usually in early May and leaving at the end of August to its wintering grounds in Central and

South America. The Spotted Sandpiper is the most widespread breeding sandpiper in North America, occurring right across Canada. So, what do we know about this intriguing bird?

The Spotted Sandpiper is a medium-sized shorebird with a bill slightly shorter than its head and a body that tapers to a longish tail. As they walk along a shoreline, they appear as though they are leaning forward. In the breeding season this sandpiper has bold dark spots on its bright white breast and an orange bill. The back is dark brown. In the non-breeding season, its plumage loses its spots, the breast is plain white, while the back is grayish brown and the bill is pale yellow. In flight, they have a thin white stripe along the wing. They are often solitary and walk with a distinctive “teeter”, bobbing their tails up and down constantly, a very distinctive action shared with just a few

other shorebirds. When foraging they walk quickly, crouching low, occasionally darting toward prey, all the while bobbing the tail. In flight, Spotted Sandpipers have quick, shallow wingbeats interspersed with glides, keeping their wings below horizontal, low over the water. They usually give a few high-whistled notes as they take off from the shoreline.

Breeding territories generally need to have a shoreline, a semi-open area where the nest will be, and patches of dense vegetation for sheltering the chicks. Spotted Sandpipers were one of the first bird species described in which the roles of the males and females are reversed. Female Spotted Sandpipers sometimes practice an unusual breeding strategy called polyandry, where a female mates with up to four males, each of which then cares for a clutch of eggs. One female in Minnesota laid five clutches for three males in a month and a half. This odd arrangement does not happen everywhere and often they are monogamous, with the female pitching in to help.

PHOTOS BY ELLWOOD’S GARY HOWARD

- 1. The **MALE INDIGO BUNTING**, Cardinal-sized, is spectacular in colour depending on how the sun shines on it. One moment it looks black, then a beautiful blue! This male is guarding the nest with the mother and chicks. They eat insects, seeds, fruit and buds.
- 2. The **BROWN THRASHER**, slightly larger than an American Robin is a relentless songbird with a large repertoire like Taylor Swift. It repeats each trill twice, like the American Robin, but much louder. They are insect eaters.
- 3. The is a tiny, but beautiful, **CHESTNUT-SIDED WARBLER** about the size of a Chickadee. The males love to sing when they are in their breeding colours. They are warblers and voracious insect eaters!
- 4. The **HOUSE WREN** has a melodious song and sings it with gusto. These chickadee-sized avians devour insects and nest in low-lying shrubs.
- 5. The **OVENBIRD**, a type of Warbler which is also Chickadee-sized. They are ground and low-wood dwellers that feed on insects and other invertebrates. Their cheerful song is very loud.



The female Spotted Sandpiper is the one who establishes and defends the territory. She arrives at the breeding grounds earlier than the male. In other species of migratory birds, where the male establishes the territory, he arrives earlier. Males are usually smaller, less aggressive and tend the nest and young. The male takes the primary role in parental care, incubating the eggs and taking care of the young. The larger females fight for territories. Males that mate with the same female set up smaller territories within her territory and defend them against each other. The females perform courtship behavior, usually an elaborate swooping flight with the wings held open while the bird gives its “weet-weet” song. She may also give a strutting courtship display from the ground. Females that are looking for mates over a wide area may do this up and down considerable lengths of shoreline. Interested males remain on the territory while uninterested males are chased away.

The female may store sperm for up to one month. The eggs she lays for one male may be fathered by a different male in a



PHOTO BY BOB BAKER

Clutch size is three to five eggs, the number of broods can be up to five, and the incubation period is 19 to 22 days.

egg. The teetering gets faster when the bird is nervous, but stops when the bird is alarmed, aggressive, or courting.

The oldest recorded Spotted Sandpiper was a male, and at least 12 years old when he was recaptured and rereleased during banding operations in New York in 1979.

Spotted Sandpiper is the most widespread breeding sandpiper in North America, but populations declined by almost 1.5 per cent per year between 1966 and 2019, resulting in a cumulative decline of approximately 54 per cent, according to the North American Breeding Bird Survey. Partners in Flight estimates the global breeding population to be 660,000 and rates the species of low conservation concern. On a local scale, development and loss of their wetland habitat or compromised water quality from pesticides, herbicides, or other runoff can harm these sandpipers' ability to feed and raise young.

This is a fascinating bird. They occur all across North America. They have intriguing social lives in which females take the lead and males raise the young. With their richly spotted breeding plumage, teetering gait, stuttering wingbeats, and showy courtship dances, this bird is among the most notable and memorable shorebirds in North America.



PHOTO BY BOB BAKER

previous mating. It is indeed a most unusual breeding strategy.

Either the male or the female may choose a nest location. Nests are always located near the edge of a body of water, usually within about 100 metres of the shore. The nest is typically placed under the shade of a broad-leafed plant. If predators are numerous, the nest is more likely to be under thicker vegetation such as raspberries or nettles. They are not averse to gravel pits, farm ponds, or even wetlands created by mining operations. They will often nest near or within Common Tern colonies when this species is present.

Nest building is an important part of courtship. A pair may begin several nests during the process, but those are rarely finished. The actual nest, built after the pair has formed and courtship is over, is an eight-centimetre depression scraped out in the soil and lined with dead grass and woody material. Often it is begun by the female and finished by the male.

Spotted Sandpipers eat mostly small invertebrates such as midges, mayflies, flies (particularly their aquatic larvae), grasshoppers, beetles, worms, snails, and small crustaceans. They also eat small fish and may pick at dead fish as well. Spotted Sandpipers are active foragers – in addition to probing into sand or mud with their bills like most sandpipers, they also lunge at moving prey, pick insects off plants, or snap at airborne prey.

The function of the “teetering” motion typical of this species has not been determined. Chicks teeter nearly as soon as they hatch from the

OUR ENVIRONMENT

Tiny Forest coming to Alta Vista

BY GILLIAN COOPER, CHAIR OF THE GREENSPACE STEWARDSHIP COMMITTEE

Thanks to the Tiny Forests Together Program managed by Forêt Capitale Forest and funded by the Josette Robertson & Joan Johnston Family Foundation. The Greenspace Stewardship Committee hopes to be planting a Miyawaki Method Tiny Forest in the neighbourhood in spring/fall 2026 at a site that is yet to be determined. Forêt Capitale Forest is a registered charity with a mission to mitigate the effects of climate change by planting forests and raising awareness of the importance of trees and biodiversity.



A Psychiatrist's approach to Thought Disorders

BY DR. SARAH CHAN

Psychiatry deals with the intangible parts of the brain; some might call it the mind. The mind most commonly communicates to its owner by having thoughts. In health, our thoughts serve a purpose. They help us to understand, to connect and to solve. Unfortunately, the opposite is also true. Our minds are prone to aberrant, unproductive thoughts too. Psychiatrists examine and understand thoughts to see if they are a symptom of mental illness.

Psychosis is the most extreme example of thought disorder. In psychosis, patients develop fixed false beliefs, known as delusions that lead the patient to make conclusions that become increasingly separated from the reality in which they live. Thought disorder also presents as an incoherent jumble of words and images such that the mind feels overwhelmingly full. At times there is an absence of thought and the patient feels their mind go blank for prolonged periods of time. This is called thought-blocking.

Patients with anxiety and mood disorders can

experience their thoughts as working against them and their expressed wishes. Some of these thoughts can be called intrusive, egodystonic thoughts. This means these thoughts are unwanted and are not in line with their values, yet they intrude into their lives seemingly outside of the patient's control. There are also instances when a person's thinking starts off where they would like, but they can't seem to move away from the subject and this causes distress. This kind of thinking is called rumination.

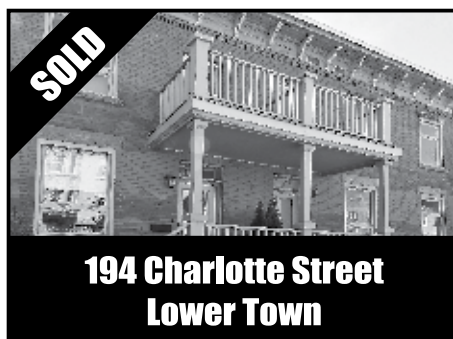
There are many approaches in mental health treatment to the many problems that can arise with thinking. The psychiatric approach is often medication. In my experience this can be a blunt instrument for a very complex process, however medications are very effective in severe cases of disordered thinking, like psychotic disorders or severe obsessive disorders. In these cases, the medications can help quiet the mind, offering not only relief, but giving the thinker back some control. Medications help to get a patient to a place where they

can use nonpharmacologic approaches better, like getting out of the house to see friends or exercise, and medications can help patients make better use of talk therapy.

When the thinking process is coherent, organized and based in reality, but still generates distress and anxiety, there are three main approaches:

1. Thoughts can be meaningless: we have thousands if not millions of thoughts a day, surely our brain will conjure up some doozies. Just because we have these thoughts, does not mean these thoughts are true or predictive. So, it is not the thought that is the issue, but the emotional impact and meaning that is given to the thought. Meditation and mindfulness take this approach. The goal is to observe the thoughts you are having, but let them pass by bringing the attention back to a predetermined focus, like the breath. This is a useful approach in conditions like obsessive compulsive disorder where the meaning or implications of the obsessive thought is catastrophized and all-consuming.

2. Thoughts can be meaningful: insight-oriented therapies approach our thoughts as signals of something deeper that may be going on and therefore should be interpreted as such. In this kind of therapy, the therapist listens for patterns and themes that come up. By making the patient aware of what might be going on unconsciously, they can provide



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greater understanding and relief. For example, many of my patients constantly feel guilty and not good enough. At face value, it could mean the patient could work harder or do more, but that is usually not the issue. Rather, guilt was the corrupted love language of the person's upbringing, and a representation of their helplessness in knowing how to deal with being made to feel inappropriately responsible as a child.

3. Meaning does not matter, because we can change our thoughts: this is the main approach in cognitive behavioral therapy. In this therapy, the patient is asked to pay attention to the automatic negative thoughts a situation brings up, and to challenge these thoughts with evidence that support or challenge them. Once this has been done, the patient is tasked with coming up with a more realistic, balanced thought that better reflects the situation and to use this thought instead going forward.

How someone approaches their thoughts is by definition very personal. There is no one-size-fits-all.

Lastly, I think it is important to mention that mentally healthy people struggle with distressing thoughts too. Just because you may have thoughts that bother you does not mean something is wrong. In fact, just like how wolf cubs play-fight in preparation for the real thing, our rich internal worlds can serve the same purpose. And I suspect this will only increase as we live in a diminishingly physical world.

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LOWER BACK PAIN

BY SUE REIVE

Lower back pain (LBP) is a common complaint. Studies indicate that 80 per cent of people will suffer LBP at some point in their life. It can result from an acute injury, but it can also have a more chronic nature, coming and going depending on the activities of daily living. There are many causes of LBP: muscle strain, ligament or disc sprain, and sprain of the facet joint. The treatment varies depending on the cause, but ultimately, the goal is to restore functional mobility and strength and improve posture.

The lower back is referred to as the lumbar spine. It is comprised of five articulating vertebrae which are separated in front by a fibrous disc and attached together at the back by two facet joints. In-between is the spinal canal, which houses the spinal nerves and blood vessels. The spinal nerves exit the canal between the vertebrae at each corresponding level. The intervertebral disc and ligaments hold the vertebrae together. The disc has an outer fibrous ring which surrounds the inner nucleus of gel-like material.

Muscles of various lengths cross the vertebrae and work to support and facilitate movement of the spine. The lumbar spine can bend forwards, backwards, and sideways, but cannot rotate much because of the shape of the facet joints. Indeed, excessive rotation can result in an injury to the disc.

In younger individuals, with strong and healthy discs, injury of the surrounding muscles is often the cause of LBP. Older individuals, particularly in the 30-50 year age bracket, whose discs and/or ligaments have experienced wear and tear, are more likely to sustain a disc sprain. This age group is particularly vulnerable to injury because the disc still has a fluid nucleus, but age has weakened its outer fibrous ring. Moreover, the muscles are usually weaker; consequently, more stress falls on the discs, ligaments, and facet joints.

Treatment varies depending on what precipitated the LBP and which structure has sustained injury. Individuals with mechanical LBP have both a movement and/or position that aggravates their pain and a position of comfort. Treatment relies on identifying the movement that relieves the pain. With disc injuries, for example, people usually experience significant discomfort sitting and bending but feel better standing, because it puts less pressure on the discs. Conversely, those with a facet joint injury usually prefer sitting, especially when they are bent forward, because it opens up the joint space. A thorough physiotherapy assessment will determine the structure affected and prescribe appropriate exercises to relieve the pain. Equally important for successful rehabilitation is education in posture, lifting, and so on. If not properly informed, individuals may worsen their condition by practicing exercises that are not appropriately matched to the complication.

Finally, take care with the fall gardening. Splitting and replanting perennials involves lots of digging, lifting, and bending, activities that increase disc pressure and may cause injury. Frequent breaks, good biomechanics, and improving core strength can help prevent lower back injuries.



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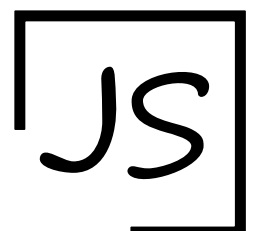
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HEALTH & FITNESS

Hydration: it's more than just drinking water

BY MARIAH FLECK, REGISTERED HOLISTIC NUTRITIONIST



We all know hydration matters, but it's easy to overlook just how powerful it is for our energy, mood, and focus – especially when the school year kicks into full swing. Staying hydrated supports digestion, immunity, and even helps keep stress in check during those hectic days.

Here's the thing: water isn't just water. Think of it as a vehicle carrying essential trace minerals your body needs. It's not about pounding back gallons of plain water; it's about drinking when you're thirsty and topping up those vital

electrolytes like sodium, potassium, and magnesium that really make the hydration stick.

Morning is the perfect time to set this habit. Before the day begins, grab a tall glass of water and stir in a pinch of good-quality sea salt. This little boost helps your body absorb that water at the cellular level.

As your kids head off to school (and you to the office or wherever the day takes you), fill a reusable stainless steel or glass bottle to keep close. Skip the thin plastics – they can leach chemicals, especially if they get warm – and opt for bottles that stand up to daily wear and tear.

But don't forget: hydration isn't just about sipping water. It's also about what's on your plate. Water-rich fruits and veggies like watermelon, grapes, strawberries, oranges, peaches, cucumbers, leafy greens, and bell peppers offer a two for one – fluid plus minerals.

And those "liquid calories"? They're not the enemy if you choose wisely. Fresh juices, coconut water, bone broth, or kefir deliver minerals and hydration that plain water can't match. They're a delicious way to stay hydrated.

If plain water feels a bit boring, try infusing it with fresh lemon, mint, or berries for a splash of natural flavor. Herbal teas like chamomile, rooibos, or peppermint are also wonderful – hydrating and caffeine-free, with their own soothing benefits for the mind and body.

When it comes to bottled water, look for natural spring or mineral waters bottled right at the source – ideally in glass or large jugs to keep plastics out of the picture. Avoid water with added sodium fluoride, and try to steer clear of chlorine, microplastics, and heavy metals.

If you're up for it, making your own "perfect" water at home is easier than you think. Filter tap water (reverse osmosis filters work great), then remineralize it with magnesium, sodium, and potassium. A pinch of sea salt or a splash of coconut water does the trick naturally.

Keep an eye out for dehydration signs like fatigue, irritability, headaches, or brain fog. Kids especially need reminders to sip water after recess, gym, or sports. And for every caffeinated drink you enjoy, add an extra glass of water to keep things balanced.

Remember, don't chase an arbitrary eight cups a day. Instead, drink when you're thirsty – and especially after exercise or busy activity. A good way to check your hydration is by the colour of your urine: it should be light, not dark or concentrated. If you've been dehydrated for a while, you might need to gently encourage yourself to drink more at first until your body gets used to it. With a little attention, you'll soon feel more energized, focused, and ready to take on the day.



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WHAT'S ON IN SEPTEMBER?

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



BY TONY WOHLFARTH

This month, I review *All Quiet on the Western Front*, a film about World War I, which won multiple Academy Awards. I also look at a film about the heist of the photograph of *The Roaring Lion* from Ottawa's Chateau Laurier Hotel.



ALL QUIET ON THE WESTERN FRONT

The film version of *All Quiet on the Western Front* is based on the book of the same name written by Erich Maria Remarque. The film follows Paul Bäumer (played by Felix Kammerer) who is goaded to enroll in the German Army by his friends. War is not pretty, and this film is unflinching in its portrayal of the battlefield carnage.

This is not the first adaptation of the original 1929 novel of the same name. This version is the first German-made adaptation. Filmed on location in Belgium, *All Quiet of the Western Front* follows Paul and his friends through eighteen months of the bloody war, evolving from youthful zeal to an agonizing struggle to survive.

All Quiet on the Western Front won four Academy Awards in 2023 – for best international feature, best original score, best cinematography and best production design. The running time is two hours 28 minutes. Directed by Edward Berger, the film is a brutal recreation of war, compelling to watch. Most recently, Berger directed *Conclave*, a film about the selection of the Pope.

How can I see this film?

All Quiet on the Western Front is currently available for rental from Movies 'n Stuff, 1787 Kilborn Avenue. Call Peter to reserve your copy at 613-738-1607. This title is available in both English and in German with subtitles.



CITY FOLK FESTIVAL

From September 10-14, City Folk returns to the Great Lawn at Lansdowne Park. Headliners include Alex Warren, Melissa Etheridge, Morrissey and The Pogues. Other talent to watch include Gatineau's Mia Kelly and Kaia Kater from Toronto. Tickets at: <https://cityfolkfestival.com>.



EDMONTON FOLK MUSIC FESTIVAL 2025

An estimated 100,000 fans of folk music descended on Gallagher Park in Edmonton for the sold-out 46th Edmonton Folk Music Festival (EFMF). The highlights (for me) were seeing Montreal's Allison Russell and Aysanabee (from Sandy Lake near Thunder Bay). See picture attached. To learn more about the 2025 EFMF, I recommend this video from YouTube: <https://www.youtube.com/watch?v=EVTt6wL0LWA>.

THE MYSTERY OF WINSTON CHURCHILL: THE MISSING PORTRAIT

Closer to home, CBC Gem is streaming a detailed investigation into the disappearance and recovery of the world-famous portrait of then British Prime Minister taken in 1941 by Yousuf Karsh. Churchill visited Ottawa in 1941, to bolster Canadian support in World War II. Karsh took the portrait then, and when he died his estate donated it to the Fairmount Chateau Laurier Hotel.

The story begins in December 2021, when the famous portrait goes missing. It was during the COVID shutdown and the hotel is closed so the police suspect it was an inside job. The investigation takes us inside the hotel, where Karsh lived for many years, and onto Philadelphia, London and Italy. Ironically, it was a CBC Reporter Paul Hunter who helped police narrow in on the date the portrait was stolen. I especially enjoyed hearing from the hotel's General Manager, Genevieve Dumas, who went to Rome to recover the stolen portrait.

The Mystery of Winston Churchill is currently streaming on CBC Gem. The running time is 44 minutes.



BLACK HISTORY IN OTTAWA STREETS



BLACK HISTORY TOUR OF OTTAWA

This summer, I had the opportunity to participate in Black History Ottawa's guided tour of Ottawa's black history. Britney, our guide, expertly and passionately led us to places of significance, highlighting contributions by the likes of Jack Alexander Barber, Michaëlle Jean, Jerry Jones, Jean Augustine, Cal Best, Lincoln Alexander and, of course, Oscar Peterson.

The tour operates twice a week until the end of October and lasts two hours. The City of Ottawa covers the cost of the Wednesday tour so they will sell out early.

To register, go to: <https://www.eventbrite.ca/o/black-history-ottawa-108704394271>.



Oscar Peterson



THE 2025-2026 OTTAWA CHARGE

The expansion draft saw the departure of some of the strongest performers for the Ottawa Charge. The PWHL team has made several signings and contract extensions with a view to fielding a competitive team for this coming season. The most notable of these saw Emily Clark extended for a two-year period. Clark, from Saskatoon (pictured here) is the alternate captain and was the team's top goal scorer in the 2024-2025 playoffs.



TORONTO INTERNATIONAL FILM FESTIVAL

SEPTEMBER 4-14, 2025

The 50th edition of TIFF opens on September 4 and runs until September 14.

M MONTREAL MUSEUM OF FINE ARTS

The Museum of Fine Arts, 1380 Sherbrooke Street in Montreal has two new exhibitions – each worth a visit. Two by Two displays recent additions to the collection. Berthe Weill, Art Dealer of the Parisian Avant-garde is a curated display of works of art by prominent artists who she brought to fame in her Paris gallery.

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Out of the Shadows

BY PETER THOMPSON

Whether it's the hard-boiled detective, the femme fatale, the black and white photography or the double crosses, film noir has some distinctive features that fans can spot immediately. But, if you're unfamiliar with the genre, it can be daunting to figure out where to begin. In addition to some of the biggest of all time, which include *Double Indemnity* (1944), *The Maltese Falcon* (1941) and *The Third Man* (1949) among others, here are some lesser-known standouts you should enjoy this fall.

1. TOUCHEZ PAS AU GRISBI (1954)

Gloriously restored and now part of the Criterion Collection, this is a classic tale of betrayal. Two gangsters score their biggest heist ever and are about to retire to the good life, when one makes the mistake of telling his mistress what they've done. There are so many little twists, you'll be engaged right up to the story's final scene.

2. SUDDEN FEAR (1952)

Joan Crawford is at her best in this one, which starts slowly and builds up to a thrilling finish. Crawford plays a screenwriter who married an actor she's just worked with, who overhears him and his lover plotting to kill her. Formulating a plan of revenge is one thing, but can the betrayed screenwriter carry it out?

3. THE WOMAN IN THE WINDOW (1944)

Edward G. Robinson plays a professor who becomes obsessed with a portrait of a woman that hangs in his local bar. When the professor meets the woman, he is ecstatic, but her boyfriend certainly isn't. And then there's a fight which ends with a murder. As always, there are twists and turns galore!

4. SCARLET STREET (1945)

The second collaboration between actor Edward G. Robinson and director Fritz Lang, this story centers around a wealthy man having a mid-life crisis and a woman who befriends him. The woman's corrupt husband talks her into conning the mark out of his fortune, but...again, nothing is really what it seems!

5. NIGHTMARE ALLEY (2021)

Director Guillermo Del Toro is clearly a big fan of early film noirs. Based on the 1947 Tyrone Power film, Del Toro's *Nightmare Alley* is about a drifter who lands himself a job in a carnival and learns the tricks of mentalism. From there, he heads out to the big city where he sets his sights on conning a dangerous tycoon. But it's the tycoon's wife that will prove to be his biggest nemesis.



6. THE LETTER (1940)

When a high-society woman shoots a man to death and claims it was self-defense, it seems like it's an open-and-shut case. Then a letter surfaces that threatens to be her undoing. It's a crackling tale with a dynamite performance by the great Bette Davis!

7. THE DESPERATE HOURS (1955)

Headlined by Humphrey Bogart, three escaped convicts randomly pick a house in a well-to-do neighborhood to hide out in until they can be picked up. But, when their ride doesn't show up, the family living in the house become involved in a very dangerous situation. Will they get out or will these desperate criminals take them hostage...or worse? One of Bogey's great performances!

8. PICKUP ON SOUTH STREET (1953)

In New York, a pickpocket steals a prostitute's wallet and sets in motion a series of events that lead to an explosive end. Why? Inside the woman's wallet are highly classified documents she's been leaking to communist spies. What's worse? The FBI has been trailing the pickpocket...

9. WHERE THE SIDEWALK ENDS (1950)

A hard-boiled detective has a reputation for being too tough on criminals and when he accidentally kills a suspect during questioning, he tries to blame it on his nemesis – a notorious gangster. However, things take an unexpected turn when the chief believes the detective's father-in-law is guilty.

10. THIS GUN FOR HIRE (1942)

A hitman is furious that he's been paid in marked bills and vows revenge. While on a train out of town, he sits beside a beautiful woman who is the police chief's girlfriend. The more the hitman talks to the mysterious woman, the deeper he digs his grave!

Summer Books

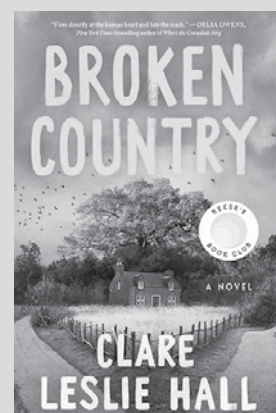
BY MARIE-ANDRÉE LAJOIE

On those long cottage days, it's too warm to do anything but read. Below is a selection of entertaining summer fiction to enjoy on beautiful September days. They are all page-turners filled with lovely characters.

BROKEN COUNTRY, BY LESLIE CLARE HALL (2025)

In a small village in the English countryside, Beth and Frank live a quiet life on their farm. But when Beth's first love, Gabriel, returns to the wealthy property next door, memories come flooding back and drama ensues.

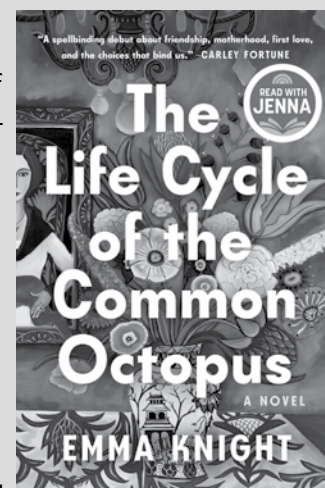
I found the characters endearing and believable. It was well-written and full of depth. Featuring vignettes of family life, a devastating loss, a killing and the tremendous love story/stories that endure/s, *Broken Country* makes for a satisfying read that will keep the pages turning until late into the night.



THE LIFE CYCLE OF THE COMMON OCTOPUS, BY EMMA KNIGHT (2025)

Penelope Elliot Winters (Pen) comes to Edinburgh to study, following in the footsteps of her divorced parents. She is determined to uncover the secrets they left there, so many years ago. After accepting an invitation to the country estate of her father's long-lost friend, the famous author Elliot Lennox, Pen is quickly embraced by his captivating family.

From Canadian author Emma Knight, this novel is mostly set in Scotland, occasionally detouring to Toronto, and explores a variety of themes — campus life and friendships, the transition to adulthood, motherhood and the power of family secrets.

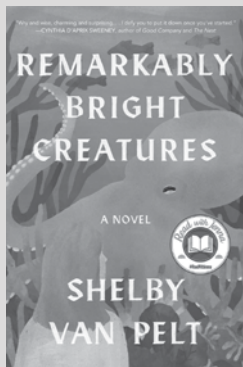


REMARKABLY BRIGHT CREATURES, BY SHELBY VAN PELT (2022)

When a friend recommended I listen to the audio version of this novel, I was introduced to a charmingly human cast of characters and one remarkably astute

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giant Pacific octopus named Marcellus. He is voiced by a male actor with a grave and soft timbre. It is easy to suspend belief and fall in love with Marcellus; he is witty and does not suffer fools gladly. I can now confidently say that Remarkably Bright Creatures is my favourite of this month's selection.



Tova Sullivan is widowed and works as a night cleaner in a local aquarium on the Oregon Coast. Thirty years ago, her heart was broken when her only son disappeared at sea. His body was never recovered. Tova has good girlfriends, but she is lonely. She loves her work, the quiet peace of the aquarium and the beautiful creatures inhabiting it. Can Marcellus help solve the mystery of her son's death, so she can finally have closure?

I will say no more. I encourage you to find out how this story of love, loneliness and friendship unfolds.

GREAT BIG BEAUTIFUL LIFE, BY EMILY HENRY (2025)

I recently finished this last book; it came out recently, and it sports a delightfully colourful cover.



Journalist Alice Scott and Pulitzer Prize winner Hayden Anderson compete in a month-long contest to win the opportunity of writing the biography of Margaret Ives, a heiress and artist who has lived as a recluse for decades, keeping her family's secrets under lock and key.

As the writers interview her, the details of Margaret's life are slowly revealed to us. We learn about her parents, grandparents, sister and husband. Their contracts forbid Alice and Hayden from sharing what they discover. The competition — and romantic tension — build between them. While they play a game of cat and mouse with one another, we learn of their own life stories.

The book is set on a small island off the coast of Georgia. There are beaches and lovely restaurants. It is a good ride; it all ends well.

ON MY NIGHTTABLE

Finishing *Do Not Say We Have Nothing*, by Madeleine Thien (2017);

How We Learn To Be Brave, by Mariann Edger Budde (2023);

A Long Petal of the Sea, by Isabel Allende (2020).



ARTS & CULTURE

Art lending of Ottawa welcomes new artists at September show

BY LESLIE FIRTH

Art Lending of Ottawa (ALO), a non-profit artists cooperative, now has an all-time high membership of 47 local artists. Each year we hold a juried competition for new artists and this year we had a record high number of applicants. After reviewing all of the applications, the jurying committee offered membership to 11 new artists.

We invite you to join us in welcoming our new artists at our upcoming art show on Saturday, September 20. To see representative work of all of our artists, visit ALO's website at www.artlendingofottawa.ca.

Marie Arsenaault: uses oils, acrylics and watercolour to capture the world around her.

Kim Chase: through her wildlife and portrait work, she strives to present a window into our spiritual connection with wildlife and to offer poignant reflections on humanity.

Sue Daugherty: her recent pastel paintings explore the intense colour and simplification of form of Matisse.

Janis Fulton: her oil paintings, starting as plein air smaller studies, capture the mood of the natural landscape.

Marian Gaucher: her abstract paintings in oil and pastel feature geometrics, fracturing, unpredictable lines and vibrant colours.

Pradnya Gujar: her mandala art in acrylic focuses on balance, symmetry, and colour harmony.

Elizabeth Metcalfe: her acrylic paintings communicate the peacefulness, joy, sadness or love that she sees and feels in the natural world.

Jainie Park: her "stylized representationalism" is a reflection of her state of mind, rendered as a visual poem.

Johanne Richer: her figurative oil paintings focus on movement, reflecting the techniques, postures and aestheticism associated with dance.

Eileen Stevenson: her watercolour paintings preserve the detail and beauty of wildlife, people, and things surrounding us every day.

Betty Sullivan: her acrylic paintings reflect a deep spirituality inspired by beautiful landscapes.

ALO's juried shows offer an impressive range of styles and themes to suit any taste.

JUST GOOD ADVICE

My father died leaving his investments in joint names with me

My father died leaving his investments in joint names with me. He was trying to avoid probate and simplify his estate. He trusted me to divide his estate equally between my siblings and me under his will. However, now the bank is refusing to release the funds to me. What should I do?

Unfortunately, your father's estate doesn't seem to have been optimally planned. First, if a parent holds funds in joint names with an adult child, the presumption at law is that the funds form part of the estate as a "resulting trust". Second, well-trained staff at the bank will know that such funds should generally not be released to the adult child/joint account holder without a grant of probate, by which the adult child can be held properly accountable as estate trustee on the use of those funds. Third, the funds in the joint account will be subject to the provincial probate tax, since the funds fall into the estate. However, with proper estate planning advice, the use of trusts and a well-drafted will, a testator (the person signing a will) and settlor (the person establishing a trust) can balance trustee obligations and accountability with efficient estate administration and the lawful avoidance of probate tax.





ASK A LAWYER

BY DYLAN MCQUINTY JR., LAWYER



With a historic transfer of wealth upon us, estimated by some to be valued at \$1 trillion, estate litigation is unfortunately growing. Joint accounts with parents are at the centre of many estate disputes, making clarity, precision and good estate planning imperative.

It is easy to get carried away with tips and tricks shared over cocktails, such as the use of joint tenancy on real estate and joint accounts with children. However, as with anything, from home improvements to medicine and law, it is better to leave matters to professionals because the cost of not doing so can lead to irreversible harm or great expense to rectify.

STUDENT ART PROJECT: CHILDREN'S CORNER MURAL

GRACYN, CANTERBURY HIGH SCHOOL GRADUATE

While sales are welcomed, the rental option is a great way for art lovers to support a local artist and hang original art in their home, all without breaking the budget. Rentals are for a three-month period and are easy to renew. Plus, if you fall in love with a rented artwork and would like to purchase it, all rental fees paid will be applied to the purchase price.

The art show on Saturday, September 20 runs from 10 a.m. to 4 p.m. at the Jim Durrell Recreation Centre on Walkley Road. Admission and parking are free. New at this show is a demo and walk-in workshop. Drop in if you are interested and would like to see an artist at work and perhaps try your hand at creating art.

Hope to see you at our show. Browsers are always welcome!



Hi, my name is Gracyn, and I just graduated from the visual arts program at Canterbury High School, and I am heading off to Nova Scotia College of Art and Design pursuing a bachelor's in fine arts. Recently, I painted a mural at 3 Sisters Bakeshop. Here's how this came about.

One lunch hour I was sitting with my friends at 3 Sisters, drawing in my sketchbook, when one of the owners, Rosemary, stopped in her tracks and said "Wow! Did you do that?" She immediately offered me a commission to create a children's corner mural during the summer.

Rosemary, a new grandma, had been searching for a café in Ottawa where she could relax and watch her granddaughter play and learn. Since she had come up empty handed, Rosemary decided to create one in her own café in our neighbourhood.

To kick off the project, we met and decided on a fun animal theme for children, including details like Hedwig and the Very Hungry Caterpillar. Then I got to work adding the animals, grass, and sky to the cherry blossom



Student artists at work on the children's corner mural at 3 Sisters Bakeshop

tree, which was painted years ago by other Canterbury students.

As you can see here, my friends Alex, Forrest and I, are painting the sky for the children's corner. They are also Canterbury grads and great workers who helped fill in the larger areas.

It has been great fun creating this art project for the community, and I hope you and your children enjoy it too! The newly designed children's corner will open in early September.

Ottawa Boys Choir returns to Alta Vista

BY MARIANNE DOS SANTOS

It's a Thursday evening as you head down to the basement at St. Thomas the Apostle Church. Kids are yelling and chasing after one another with light sabres. Welcome to OBC, the Ottawa Boys Choir!

After about 15 minutes of playing and joking around, things settle down as perennially calm choirmaster Kurt Ala-Kantti leads the warmup, with Tom Sear on the piano. This dynamic duo is at the helm of the OBC, which is gearing up for its second season.

Diversity is a key word in understanding this group. The OBC includes singers from all parts of the Ottawa area—Cumberland, Barrhaven, Gatineau, and Kanata—as well as members from Alta Vista. Singers can join in Grade 4 and graduate at the end of Grade 12. The older boys often mentor younger singers or are given special pieces that highlight their talents. Plus, OBC includes neurodivergent singers as well as members from different cultural backgrounds who are part of this group where people feel safe and welcome.

Musical selections are diverse, too. Some pieces in the OBC repertoire include the Burmese folk song "Mama Wawa", a modern Anishnaabeg love song "Ode'min

Giizis" (Strawberry Moon), in addition to choral fare by Bach or a lively sea shanty like "The Wellerman," arranged in three or four parts for soprano through tenor and bass.

Throughout the school year, the OBC prepares seasonal selections starting with music for Remembrance Day performed for the City of Ottawa ceremony at the Orleans Cenotaph. Next up are holiday tunes for a December concert, this year as guests of the Ottawa Male Choir. In February, the boys participate in the Canadian Mosaik Choral Festival, where choirs of all ages from across the city sing in workshops, and the festival culminates in an evening concert with a renowned guest director. The 2026 special guest director is Dr. Catherine Robbins from the University of Manitoba. The OBC year ends with a June concert and party before taking a well-deserved break for the summer.

According to CAMMAC—the Canadian Amateur Musicians/Musiciens Amateurs du Canada—there are over 100 choirs in the National Capital region, but only two of them cater specifically to boys. Anyone who identifies as a boy can join OBC and find a place to spark their passion for singing. The boys' energy can be somewhat different from a mixed or all-girl group. So, the boys



Swordplay before an Ottawa Boys Choir rehearsal.

can count on choirmaster, Kurt Ala-Kantti, who has been part of Ottawa's choral scene for decades, to guide them through the transition years when changing voices have changing needs.

In addition to musical skill-building, group singing has tremendous cognitive and social benefits at all ages. Choristers develop listening skills and cultural appreciation while building confidence, improving memory and having a great time.

The non-auditioned OBC is looking to fill out its ranks and fulfil its mandate in helping boys find their voice. Please register via the website: www.OttawaBoysChoir.ca, and come out on Thursday evenings to have fun with this active, welcoming group of singers.

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THE GARDEN GATE

BY PATRICIA MOSHER

FEATURE: 10 TALL PERENNIALS FOR FALL FLOWER POWER

As late summer transitions into September, the right plant selection can ensure that your garden continues to delight with vibrant blooms and striking colours. These tall blooming perennials not only add vertical interest and structure but also thrive in the warm days and cooler nights we typically get this month. Here are some of my favorite sun-loving tall perennials that look their best in late summer and into September, offering vivid hues, unique textures, and low-maintenance beauty.



1. **Black-eyed Susans** – This reliable, long-lived perennial is a classic late-season bloomer. You will see these popular daisy-like flowers in rich fall tones of yellow and gold throughout the Alta Vista area from August onwards. These flowers are a particularly useful source of nectar for pollinators, while the seed heads provide food for songbirds and other wildlife. The plant's ability to self-seed also makes it a wonderful choice for abundant wildflower gardens.
2. **Boltonia** – Also known as false aster, the dainty flowers of this native perennial resemble chamomile, small daisies, or asters. Boltonia plants have prolific clusters of white flowers which smother the plant for a spectacular late-season display. They look especially pretty when planted in combination with other fall bloomers such as Japanese anemone (#6) and obedient plant (#9).
3. **Feather Reed Grass** – One of the most popular ornamental grasses worldwide, the tall open spikes of beige flower plumes add texture, superb vertical lines, and graceful movement to gardens in the autumn months. These grasses are tolerant of a wide range of growing conditions including heat and clay soil and are virtually maintenance-free.
4. **Goldenrod** – Goldenrod is a native wildflower with golden yellow flower spikes that attract butterflies, bees, and other late-season pollinators. It is also tolerant of drought and poor soils, and resistant to pests and diseases. As such, they are a reliable addition to any pollinator garden in our area.
5. **Ironweed** – This underused native plant deserves a spot in the fall landscape, with its towering growth habit and spidery purple or pink flowers that are highly attractive to late-season pollinators. Given their stature (four to five feet tall), I'd recommend placing this stately beauty at the back of a mixed perennial border or as a visual anchor in a garden design.

6. **Japanese Anemone** – Japanese anemone absolutely delight with their elegant single or double poppy-like flowers in shades of pink or white. These plants bloom over an exceptionally long time, throughout late summer and well into September. I would use this easy-to-grow tall perennial in a cottage-style garden or mixed border in combination with ornamental grasses and other fall blooming perennials.



7. **Joe Pye Weed** – This native late-blooming wildflower produces showy pink or white flower plumes which are a favorite late-season nectar source for migrating butterflies, bees, and other insect pollinators. Plant this majestic perennial in a meadow/cottage-style garden or towards the back of a mixed border.
8. **New England Aster** – This is one of the tallest and most spectacular of the many aster varieties, making a substantial statement in the late-season garden. Daisy-like flowers bloom for weeks from late summer until frost in shades of purple, lavender, pink, or white and are a favorite of butterflies and other insect pollinators. On cloudy days or at night, the flowers droop and close, only to return to their glory as soon as the sun shines again.



9. **Obedient Plant** – Also known as false dragonhead, this plant is named for the tendency of its tall flowers to be manually twisted and remain in a new position if swiveled. This upright perennial produces pastel pink or white tubular flowers that bloom from the bottom of the flower stalk upward. The flowers are loved by hummingbirds and butterflies, making them a terrific addition to

PHOTOS: GARDENIA.NET

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SCIENCE & TECHNOLOGY

TECH TIPS AND TRICKS

BY MALCOLM AND JOHN HARDING

I am hearing LOTS about this AI thing – Will it help me? Should I be worried?



We can answer these questions in two words: “Yes and probably.” For a bit more detail, read on in this and next month’s column.

To begin, we have a bit of a quarrel with the term “artificial intelligence” as we think that “accumulated intelligence” is a better description. Computers, and groups of computers, are now so powerful and fast that they can gather and store huge amounts of information, to the extent that the result can mimic human intelligence, sometimes even including the ability to learn more on their own.

This allows for mastering tasks that we traditionally describe as “mental,” such as providing search results in Google or Bing faster and more comprehensively than ever before, or suggesting efficient strategies for carrying out a project. Nobody would ever suggest (we hope) that computers can replace human professionals, but if AI can interpret test results and then assemble and present all pertinent information about a medical issue, thus allowing the doctor to make informed decisions and take appropriate action, it would seem that this new assistant has made a worthwhile contribution.

It is not new that robotic devices have taken over some of the drudgery and strain involved in repetitive physical tasks in manufacturing industries. AI integrates more sophisticated computers into the mix, allowing the robot to react to changing conditions and requirements without human intervention.

There is no doubt that the sweet spot of AI happens right within its technology-based home. For example, when a program can accumulate massive amounts of imaging data, it then becomes capable of altering or generating images or videos from something as crude as swapping in a new face or background on a photo to creating entire videos, such as television commercials, entirely from scratch – with realistic sound, of course.

Artificial intelligence also excels in the world of communication. Banks of computers the size of a town become integrated, so that huge amounts of literature, science, medicine, sociology, history, language, music, finance and education (to scratch the surface) can be stored and consulted in milliseconds and provided to human researchers, who can then add a human dimension in using that knowledge to create their own original content.

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As well, AI contributes to the mechanics of communication. It is no accident that voice recognition is greatly superior to that available only 10 years ago. Word processing, email, texting and worldwide media, such as Zoom, WhatsApp, Teams, Google Meet and Slack, are easier and more effective to use with their AI enhancements. One important example of the contribution that AI is making is how email providers are increasingly able to identify fraudulent messages and filter them out of our inboxes.

Next month, we will look at how AI can be abused and the necessity of greater government, industry and personal sophistication in ensuring it remains a positive force.



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a butterfly garden. However, given their potential for overtaking a garden bed through underground rhizomes and self-seeding, they are best used in a native-plant border or cottage garden where they can be allowed to spread.

10. **Sneezeweed** – Cheerful daisy-like flowers bloom in profusion for weeks during summer and fall making the native sneezeweed an undeniable garden favorite. Flowers appear in warm autumn tints of orange, yellow, and red. Sneezeweed looks stunning when planted in large groups and mixes beautifully with ornamental grasses and almost any other fall-blooming pollinator plant.



GARDENING IN SEPTEMBER



Fall is just around the corner, so this is the month to start thinking about preparing your garden for cooler weather. Here are some suggestions to help you switch gardening gears:

- Stop pruning and fertilizing as you don't want to encourage new, tender growth just before cold weather arrives
- Continue watering plants such as fall vegetables that are still actively growing
- Plant spring bulbs such as daffodils, tulips and hyacinth (once planted, add a thick layer of blood meal to keep the squirrels at bay)
- Plant fall-flowering annuals, which you can find at garden nurseries at bargain prices this month; they will only last until the first frost, but will provide great color well into October
- Stop watering both evergreen and deciduous trees in late September to help them prepare for winter
- Divide perennials such as hostas, peonies, cone flowers, etc. as needed to fill in bare spots or to give away to friends and neighbours
- Dig and store summer bulbs such as dahlias, cannas, and elephant ears by cutting back the green stems, drying them out and storing them in peat moss in your basement
- Bring in any houseplants that you have had outdoors during the summer when/if frosty nights are forecasted; just be careful to inspect them first for insects that you don't want to invite inside



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We are all familiar with Ireland, but several green beers are no substitute for the real story. Ireland goes back 33,000 years, and that's no Donegal yarn! By about 4,000 BC, farming and long-established communities were an everyday fact of life. And yes, at the turn of BC to AD, those pestilential Romans arrived, but too thinly stretched to put their stamp as they indelibly did in England. The Vikings came 800 years later and terrorized the country, shipping women and children into slavery in North Africa, where to this day some people have inherited light eye colours. Eventually, the Vikings settled, establishing their stronghold in Dublin and largely blended with the locals. The English arrived in 1169 and ruled for 750 years, until 1922.

This unfortunate litany contrasts with the nature and character of today's Irish. While it is their story, they do not dwell on it. The Irish are undoubtedly the most cheerful, friendly, and hospitable people you might ever encounter. Everything is a joke, a play on words, or a lively debate. Evidenced by the plethora of Irish writers like Bram Stoker,



The history and culture make traveling through Ireland such an unbridled pleasure; their story, completely intertwined with the places they live in. There are several ways to see Ireland. By train – rather inconvenient on a sparse railway network. Drive yourself – not for everyone, as the roads are narrow, most cars are manual, they drive on the wrong side, signage is often confusing, and GPS is fallible. Best to take a small bus tour, limited to 12 or 16 people. More than anything, your raconteur tour guide/driver is what makes for an unforgettable experience.

museums – the National Museum of Ireland and National Gallery are free. Visit Dublin Castle, which looks more like Harvard, the exterior completely belies its interior grandeur. St. Patrick's and Christ Church cathedrals are not to be missed. But perhaps the biggest attraction is Temple Bar, Dublin's social and cultural hub – imagine Elgin Street on a grand scale. Colourful, charming pubs, restaurants, art galleries, boutiques, and Irish music of every kind. Lastly, the Guinness Storehouse is a popular brewery where there is always a steady stream of visitors. Entrance comes with a free beer.

Lastly, you come to Blarney and its namesake castle – say no more! Faith and begorrah – Ireland – you should go! And that's no blarney!



MARTY CARR

Alta Vista Ward 18

Alta Vista Quartier 18

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martycarrottawa.ca

Balena Park Corn Roast - September 14th

Our annual Balena Park Corn Roast will take place on Sunday, September 14th from 3p.m. to 6p.m. at 1640 Devon Street!

You can look forward to lots of fun family activities including face painting, a bouncy slide, a magic show by Magical Marvin, and a petting zoo! Don't forget to stop by the food station for corn, hamburgers, hot dogs, chips, and drinks!

New Zoning By-Law Open Houses - September 17th, 23rd + 25th

The third and final draft of the new Zoning By-law will be released on September 8, 2025. A 28-day public consultation period will follow, ending on October 8, 2025.

Residents are invited to learn more about how the new Zoning By-law will shape growth in Ottawa at these upcoming events:

- Virtual Open Houses: September 17th and 25th
- In-Person Open House: September 23rd at the EY Centre

No registration is required for the in-person event. Registration for the virtual events will be available on the New Zoning By-law Engage Ottawa page two weeks in advance of the meeting.

1245 Kilborn Information Sessions - September 23rd + 24th

Public engagement sessions on the future use of 1245 Kilborn Place will be taking place this month. The in-person session will take place on Tuesday, September 23rd, from 6:30p.m. to 8:30p.m. in Ellwood Hall at the Jim Durrell Recreation Centre. The virtual session will take place on Wednesday, September 24th, from 6:30p.m. to 8p.m. via zoom. The link to join the meeting can be found on the project's 1245 Kilborn Place Concept Plan Engage Ottawa page as well as on my website.

Hawthorne Park Fun Day - September 24th

Our rescheduled Hawthorne Park Fun Day will be taking place on Wednesday, September 24th, from 4p.m. to 6p.m. at 2139 Tawney Road.

Our friends from The Zoo Crew will be returning to provide hands-on animal fun from 4p.m. to 5p.m., as well as Ottawa Fire Services, who will be bringing a fire truck from 5p.m. to 6p.m.! We will also be serving up sweet treats.

State of Alta Vista Meetings - October 1st + 2nd

Join me for either a virtual or in person meeting on the state of Alta Vista that will include an update on infrastructure and planning projects and give you an opportunity to ask questions and discuss challenges that are most important to you in advance of Budget 2026.

The in-person meeting will be taking place on Wednesday, October 1st, from 6:30p.m. to 8:30p.m. at the Heron Road Community Centre (1480 Heron Road) in the third floor theatre. The virtual meeting will take place on Microsoft Teams on Thursday, October 2nd, from 6:30p.m. to 8:30p.m. The link to the State of Alta Vista meeting can also be found on my website.

Ward 18 2025 Development Updates

I recently posted a detailed list of upcoming and ongoing development updates taking place in our ward on my website.

Exciting growth is underway with over 20 residential and hospital developments progressing across the ward. These projects will bring health centre expansions, the opportunity for local businesses to serve our community, vibrant public spaces and most importantly, new housing options –all contributing to a more connected and dynamic neighbourhood.

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.

Stay Connected

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

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

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

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

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

Mark Your Calendars

UPCOMING EVENTS



RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

Office: 613-733-3156, extension 229;

Website: www.rideaupark.ca

All events are at the church unless noted.

28th Ottawa Scouting Group starts up weekly meetings in September.

Scouts and Ventures will meet Wednesdays at 7:00 p.m. starting on September 3

Beaver & Cub Scouts will meet Tuesdays at 6:30 p.m. starting September 9

Registration for new youth starts September 8 online. Questions should be directed to the Group Commissioner, Kevin Lawless 613-218-6076.

Foster Farm Fruit and Vegetable Stand: At the corner of Alta Vista and Cunningham. From now to later in October, enjoy local, freshly picked fruits and vegetables in season, including corn, root vegetables and apples, then finishing with pumpkins and squash as the frost threatens. Mon–Fri. 10 a.m.–6 p.m., Sat. 10 a.m.–5 p.m., Sundays closed. For more info, email info@fosterfamilyfarm.ca.

Euchre Club: Thursdays at 1 p.m., starting on September 5.

Welcome Lunch: As we begin a new fall season, please join us for a Welcome Lunch at 11:15 a.m. on Sunday, September 7, following the church service. Lunch is open to all and free of charge. We look forward to seeing everyone. For more information, contact the church office at administrator@rideaupark.ca.

Handbell Choirs: Touch of Brass begins Monday, September 8 at 7:15 p.m. La Bell Ensemble starts *Tuesday, September 9* at 7:15 p.m. Ringing Praise also begins September 9 at 6:15 p.m. For more information, contact handbells@pinetree.org.

Rideau Park's Chancel Choir sings at the service on Sunday mornings and rehearses on Thursday evenings, starting September 11 at 7:30 p.m. New members are always welcome. Please contact Iain Macpherson at macphersoni@yahoo.ca.

Music: Music programs such as drumming will be available from the Rideau Park office later in September.

Knitting and Quilting Groups: Knitting on Mondays, 1 p.m.–3:30 p.m. and quilting on Thursdays, 9:30 a.m.–12 p.m. For more information contact Doreen Hamilton at prayerchain@rideaupark.ca.

Tai-Chi Classes: Saturday mornings at 10:45 a.m.–12:00 p.m. For more information, contact Eduardo at molon@eduardomolon.com.

Fitness: 50+ Fitness with Faiza, starts September 16 for Tuesdays and/or Thursdays at 9:15 a.m. It includes cardio, stretching, and strengthening sessions for all fitness levels. Drop-in options available.

Meditation Group Online: Thursdays at 10 a.m. (by Zoom) for 20 minutes, starting on September 18. For quiet, peace and mindfulness. Contact Rideau Park for an invitation.

Healing Pathway: Sessions will be offered by appointment on Thursdays from 12:30 p.m.–2:30 p.m., starting September 11. Email healingpathway@rideaupark.ca to book an appointment for hands-on healing prayer or for more information.

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

Nearly New Clothing Sale: Friday, October 3, 6 p.m.–8 p.m. and Saturday, October 4, 9 a.m.–11:30 a.m. Search out gently used, good-quality clothing for fall and winter. Sizes and styles for everyone.

EMMANUEL UNITED CHURCH

691 Smyth Road

Office: 613-733-0437;

Website: www.emmanuelunited.ca

National Day for Truth and Reconciliation (Orange Shirt Day): Tuesday, September 30. Wear an orange shirt to honour the Indigenous children who were sent away to residential schools, and to commit to the ongoing process of reconciliation. Every Child Matters!

Take Time to be Wholey Seniors' Exercises: Classes resume on Monday, September 8.

Emmanubells Handbell Ensemble:

Rehearsals resume in September, and new members are welcome. Rehearsals are on Thursday evenings from 6 to 7:30 p.m. Previous handbell experience is not required, but a basic ability to read music is necessary. Call our office to contact the director.

PROBUS CLUB PRESENTATION

Wednesday, September 24, 10 a.m., at Gloucester Presbyterian Church, 91 Pike St.

Gary J. Smith will make a presentation about the 1972 Canada–U.S.S.R. hockey series.

Join your fellow retirees, near retirees and want-to-be retirees for interesting speakers and discussions, not to mention relaxed socializing, with the Probus Club of Ottawa Alta Vista.

See www.probusoav.ca for information about the club.

ART LENDING OF OTTAWA SHOW

Saturday, September 20, from 10 a.m. to 4 p.m.

Jim Durrell Recreation Centre, 1265 Walkley Rd.

Free admission, free parking, door prizes.

Come and view the original artwork of over 40 local artists. Art is available for rental or sale. New this show: an art demo and walk-in workshop.

ALTA VISTA STAMP CLUB

The Alta Vista Stamp Club will begin its second year on Wednesday, September 3, at 2 p.m.; the club meets twice per month at St. Timothy's Presbyterian Church, 2400 Alta Vista Drive. Plenty of free parking is available. All Ottawa collectors are welcome.

Activities include: trading, speakers, presentations, assisting new collectors, quizzes and participation in the Ottawa Regional Association of Philatelic Exhibitions, May 2–3, 2026.

For more information, send an email message to roger.c.cook@outlook.com.

VOICES REMEMBERED

A weekly intergenerational singing group for anyone who enjoys singing! We strive to include individuals living with memory loss and their caregivers, as well as friends and family.

We primarily sing hymns and simple songs that are familiar to the participants, and we are happy to expand our repertoire through participants' requests for their favourites.

All are welcome!
Presented by: Ottawa Mennonite Church
Location: 1830 Kilborn Avenue, Ottawa
Time: Tuesdays, 10:30–11:30 a.m.
Fall session: September 23–December 9
Cost: No charge
Leaders: Carla Klassen and Marion Dyck Whitford
For more information and registration, contact us at:
voicesremembered2024@gmail.com.

A TREE TOUR OF PLEASANT PARK WOODS

Sunday October 5, 10:00 a.m. to 12:00 p.m.
Pleasant Park Woods is a treasured wood lot in the centre of our neighbourhood, with an interesting history and a nice variety of tree species. Owen Clarkin, (currently the President of the Ottawa Field Naturalists) well known in the City for his engaging tours of



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various sites of biological interest, has kindly consented to lead a walk for the GSC. We will meet at the back of the parking lot for Pleasant Park School.
The event is free, but we will pass the hat for contributions to the Heron Emergency Food Centre.
Please share if you plan to attend at greenspaceavca@gmail.com or Gilliancooperprice@hotmail.com.

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

MOVIES 'N' STUFF

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September 9th

Ballerina: From The World Of John Wick

Taking place during the events of John Wick Chapter 3, the film follows Eve Macarro (Ana de Armas), who is beginning her training in the assassin traditions of the Ruska Roma. *Explosive, entertaining action flick with an appearance by Keanu Reeves!*

Bride Hard

When a mercenary group takes a lavish wedding hostage, they have no idea what they are in for as the Maid of Honor is actually a secret agent ready to rain hell-fire upon anyone who would ruin her best friend's wedding. *Hilarious comedy starring Rebel Wilson!*

The Chosen: Season 5

Set against the backdrop of Roman oppression in first-century Israel, this fifth season of the popular series shares an authentic look at Jesus' revolutionary life and teachings.

Clown In The Cornfield

Ready for a few scares?? A fading midwestern town in which Frenzo the clown, a symbol of bygone success, reemerges as a terrifying scourge.

Dark Winds: Season 3

The third season of this excellent series follows Lt. Joe Leaphorn and Jim Chee as they investigate the disappearance of two boys. Meanwhile, Bernadette attempts to settle into her new life, but stumbles across a conspiracy with far-reaching implications.

Elio

Elio, an underdog with an active imagination, finds himself inadvertently beamed up to the Communiverse, an interplanetary organization with representatives from galaxies far and wide. Mistakenly identified as Earth's ambassador to the rest of the universe, he starts to form new bonds with eccentric aliens while discovering who he's truly meant to be. *Great family film from Pixar!*

Jurassic World: Rebirth

Zora Bennett leads a team to an island research facility for the original Jurassic Park. Their mission is to secure genetic material from dinosaurs whose DNA can provide life-saving benefits to mankind..

White Lotus: Season 3

Third season in this crazy, funny and dark series!

September 16th

Professor T: Season 4

Professor T returns for an explosive 4th season with Professor Tempest once again using his unique insight and analysis to help the police solve a range of intriguing crimes in the beautiful university city of Cambridge.

Brokenwood Mysteries: Season 11

From seemingly supernatural incidents in the idyllic community of Brokenwood to mysterious murders with hidden motives, Shepherd and his team plunge into a web of deception, greed, and dark secrets as they tackle their most perplexing cases yet.

Ludwig

In 1864, Ludwig ascends the Bavarian throne. He becomes a generous patron of artists and musicians, especially Richard Wagner, but his people are apathetic. Only with his cousin Sissi does he find a soulmate. *Re-release of this 1973 masterpiece by Visconti!*

Dept. Q (2025) : Season 1

Carl, a former top-rated detective, is wracked with guilt following an attack that left his partner paralyzed and another policeman dead. On his return to work, Carl is assigned to a cold case that will consume his life. *Make sure to see the original Scandinavian series as well!*

Murderbot: Season 1

A rogue, self-aware security unit has hacked its governor module to be free of corporate control, preferring to watch media and avoid interactions, despite being tasked with protecting humans. With its newfound autonomy, it deals with dangerous missions, and grapples with its developing relationships with humans.

A Very Royal Scandal

Emily Maitlis recounts her path to the infamous Prince Andrew interview, offering a candid look at the professional challenges and personal growth she experienced as a journalist. *Ruth Wilson and Michael Sheen star!*

Code of Silence: Season 1

Alison Brooks' lipreading skills pull her into the police's investigation of a dangerous gang, but her undeniable connection with criminal Liam Barlow threatens everything.

Good Omens Season 2

This fantasy series sees fussy angel Aziraphale and loose-living demon Crowley team up to form an unlikely duo.

September 23rd

Flow

A thrilling tale of friendship and survival! A courageous cat, its home is devastated by a great flood, teams up with a capybara, a lemur, a bird, and a dog to navigate a boat in search of dry land. *Oscar winner!*

The Last of Us: Season 2

Five years after their dangerous journey across the post-pandemic United States, Ellie and Joel have a new threat to deal with! *This massive hit series returns!*

The Marlow Murder Club: Season 2

Judith, Becks and Suzie are called back into action when a series of new unsettling crimes befall the local residents of Marlow!

Mission: Impossible: The Final Reckoning

Ethan Hunt and the IMF team race against time to find the Entity, a rogue artificial intelligence that can destroy mankind. *The final entry in one of the most entertaining series of movies of all time!*

Sorry, Baby

Something bad happened to Agnes. But life goes on for everyone around her, at least. When a beloved friend visits on the brink of a major milestone, Agnes starts to realize just how stuck she's been, and begins to work through how to move forward. *One of the years best reviewed films!*

Superman (2025)

When Superman gets drawn into conflicts at home and abroad, his actions are questioned, giving tech billionaire Lex Luthor the opportunity to get the Man of Steel out of the way for good. Will intrepid reporter Lois Lane and Superman's four-legged companion, Krypto, be able to help him before it's too late?

September 30th

28 Years Later

It's been almost three decades since the rage virus escaped from a biological weapons laboratory and though survivors are adapting, can they handle the next wave?...

Megan 2.0

Two years after M3GAN, a marvel of artificial intelligence, went rogue and embarked on a murderous rampage, its creator, Gemma, has become an advocate for government oversight of AI. Unbeknownst to her, a defense contractor has created a military-grade weapon known as Amelia, the ultimate infiltration spy.

The Life of Chuck

From childhood to adulthood, Charles "Chuck" Krantz experiences the wonder of love, the heartbreak of loss, and the multitudes contained in all of us.

Just the Two of Us

Blanche Renard meets Greg Lamoureux and believes he is the one. However, she soon finds herself caught up in a toxic relationship with a possessive and dangerous man.

Watch the Skies

Convinced that her father was abducted by aliens, a rebellious teen and members of a UFO club embark on an adventure that takes them far beyond the boundaries of our world. *Excellent reviews for this Swedish film!*

Unicorns

The story of a South Asian nightclub performer living a double life, and a young, single father who works as a mechanic. When they meet, a search for identity is sparked.

It's a HIT!

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

1. Ballad of Wallis Island
2. Sinners
3. The Penguin Lessons
4. The Amateur
5. How to Train Your Dragon

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

1. Patience: Season 1
2. Inspector Ellis: Season 1
3. 1923: Season 2
4. The Landman: Season 1
5. Brokenwood Mysteries: Season 10

Patience is on fire!!

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