



PHOTO CREDIT: LORRAINE BYERLEY, 2025

WHERE ON EARTH? Clue: This local resting place is exceptional.

Find the answer on page 3.

Special ceremony honouring veterans

BY JUNE COXON

For the past eight years Ottawa's Beechwood Cemetery has taken part in a special program called No Stone Left Alone (NSLA). It's an idea introduced 15 years ago by Maureen Bianchini Purvis AOE MSM, of Edmonton, Alberta, to provide students and other young people with a unique way to learn about the sacrifices and lives of World War Two veterans.

The goals of NSLA are to ensure Canadian veterans are honoured and to remember those who served, sacrificed and died during the Second World War. Every ceremony provides participants with a special experience, giving them knowledge and an appreciation for Second World War veterans.

In advance of the ceremony, each young person participating in the NSLA program is

given the name of a deceased World War Two veteran. Next, they locate the gravesite of that veteran, research information about him or her, and during a special remembrance ceremony say their person's name aloud while placing a poppy on their grave.

THE BEGINNINGS

When Bianchini Purvis was a young girl and her mother, Lillian Bianchini, a World War Two veteran, was ill and near death. She promised her mother to always remember her on November 11. So, each year since her mother's death, Bianchini Purvis has placed a poppy on her mother's gravesite, first alone, then with her husband, and later also with their two daughters.

One time, Bianchini Purvis' daughters asked why other veterans at the cemetery didn't get poppies too and said they should. So Bianchini Purvis tried to make that happen. With help of friends and family she pursued

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On November 4, 2025 at 10:30 a.m., students, Canadian Armed Forces members and the wider community will unite in a remembrance experience at the National Military Cemetery at Beechwood, Ottawa.

Be like Terry

BY KATHRYN KIELLY

I live in Ottawa now, but I am originally from Prince Edward Island. When I read about the plan to close the Confederation Bridge for the annual Terry Fox fundraiser, I knew I wanted to travel home and take part with my family.

As I was singing everyone up, I was thinking to myself why not take a go big or go home approach and do the full distance twice. After all Terry Fox did the equivalent of a marathon every day on one leg. Be like Terry. Challenge yourself.

So we initiated a plan to start in Borden, PEI and walk to New Brunswick and back, a distance of 26 kilometres. Walking is something I do on a daily basis, but this goal required some training to make sure we could cover the distance in the allotted four hours before the bridge reopened to vehicle traffic.

About a month prior, we, that is my husband and I, initiated some training walks consisting of a brisk pace, minimal chatting, lots of podcasts, a few blisters, and a few different shoes. It was a serious business. We set a pace that would allow us a little cushion of extra time for water or bathroom breaks. Our son, age 16, did one training walk with us but was very laid back about the whole thing, with none of the creaks and aches we had, nor did he feel the need to pop Advil like candy.

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PHOTO CREDIT: BEECHWOOD CEMETERY FOUNDATION

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Deadline: 15th of the month prior to publication.
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- Articles submitted for consideration should be 800 words (or less) and should include a byline.
- Letters to the editor should be 500 words (or less) and must include the author’s full name
- Event announcements should be 200 words (or less)
- Images should be at 300 DPI resolution (or greater) and must include image credit

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

ADVERTISING

Ads should be submitted to the advertising manager, in electronic format as a print-ready (final) PDF file, .jpg or .png file with 300 DPI (or greater) resolution. Ads that fail to meet these print quality standards cannot be guaranteed placement. HST is charged on all advertising.

	B&W	COLOUR	
Full Page	\$275	\$550	13.50"H X 9.65"W
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VISTAS’ DELIVERY SCHEDULE

DECEMBER ISSUE DEC 3, 2025

VISTAS VISION

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

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A misspelled name, fact errors, a misused word: proof-readers notice these mistakes. If you enjoy finding and correcting errors, consider becoming a volunteer.

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

CONTRIBUTORS

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

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

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

VOLUNTEERS
NEEDED

Courage, purpose, gratitude:
November watchwords

BY LORRAINE BYERLEY, EDITOR

A dear friend recently introduced me to “angel cards.” On each of the seventy cards in my pack a single word is printed: openness, relaxation, inspiration, and so on. Although some people treat these cards as an oracle, they prompt me to notice the positive feelings and virtuous behaviours present in my daily life.

But what does this have to do with a community newspaper? Well, as the November issue came together three themes emerged: courage, purpose, and gratitude. And now, with these watchwords in mind, you too may notice their presence in the personal stories, reporting, letters, and creative works shared in volume 44, number 9 of VISTAS.

So, before you set out to explore this issue, let us give a heartfelt *thank you* to all the generous contributors, carriers, advertisers, and volunteers, past and present, who give life to this newspaper.



WHERE ON EARTH?
SOLUTION | Our cover image shows the distinctive wrought-iron gate and fence of the family cemetery at Billings Estate National Historic Site, the lone burial place in Alta Vista.

Do you have a photo of a local landmark, building or public place that you would like to share with VISTAS readers? If so, send it along with a clue, solution, and photo credit to editor@vistas-news.ca.

Re: Lansdowne 2.0 October 2025
Dear Editor,

As a lifelong resident of Ottawa and someone who has spent more hours at Lansdowne than most, I feel compelled to finally speak up. I’ve been reading the VISTAS for years, trying to stay quiet but the myths and misconceptions floating around about Lansdowne 2.0 have gone too far.

Lansdowne isn’t just a patch of land. It’s Ottawa’s gathering place, one of the true hearts of this city. For decades, families have come together there to cheer on their teams, celebrate community events, and create memories that last a lifetime. I saw that firsthand.

As the coach of the Ottawa 67’s for more than 30 years, I watched generations of kids grow up in that arena with some of them going on to play in the NHL, and others went on to become coaches, community leaders, or just proud fans bringing their own kids to games. That’s what sports do. They bring people together, they shape lives, and they build community.

And let me be blunt: that arena is long past its best-before date. Nobody knows that building better than I do and it’s time.

Earlier this year, Ottawa hosted the World Juniors. It should’ve been a proud moment

for our city. But one of the other country’s coaches publicly criticized the state of the arena at Lansdowne. He said it was unfit for an international sporting event. That’s not just an opinion, that’s a warning.

If we want to keep bringing in events that support our local businesses, create jobs, and boost tourism, we must invest in infrastructure. You can’t build a strong future with outdated facilities that no longer meet the needs of the community or the expectations of today’s fans and event organizers.

Lansdowne 2.0 isn’t just a nice-to-have. It’s a smart investment. It will generate enough revenue to cover nearly two-thirds of the cost, and no other municipal project generates \$300 million in economic impact or creates 4,000 jobs. That’s not just good for sports fans, that’s good for Ottawa.

I understand people are passionate. I am too. But we must deal in facts, not fear. Let’s stop the misinformation, and let’s start building something we can be proud of.

Lansdowne has given a lot to this community. Now it’s time we give something back.

Brian “Killer” Kilrea
(Ottawa South Resident, Former Head Coach, Ottawa 67’s, Proud Ottawan)

Dear Editor,

I’ve never been one to write letters like this, but after reading some of the recent commentary on Lansdowne 2.0, I feel compelled to speak up.

I’m one of the silent majority, everyday Ottawans who do support this project and believe strongly in replacing the aging municipal facilities at Lansdowne. I live in Alta Vista with my family, and like many others, Lansdowne has become our go-to spot for entertainment. Whether it’s catching a game, attending a community event, or grabbing dinner, it’s safe, central, vibrant and a place that brings people together.

People have been fighting Lansdowne redevelopment for years. I remember when it was nothing but a barren parking lot. Now, it’s one of Ottawa’s most popular destinations. We need to keep it that way and that means finishing what we started by replacing the North Side stands and the aging arena.

I work in the construction industry, and I can say with confidence, these facilities are well past their prime. I’m not sure some of the opponents of this project have even been inside the arena or the North Side stands. If they had, they’d see that replacement isn’t optional, it’s essential.

As a capital city, Ottawa needs modern, functional infrastructure to attract and retain major events, teams, and visitors. Beyond that, Lansdowne 2.0 will generate significant economic benefits: thousands of good-paying jobs in the construction sector, long-term employment in operations and tourism, and increased business for local shops and restaurants. As a business owner myself, I know how vital that kind of sustained activity is to our city’s economic health.

Lansdowne works. Let’s move past the noise and focus on building a city that reflects the pride we have in it.

Michael S. Mynott,
Mynott Construction



NEEDS VOLUNTEER CARRIERS

VISTAS is not reaching several homes. If you have half an hour to spare each month, or know someone who may be interested in getting to know neighbours, please contact Ernie McArthur at distribution@vistas-news.ca



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

FOR WEST OF HAIG					
Alta Vista (Cunningham to Pleasant Park), 43 papers		Baycrest Area	Grasmere, 39 papers	Heron (Alta Vista to Greenbelt), 13 papers	Highridge, 14 papers
FOR EAST OF HAIG					
Audrey	Connery	Fairdale	Heaton	Pleasant Park (Saunderson to Othello)	Smyth (Dauphin to Russell)
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LETTERS TO THE EDITOR

Re: "Alta Vista residents push for safer cycling,"
October 2025

Dear Editor,

I'm really sorry to read that Mr. Patrick Hamel had a serious collision while biking on Kilborn Avenue. I've been biking on Kilborn since the mid 1970's and have never had a collision or near-miss, either before the installation of the "traffic calming measures" or since. I agree with him that Ottawa badly needs dedicated bike lanes on major arteries that are physically separated from roads and pedestrian sidewalks, as is done in Amsterdam.

In Alta Vista, I feel the traffic calming measures, while slowing cars, often make my safety while biking worse. We need flexible posts with a hinge the public can access, so when the posts are knocked over and block bike lanes, residents can upright them. I rarely bike at night, but having these posts blocking lanes are currently a nighttime disaster waiting to happen. The flexible posts on the lower part of Pleasant Park Drive (towards Riverside Drive) need to be moved further from the curb, or just plain removed. Pleasant Park Drive is a long, steep hill in that area, and the posts are too close to the curb to allow for biking down fast. As a result, one ends up avoiding the "bike lane" and cycling downhill in the live traffic lane. The jut-outs at the intersection of Delmar Drive with Kilborn Avenue also worsen my safety. There's no option now except to turn in the car lane. Personally, I prefer biking next to a curb, rather than biking between cars and "hoping for the best." The little concrete islands on either side of Cavendish Road near Pleasant Park are incomprehensible. The space between the island and the curb is too narrow for a bike, so again one is forced to bike in the live traffic lane.

I agree with Mr. Hamel that Ottawa has a plethora of useless bike lanes. Lanes that run for 3 meters and then vanish are confusing and help no one. When I taught a Ukrainian refugee to drive (VISTAS, Feb. 2, 2023), the forest of signs and patches of green paint made learning to drive incredibly more difficult than when I learned to drive. Actual dedicated bike lanes would really help.

Sincerely,
Tom Kovesi MD FRCPC

OUR COMMUNITY

the goal to ensure each Canadian veteran's gravesite receives a poppy during a special ceremony and so NSLA was created. The goal then as well as now is to engage youth "in a meaningful act of remembrance so they can personally understand and connect with the sacrifices made to give all of us the peace and freedom we enjoy today and carry that connection forward through their lives."

When NSLA was being established, Bianchini Purvis didn't want to distract from other Remembrance Day events, so she focused on holding ceremonies before or after that date. Then some participants asked why not hold those ceremonies when it's convenient for the community. So now ceremonies also take place during other months of the year.

CEREMONIES AT BEECHWOOD CEMETERY

Nick McCarthy, Director of Marketing, Communications and Community Outreach at Ottawa's Beechwood Cemetery was introduced to the NSLA Foundation in 2017 while exploring programs that promote inter-generational remembrance and education.

He said that the mission of No Stone Left Alone aligns "closely with Beechwood's role as the National Cemetery of Canada. After connecting with their team, I helped launch the first Ottawa-based NSLA ceremony in 2018." He continued to say, "That year approximately 75 students attended the inaugural NSLA ceremony at Beechwood, honouring around 5,000 veterans by placing poppies at gravesites and offering words of reflection."

McCarthy became the Regional Co-ordinator for NSLA in 2018 to support the foundation's expansion throughout Ontario. "Since then," he said, "I've worked to grow its presence province-wide and establish long-term partnerships with local schools, youth organizations, and remembrance advocates."

McCarthy explained that Beechwood is the only Ottawa cemetery formally involved with NSLA so far but that active discussions are taking place with other local cemeteries, and he hopes to expand ceremonies to additional sites.

He also said, "Although Beechwood was the sole Ottawa site for school-based ceremonies,



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Since the creation of No Stone Left Alone in 2011 more than 709,033 poppies have been placed at gravesites by young people worldwide to ensure deceased Canadian World War Two veterans and their stories are always remembered.

No Stone Left Alone hosted a second separate NSLA ceremony with the Girl Guides of the National Capital Region, building on a successful event started with the Girl Guides of Ottawa. That event brought together over 200 girl guides who participated in a meaningful act of remembrance. Combined, these ceremonies resulted in the placement of poppies on over 8,000 headstones in 2024, making Ottawa's contribution one of the largest regional efforts."

Established in 1873 as a non-denominational burial ground, Beechwood was one of the first cemeteries in Ottawa. Today, there 3,000 headstones in the veterans' section and another 3,000 to 4,000 veterans' headstones in the other sections of the National Military Cemetery. Among them McCarthy said there are likely many veterans from Alta Vista buried there.

CANADIAN AND INTERNATIONAL CEREMONIES

Since 2021 numerous young people from across Canada have taken part in a NSLA project. They are from at least 12 Ontario cities, including Almonte, Belleville, Cobourg, and Lindsay. Youth from all Canadian provinces and territories, plus nine other countries, including the United States, Poland, The Netherlands, Scotland and France, now also participate in such ceremonies.

This year at least 15,500 students are expected to participate in an event during an estimated 64 NSLA ceremonies. The first 2025 remembrance event was held at Pointe Claire, Quebec, on April 24 and the national ceremony will be at Ottawa's Beechwood Cemetery on November 5.

You can check the organization's website: nostoneleftalone.ca to learn more about the ceremony and how you and/or your child can donate time and/or money to this very worthy project.



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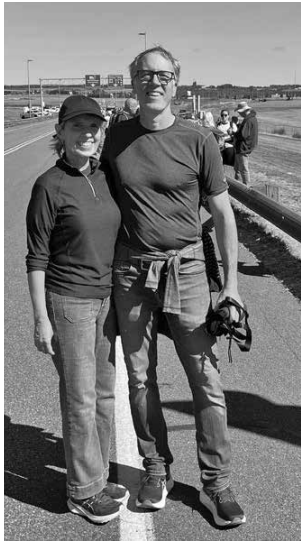
OUR COMMUNITY

Raising money for cancer research is personal for me, as it is for many people. On Dec. 21, 2023, I was diagnosed with AML, acute myeloid leukemia, an aggressive and rapidly developing cancer that affects the blood and bone marrow, with poor prognosis and poor survival. After undergoing a few months of chemotherapy, my team of hematologists at the Ottawa Hospital General Campus determined my particular AML had unfavourable mutations such that a stem cell transplant was recommended to give me the best hope of not relapsing. Briefings by the medical team advised of a long list of possible transplant complications, some of them life threatening. It was a daunting procedure. But the doctors said it was my best chance, so I took it.

In May 2024 I received stem cells from an anonymous donor. My donor is anonymous in the truest sense of the word. All I know is they come from a country with rules that do not permit contact with the recipient, ever. So, I will never meet this selfless person who has literally given me my life back.

Walking the bridge allowed me to give something back. It feels small in comparison, but it's something. We raised just over \$4,700 for cancer research.

After completing the round trip from PEI to New Brunswick in three hours and 50 minutes, we were sore but happy. And on the way back to PEI when the congestion completely died down, we got to experience the wonder of a deserted bridge over the Northumberland Strait on a perfect, sunny day. Mission accomplished.



Kathryn and her family raised more than \$4,700 for cancer research.

PHOTO CREDIT: KATHRYN KIELLY



PHOTO CREDIT: KATHRYN KIELLY

Participants in the 2025 Terry Fox Run for cancer research on the Confederation Bridge.

OUR PEOPLE

Tribute to Barry Thompson, founder Movies'N Stuff

BY PETER THOMPSON,
OWNER MOVIES'N STUFF

Sadly, VISTAS has lost a solid contributor, and on a more personal level, I have lost my father. While it happens to all of us, it stings in different ways.

In the 1980s, working for Atomic Energy of Canada, Barry Thompson was one of the better computer programmers around and, to this day, I use his amazing computer system at Movies 'n Stuff, carrying on his legacy. I remember, in 1983, both my parents coming home and being exasperated. They worked long hours, toxic work environments, things that people still feel today. They began discussing the possibility of opening their own business and I recall being intrigued immediately when I heard about a video rental store. At the local grocery store there were a few racks of VHS movies, and I would immediately go over to it every time I visited. And where I saw nice, glossy boxes with movie stars on them, my parents saw an opportunity. It was coming; there would be stores that rented these movies, they said.

In 1984, they made their move. They decided on a spot in Craig Henry, nestled in the heart of a densely housed area. A Quickie next door was a major attraction and we began stocking the store by going to huge inventory sales in the basement of hotels. Once again, while I was drawn to glossy covers, they used their relatively limited knowledge of movies and started buying.

I recall, vaguely mind you, the first store was small, probably the size of the current Movies 'n Stuff. But, unlike today, the movie rental business was about to absolutely take off, and the little store was packed almost all the time. It took a few years for them to really learn the ropes, but when they had made the store into a little powerhouse, they made their first misstep; they decided to make the store MUCH bigger. The store still did well, but I remember this was a lesson that he continuously told me. Just because it's bigger, doesn't mean that more people would come. It just meant your overhead would be much more. To which, I probably dumbly nodded at the time, but it resonated with me.

Then came the second store on Cyrville Road, then the third store in Parkwood Hills. And then, in 1987, Barry heard that Delmar Video was selling their store on Kilborn Avenue. I recall vividly going down into the dimly lit area full of movies and looking around, stunned at how much they had, even though, at this point, I was quite used to seeing stores full of movies. I recall leaving the store and Barry looking at me and saying,



“well, that was weird, but I think we're good to go.” And with that, in December of 1988, he opened the store that remains in the Kilborn Plaza.

That's when VISTAS entered the picture. Barry loved to help me with the back page of VISTAS. Since I can remember, I would do my best to write paragraph-long movie descriptions, and he would take them and make what became a staple on the back page. He gave me criticism (usually constructive) regularly and I would go back and work on it again. He often said, “you have verbal diarrhea again!” which obviously meant I needed to trim back the descriptions.

This is not to say that everything went rosy. It never does. I wasn't privy to all the struggles my parents had with the grand opening of not one, not two, but three Blockbusters in direct competition with this little store. But Barry kept his head and listened when I said, you have to understand that while they have 40 copies of Jurassic Park, we'll have 6, but the other 34 will be foreign language, independent, solid films. He could have said no and walked away, but he agreed, and we flourished while Blockbuster died.

And when the time came for my parents to retire, they closed each store systematically until it came to the Kilborn location. I had a few solid job opportunities at this time and I was committed to leaving the store and moving on. But he said, why? You're good at it. You know how to run a store now. You once explained to me how you were going to keep the store going and you did, you can do it again.

And thanks to him, his belief in me, and the wider community, Movies 'N Stuff still stands along with its spot on VISTAS back page.



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Local teenagers explore outdoor leadership

BY SGT SYLKE ROBERTSON AND WO LOLADE OGUNMEKAN

At the end of summer, three of our cadets proudly represented our community at the Petawawa Regional Army Cadet Expedition. Held around the Petawawa area, this highly competitive expedition chose only up to 40 cadets from across Ontario. The expedition offered a unique opportunity for army cadets to strengthen their leadership and outdoor skills while promoting teamwork, safety, and environmental stewardship in a challenging and rewarding setting.

Two of our cadets share their reflections on the experience.

The Petawawa Regional Army Cadet Expedition was an amazing experience. My team and I gave our all to be our best selves each day, pushing our limits physically and mentally to work together as efficiently as possible.

Going in, I didn't know the full extent of what I'd be doing over the course of the expedition. However, I did know that I was going to push myself out of my comfort zone as much as possible, and make full use of my knowledge and expertise to support my team. And that's exactly what I did, especially on the bike cycle, where I put my mountain bike instructor skills to use from the course I took earlier in the summer. I worked on repairing my teammates' bikes whenever they weren't working and encouraging them even when the hills were large, and the day was long. One quote I learned, that really spoke to me, was to "plant the seed so you can enjoy the shade tomorrow," which means doing whatever you can to make tomorrow easier.

My favourite hard skill that I learned was river morphology, being able to read what's in front of me and deciding which route is safest. At one point on our way down the Petawawa River, we were going down a smaller rapid that we didn't scout first. We chose to go down between two rocks following the downwards "V," and I threaded my canoe perfectly between two rocks without hitting either!

Expedition will teach you so much about leadership and its importance. Leadership is not meant to be easy; it's meant to push you to your limits so you can become the best version of yourself.

I can't wait to share my passion for expedition with my cadet corps in the new training year!

—Sgt. Sylke Robertson

My experience at PRACE was unforgettable. I had an amazing time hiking, biking, and canoeing over the course of the nine-day expedition. Each activity was challenging, both physically and mentally, and helped develop my outdoor leadership skills.

One of the biggest highlights for me was the canoe cycle, especially tackling the two longest rapids we did, Five Miles and upper and lower Schooner rapids, in one day and without portage (picking up the boat and moving it between rivers).

Beyond the thrill of adventure, I had the opportunity to build strong connections with cadets from all over Ontario. Making new friends, sharing stories, and overcoming challenges together made the experience even more meaningful.

During this whole experience, and especially the canoe cycle, my biggest takeaway was this: "if you don't make a choice, the river will make it for you." That stuck with me both on and off the water!

—WO Lolade Ogunmekan

The Canadian cadet program provides opportunities like this for youth to push their limits and develop their leadership and team-building skills. The free-to-join Army Cadet Program is open to youth ages 12–18 and is offered locally every Wednesday night at 2100 Walkley Rd. Check out their website: www.2332cadets.ca for more information.



Sgt. Robertson in the bow, canoeing through the rapids at paddlers co-op on the Madawaska River.



Sgt Robertson, WO Ogunmekan, WO Godbout & WO Riffi on top of coyote rock in the Algonquin park on the rest day.

OUR PEOPLE

Alta Vista performer on stage in *Annie*

BY DAWN MILLER

For one young Alta Vista resident, the world is a stage as she prepares for the upcoming run of *Annie*, put on by Orpheus Musical Theatre Society at the Meridian Theatre @ CentrepoinTE. Victoria Collin, a 13-year-old grade 8 student at Vincent Massey Public School is excited to be in the show as an orphan, as well as appearing as a New Yorker for the song "NYC."

Annie is set in New York City during the Great Depression. It is the inspiring story of a spunky orphan named Annie who sets out to escape the orphanage, to find her birth parents and ends up finding a new family with the billionaire, Oliver "Daddy" Warbucks. It is full of memorable songs, including "Tomorrow," "Hard Knock Life," "Maybe" and "Little Girls."

Along with approximately 130 other talented hopefuls, Victoria auditioned in late August. Once casting was complete, rehearsals for the 30-person troupe began in early September. Alongside the seasoned performers, Victoria attends three types of rehearsals: blocking, music and choreography. Only after each of those elements is learned can the magic come together in the final product that you see on stage with acting, singing and dancing. Victoria is loving every moment

Over the past five summers, Victoria gained valuable musical theatre experience doing eight different musical theatre shows with ANSY Productions Studio. And, last year, Victoria experienced her first large scale musical, when she was in *Matilda*, with Suzart Productions. The leap to the Orpheus stage and a multi-week run is going to be a new and exciting adventure.

When she isn't rehearsing for *Annie*, Victoria keeps busy as a competitive dancer in ballet, tap, jazz, lyrical and acro with Vanessa Plettell Dance and is also a Pathfinder with the Girl Guides of Canada. Looking ahead, she is already excited about her next role in *Willy Wonka Jr.* at Vincent Massey Public School, in May 2026.

The Orpheus Musical Theatre Society production of *Annie* runs from November 21 to 30 at Meridian Theatres @ CentrepoinTE. Showtimes are at 7:30 p.m. from Tuesday to Saturday and at 2 p.m. on Sundays. For more information visit: www.orpheusmusicaltheatre.ca.



Victoria Collin will perform in the Orpheus Musical Theatre production of *Annie* in November at Meridian Theatres @ CentrepoinTE.

PHOTO CREDIT BOTH IMAGES: SGT. SYLKE ROBERTSON AND WO LOLADE OGUNMEKAN



SCHOOL NEWS

Hillcrest students rev up for the demolition derby

BY GAVIN S., GRADE 12 STUDENT

Hillcrest High School competes annually at the Metcalfe Fair's demolition derby with a car prepared by the auto shop class, under the direction of teacher Mr. Paulo Olivera ("Mr. O"). This year the derby was on October 2nd and the Hillcrest Hawks were there to cheer on Mr. O as he spun the tires and rammed the brightly decorated car into its competitors.

The students learn about cars as they prepare for the demo-derby by taking non-essential parts out, like the passenger seats and airbags. Students practice welding skills to seal doors shut to ensure the safety of the derby drivers. Under the hood, students discover tanks of non-essential fluids that need to be drained prior to the competition. Another challenge the shop class faces is getting the engine to turn over on a car that is ready for the junk yard. Once they have secured, stripped and safety-inspected the car, the entire school contributes to decorating it with names, colours and Hillcrest pride. "I really enjoy teaching the students



how to build a derby car as a group and to work together," said Mr. O. The students enjoy building the car just to see it destroyed, like an art piece or "battle scars," said Mr. O.

Hillcrest has been competing in the



PHOTO CREDITS: GAVIN SCOTT

Alex Salliter (left), Brianna Brooks, Keon Russel, Mr. Oliveira, and Salem Carlson: winners for best paint job.

demolition derby since Mr. O started teaching auto class in 2011. The cars are usually donated to the school, but on the occasional year no car is donated, Mr. O buys a cheap one with his own money.

This year, the car made it to the second round of demolition, despite an axle breaking in the preliminary round. The students got to work and fixed the axle but couldn't get the engine to turn over to get back out into the muddy arena. The Hawks didn't go home empty handed, however, winning (through crowd applause) the "Best Paint Job" trophy, which is now proudly displayed in the shop class.

After 14 years of demolition, this is a tradition the students and Mr. O look forward to every fall. When asked about the derby, Mr. O's absolute favourite part is "driving it, obviously."



John Fraser

Ottawa South | Ottawa-Sud

REMEMBRANCE WEEK IN ONTARIO

I co-sponsored the Remembrance Week Act in 2017, which expands the Remembrance Day Observance Act, 1997. It designates the week from November 5 to 11 as Remembrance Week in Ontario, emphasizing the importance of honoring veterans and their sacrifices.

This Act ensures that our tribute to the brave Canadian men and women who gave their lives, both in wartime and in peace, extends beyond just one day.

We will remember them.



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Heroes of Heron Road Emergency Food Centre

BY LYNN SHERWOOD,
CHAIR, HEFC BOARD OF DIRECTORS

On September 27, Heron Emergency Food Centre held its 15th annual Walkathon, Step Up and Step Out to Stop Hunger. Community support has been outstanding. We met at St. Thomas Anglican Church on Alta Vista Drive and chatted over coffee with our local political representatives, Marty Carr, Riley Brockington, Tim Tierney and John Fraser. Our walkers, who had collected pledges from their friends, neighbours and local churches, then walked around the neighbourhood carrying our sign. It was a lovely way to spend a crisp and clear Saturday morning. We have received nearly \$20,000 in donations so far, a record amount!

Thank you all for your generosity and trust in our organization. The Ottawa South community donors and volunteers are our heroes for November.

Heron Emergency Food Centre was founded back in 1987 by members of four churches – St. Timothy's Presbyterian, St. Thomas the Apostle Anglican, Emmanuel United and St. Aidan's Anglican – using space at the Heron Road Community Centre. This initiative was envisioned as a short-term stopgap to address the increased need for emergency food, which the churches could no longer manage individually during the 1987 recession. Thirty-eight years later, reliance on volunteer support through food banks such as HEFC has become an established part of Canadian social policy due to ongoing issues of poverty and chronic food insecurity. Food Banks Canada estimates that one in four households uses a food bank. Its website, foodbankscanada.ca/resources/annual-reports, provides more information and some alarming statistics.

HEFC has evolved to address this, apparently chronic, situation. In addition to our founding member churches, we also have supporters from across our vibrant and cosmopolitan community. Our board now includes representatives from the Walkley Road mosque, the Alta Vista Community Association (AVCA) and other social service agencies, recent newcomers, and talented folks from the community who want to give back. The Buddhist temple across the road from HEFC holds an annual food drive, as do local schools, community groups, the Boy Scouts, and our reliable churches. The Phoenix Big Band, Immaculate Heart of Mary



HEFC walkathon participants.

Church, and other community organizations hold fundraisers on a regular basis. Hendry Warren Accountants provides a team of volunteer accountants who handle all our finances. Certain members of the community donate large sums of money regularly to help us purchase needed food. And sometimes we receive much-appreciated legacy donations. Front-line volunteers include many newcomers from around the world who can communicate with our increasingly diverse clientele in their first languages, as well as students and retired folk. All of us together are working hard to feed our vulnerable neighbours.

HEFC is currently providing food to an average of 2,400 individuals each month at 1480 Heron Road, a space designed to manage food distribution for about 1,700 people per month. During peak months, we serve as many as 2,800 individuals or about 800 families. We are a member agency of the Ottawa Food Bank (OFB), which provides 80 per cent of the food we distribute; we rely on donations from the community for everything else.

Our dedicated volunteers, including board members who handle administrative tasks and front-line volunteers, carry out most of the work involved in keeping our food bank operating smoothly. They work under the direction of our part-time coordinator, Louisa Simms, and her assistant, Omar Rezgui, both hired through grants from the City of Ottawa and OFB. All donated funds are used to purchase food.

As volunteers, we have committed to feeding the most vulnerable people in our community without having any control over the number of people we feed, the amount of food we have to give them, the space or resources we can access, the level of support or the organizational priorities of other community agencies and governmental departments, or the larger economic and political forces that are shaping our society. We depend upon the

goodwill and caring of individuals and organizations in our community.

We are thankful that our community trusts us to support folks in need with such heart-warming commitment, as was demonstrated by our very successful Walkathon this year. Your support has ensured that no one will be turned away and that we can continue to provide adequate, nutritious food to this community, no matter what circumstances occur. Thank you all.

Heron Emergency Food Centre is located at 1480 Heron Road and is open four days a week to provide emergency food to people in need in Ottawa South. Our board members are pleased to meet with community groups to talk about the work we are doing, and we welcome visits to HEFC.

Please call ahead to arrange delivery of donations and/or visits, as we are very cramped for space and need to plan everything ahead of time.

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

Our website: www.hefc.ca

On Facebook:
www.facebook.com/HeronFoodCentre

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



NOVEMBER WISH LIST

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

French elementary school uprooted

BY SUTIDA (MAY) TURCOT

SIGNS OF STAGNATION

At the corner of Saunderson Drive and Colson Avenue, traffic activity has been subdued since summertime four years ago. Commuters no longer have to navigate around school buses transporting students to *École élémentaire publique Marie-Curie*.

As a former school council member and neighbour of 15 years, I watched Marie-Curie continually improve before 2022. However, this autumn, I walk past the property in its eerie tranquility. The locked, deserted playground areas, weeds crawling out of the sand where children used to play, the downtrodden community gardens, and the unkempt apple trees; I am filled with sadness.

GROWTH AND CHANGE

Marie-Curie school, inaugurated in 1993, is part of the *Conseil des écoles publiques de l'Est de l'Ontario* (CEPEO). The school's outdoor play spaces were almost exclusively paved until the early 2010s, when the CEPEO



Students and staff parade along toward Weston Park in 2019.

spearheaded the addition of tree cover, community gardens and an outdoor classroom in the form of a cedar gazebo.

In November 2016, VISTAS reported on the October 13 opening of a new school entrance, complete with a main office, spaces for in-school specialists, elevator, staff room, and a renovated library.

On June 15, 2019, volunteers cleared away more pavement and planted another community greenspace, with the help of Depave Paradise (a program run by Green Communities Canada and EnviroCentre) and grant money from TD Friends of the Environment Foundation. The future of Marie-Curie was bright.

FURTHER RENOVATIONS AND STALEMATE

Before the pandemic, the provincial government set aside four million dollars for the CEPEO to renovate Marie-Curie. Unfortunately, work meant to start in 2020, and finish in advance of the 2021-2022 school year, never reached completion; the contractor backed out and the school board was stuck with a building they could not use nor continue repairing.

While the initial plan was to temporarily close the school for renovation, the CEPEO has since elected to demolish and rebuild it. In response to my enquiries for VISTAS, they stressed that the project remains a priority, and reported that they had submitted a second

PHOTO CREDIT: SUTIDA (MAY) TURCOT

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École élémentaire publique Marie-Curie in 2019 (left) and the present day (right). Time and neglect have diminished the beautiful landscaping. In the sand of the playground, weeds replace the footsteps of children in brightly-coloured clothing.

PHOTO CREDIT: SUTIDA (MAY) TURCOT

request for funding to the provincial government in 2024-2025 but it was rejected.

If and when funding is secured, it will take years before students can return to the school. In the meantime, they have been transferred to the Saint Patrick Intermediate School facility, located on the busy, anonymous intersection of 1485 Heron Road.

Three and a half years on, the Marie-Curie community remains caught in the space between the CEPEO, the Ministry of Education, and the bouncing ball of competing priorities.

FRUSTRATED PARENTS

Anne-Marie Leuchs, a mother, is quoted in June 2024 and September 2025 articles published in ONFR and *Le Droit* newspaper, respectively. Ms. Leuchs gives heartfelt thanks to the Marie-Curie community and staff for the days of joy and learning her son received, and argues that the temporary site is not sustainable. She points out that, before 2022, “it had been sitting empty since the 1990s” and “needs renovations ... the students of Marie-Curie deserve a new, permanent building that is truly an elementary school.” Picture a four-year-old trying to use the toilet facilities intended for a 9th-grader.

FRENCH-LANGUAGE PUBLIC EDUCATION IN OTTAWA SOUTH

Statistics Canada’s 2021 census reports 35 per cent of Ottawa residents speak French, and in Alta Vista ward, more than 14 per cent identify French as their first language, a sizable population. Ms. Leuchs explains that “many families choose this neighbourhood for its French-language schools,” and their children “should have equal opportunity, whether they choose the French Catholic or public system.” She urges that Marie-Curie students “really need this project to move ahead.”

HOW CAN NEIGHBOURS HELP?

The CEPEO did not provide details about the project despite my enquiries regarding barriers, alternatives, and finances, nor did they answer my questions about “what ... we [can] do, as members of the community, to help move things along.” So, I put the question to Anne-Marie.

Anne-Marie explains that “the CEPEO recently submitted their 2025-2026 funding request to the Ministry of Education,” noting that “the

Marie-Curie project remains a high priority.” She says that “this is their third request,” and the decision is “in the hands of the Ministry of Education.” She encourages anyone who wishes to help to get in touch with our Member of Provincial government, John Fraser, and the Minister of Education, Paul Calandra, to “encourage them to help prioritize the financing and construction of the new school.”

PERCEIVED INJUSTICE

The CEPEO is always growing. On January 29, 2025, it announced that it had received \$15.2 million in funding for an elementary school in Russell and \$40.8 million in funding for a high school in downtown Ottawa. One commenter responded: “*Bonne nouvelle. Quand aurons-nous des nouvelles pour les travaux de l’École élémentaire publique Marie-Curie?*” (“Good news. When will we have news about Marie-Curie?”).

I empathize with this reaction. It seems unjust that some public-school students get brand new facilities, while others are learning in structures that lack adequate central ventilation and have questionable access to clean water.

OF BUILDINGS, TREES AND ACTION

If there is really no choice but to raze the building, I hope the CEPEO will keep the trees around the site; I watched the hundreds of hours of volunteer work that went into ensuring those saplings got the water they needed to take root in a sea of pavement.

It is clear to me now that I have watched quietly from across the street for too long. So I will do as Anne-Marie suggests: write to John Fraser (1883 unit D, Bank St. Ottawa, Ontario, K1V 7Z9) and Paul Calandra (Ministry of Education, 15th Floor, 438 University Avenue, Toronto, Ontario, M7A 2A5). I hope you will consider writing to them as well! Perhaps, together, we may help the Marie-Curie school community put down new roots.



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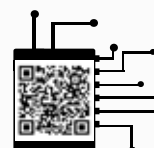
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About two Bank Street redevelopment projects

BY NORMAN PAYNE
PRESIDENT OF ELLWOOD'S RIDGEMONT COMMUNITY ASSOCIATION

Rejoice! Winter is cancelled it seems. Ellwoodians revel in endless blue skies with ideal temperatures, still enjoying their backyards, even their pools. I saw a resident rolling in the grass with a dog.

On a more pressing topic, City Hall is extending the Bank Street redevelopment project to include the area from Kitchener Avenue to Johnston Road. At a public consultation held on September 16, I learned that there will be a mess with lots of dust, traffic disruption, and inconvenience with no possibility of a detour. To shield the community from people taking a shortcut through our streets, there will be entry/exit restrictions on Kitchener Avenue, St. Paul Avenue, Foxbar Avenue, Vancouver Avenue, Surrey Avenue and Notting Hill Avenue.

Redevelopment highlights include a median stretching from Johnson Road to Kitchener Avenue; four lanes across Bank Street with widths slightly reduced; raised cycling lanes on both sides, including over the bridge, close to the roadway and the sidewalk at the property line. The on-ramp that emerges from the bridge-loop underpass and the intersection at Kitchener/ Bank will change significantly. The speed limit will be 50 kph with no parking on Bank Street.

Of outstanding creativity is a pedestrian walkway with stairs from the bridge to Ledbury Avenue. This walkway will offer pedestrians much safer passage. Gone will be the need to scramble up or down a path in the grass, which is slippery, wet, muddy, and iced over in winter. Those with strollers will be able to wheel their way to street level while pedestrians can take the stairs for quicker access.

In a detailed discussion with Laura Hagerman, project manager, on Wednesday, October 8, we hit a roadblock on the continuation of failsafe traffic separation from the point where the bridge plan stops and the plan from Kitchener to Walkley Road begins. Hagerman emphasized that her remit stops at the curb on the South side of Kitchener; however, our community encompasses the entirety of Ledbury/Kitchener to Walkley, and we have been advocating for traffic separation for more than 30 years.

We examined the removal of the right turn lane onto Bank, intending to prevent illegal right turns on Kitchener, which is a contentious point. Experience shows this will not deter people from making illegal right turns because it is the lesser of two evils compared to being held up between Kitchener and Walkley before turning right on Walkley. Drivers are currently turning left against a red light onto Bank across

four lanes. The deterrence value of the right turn in question will inhibit few drivers.

Positive feedback was provided on the design of the area close to Kitchener. The turning lane at this location will be removed and this area may be a candidate for new green space, with a mixture of shrubs, perennials, and perhaps a tree or two. Hagerman agreed to meet again, along with senior engineer Roxanne Tubb, who is responsible for the Kitchener to Walkley redevelopment project.

For our community, the full length of this roadway must be treated as one issue. Indeed, we have had assurances from several mayors and councillors that this important point will be addressed during the redevelopment projects. We have asked Councillor Riley Brockington during three AGMs and other meetings to have the City come up with two traffic mitigation plans including one to be selected by the community. Also, Brockington promised to do dry runs on a few occasions to see what might work and what might not work. His office has now offered to come up with some planter ideas and Hagerman suggested "pinch points."

On October 15, I spoke with Tubb, and she explained that the Bank Street redevelopment project, which she manages, and the Kitchener to Johnston Road "over-the-bridge" project, managed by Hagerman, are separate projects. The Walkley to Kitchener stretch, is part of phase two of the Bank Street project, which Tubb is coordinating with Hagerman to the extent that the sidewalks and bike lanes, and other such features meet up with those that extend from Walkley to Kitchener.

The over-the-bridge project is in preliminary stages, and two internal meetings on this topic are expected. So far, the over-the-bridge project has not been discussed at the various public meetings, including at the session held at Jim Durrell Recreation Centre on April 16, 2025.

Tubb indicated that the community's need for fail-safe traffic features will be discussed at the two internal coordination meetings. I asked to attend these meetings, but Tubb said that it is not possible. However, if an issue comes up during the meetings, Tubb can phone me for an on-the-spot consultation.

We also reviewed the intersection at Kitchener/ Bank and shared concerns about cut-through traffic onto Kitchener and reiterated that this should be viewed in conjunction with the overall remediation measures which the City promised will be implemented as part of the Bank Street redevelopment. Our aim is to stop or drastically reduce cut-through traffic and speeding by people passing through our community. I also pointed out that as early as 7 to 8 a.m. drivers are honking at people to move on. Tubb and I also discussed traffic problems on Bank Street and the need for future discussions on mitigation in the context of the redevelopment project.

Furthermore, three police chiefs in a row have stated bluntly that they do not have the enough officers, or funds, or interest to police these violations. Two have agreed that infrastructure features would be the ideal way to address this problem rather than greater police presence. I reiterated our position in detail on July 29 when I spoke with the new police chief, Eric Stubbs.

These infrastructure projects are now at a crucial stage, and we need to see progress on the integration of fail-safe traffic features. So, stay tuned for my next Ellwood update when I'll share more news from the next round of redevelopment project meetings.

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SKYLAR'S KIDS GAMES

FILL IN THE BLANKS

Hey diddle diddle,

The _____ and the _____,
(noun) (noun)

The cow _____
(verb)

_____ the _____;
(preposition) (noun)

The little dog _____
(verb)

to see such _____
(noun)

And the dish _____
(verb)

away with the _____
(noun)

JOKE OF THE MONTH

Why do bananas wear
sunscreen?

Because they peel.

FIND THE IMAGES

Search each page of the paper.



WORD SCRAMBLE: EASY

Fall Word Scrambles

3 letter words



bew



aet



mya



ako



ahy



oxf



ugm



abt



wol



pei



ogf



tah

3 letter words:

yam
fox
owl
hat
tea
hay
bat
fog
web
oak
mug
pie

WORD SCRAMBLE: HARD

Fall Word Scrambles

5 letter words



anogw



zmsea



paelp



tobso



ewtah



dbsir



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Senior Watch Alta Vista – we have been busy!

BY SUE RAVEN, COMMITTEE MEMBER

Senior Watch Alta Vista (SWAV) was established in November 2022 as the seniors committee of the Alta Vista Community Association. Its core goal is to help seniors “age in place” by:

1. Representing the interests and needs of seniors, focusing on quality of life.
2. Providing information on resources to promote active and healthy aging of seniors living in the Alta Vista area.
3. Establishing partnerships and collaborating with other organizations.
4. Participating in public consultations and providing input on issues affecting seniors.

Our SWAV group has indeed been active in attending meetings and senior-related events in Ottawa. We have also established a Horizontal NORC (Naturally Occurring Retirement Community) in Alta Vista. “Horizontal” refers to the predominance of single-family and low-rise residences in the catchment area of our community association. Our inaugural meeting was held at Rideau Park United Church in May 2025, with a turnout of over 70 people. Our guest speaker, Jenny Brooks from the Council on Aging, gave an interesting talk on the potential benefits of NORCs. We discussed focusing on topics such as social and recreational activities, community and educational programs and healthcare services.

Our activities have included:

- In June, we hosted a Strawberry Social at the Jim Durell Centre, which more than 80 people attended. Guest speakers included Mayor Mark Sutcliffe, City Councillor Marty Carr, and Member of Provincial Parliament John Fraser. All speakers voiced their support for our NORC project, the concept of aging in place, and the importance of the growing seniors’ population. Our list of SWAV-NORC participants has now grown to more than 100 seniors.
- In an effort to recruit partners and collaborators, we have met with our City Councillor, Marty Carr, the Southeast Ottawa Community Health Centre, Perley Health, and the Heron Seniors Centre. We have received information from, and given input to, initiatives such as the City of Ottawa’s Older Adult Program, Senior Watch Old Ottawa South (SWOOS), the Seniors Health Innovations Hub (SHIH), and Seniors for Social Action. We are beginning to share knowledge and collaborate with other NORCs. Ultimately, we hope to obtain support from the Oasis aging in place program, spearheaded by Queens University, which advocates nutrition, physical activity and social engagement as foundations for healthy aging.
- Last spring, we attended and contributed to the Ottawa City Hall presentations regarding NORCs. This concluded with the city council’s approval of a recommendation to request government support for programming and funding of NORCs.
- We have provided input to sessions regarding possible spaces that could include housing, recreational and healthcare facilities for seniors. The two locations in Alta Vista are at 1495 Heron Road and 1245 Kilborn Place. Several potential projects will benefit seniors in the future, but most are in the very early stages. For example, the Village Canada Consortium is planning a multigenerational community at 875 Heron Road, beside Data Centre Road. It is encouraging, but years of more lobbying and hard work lie ahead.
- In September, we explored two partnerships for our group –one with the Seniors Active Living Centre (SALC) at Perley Health and one

with the Heron Seniors Centre in the Heron Road Community Centre. Both locations have communal spaces for events and activities, and both offer reasonably priced annual memberships which allow members to attend many of their ongoing programs. The Heron Road Community Centre has a gym and an exercise/weight room, and has dedicated its entire second floor to seniors.

- We recently started a weekly Walk and Talk group, taking outdoor walks in Alta Vista. This winter, we will have the option of walking indoors in the immense gym at the Heron Seniors Centre. We are also looking at starting a book club.
- On October 29, we will host a presentation by an Ottawa paramedic on their expanded role in the community, including home visiting services. This service contributes to the health and well-being of the residents in our community.

Over the next several months, our SWAV-NORC group will continue to support seniors by forming community and healthcare alliances, and planning educational, social and recreational events. We encourage seniors to remain active and engaged while aging in place in the Alta Vista community. Our email address is swav.norc@gmail.com.



Scenes from a strawberry social hosted in June by Senior Watch Alta Vista at the Jim Durrell Recreation Centre.

PHOTO CREDIT (ALL PHOTOS): LYNNE DAVIDSON-FOURNIER

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Seniors and Veterans Living Centre

By Perley Health



Sandy Schwab goes the distance for veterans at Perley Health

BY TRACY HOLMES,
PERLEY HEALTH FOUNDATION

Retired colonel Sandy Schwab crossed the IRONMAN finish line in Ottawa this past August after 13 hours, 41 minutes and 41 seconds of gruelling endurance. He completed the ultimate test: a 1:21:43 swim, a 6:07:08 bike ride, and a 5:56:09 run.

But the numbers that matter most to Sandy aren't on the race clock – they're in his fundraising total. To date, he has raised an astounding \$42,059 for veterans at Perley Health.

While government funding covers the necessities of long-term care, it doesn't cover the morale and welfare activities that make a meaningful difference in the quality of life of seniors and veterans.

"Veterans' numbers are growing, and we have a new generation of post-Second World War veterans who supported 40 years of peacekeeping and 10 years of conflict in Afghanistan," Sandy explains. "These men and women need our support."

Sandy's connection to the military community runs deep. For over 20 years, he has participated in Canadian Armed Forces triathlons. He was coached and inspired by warrior-athletes who embodied both strength and service. Now, he's paying that inspiration forward.

With a significant presence of serving and retired CAF members in the Ottawa Valley, Sandy saw an opportunity to mobilize community support. His IRONMAN challenge proves that when one person commits to making a difference, others will rally behind them.

The Perley Health Foundation extends profound gratitude to Sandy for his incredible dedication. His effort reminds us that supporting those who served isn't just about remembering the past – it's about honouring and enhancing their present and future.



Sandy Schwab completed the IRONMAN event in Ottawa in less than 14 hours and has raised more than \$42,000 for the Perley Health Foundation.

New study highlights ways to better support veterans and families during transitions to long-term care

BY PETER MCKINNON, ON BEHALF OF PERLEY HEALTH

A new study sheds light on the experiences and needs of older veterans and their family care partners during the transition to long-term care (LTC). According to co-author Annie Robitaille, PhD, Commissionaires Ottawa Research Chair at the Perley Health Centre of Excellence in Frailty-Informed Care, "Moving into LTC can profoundly affect both older veterans and their care partners, yet little research has been done on this topic. Our study helps fill this gap and identifies ways to better support veterans and their families."

The study, "Understanding the transition to long-term care: Perceptions of family care partners of older adult veterans," explores an often-overlooked aspect of veteran well-being. It appears in the latest issue of the *Journal of Military, Veteran and Family Health*, a publication of the Canadian Institute for Military and Veteran Health Research, a key Perley Health partner. The study is also available at perleyhealth.ca/centreofexcellence.

A unique community of care that prioritizes veterans, Perley Health is home to more than 450 seniors and veterans in LTC and another 150 in independent-living apartments. Popularly known as the Perley, it is also a centre for research, education, and clinical innovation. Through its Centre of Excellence in Frailty-Informed Care™, the Perley conducts and shares practical research that improves care for veterans and older adults.

Dr. Robitaille's co-authors on the study are Georgia Stewart, who completed her master's degree in interdisciplinary health sciences at the University of Ottawa under Dr. Robitaille's supervision, and Kelly A. Pilato, PhD, assistant professor in the Faculty of Health Sciences at Brock University.

The study drew on semi-structured interviews with family care partners of nine older adult veterans living in LTC homes across Canada. Analysis revealed three key themes across the transition journey—before, during, and after admission:

1. Information gaps and how to find and use relevant knowledge.
2. The importance of feeling valued, recognized and supported.
3. The health and well-being of both veterans and their care partners.

The findings highlight the need for tailored support and greater awareness of the emotional and informational challenges veterans and families face when moving to LTC.

The Perley has evolved continually since it was founded in 1897. Its current campus on Russell Road opened in 1996, amalgamating the Perley Hospital, the Rideau Veterans' Home, and the National Defence Medical Centre. The Perley also provides short-stay accommodations, along with a growing range of therapeutic and clinical programs and services, to seniors and veterans. A recent addition is the Active Seniors and Veterans Living Centre, a welcoming hub for healthy aging, social connection, and lifelong learning. The Active Living Centre offers affordable, accessible programming – from fitness and recreation to mental wellness and peer connection – to combat social isolation, and support engaged, purposeful aging.



Veteran Marcel Lemay (right) is greeted and thanked by Kris Birchard, former chair of the Perley Health board of directors. Perley Health is home to more than 120 veterans.

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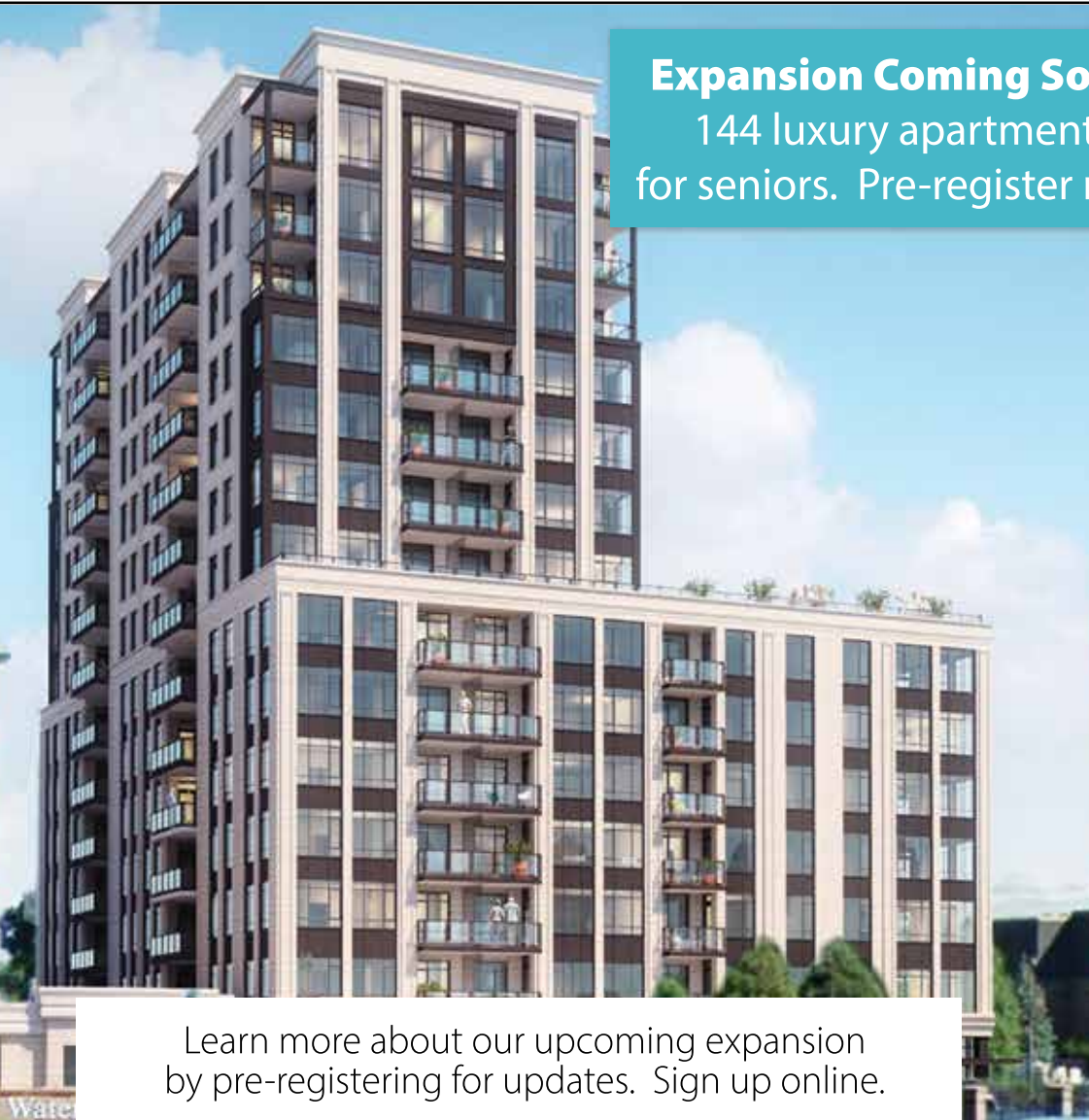
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Light for the dark days ahead

BY VALDA GOUDIE

After-school staff meetings are rarely a teacher’s favourite duty. At this time of year, we watch the sun go down through the library’s windows and then drive home in the dark. We consider teaching a “day job,” so leaving the school at “night” is depressing. I sympathize if you experience this with your job, too.

As the season marches on, the sun abandons us earlier and earlier. Aside from the colder temperatures, this is likely a factor in why so many Canadians head south as snowbirds, seeking brighter and warmer environments. I look forward to growing my wings in the next few years!

Animals are not the only creatures that hibernate—humans often do as well. We see less activity in our neighbourhoods as winter approaches. Folks who enjoyed an after-dinner walk turn to warmer activities inside. Children also head in earlier since it does not seem wise to have them out after dark. The danger in such hibernation is losing a sense of community. God created us to be social. Not only do we need Him, we need each other. How can we find light and strength in our faith as the dark, cold winter approaches?

PERSONAL LIGHT, FAITH BOOST

While it is annoying to see the Christmas paraphernalia in the stores in October and November, there may be aspects of the Advent season that we can welcome earlier. It is unlikely I will put up my tree before the end of this month, but there are practices associated with the festive season that we can incorporate now. How about lighting a candle or two at mealtime or during daily prayer to remind us that the light of Jesus breaks through darkness? In our quiet times, many Bible verses remind us of this, offering us opportunities to meditate and find encouragement.

The light shines in the darkness, and the darkness can never extinguish it (John 1:5).

John was talking about Jesus. He is the light. He confirms this in John 8:12:

“I am the light of the world. If you follow me, you won’t have to walk in darkness, because you will have the light that leads to life.”

Notice, He didn’t say He limits His light in certain seasons the way the sun does.

If we train our eyes and mind, we can find beauty in the cold. I am guilty of voicing my dislike of the deep freeze, but I can acknowledge that there are blessings unique to these chilly seasons. The dazzling light reflecting off ice, the sparkles on the snow on a crispy cold morning,

inky, star-filled skies, and the quiet of a fresh snowfall are just a few seasonal spectacles of creation. Bundling up and going outside for a nature walk can revive our spirits and renew our sense of thanksgiving gratitude.

We can also be intentionally grateful for our warm homes, hot cups of tea, and cozy blankets. This mindful gratitude shifts our focus from what is lacking (sun) to what God abundantly provides (shelter and comfort). Not everyone can boast of having these things.

COMMUNITY LIGHT, FAITH BURST

Have you ever noticed how focusing outward and serving others brings us warmth? The cold, dark days of November are the perfect time to increase service in our community. We can volunteer at a local shelter or food bank, shovel a neighbour’s driveway, or offer to pick up



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The light shines in the darkness,
and the darkness can never extinguish it.

John 1:5



groceries for someone who is sick. Even sending a card to a friend to say that you are thinking of them will reflect the light of your faith and create a connection during a possibly isolating time.

We can invite family and friends over for a hygge (pronounced “hoo-gah”). This is my favourite suggestion. The Danish concept of hygge is a way of cultivating cozy connection. It is all about creating a warm atmosphere and enjoying simple pleasures with good people.

Ingredients for a successful hygge:

- Warmth created by soft lighting, candles, a fireplace, or cozy blankets
- A relaxing atmosphere, not to be confused with a Christmas party, guests would not feel pressured to dress up. In fact, I’m picturing pyjama attire! Unwind with loved ones with no agenda but to relax.
- The opportunity to share simple pleasures. Enjoy warm drinks and comfort foods. It can be a potluck!
- A time of connection and togetherness. Guests will spend time with loved ones, engaging in meaningful conversation or playing games. This means unplugging and leaving the screens at the door.

By intentionally shifting our perspective and adopting these practices, the dark and cold of a Canadian winter can become a sacred season that strengthens our faith, rather than diminishing it. The truth is, I am now looking forward to hosting my first hoo-gah! (I mean, hygge!)

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King, Cleric, CIA: Crisis

REVIEW BY NORMAN PAYNE

King of Kings, The Iranian Revolution: A Story of Hubris, Delusion, and Catastrophic Miscalculation by Scott Anderson | Published by Penguin Random House Canada, 2025.

At the Ottawa Public Library, I casually picked up *King of Kings, The Iranian Revolution: A Story of Hubris, Delusion, and Catastrophic Miscalculation*, by Scott Anderson. It is undoubtedly the most riveting, factual, and insightful work of non-fiction on the Iranian revolution. I could not put it down and incurred a fine for keeping it too long.

The story details the sad and sorry saga of a great country and people from the time of the British Empire all the way to the Iranian Revolution. It chronicles from the Great Game to the Second World War, whence the Persians, tired of British and Russians' machinations, placed their bets on up-and-coming Uncle Sam's pony. At that time, the US was safely funneling arms to the Russians through Iran to fight Germany, in much the same way the US, much later, funneled arms through Pakistan for the Afghan Mujahedin to fight the Russians.

Few were aware of how deeply religious the Shiite population is, which was compounded by superstition and an endless predilection for conspiracy theories, especially in the poverty-stricken hinterlands. Anderson's book provides vivid examples and reasons for this devotion and conspiratorial nature, and how it affected the whole epic, when truth was often impossible to discern from fiction. With verve and elan, the author deftly whisks you through the convoluted, conflicted, confusing, catastrophic tale of egos, fears, Machiavellian manipulations, miscalculation, blunders, irrational denials, miscommunication, deceit, and duplicity. You will not be muddled by similar names or bored with needless meanderings.

The three main protagonists are Mohammad Reza Pahlavi, known as the Shah of Iran; Ruhollah Khomeini, founder of the Islamic

Republic of Iran and its supreme leader; and US President Jimmy Carter.

The Shah claimed legitimacy but was not directly descended from the illustrious Persian kings of yore, yet he gained the throne through a CIA conspiracy, which tainted his reputation with the clerics. According to Anderson, the Shah, who was viewed as "Muslim light," was a sheep in wolf's clothing whereas Khomeini, who claimed legitimacy directly from God, was a wolf in sheep's clothing. For his part, Carter believed in a strict, literal interpretation of the Bible. The most important thing was God. Carter also had a torrid temper and an uneasy relationship between his personal and pronounced ideals and the constraints of the unfolding crisis.

All promised democracy but did not, could not, or would not deliver it.

The Shah's secret police were named SAVAK while Khomeini had SAVAMA. Both made good use of Tehran's Evin Prison, but Khomeini did so on an industrial scale.

The Shah and Khomeini, in private, were soft-spoken men of few words and had the habit of sitting or standing ramrod straight to project vitality. Both truly believed the conspiracy theories they embraced. But those conspiracies were either more outlandish or non-existent. The Shah demurred to unleash death on a wholesale scale; Khomeini did not. Both had a predilection to prevaricate, equivocate, and just plain dither, and Khomeini, at his funeral, drew the world's largest public gathering at a single event: 10 million people.

President Jimmy Carter, #POTUS39, and a cast of Americans that included Foreign Secretary Cyrus Vance (who quit in a huff), hawk Zbigniew Brzezinski, out-of-touch Ambassador Sullivan, a coterie of official and unofficial Americans, totally uninformed, not caring to be informed until it was too little too late. And of course, there were the canaries

in the coal mine that saw it coming and were admonished for their prescience. And only one American could speak Farsi. Meanwhile, the insightful empress, Shahbanou Farah Phalavi, found her wisdom sidelined or disregarded, until the eleventh hour.

Then, Imperial Iran had the world's fifth-largest armed force; today, it is on the cusp of becoming a nuclear power. Perpetually in the spotlight, Iran, which has much of the Middle East in its thrall, is engaged in a war with Israel, a small Spartan-style country. Once again, the battles are spectacular and over long distances, now a theocratic dictatorship holds sway and large sections of the populace are fed up and want change.

How will it all turn out? Read the book and you will likely get a good idea. It comes at a pivotal moment in our lives and spiritedly takes you through the whole string of events of yesteryear. You know how it is going to end; they did not. The book is factual; fiction could not come up with a better tale.

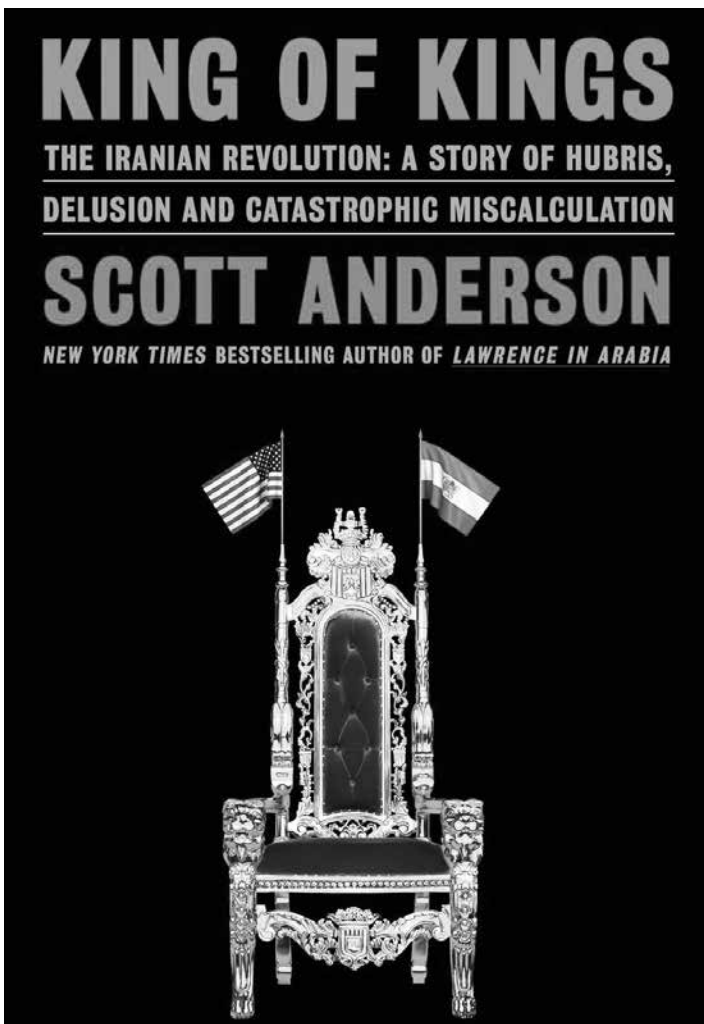
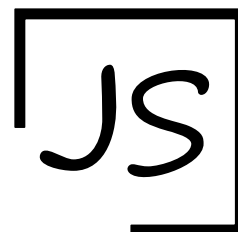


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London calling!

BY NORMAN PAYNE,
CERTIFIED TRAVEL CONSULTANT AND
CERTIFIED TRAVEL MANAGER

Q. We are planning for two weeks in London and are seeking unusual and unique experiences. When to go; where to stay; what do you suggest?

A. Samuel Johnson opined, “when a man is tired of London, he is tired of life.” No place is more blessed with the widest gamut of things to see and do, with fascinating and world-ranging stories behind them. Go in June, July, August, when the days are longest and warmest.

Try the Royal Borough of South Kensington for accommodations; with two convenient Underground stations South Kensington and Gloucester Road, you are well placed to get anywhere quickly, and Heathrow is a mere 45 minutes away. This area has everything yet is highly residential as well as less noisy and over overcrowded with lots of parks, hotels, and supermarkets, if you are staying in an efficiency unit (which includes a kitchen).

South Kensington is part of Embassy Row which has many charming buildings while being close to the museum precinct. Indeed, the Royal Albert Hall, the storied Hyde Park, Serpentine Pond, and Buckingham Palace are all within a 30-minute walk. Some other favourite areas are around the busy British Museum and Victoria Station.

Popular must-see sights like Buckingham Palace, Trafalgar Square, Westminster and Big Ben, Tower Bridge, the Tower of London, and St Paul’s can be toured in a day from the outside on foot in the order described, crossing the Thames at Westminster and again at Tower Bridge along two riverfront promenades.

On Saturdays, Camden Town is Burning Man/New Orleans/Las Vegas combined with a unique British flavour—a blast. Get away for a peaceful moment at the nearby Camden Canal and its many parks and houseboats.

For an unforgettable experience, take the Underground to Hampstead Heath, a vast park on the Northern Line. This is the real London where there are very few tourists. Hampstead Heath goes back about 6,500 years, officially chartered 1,000 years ago, with a small village ambience and amazing views at each turn. Every home is charm personified, most streets narrow and cobblestoned. You will get lost, guaranteed, but keep on getting lost. Many literary luminaries lived here, and many still do. Nearby is Karl Marx’s grave, with his utopian aspirations now buried.



PHOTO CREDIT: JOSH MILLS, UNSPLASH

Charing Cross Circle, London.

Kew Gardens, on the outskirts of London, with its voluminous greenhouse and pagoda, is the world’s preeminent botanical garden. It’s somewhat like the Central Experimental Farm, a working laboratory with over 27,000 species.

If you have seen The Tudors or Wolf Hall, then hi thee to Hampton Court Palace, an hour by train from Waterloo Station. The palace complex is a minute’s walk over the bridge from Hampton Court Station. It all happened here. See the very same chapel Henry and Anne experienced, unchanged. See the sumptuous rooms, royal halls, kitchens and the long corridor where Catherine Howard bolted, screaming for her life in vain. Her ghost is reputedly seen frequently. For a truly outstanding treat, take the 3 ½ hour idyllic boat ride back to London down the Thames countryside, which must be one of the world’s best bargains. This is how Henry VIII traveled from his palace to London, and you should too. Bonus: one of the boats, Princess Freda, was in the 1940 evacuation of Allied soldiers from the beaches of Dunkirk, France.

If you like Hampton, you will love Bibury, which goes back 1,100 years, in the Cotswolds. It’s best experienced on a small bus, day excursion, as distances are impractical on foot. Most buildings are of stone, tiled or thatched, and 650 years old, but the village is active in every other way, with sparkling streams, lush gardens, leafy parks, quaint shops, bountiful window boxes, two-storey-high trellises, and two charming churches. This is John Constable’s idyllic England.

See the National Gallery if you must but do visit the National Portrait Gallery around the corner. Famous paintings come to full-scale life, and don’t be surprised if Henry VII steps out of the frame and comes after you!

But wait – there’s more. Portsmouth, 2 ½ hours by train, is a legendary naval dockyard, with one-eyed, one-armed Admiral Horatio Nelson’s Victory anchored there, still in service, 247 years later. Stand on the top deck where Nelson was mortally shot, then go below two decks to the cockpit where he breathed his last.

Greenwich on the Thames is a tranquil parkland, with the Royal Observatory displaying the Prime Meridian between East and West, plus John Harrison’s groundbreaking maritime clock which revolutionised maritime navigation, on display, still accurate today, 255 years later. Nearby is Greenwich Naval Hospital, now a museum and where Nelson lays in state after being preserved in a pickle barrel full of rum after the Battle of Trafalgar.

Other awesome day excursions are grandiose: Churchillian Blenheim Palace, studied Oxford, spired Cambridge, fabled Canterbury—see the Magna Carta and where Thomas Becket was murdered in 1170, enigmatic 3,000-year-old Stonehenge, Roman York of cathedral notoriety, and royal Windsor. You should go!

P.S. Air Canada brings back daily London Heathrow Airport service next year, and Air Transat will fly seasonally to London Gatwick Airport thrice weekly.

The amazing blackpoll warbler

BY RICHARD KNAPTON
ORNITHOLOGIST AND BIRDING GUIDE

Fall migration is slowly winding down as many of our songbirds have left our area and migrated south, some no farther than to the middle states of the U.S., such as Virginia or the Carolinas, others to the West Indies, Central America and northern South America. Among them is a warbler that performs an astonishing fall migration that is truly amazing – the blackpoll warbler! Before we look at the migratory path followed by this bird, let's look at what we know about this warbler.

Breeding male blackpoll warblers are black and white with a distinctive black cap and white cheeks bordered by a black moustache stripe. Breeding females are streaky black, white and grey, without the male's black cap or white cheek. Both sexes have two white wing bars and orange-yellow legs. In late summer, they moult into a very different plumage: greenish-yellow above with dark streaking down the back and faint streaking on white underparts. The face is pale yellow with a dark eyeline.

Blackpoll warblers breed mainly in black spruce and tamarack forests in Canada's boreal forests, from Nova Scotia to the Yukon and beyond into Alaska. They also use young stands of evergreens and alder or willow thickets in Western Canada. During migration, they stop over in scrubby thickets and mature evergreen and deciduous forests. On their wintering grounds east of the Andes in South America, they occur in forest edges and second-growth forests below 3,000 metres.

Blackpoll warblers eat mainly spiders and insects, such as caterpillars, gnats, lice, ants, beetles, mosquitoes and flies. They move slowly along branches in evergreen trees, looking for insects. They tend to forage primarily from eye level up to the canopy in the interior branches of evergreen trees, especially during summer in their northern range. During fall migration, they also eat fruit, including honeysuckle, pokeberry and yew. In the spring, males arrive north before females and almost immediately start setting up their territories. Females arrive two to three days later, forming a pair with a male soon after. Males follow females closely while they are building the nest and laying eggs. Males and females maintain their bond typically only during the breeding season, but some return to breed with the same mates in the following year. Although mostly monogamous, some males breed with more than one female. They are generally solitary during the breeding season, but join mixed-species flocks during the non-breeding season.

Males start singing during spring migration and continue to sing from high perches at all hours of the day on the breeding grounds. This warbler is nature's hearing test, with a high-pitched, almost inaudible song that floats through the boreal forests of Canada. Most songbirds sing at a frequency between 1,000 and 8,000 Hertz, but the blackpoll's song can reach 10,000 Hz, higher than even the song of a brown creeper.

So, what is so special about this bird? The blackpoll warbler, named for the male's black forehead and crown, has the longest migration of any North American warbler, indeed, perhaps the most impressive migrant of all our small birds. They fly incredible distances – especially the ones that nest in Western Canada, farthest from the wintering grounds. Those birds tend to have longer wings than those nesting in Eastern Canada. Longer wings may mean that they can fly faster or more efficiently to reach their distant wintering grounds.

Each fall, most blackpolls migrate to the East Coast of Canada, in the Maritime provinces, and to the New England states. From their western range, they fly east/southeast more than 4,000 kilometres. Then, after they have fattened up, doubling their weight from 12 to 20 grams, they fly out over the Atlantic Ocean in an incredible nonstop flight of more



Blackpoll warbler in fall plumage.

PHOTO CREDIT: BOB BAKER

than 3,000 km across open water without stopping, sometimes flying for more than 80 hours straight until they reach their Amazon wintering grounds. They are long-distance athletes, and they hold the record for

PHOTOS BY ELLWOOD'S | GARY HOWARD



This **MALE BLACK-BACKED WOODPECKER** is rare in our region as it is a more northern bird, living in the boreal forests, feeding on grubs and insects on evergreen trees. This one, in a recently dead pine tree was stripping away the bark to get at the insects underneath



An **OLIVE-SIDED FLYCATCHER** will stay vigilant on a branch near the top of a tree then suddenly swoop down on the insects they spot and flit back to the same branch.

the longest overwater flight for a songbird. Such a journey requires that they eat enough before they leave to double their body mass. Food and endurance are not all it takes for the blackpoll warbler to complete its epic journey; they also take advantage of the prevailing winds, following cold fronts to give them a boost as they head south.

Thus, blackpoll warblers migrate up to 20,000 km round-trip annually, a journey that includes this fantastic non-stop transoceanic flight over the Atlantic Ocean to their wintering grounds in the

Amazon Basin. In spring, they are more leisurely, travelling via the West Indies, Central America and Florida, pausing to sing in our shade trees on their way north.

Although still numerous, the blackpoll warbler has lost an estimated 88 per cent of its population in the last 40 years. The oldest recorded blackpoll warbler was a male, and at least eight years, one month old, when he was recaptured and rereleased during banding operations in Alaska in 2006. He was banded in the same state in 1999.



Blackpoll warbler male in breeding plumage.

PHOTO CREDIT: BOB BAKER

Six tips to help reduce biggest threats to birds

BY PAIGE HEFFLER

Do you ever take the time to slow down and watch the birds around you? How do they interact with each other, the beautiful sounds they make, or how they raise their young? Environment Canada estimates as many as 42 million birds die from collisions with windows every year, and according to new research, that number could be even higher.

I had heard about Feather Friendly Bird Collision Deterrent Technologies previously from Safe Wings Ottawa, but I hadn't bought any yet. After a beautiful hermit thrush hit my window in the spring, I immediately ordered five packs of the Feather Friendly dots (and brought the bird to the Ottawa Valley Wild Bird Care Centre for rehabilitation). These dots make glass visible to birds because glass (without the dots) reflects habitat or is transparent, and birds cannot recognize it as a solid object, so they fly into it. Light pollution also negatively affects birds in Canada, especially migratory species, by attracting them to urban centers, causing disorientation and increasing fatal collisions with buildings. To mitigate these impacts, individuals and communities can implement solutions such as turning off lights during migration seasons (March to May and August to October), using shielded, downward-facing outdoor lights, applying bird-safe treatments to windows (e.g., Feather Friendly dots), and drawing blinds on interior windows. Some people use bird decals or other stickers on their windows to divert birds, but these are not as effective. Feather Friendly dots are a quarter inch in size and spaced two inches apart, and will fully cover a window. The dots must be on the outside of the window. Independent studies have shown a 95-plus per cent reduction in bird-glass collisions when using the Feather Friendly dots on windows.

If you see a bird immobile on the ground, get it help—it has hit a window. It is not normal for an adult bird to be sitting on the ground looking dazed and confused. Contain the bird immediately in a closed box (shoeboxes are a good size for songbirds) lined with paper towel for it to stand on and bring it to a licensed rehabilitator. Don't wait to see if the bird "shakes it off." Do not put it in the box for a few hours to "rest," then release it. Don't allow the bird to fly away; flying off doesn't mean it is "fine." Birds will use the last of their strength to fly somewhere safe, to die away from predators (including humans). At the very least, window strike victims have a concussion and need several days of anti-inflammatories. In more severe cases, they have broken bones, detached retinas, spinal trauma, ruptured air sacs, or internal bleeding—some of these issues do not show up until hours or days later.

Windows are not the only killers of birds – there are so many other things that we humans can do to protect them. Other ways to protect our beautiful birds (and other wildlife) include:



Bird strikes mass casualties and Feather Friendly dots.

- **KEEP YOUR CAT(S) INSIDE, USE A LEASH OR CATIO:** On average, cats kill more than 100 million birds each year in Canada. Domestic cats are not native to any ecosystem, and allowing them to roam outdoors has a negative impact not only on birds but on other native wildlife as well. Trust me, I love cats – I have two at home – but I keep them indoors or put them on a leash because I also love the birds outside.
- **CREATE AND PROTECT HABITAT FOR BIRDS:** Provide food, water and shelter for them.
- **USE PROPERLY SECURED COVERS FOR WINDOW WELLS:** Window wells can trap birds and other animals.
- **AVOID USE OF PESTICIDES AND HERBICIDES:** The widespread use of chemical pesticides and herbicides in agriculture, forestry, and in our own yards and homes poses a major threat to many bird species in Canada.
- **AVOID USE OF CERTAIN HOLIDAY DECORATIONS:** Avoid imitation spider webs, artificial food (e.g., imitation berries on wreaths), bleached pumpkins, and balloons (birds can get tangled in the string, but can also mistake the balloon itself for food if it deflates). Anything that looks like a source of food or nesting material can be deadly.
- **REDUCE PLASTIC USE:** Canadians produce 3.3 million tonnes (one tonne = 1,000 kilograms) of plastic waste each year. Plastics make their way into the environment, where they can harm wildlife in myriad ways (e.g., seabirds suffocate from ingesting and becoming entangled in plastics). Plastics also break down into small "microplastics" that are eaten by wildlife and then move up the food chain.

What would our world be like without the sounds of birds? Without the opportunity to watch the beautiful wildlife around us? I hope we never have to find out, but we need to act now if we want to help save our wildlife. Change can start in our community.

PHOTO CREDITS: ALYSHA RIQUIER/SAFE WINGS OTTAWA

Young adults are not OK:
The aftermath of devaluing in-person connection



BY DR. SARAH CHAN

The youth mental health crisis has been in the making for many years, and now there is more research offering explanations for what is happening. After almost 10 years of speaking with young adults, what I see as a critical issue that is not getting enough attention is the devaluation of in-person connection.

What has struck me the most in speaking with my young adult patients is how they do not know what they do not know. They cannot miss what they have never experienced. They are acutely aware of their unhappiness and loneliness. Many blame their use of technology, yet cannot put limits on their use. It has become



so instrumental in their lives. It has given them a false sense of belonging and identity, while entertaining them and wasting their time.

But again, they do not know differently. They are told to make their living online; in-person jobs are disappearing anyway. They are told this is the way of the future: get on board or be left behind. They are told virtual connections can replace in-person ones. They are told they have everything they need and more because of the technology available to them.

In truth, all of us receive this messaging, but its ill effects are concentrated and magnified in our youth, who do not have the experience and maturity to know otherwise. The result is that this generation, more than any other, is the most disconnected and isolated. As well, our youth are experiencing a crippling pressure to fix their problems and the world, and are being told they have no excuse for their struggles. It is not surprising, then, that there is a rise in young people who are struggling with mental health issues, and that they are sometimes turning to self-diagnoses and self-medication.

So, what is the importance of in-person connectedness?

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Everything uncomfortable that happens during in-person encounters in a critical period of social development is necessary; these encounters are essential opportunities for growth, skill development, mastery, and identity formation.

However, all that is vital and good about this discomfort, which empowers and builds resilience, is now what many of our young people have learned to be afraid of, to devalue, and to dismiss. Instead of tackling the mental obstacle course that is socializing to build the skills, flexibility and strength, they have learned to pathologize and emphasize their anxiety as justification to sit on the sidelines. Avoidance perpetuates anxiety. It is a natural consequence, then, that young people who avoid in-person interaction come to feel unhappy, emotionally frail, and hopeless.

It is in speaking with this patient population that I have recognized individuals can only learn to know themselves and others in the arena of in-person engagement. Patients tell me about their many online friendships, which have value but offer minimal protection against developing mental health symptoms. To stay healthy, one needs to feel a sense of belonging that is tangible and real – something recognized for decades based on attachment research in infants. For humans, to belong is to survive.

My message to our youth is:

1. Just like sleep, exercise and food, humans need in-person social interaction.
2. Humans are not as polarized or scary as social media makes you believe. Come out into the real world and find out for yourself. It will be worth it.
3. You are not alone. Prove this to yourself with regular in-person interactions, because only then does it become true.

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Remembrance Day - Nov. 11

On Nov. 11 each year, Canadians stand in collective remembrance of all who have fallen in the military service of their country.

The Royal Canadian Legion (RCL) is pleased to welcome spectators to the annual National Remembrance Day Ceremony at the National War Memorial. The 2025 Ceremony will be planned in accordance with national and local regulations.

You can watch the Ceremony in-person, on television or online on the RCL Facebook page beginning at 10:30a.m.

Alta Vista Drive Update

I often hear from residents about the state of Alta Vista Drive. While this road is up for complete renewal, with the design work already underway, the construction work is many years away from starting. In the meantime, I have worked hard with City Staff on an interim solution. I'm happy to announce that resurfacing of Alta Vista Drive, from Bank Street to Randall Avenue, is scheduled for the 2027 construction season. I will provide more details as I receive them.

2026 Budget Public Information Session – Nov. 25

My office, in collaboration with Wards 10, 16, and 17, will be hosting the Ottawa South 2026 Draft Budget Public Information Session on Nov. 25, at 6:30 p.m. at the Jim Durrell Recreation Centre (1265 Walkley Road) in Ellwood Hall.

The City Budget will be tabled on Nov. 12 at City Council. Following the tabling, residents will be able to submit questions through the City's Engage Ottawa webpage. Question submissions will be open for the public between Nov. 12 and Dec. 8.

All City Council and standing committee meetings are open to the public. You can watch all Council and Committee meetings on the Ottawa City Council YouTube channel.

Summit Avenue Integrated Renewal Project

The City of Ottawa is undertaking an infrastructure renewal project on Summit Avenue, between Alta Vista Drive and Fairbanks Avenue. The proposed work includes the replacement of the sanitary sewer, watermain, and roadway. A sidewalk and traffic calming measures are also to be added.

Construction is now expected to begin in Spring 2026 and is anticipated to be completed by Summer 2027. A notice will be provided before construction begins.

In preparation for construction, temporary streetlights will be installed on wood poles, and the existing streetlights will be removed. Tree pruning will also be completed this fall or winter in advance of construction.

November Office Hours

Are you looking to meet with me? Our next office hours will be taking place on Nov. 20 from 1 p.m. to 3 p.m. at the Heron Road Community Center (1480 Heron Road). If you wish to schedule an appointment during this time, please contact my office at (613) 580-2488 or by email. I am also available to meet virtually at other times.

Save the Date! Breakfast with Santa - Dec. 6

We look forward to seeing you at this year's Breakfast with Santa at the Canterbury Community Centre (2185 Arch Street)!

Come join us from 8 a.m. to 11 a.m. on Dec. 6 for a pancake breakfast with coffee and tea, face painting, and a visit from Santa himself! We will also be collecting donations for the Ottawa Food Bank.

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 Ward /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



ARTS & CULTURE



BY BARBARA SZATANSKI

Since 2016, Art in the Neighbourhood has been bringing affordable art to our corner of Ottawa. What began with six artists gathered in a garden, in Elmvale Acres, has grown into a volunteer-run, not-for-profit collective. We have always hosted two shows a year: a Fall Art Show on the third week of November at Emmanuel United Church on Smyth Road; and a Spring Art Festival the Saturday before Mother's Day, at the Jim Tubman Chevrolet Sens Rink on Arch Street.

Our aim is to make art accessible—through free admission and parking, and venues that welcome families and friends. Visitors can expect a gallery-style display with grid walls featuring paintings, pottery, jewellery, fibre art, cards, books, and more. It's a chance to meet the makers, discover one-of-a-kind work, and take something home without breaking the bank.

When the pandemic disrupted live events, we built and maintained a virtual gallery, so artists could keep showing their work year-round. Today, the site hosts both "Gallery Rooms" (collections that invite direct contact with the artist) and "Gallery Shops" (full e-commerce pages where visitors can buy online). More than fifty artists are now featured.

Collaboration has always been a hallmark. Over the years, Art in the Neighbourhood has worked with the Canterbury Community Association, Arch Street Public School, and local high school students who volunteered to help set up shows while earning their community service hours. Silent auctions and donations have also supported charities such as Serenity Renewal for Families, the Ottawa Food Bank, QuickStart for Autism, Brain Tumour Foundation of Canada, and Ovarian Cancer Canada.

Our fall art show takes place Saturday, November 22nd at Emmanuel United Church (691 Smyth Road). It will feature twenty-five artists, live music with the Bluesy Swing Duo, and the chance to discover affordable art right here in Alta Vista—and everyone is welcome. There will also be plenty of door prizes donated by the artists. You just might be a winner!



PHOTO CREDIT: BARBARA SZATANSKI

Last year's Art in the Neighbourhood exhibit featured a stunning array of local art. The collective looks forward to sharing new works at this year's fall show in November.

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THE GARDEN GATE

BY PATRICIA MOSHER

Fall-planted bulbs for spring beauty

With our typically drab weather this month, it's the perfect time to set the stage for brilliant spring colour by tucking a few bulbs into your garden beds, borders and containers. I realize that popping something into the soil that won't emerge for months is a bit of a leap of faith, but trust me, it's the best antidote to the winter blues!

From delicate snowdrops to majestic alliums, there's a wide variety of bulbs to choose from. Here are a few of my favourite spring-flowering bulbs.

Tulips (#1, 2, 3) are one of the most iconic spring-flowering bulbs owing to their elegant, cup-shaped blooms in almost every shade except true blue. With over 100 species and thousands of cultivars from petite varieties to majestic Darwin hybrids, tulips offer endless design possibilities. They pair beautifully with other spring bulbs, early perennials, and annuals. For maximum impact, plant in groups of six to 12. (Size: 10–30 inches tall, 3–5 in. wide).

Hyacinths (#4) are prized for their intoxicating fragrance and dense spikes of star-shaped blooms in shades of blue, red, pink, lilac, yellow and white. Easy to grow, they combine well with other early spring bulbs like daffodils and tulips. Plant them where their scent can be fully enjoyed. (Size: 6–12 inches tall, 3–4 in. wide).

Crocuses herald one of the earliest signs of spring, bringing cheer after a long winter. Grown from hardy corms, they thrive in a wide range of climates and are perfect for beginners. Their tubular flowers

appear in white, pink, purple, blue, yellow, orange and bicolours. (Size: 3–6 in. tall, 2–4 in. wide).

Ornamental alliums (#5), relatives of edible onions and garlic, are grown for their striking globe-shaped flower heads. Each spectacular "pom pom" is several inches wide and is made up of a cluster of starry florets in shades of purple, pink, blue, yellow or white. They attract pollinators and add dramatic height and structure to the garden. (Size: 6–48 in. tall, 2–8 in. wide).

Snowdrops are one of the earliest bulbs to bloom, often appearing in March/April while the snow still lingers. Their delicate, bell-shaped white flowers, sometimes with green markings, nod gracefully on slender stems. The common variety, *Galanthus nivalis*, is the most widely grown. (Size: 4–12 in. tall, 3–6 in. wide).

Fritillaria (#6) add a touch of drama and uniqueness to spring gardens with their elegant, nodding bell-shaped blooms. With more than 100 species ranging from the petite Fritillaria to the stately crown imperial Fritillaria, flowers appear in white, yellow, chocolate, orange, red and purple, often with striking patterns. (Size: 12–24 in. tall, 8–24 in. wide).

Daffodils are classic and cheerful and are a sure sign of spring. Their trumpet-shaped blooms come in shades of yellow, white, orange, peach and bicolours. Hardy and long-lived, they return year after year with minimal care. (Size: 4–24 in. tall, 2–3 in. wide).



PHOTO CREDITS: IMAGES #1, 2, 3 (PATRICIA MOSHER); IMAGES 4-5-6-7 (GARDENIA.NET)



NOVEMBER GARDENING



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

Winter Aconites are early bloomers that burst into colour in early spring, often before the crocus. Their bright yellow, buttercup-like flowers are framed by divided green bracts, followed by lush dark green foliage. They make a lovely companion to other spring flowers like snowdrops and hellebores (a spring-blooming perennial). (Size: 3–6 in. tall and wide).

Summer Snowflake (#7), despite its name, is a spring bloomer. Elegant, bell-shaped white flowers with green-tipped petals rise above grass-like foliage, creating a graceful effect. As a bonus, the flowers are softly chocolate-scented! The popular “Gravetye Giant” variety features larger blooms. Clumps naturalize easily over time. (Size: 12–24 in. tall, 2–3 in. wide).

Most spring-flowering bulbs require full sun, so choose a location that receives at least six hours per day. Before planting, loosen the soil to a depth of about 12 inches and mix in a little compost to improve soil drainage and fertility. Plant the bulbs pointed side up at a depth of about three times the height of the bulb, typically six to eight inches for tulips, and space them four to six inches apart. After planting, water the area thoroughly to help settle the soil and initiate root growth. Adding a two- to three-inch layer of mulch can help regulate soil temperature and moisture throughout the winter. To prevent squirrels from digging up the bulbs, consider adding a layer of chicken wire over the planting area before covering with mulch or use a natural deterrent like garlic spray.

Tree talk

BY PATRICK HAMEL

A recent memo to Ottawa City Council about the “Five-Year Tree Canopy Update” shows that Alta Vista’s tree canopy decreased by 1.86 per cent between 2017 and 2022. Trees cool our streets, make our neighborhoods more beautiful (and more), so it’s crucial to give new plantings the best start possible. With a little bit of care in the first few years, young trees can grow strong and thrive for decades if not hundreds of years. Here are some important tips:

Mulch wisely: Spread mulch to cover the roots but keep it away from the bark. Piling mulch against the trunk may look tidy, but it actually harms the tree and will eventually kill it. This is one of the most common issues, which contractors sometimes overlook.

Protect the bark: Be careful with lawnmowers and string trimmers. Bark wounds heal poorly and open the door to pests and disease.

Check the roots: Before planting, make sure roots aren’t circling tightly inside the pot—a sign the tree has been in the container too long. If you do see some tangling, gently loosen the roots before planting. Healthy, outward-spreading roots are key to a strong start.

Don’t plant too deep: The root flare—the spot where the trunk widens at the base—should always be visible above the soil. Planting a tree too deep causes the same problems as piling mulch against the bark: poor growth, stress, and a shorter lifespan.

Water often: During the first three years, water regularly, especially in hot, dry spells. Deep, slow watering is best for helping roots grow strong.

Stake for a short time: If you need to stake a new tree, do so only for the first three to six months. Staking for longer periods makes trees dependent and keeps them from building strong trunks on their own.

Keep weeds away: Clear weeds from around the base and add 2 to 4 inches of mulch, starting a few inches away from the trunk. This keeps moisture in the soil and reduces weed competition.

Prune gently: Avoid overdoing pruning. A tree’s natural shape is usually the healthiest and strongest. Too much cutting (often seen with lower branches) weakens it and makes it more likely to break in strong winds.

Choose the right tree for the right place: Before planting, think about how big the tree will get. Avoid putting tall species under power lines or too close to hard structures.

Other threats: Avoid herbicides, especially the ones for broad-leaf weeds, road salt, soil compaction, and injuries to the bark from nails, carvings, and slack lines.

Plan for more: If you have an aging or declining tree, consider planting a new one—or even more than one—a few years in advance. A lawn can handle more trees than you think, and small clusters can grow into “mini urban forests” that provide shade, resiliency, and beauty. Every tree we plant and care for is a step toward restoring Alta Vista’s canopy, ensuring our neighborhood stays green, healthy, and welcoming for generations to come.



Severe mulch volcano around tree trunk in Alta Vista.



This tree’s trunk tapers towards its base. Possible causes: tree planted too deep or too close to a mineral structure.



An extreme example of bark damage, often the result of lawnmowers or string trimmers hitting the base, picture in Alta Vista.

What's on in Ottawa and beyond?

This month, I review a historical feature-length film, *The Boy in the Woods* and *John Candy: I Like Me*, a documentary about John Candy, the late Canadian comedian.



BY TONY WOHLFARTH
OTTAWA-BASED FREELANCE FILM
AND ENTERTAINMENT WRITER



JOHN CANDY: I LIKE ME (2025)

In September, *John Candy: I Like Me* premiered at the 50th Toronto International Film Festival. The film opens with a moving tribute by Bill Murray who worked with Candy at The Second City, an improv theatre troupe. The scene then switches to SCTV clips and tributes at his funeral on March 18, 1994. Candy died suddenly at the age of 43. Candy's father died at the age of 35 and this was seared in his mind.

Candy was born in Newmarket, Ont. and grew up in Toronto's East York district. He is best known for his performances in comedies like *Planes Trains and Automobiles* (1987), *Spaceballs* (1987) and *Uncle Buck* (1989). The story is enriched by a healthy dose of home videos of the playful Candy's private moments. Candy tried to join the US Army during the Vietnam War. Who knew he was a part owner of the Toronto Argos? Above all, he was a proud Canadian and the king of improv.

The tributes mount throughout the film—Conan O'Brien, Mel Brooks, Dan Akroyd, Catherine O'Hara. Tom Hanks, Eugene Levy—just to name a few.

The film is directed by Colin Hanks and co-produced by Ryan Reynolds and Colin Hanks. Expect strong language. Its running time is one hour and 53 minutes. It is one to watch. *John Candy: I Like Me* is currently streaming on Amazon Prime in Canada.

THE BOY IN THE WOODS (2023)

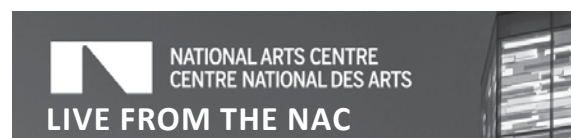
The Boy in the Woods is a dramatic feature-length film set in 1943 in an occupied Ukrainian village, Buchach.

Max (Jett Klyne) is a 12-year-old Jewish boy. When the Jews are rounded up for deportation, his savvy mother tells him to flee. He survives in the forest on berries and mushrooms, befriending another Jewish refugee Yanek (David Kohlsmith) and overcomes several close encounters with the German occupiers.

Its cinematography is stunning, reflecting the beauty of northern Ontario where the film was made. What is even more remarkable is that it is based on a true story by Maxwell Smart, a Holocaust survivor, in a 2018 book of the same name.

Directed by Rebecca Snow, *The Boy in the Woods* has a running time of one hour and 41 minutes. In 2019, Snow made two critically acclaimed documentaries, *Cheating Hitler: Surviving the Holocaust* and *Pandora's Box*.

The Boy in the Woods is currently available for rent from Movies N'Stuff, 1787 Kilborn Avenue. A special feature included with the DVD version is a moving segment with the author, Maxwell Smart. Call Peter to reserve a copy: 613-738-1607.



The National Arts Centre's new season is underway. Here are some November highlights:

- **NOV. 1:** An Evening with Leahy
- **NOV. 7:** Georgia Harmer with Sister Ray
- **NOV. 13:** Hawksley Workman
- **NOV. 14:** Tom Green Stompin' Comedy Tour
- **NOV. 17:** Jan Lisiecki, "Preludes" Recital
- **NOV. 18:** Trombone Shorty & Orleans Avenue
- **NOV. 21 & 22:** Blue Rodeo
- **NOV. 22:** Cadence Weapon
- **NOV. 28:** Holly Jolly Jill Barber's Christmas



BROADWAY ACROSS CANADA

Broadway Across Canada returns to the National Arts Centre at 1 Elgin Street on November 8 for an eight-show run of *Mrs. Doubtfire*, a musical comedy that will appeal to audiences of all ages. For tickets, check out: <https://ottawa.broadway.com/shows/mrs-doubtfire/>



THE CPKC HOLIDAY TRAIN

The Canadian Pacific Kansas City Holiday Train makes whistle stops along the transnational line again this year. The holiday train has raised over \$26 million for local food banks since its inception in 1999 and features several Canadian musicians among others who spread holiday cheer.

On November 28, the train passes through Eastern Ontario with whistle stops in Finch, Merrickville, Smith Falls, and Perth. Featured musicians include Teigen Guyse and Tyler Shaw. Get the complete schedule here: cpkcr.com/holidaytrain.

Secrets, Lies, and Pie

BY PETER THOMPSON
OWNER MOVIES'N STUFF

One of the great things about being around people, movies, and shows is suggesting something and then seeing people's reaction. Some TV shows come out and in a few years, no one mentions them again. But then, there are exceptional shows that motivate us to sit down and commit our time to them. Some of these titles you've seen, especially if you frequent Movies 'n Stuff, but to those who are uninitiated, these shows are tried, tested and true!

1. SCOTT & BAILEY (5 SEASONS)

One of the greats of procedural detective series, this follows two Manchester detectives who couldn't be more different. Janet Scott is a more understated, pensive detective with a seemingly normal home life, while Rachel Bailey is a little wilder, quicker to make accusations and has a personal life that is not the most stable. You'll love to follow these two as they crack cases and deal with personal issues—and frankly, you'll be upset when the series is over. See it!



Lesley Sharp and Suranne Jones in *Scott & Bailey* (2011)

2. DARK WINDS (3 SEASONS)

A crackling, excellent series set in the American Southwest in 1971. Leaphorn and Chee are two Navajo police officers who have to suddenly deal with a bold bank robbery that leads to a double homicide and a connection to one of the officers that he doesn't divulge. Produced by the late Robert Redford, this is a hidden gem!



Zahn McClarnon in *Dark Winds* (2022)

3. THE BRIDGE (SWEDISH) (4 SEASONS)

One of the truly great TV series of all time (sharing this distinction with #8). A body is discovered precisely on the border of Denmark and Sweden—and it's not one body at all, it's the upper half of a Swedish politician and the bottom half of a Danish prostitute. Done on purpose? You bet. It forces Swedish detective

Saga Norén, who is as socially awkward as they come as well as autistic, to partner with the more experienced Danish detective Martin Rohde. It is awesome!

4. MYSTERY ROAD (2 SEASONS)

Things keep unfolding and unfolding in this Australian detective series. What starts out as the disappearance of two young men at a cattle station begins taking turns that slowly point to something much more sinister, threatening to put the entire community at risk. Great acting and great twists!

5. PIE IN THE SKY (5 SEASONS)

A somewhat more quiet detective series than most, this story features DI Harry Crabbe. When he botches a sting operation, instead of being able to retire, Crabbe is suspended. Not entirely unhappy with this, Crabbe does what he's wanted to do his entire life, open a restaurant. However...he keeps being called back for cases, much to his chagrin. Charming and light, this is a winner!

6. NO OFFENCE (3 SEASONS)

A team of female detectives are patrolling the streets in a particularly crime-ridden part of town in Manchester. Their no-nonsense approach has seen them put away many criminals, but when a serial killer emerges, they face challenges they haven't yet dealt with. A procedural detective drama that also has its fair share of humor, this is one to see!

7. THE NEWSROOM (3 SEASONS)

When the great Aaron Sorkin creates, writes and directs a show, the world takes notice. And notice they did for this 2012 Emmy winning series about an idealist anchor and his new team as they attempt to produce the highest quality of news show in the world, all the while dodging corporate interferers who keep insisting on pushing their political agendas. Engaging, smart, chaotic. This show has it all.

8. THE BUREAU (5 SEASONS)

As with #3 on my list, this is widely considered one of the greatest TV shows of all time. Based on real accounts from former spies, this show is as close to reality as you can get. It follows Malotru as he comes back to Paris after six years undercover in Damascus. He struggles to reintegrate into normal living, trying his best to reconnect with his ex-wife and his daughter, realizing his love in Damascus, Nadia, has returned to Paris as well. But that's just the tip of the iceberg. In a precarious place in life, Malotru is in a perfect position to be coerced into becoming a double agent.



Mathieu Kassovitz and Zineb Triki in *The Bureau* (2015)

One Battle After Another (2025)

FILM REVIEW BY
CHRISTIAN MCPHERSON



It's likely, from all the hype and reviews, to win the Oscar for best picture of the year. Cinephiles have found

Paul Thomas Anderson's new movie, *One Battle After Another*, hysterically funny. I confess, I have not been his biggest fan. I have enjoyed some of his work (*Boogie Nights*, *Magnolia*) and loathed others (*Punch Drunk Love* and *Inherent Vice*). I loved *Licorice Pizza*. I thought it might be his best work to date. Next to it will stand this film, *One Battle After Another*. Like *Eddington*, it's a contemporary portrait of America in what I might classify as a Coen brothers' style thriller-comedy. It stars Leonardo DiCaprio as Bob, an explosives expert for a radical left-wing revolutionary group, The French 75. He raises a daughter on his own and has kept off the grid for 16 years until his nemesis, Col. Steven J. Lockjaw (Sean Penn), comes looking for Bob's daughter. Bob and Sensei Sergio St. Carlos (Benicio Del Toro) go on a rescue mission to get Bob's daughter back.

There is a ton to love in this film. Sean Penn's silly army-style walk is fantastic. Benicio's "few small beers" line is great. And the best, DiCaprio trying to remember the password for the rendezvous point, is one of the funniest things you will see all year (almost as good as him trying to manage the stairs in *The Wolf of Wall Street*).

Is it the best film of the year? For me, no. I liked *Eddington* and *Weapons* more. However, *One Battle After Another* will likely land in third place and is one of Anderson's best works. The car chase scenes are some of the best I've ever seen on film. Catch this now in theatres.

Rating: 4.5/5 stars



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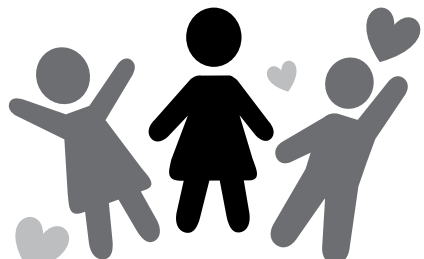
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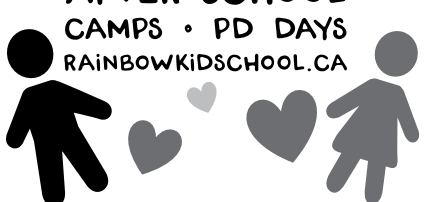




PHOTO CREDIT: SHAMIT TUSHAKIRAN

HEALTH & WELLNESS

Relaxation isn't a luxury—it's a biological need

BY TERESA MCLEAN, REGISTERED MASSAGE THERAPIST

Have you ever noticed how often we treat relaxation as something we'll "get to later?" We tell ourselves we'll slow down once the work is done, once the holidays are over, once life finally settles. But the truth is, our bodies aren't designed to wait until someday. Rest isn't an indulgence. Rest is biologically necessary.

WHEN STRESS BECOMES A HABIT

Every day, our nervous system is reading the world around us. It decides whether we're safe or under threat, and it responds accordingly. When the body senses stress, whether from a looming deadline, a difficult conversation, or even just constant multi-tasking, it activates what's called fight or flight mode.

This response is helpful in short bursts, like if you need to jump out of the way of a speeding car. But when it becomes the default setting, your body is flooded with stress hormones that keep your muscles tight, your heart rate elevated, and your digestion and sleep disrupted.

Without time to shift into the opposite state, sometimes called 'rest or digest,' the body never fully repairs. Over time, this can show up as tension, fatigue, or even illness.

REST FEEDS RESILIENCE

The good news is that the body knows how to repair itself. All it needs are the right signals of safety. Relaxation practices, whether it's mindful breathing, massage, or simply pausing to feel your feet on the ground, are like little messages to the nervous system: *It's safe to let go now.*

When you give your body even a few minutes of calm, your heart rate lowers, your breath deepens, and your body can shift from fight or flight to rest and digest. In that state, your immune system, mood, and energy begin to reset.

It's easy to think relaxation is wasted time, but physiologically, it's the opposite. It's the foundation for clearer thinking, better boundaries, and genuine creativity.

A SIMPLE PRACTICE YOU CAN TRY TODAY

Here's a gentle exercise you can try anytime:

1. Find a comfortable spot to sit or lie down
2. Place one hand on your chest and the other on your belly
3. Close your eyes if that feels safe
4. Without changing your breath, just notice the natural rise and fall for one full minute
5. When your mind wanders (as it will), gently bring it back to the feeling of your breath.

Even this short pause can signal to your nervous system that it's okay to shift gears.

BRINGING RELAXATION INTO EVERYDAY LIFE

Imagine what could change if you invited micro moments like this into your day. Instead of waiting until the holidays are over, or until the weekend, you can begin restoring balance right now, in the middle of an ordinary day.

For some, that might mean creating a ritual at home: pausing for a few breaths before responding to a loved one, taking a slow walk without headphones, or practicing a few minutes of meditation in the morning. For others, it might mean receiving support through massage therapy, psychotherapy, or a guided meditation group.

Whatever form it takes, the invitation is the same: to stop waiting until later, and to begin giving your body the care it needs today.

AN INVITATION

If this message resonates with you, consider experimenting with one small relaxation practice this month. Because relaxation isn't a luxury. It's a foundation of good health and the doorway to becoming more fully yourself. And just know, if your body is craving this kind of reset, you are not alone.

Teresa McLean, RMT, is a trauma-informed massage therapist with 25 years of experience in helping people reconnect with their bodies and find calm through nervous-system regulation, touch, meditation, and gentle rituals.

Be careful when gardening to avoid de Quervain's tenosynovitis

BY SUE REIVE, PHYSIOTHERAPIST

Autumn is in full swing! Many people are raking leaves and splitting perennials! Gardening can place a lot of stress on your wrists, elbows and hands. Excessive pruning, raking, and pulling weeds have led to many injuries.

One common injury is de Quervain's tenosynovitis. It is an inflammation and swelling of the two long tendons of the thumb (the tendons that move the thumb upwards and outwards from the hand) and the sheath that surrounds them.

Symptoms of de Quervain's tenosynovitis include pain at the wrist on the thumb side, which can extend down the thumb and/or up the forearm. The tendons will be tender to the touch, and visible swelling may be evident. Certain movements of the thumb will increase the pain, for example, pulling one's pants up, and wringing and grasping activities. Any stretching of the tendons will also evoke pain.

Clinicians must differentiate de Quervain's tenosynovitis from osteoarthritis of the thumb joint. When making the diagnosis of osteoarthritis, the tendons are generally not sore with resisted muscle testing.

Treatment for de Quervain's tenosynovitis includes anti-inflammatory medication, often combined with physical therapy. Physiotherapy will focus on settling the inflammation with ultrasound, friction massage, and, in more severe cases, splinting the thumb to rest the tendons. A period of rest and avoiding the aggravating activities also helps. When these measures do not resolve the problem, patients may require a cortisone injection into the sheath to settle the inflammation. Occasionally, surgery is necessary to incise the sheath.

So be careful when gardening. Take frequent breaks and change your activity often to avoid injury.

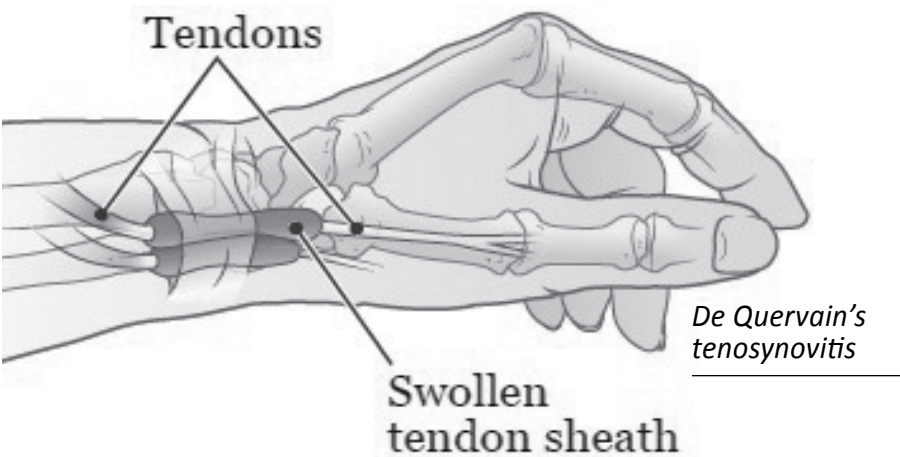


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BY DYLAN MCGUINTY JR.
LAWYER

My mother is being pressured into private long-term care

Q I am my mother’s Attorney for Property, Attorney for Personal Care and Executor. My mother is 85 years old. She was moved to the hospital on an urgent basis and is now on a waitlist for placement in a number of publicly funded long-term care facilities and will have to wait in hospital until a long-term care bed is made available to her. However, the hospital staff are pressuring me to sell my mother’s condo to pay for private care, free up the hospital bed today, and leave the publicly funded long-term care bed for someone of fewer means. But my mother is not rich. Her only asset of any real value is her condo. Should I sell the condo and place my mother in private care today, or insist on having my mother stay in the hospital until a bed is made available to her in a publicly funded long-term care facility?

A As your mother’s Attorney for Property and Attorney for Personal Care, your first obligation is towards your mother. Your next obligation, as Executor, is towards your mother’s beneficiaries. Your last obligation in this sequence is your obligation as a citizen towards civil society. Constitutional liberal democratic societies such as ours reflect this order of priorities – individual, family, society.

As Attorney for Property, you would be well-advised to plan for your mother to live until age 105 to make sure she has sufficient funds to pay for her accommodations. Should you pay for private care and



PHOTO CREDIT: WIX.COM

run out of funds, you will have failed your first obligation. Therefore, you should work with an accountant or financial planner to create a budget for your mother’s care. Furthermore, should you pay for private care, you may be found to have improvidently depleted your mother’s estate and face disgruntled beneficiaries later on, who may make a claim against you for not having held firm and placed your mother in a sufficiently suitable publicly funded long-term care facility.

This situation gives rise to the opportunity to consider how we might do a better job funding long-term hospital stays for patients who lack adequate supports to be sent home—what are termed Alternate Level of Care (“ALC”) patients. Many seniors on fixed income depend on publicly funded hospitals to act as a “bridge” to long-term care, but those same hospitals were not designed to provide ALC services. As a result, in recent years the expenditure side of hospital ledgers has been growing faster than their revenue side. Furthermore, government revenues are depending on a smaller and smaller younger demographic cohort to fund these services.

As a result, many seniors are pressured to vacate hospitals and pay an indirect tax by paying for expensive private long-term care, or the cost of effectively turning their homes into private hospitals, through home accessibility renovations, private home care, private rehab, and private meal prep. Furthermore, families are asked to absorb the opportunity cost in lost wages by joining what has been termed the Invisible Army of Unpaid Caregivers.

The first step towards the wider solution is to be there for your mother as her Attorney for Property and Personal Care, stewarding her resources prudently, and advancing her interests everyday.

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By Dylan McGinty, Jr.

Her head by pillows propped she said
Arrayed across her hospice bed:

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You've travelled through your works and days.

You seeded were in Woman's womb,
And will be seeded in a tomb.

Was labour lifeless stones you churned,
Or was it prayers and work you turned?

How brightly did your candle burn,
And terror of the darkness spurn?



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OUR ENVIRONMENT | GIVING BACK

Owen Clarkin and AVCA teamed up for Pleasant Park Woods tour

BY GILLIAN COOPER, CHAIR, AVCA GREENSPACE STEWARDSHIP COMMITTEE

Thirty-three lucky folks followed Owen Clarkin's lead through Pleasant Park Woods on Sunday, October 5. Clarkin, president of the Ottawa Field Naturalists Society, is well known for his tree knowledge, and he sometimes leads tours of the arboretum for Friends of the Farm and of local forests. Clarkin is also involved in citizen science.

The Pleasant Park Woods tour was organized by the Greenspace Stewardship Committee of the Alta Vista Community Association. We greatly appreciated Clarkin's time and expertise. He identified so many species found here and explained other special aspects of our treasured woods.

There was no charge for the tour; however, as a goodwill gesture, Clarkin agreed to a collection of donations to the Heron Emergency Food Centre. It was a great pleasure to take \$270 directly to HEFC's executive coordinator, Louisa Simms.



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HOURS AT THE ALTA VISTA AND ELMVALE ACRES BRANCHES ARE:

- Monday to Thursday: 10 a.m. to 8:30 p.m.
- Friday: 1 p.m. to 6 p.m.
- Saturday: 10 a.m. to 5 p.m.
- Sunday: closed

Exceptional closures: All branches closed on Tuesday, November 11 for Remembrance Day. Alta Vista Branch closed on Thursday, November 20 for staff development session.



EVENTS AT ALTA VISTA BRANCH

CHILDREN'S PROGRAMMING

FAMILY STORYTIME

- Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program.
- Wednesdays at 10:30 a.m. for 30 minutes.

BABYTIME

- Stories, rhymes, and songs for babies and their parents or caregivers. Bilingual. Drop-in program. Ages 0 to 18 months.
- Thursdays at 10:30 a.m. (except for November 20) for 30 minutes.

CONTES EN FAMILLE (NOUVEAU/NEW)

- C'est l'heure du conte! Histoires, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Inscription non requise.
- Les samedis à 10h30 pour 30 minutes.

CERCLE DE LECTURE EN FRANÇAIS (NOUVEAU/NEW)

- Rejoignez-nous les lundis pour le cercle de lecture à Alta Vista, en français uniquement. Nous lirons à tour de rôle à haute voix, ce qui nous aidera à prendre confiance en nous et à apprendre de nouveaux mots. Inscription non requise.
- Les lundis à 16h pour 60 minutes.

ALTA VISTA READING CIRCLE (ENGLISH)

- Join us Tuesdays from 4 to 5 p.m. for the Alta Vista Reading Circle. We will take turns reading out loud, building our confidence and defining new words. Children of all abilities are welcome! Drop-in. 60 minutes.
- Tuesdays at 4 p.m. for 60 minutes, except November 11 (Remembrance Day)

CRAFTERNOON

- Come crafting at the library. We have all the supplies you need to satisfy your creativity! Drop-in. All ages.
- Friday, November 7 at 4 p.m. for 60 minutes.

ADULT PROGRAMMING

MEMORY CAFÉ

- An open house for persons with dementia, their families and their care partners. Includes fun and stimulating mental activities to enhance social interactions and build connections. Light snacks and warm drinks served alongside items intended to spark conversations and reminiscing. Drop-in.
- Wednesday, November 26 at 1:30 p.m. for 2 hours.

LEARN CROCHET

- Meet new people and learn to crochet! Beginners welcome. Adults only, no exceptions. Registration required, opens November 5 at 5 p.m.
- Thursday, November 27 at 2:30 p.m. for 60 minutes.

QUICK PC TIPS: ENHANCING CAPABILITIES AND PERFORMANCE WITH FREE TOOLS

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- Thursday, December 4 at 6 p.m. for 2 hours.

ADULT AND 10+ CHESS CLUB

- Join us for adult chess. All levels welcome; an instructor will be available! Come meet people and have fun. No registration required. Ages 10+.
- Saturdays, November 8 and 22 at 3 p.m. for 60 minutes.

COMMUNITY WRITING WORKSHOP

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

ENGLISH CONVERSATION GROUP

- Practice in a relaxed and friendly environment. All levels are welcome. Free drop-in. 60 minutes.
- Mondays at 1 p.m. for 60 minutes. Tuesdays at 7 p.m. for 60 minutes, except November 11 (Remembrance Day)

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

- Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise.
- Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required.
- Wednesdays at 6:30 p.m. for 60 minutes. Les mercredis à 18h30. 60 minutes.

SLEUTH HOUNDS' MYSTERY BOOK CLUB

- Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month at 6:30 p.m. for 90 minutes. All are welcome.
- Thursday, November 13 (NEW DATE): Karla's Choice by Nick Harkaway. Thursday, December 18: Holiday social and planning party

BOOK BANTER

- Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month at 2 p.m. for 60 minutes. All are welcome.
- Thursday, November 6: Prophet Song by Paul Lynch Thursday, December 2: In the Country of Others by Leila Slimani

INFUSIONS LITTÉRAIRES

- Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.
- Mercredi le 19 novembre, 2025 : Debout dans l'orage de Dominique Demers Mercredi le 21 janvier, 2026 : Ordures! Journal d'un vidangeur de Simon Paré-Poupard



EVENTS AT ELMVALE ACRES BRANCH

ELMVALE ACRES BOOK CLUB

- Held at 2 p.m. on the third Monday of every month. Join us on November 17 for a discussion of Who We Are: Four Questions for A Life and A Nation by Murray Sinclair.

DOGS AT THE LIBRARY

- Come say hello and spend some time with two gentle therapy dogs from the Canadian Therapy Dog Support Services team from 2:30 p.m. to 3:30 p.m. on Saturday, November 29.

SATURDAY STORYTIME

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

HOMEWORK HELP

- Held at 5 p.m. every Tuesday evening (except November 11, Remembrance Day). Get help with reading, math, science, French, English, etc. for students grade 1 through 10. Led by United for Literacy volunteers.

FRENCH CONVERSATION GROUP

- Pratiquez votre français dans un milieu décontracté et amical les samedis à 13h. Practice your French conversation skills in a relaxed and friendly environment at 1 p.m. on Saturdays.

Local author pairs pandemic art and poetry in new book

BY LISA GREGOIRE

You'd think that after 10 book launches—three novels, two short story collections and five poetry books—putting a new book out into the world would feel routine. But not for Alta Vista author Christian McPherson. And especially not for this book.

Screaming Obscenities at the Sky, due out this month from Winnipeg's *At Bay Press*, is McPherson's first book to pair poetry with art.

"I'm excited about this like it was my first book," McPherson says. "It's my first book of art and something I've wanted to do since I was fifteen or sixteen. I just feel like it's really different and interesting."

McPherson has always been a writer and doodler at heart, but during the COVID-19 pandemic, beset by boredom and isolation, he challenged himself to make a drawing a day. The saucy, irreverent, *Mad Magazine*-style creations are sometimes political, sometimes debauched, and usually hilarious. Drawing upon the news of the day and his own emotional trajectories, they were met with immediate success when he began sharing them on social media.

"Some of them were just artistic, goofy, fun, strange, weird, like *Far Side* cartoons. Some were political satire—those were fun. I did a lot of Trump, anti-lockdown cartoons, convoy cartoons, COVID cartoons," he said. "Some days, I was, like, 'Ugh, it's an obligation.' But it's like a dog in a sense. You gotta walk the thing. And people really enjoyed them during lockdown."

Soon McPherson had amassed more than 500 drawings, some of which he'd begun selling at art shows and markets. He'd also accumulated about 120 new poems since his last volume, and slowly an idea took shape: what if he combined poems and drawings? His publisher Matt Joudrey jumped on the idea, and it became reality.

However, realities like this take time. Books of art demand more thought, creativity and ingenuity in design than those of words. His editor Karen Clavelle printed out hundreds of drawings and poems and, over a

period of months, lovingly constructed a portfolio of enormous scrapbooks. She then handed these off to graphic designer Lucas C. Pauls, who transformed her vision into a working design file. The whole process took a few years to complete, but the final product far surpassed McPherson's expectations.

He was even able to bundle doodles of Joudrey, Clavelle and Pauls into the book just before it went to the printer, sketching their faces on a flight from Ottawa to Victoria, B.C. "I think I was somewhere over Winnipeg when I sent them," he said, laughing.

Some drawings took 10 minutes, some a few hours and one, a huge piece he made for his son Henry, took about three months and now graces the book's back cover. Because it was too big for regular scanning, he found a photographer in Ottawa who digitizes fine art. When he discovered he could not fit the canvas inside his vehicle for transportation to the studio, he half wrapped it in a blanket, roped it to the vehicle's roof and drove slowly, wincing through dusty construction sites.

"The guy came to the parking lot with white gloves on and looked at the car. He said, 'this is a first for me,' and I said, 'it's a first for me too!' Yeah, it was kinda bananas."

That an IT guy with Revenue Canada is also an artist might seem improbable, but creativity runs in McPherson's blood. His father owned and operated an art gallery in Ottawa before he passed—which meant his home growing up was crowded floor to ceiling with art, and he cultivated a love for it

in all its forms: writing, music, architecture, film, food. It brings joy, dimension and profound meaning to his life and he's thrilled to be contributing to humanity's collective well of delight and inspiration.

"I've thought about this quite a bit. For me, besides friends, family and relationships with people, my life is art, in one capacity or another. When I die, there is nothing after for me. There is only this life. What's the point of any of it? It's about art," he said.

"I love those moments when I'm blown away by something. I hope to give somebody a couple of those moments, blow their hair back or knock their socks off. That would be great."

The launch for *Screaming Obscenities at the Sky* is November 6, 5-7pm at House of Targ on Bank Street. Octopus Books will have advance copies on hand for author signing and purchase. McPherson will also have original artwork for sale.

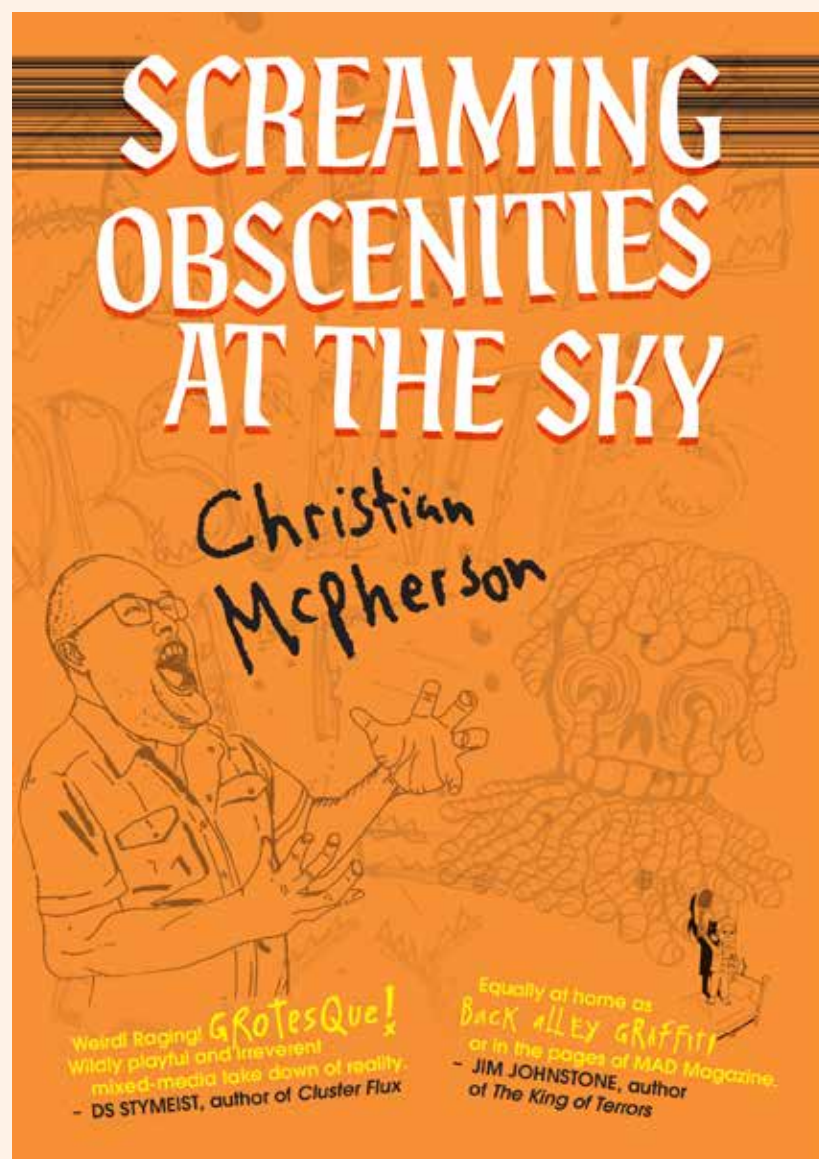


PHOTO CREDIT: THEHOCKEYNEWS.COM (2025)



PWHL Ottawa Charge player, Rebecca Leslie.

THE PWHL OTTAWA CHARGE | BY TONY WOHLFARTH

The preseason gets underway on November 16 with a matchup between the Ottawa Charge and the Toronto Sceptres. The two rivals play again on November 17. Both preseason games start at 1 p.m. at TD Place.

The regular season gets underway on Saturday, November 22 with the Charge hosting the New York Sirens. The roster includes Ottawa-born Rebecca Leslie.

The Charge play again at home on Wednesday, November 26 versus the expansion team from Vancouver. This game will see the return of three former Charge players—Emerance Maschmeyer, Ashton Bell and Tereza Vanišová—who were picked up by Vancouver in the expansion draft.

To get tickets, visit: <https://www.thepwhl.com/en/teams/ottawa-charge/tickets>.

TECH TIPS AND TRICKS

Windows 10 to 11 transition again – update of the update

BY MALCOLM AND JOHN HARDING

We suppose that when more than a billion people are using your products and services, it's probably pretty hard to adhere to the KISS principle ("Keep It Simple, Stupid"). We pity Microsoft for having generated a furore of ill will in the process of putting the Windows 10 operating system to rest and insisting that everyone leap onto the Windows 11 bandwagon by October 14th. Some facts, (or at least some more reliable suspicions) have come to light in our experience with the subject over the past many months.

One factor in which Microsoft is not to blame, is lack of advance notice. There have been alerts on this subject for more than a year now.

Another place we can let Microsoft off the hook is in accusations they are doing this simply to sell computers. Microsoft's share of the new computer market is actually quite small and the firestorm of resentment likely overshadows the small boost in revenue.



The end of life for Windows 10 means simply that Microsoft will stop sending updates (which focus primarily on security). We are writing this on October 14th and so far, none of our Windows 10 computers have gone black. We have said all along that we do not expect sudden failures, but we have also been left utterly bewildered about how long it will be before the cessation of Windows 10 updates will result in serious problems in the function of those computers. Although this is not an

emergency situation, it does warrant our careful consideration. Some of us have to make a plan, at least.

Considering the fact that regular backup of our data is never a bad idea, it seems that more diligent attention to this necessity is even more prudent than usual at this time.

So far, there isn't a reliable way to upgrade pre-2017 computers to enable them to run Windows 11. Components were added to the manufacture of computers at that time and Windows 11 requires them. Those components cannot be retro-fitted at a price that makes this strategy viable. The whole subject is especially frustrating for owners of computers that cannot be upgraded but are otherwise serving them perfectly well.

Microsoft has recently floated a plan in which users can sign up to buy an additional year of Windows 10 updates, but details are vague, and conditions apply: not all computers qualify, the updates will be of a lite (less complex) nature, perhaps not addressing all issues, and quoted prices range from \$0 to \$60.

Surprisingly, and perhaps for cold comfort, the availability of new computers from suppliers remains consistent, even in the face of great demand. Sale prices are even decent from time to time. Even so, it is

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The Harding Family

helpful to assess what specifications we need in a replacement computer to avoid spending too much or too little. This might be where the advice of a knowledgeable friend or technician could prove helpful.

Nervousness about transitioning to Windows 11 can be put to rest. Although 11 is certainly a superior Operating System, you will be very comfortable with it in only an hour or two. Furthermore, your existing software and peripheral equipment such as printers and monitors will almost certainly be compatible, with very few exceptions.

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



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- » Citizenship Inquiries
- » Canadian Passport / Consular Affairs
- » Business Opportunities / Grants & Funding
- » Student Loans / Taxation Issues

If I can ever be of assistance to you, on any federal matter, please do not hesitate to contact my office.

Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:

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- » le Supplément de revenu garanti
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- » le passeport canadien / Affaires Consulaires
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Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

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

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Email | Courriel: david.mcguinty@parl.gc.ca
Web Site | Site Web: www.davidmcguinty.ca

Mark Your Calendars

UPCOMING EVENTS



EMMANUEL UNITED CHURCH

Emmanuel United Church is located on 691 Smyth Road. For more information, visit the website at www.emmanuelunited.ca or call 613-733-0437.

Children and Youth Christian Education: Includes nursery and in-person Sunday school for children ages 4–12.

Worship Services: Sundays, 10am. In person or online at emmanuelunited.ca/worship/webcast.php. Includes hymns, prayers, videos, scripture, and a thoughtful reflection. Join us for coffee and conversation afterwards.

Take Time to be Wholey Seniors' Exercises: Classes continue each Monday (Chair Yoga) and Friday (Stretch & Strength) from 10:30 to 11:30 a.m..

Christian Meditation: Mondays, 7-8pm. Jesus says, "When two or three pray together in my name, I am there among them." We live in a noisy world filled with ceaseless activity. We seek space to be quiet and be with God within ourselves. Contact our office for the Zoom link.

Fellowship Coffee: Tuesday, 10:00 to 11:00 a.m.. Join Ron MacDonald, our Pastoral Care Provider, as participants share conversation via Zoom. Folks reflect on a topic presented by Ron and share what's happening with them individually. For the link, contact him at pastoralcare@emmanuelunited.ca or 613-733-0437.

Thursday Morning Discussion Group: Thursday, 10-11:30am. The group will continue discussion of the Rev. Dr. Karen Hamilton's *Faith as Protest*. All are welcome to join in. Contact our office for the Zoom link.

Holiday Bazaar: November 15th, 10am-2pm. Find homemade baking, jams and preserves. Bid on unique items in our Silent Auction. Hunt for treasures like housewares, toys, games, puzzles and sports equipment in Scrounger's Paradise. Get your dazzle on from our Jewelry and Accessories Room. Browse for books and CDs/DVDs. For gift giving we have handmade items from our Knitting & Sewing and Wood Working tables. Don't forget to pick up a few decorations from our Christmas Table to start your holiday preparations. We have a new Indoor Plant & Garden Table. Make a wish for someone in our Wish Upon a Star display. Stay and enjoy a meal in our Lunch Room (we offer Take-Out, too) or take home frozen items from our Deli Table. All are welcome.

Just Gifts Christmas Market: Fair trade, local food, handcrafts, and gifts. Proceeds support Emmanuel's partners in Zambia and El Salvador. Place online orders on November

16th–29th at euconlinemarket.ca. Order pick-up is on Saturday, December 6th from 10 a.m. to 1 p.m. at Emmanuel.

Friday Night at the Movies: November 21st, 7pm presents *The Holdovers*. Learn what happens when a crusty teacher is left in charge of restless students at Christmas. Everyone is welcome. Free admission; popcorn, drinks, and snacks for sale.

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.

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

Christmas Lunch 55+ is at 12 p.m. on Wednesday, November 26. The cost is \$10 per person. This event is open to everyone over the age of 55. Reservations are required. For more information or to make your reservation call the church office or email info@rideaupark.ca no later than noon on Thursday, November 20.

Ring and singing in Christmas with the Rideau Park United Church handbells and choirs is at 7 p.m. on Sunday, November 30. Freewill offerings will be accepted. Come join us on for an evening filled with joyous music performed by our talented handbell choirs.

ST. PATRICK'S HIGH SCHOOL CHRISTMAS CRAFT FAIR

There's a special kind of energy that fills the halls of St. Patrick's High School each November; the scent of fresh pine and baked goods, the sound of laughter echoing through the corridors, and tables lined with handmade treasures. The St. Pat's Christmas Craft Fair is back.

With over 100 students helping to run the fair, community participation is as strong as ever. They greet guests, assist vendors, and show off the kindness St. Pat's students are known for. The fair will feature more than 100 local artisans and crafters. Visitors can browse for gifts, enjoy treats from the canteen (run by the Dance Team), and try their luck at the raffle. Stop by the school Drama Club's "Bodega" to buy merch for the upcoming production, or get your or your child's face painted at their "Salon."

The St. Pat's Christmas Craft Fair runs November 22nd from 10 a.m. to 3 p.m. at 2525 Alta Vista Drive Admission is \$2 at the door.

Whether you're shopping for holiday gifts or simply soaking in the festivities, you'll leave with more than just a bag of local goods. You'll leave with a sense of what community truly means at St. Pat's.

ST. TIMOTHY'S PRESBYTERIAN CHURCH BAZAAR AND LUNCHEON

Join us November 22nd from 10am–2pm to browse tables of delicious home baking and deli, books, crafts, and miscellaneous treasures. Partake in a silent auction and enjoy fellowship over lunch of Mansaf, a tasty dish with chicken, rice and vegetables served from 11am–1pm. Dessert is included. Tickets for lunch are cash only, adults for \$15 and children for \$10. Everyone is invited. For more information or tickets, please contact the church office at 613-733-0131 or sttimsoffice@on.aibn.com.

IMMACULATE HEART OF MARY CHRISTMAS CONCERT

Mark your calendar: On Sunday, December 7, at 3 p.m., at Immaculate Heart of Mary Church, 1758 Alta Vista Drive, come enjoy the music of the season! This event will feature local musical groups: the Grand Choeur De La Salle / Ensemble vocal 8^e du CEO (De La Salle); the Harmonia Choir of Ottawa / Ottawa Boys Choir; and the Immaculate Heart of Mary Church Choir / St. Margaret's Vanier Church Choir, accompanied by the Divertimento Orchestra. They will be joined by tenor soloist Zachary Rubens for special tributes to the musical season. Interspersed with this will be carol singing for all.

This 34th Immaculate Heart of Mary Concert is held in support of the Heron Emergency Food Centre (HEFC). Admission to the concert is free, and there is ample and easily accessible parking. There will be collection baskets for voluntary monetary donations (cheque or cash). Through the



PHOTO CREDIT: CHARLES FROST

UPCOMING EVENTS

event Go Fund Me page, you can easily make an online donation, and tax receipts will be issued directly to you in accordance with Canada Revenue Agency guidelines. Those interested in an advance donation or in purchasing advertising in the concert program, or who have any questions, please contact the concert organizing committee at 613-791-9115.

Come and enjoy this wonderful prelude to the Christmas season; it's a joyous way to help those in need in our community.

ST. AIDAN'S ONLINE AUCTION AND YULETIDE BAZAAR

Online Auction | Log on to www.staidansottawa.com from November 3rd–10th to place your bids on an array of household items, gifts and gift cards. Winners will pick up their items at the in-person Bazaar, though alternative arrangements can be made.

Yuletide Bazaar | Join us on November 15th from 10 a.m. to 2 p.m. at 934 Hamlet Road, Ottawa to shop home baking, jams and preserves, jewelry and accessory items for men and women, books, puzzles and a silent auction. Enjoy a snack or light lunch at our Celtic Café. All are welcome.

OMRA FUNDRAISER

We're all feeling the pinch from the rise in the cost of living, including rent increases. That's where the OMRA Shelter Corporation comes in. OMRA was created as a non-profit charity in 2001 to provide modest rent subsidies for resettled refugees.

Please contribute to our annual Purdys Christmas and Hanukkah chocolate fundraiser. To purchase chocolate through this campaign, please visit: <https://tinyurl.com/ChocolateforOMRA>.

If you have questions about OMRA, please contact us at omrainquiries@gmail.com.

LORD HALIFAX PLACE CHRISTMAS CRAFT FAIR

Join us for crafts, jewelry, baked goods, Tupperware and more on Saturday November 23 from 10 a.m. to 2 p.m. in the Party Room at 2220 Halifax Drive Free parking. Free admission. Live entertainment from the one and only Alex Lopez.

VOICES REMEMBERED SINGING GROUP

Join our weekly intergenerational singing group that's open to 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 to 11:30 a.m.

Fall session: September 23 to December 9

Cost: No charge

Leaders: Carla Klassen and Marion Dyck Whitford

For more information and registration, please contact us at: voicesremembered2024@gmail.com.

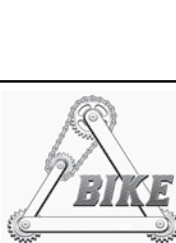
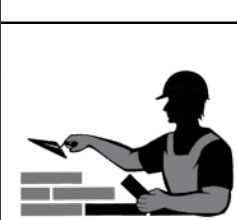
PROBUS CLUB OF OTTAWA ALTA VISTA SPEAKER EVENT ON NOVEMBER 26

On Wednesday, November 26 at 10 a.m. at Gloucester Presbyterian Church, 91 Pike Street, Mark Phillips, a Canadian military veteran, will speak about the Invictus Games and the Impact Marathon.

Probus Ottawa Alta Vista is welcoming new members from the Alta Vista area. Join your fellow retirees, near retirees and want-to-be retirees for interesting speakers and discussions as well as some relaxed socializing.

See our website: www.probusoav.ca for more detailed information about the club and its activities as well as contact points, and membership information.

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	HELP WANTED Christmas Day Dec. 25th, from 5 p.m to 9 p.m. No cooking involved, it's to manage a Xmas buffet and clean up tables after dining for 20 people. Please call 613-733-6070.
	PIANO LESSONS Piano lessons in person or virtual. You decide. Experience the love of music! Alta Vista area. Contact: jennifer.harper@rogers.com

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Agatha Christie: Why Didn't They Ask Evans?

A dying man's enigmatic last words send vicar's son, Bobby Jones, and his socialite friend, Lady Frankie Derwent, on a crimesolving adventure. Star studded cast, including Emma Thompson, Hugh Laurie and Jim Broadbent!

A Remarkable Place to Die: Season 1

Detective Anais Mallory returns to her home town of Queenstown and faces a number of startling homicides amid the backdrop of past ghosts. As she unravels the mysteries, she sets in motion a desperate coverup.

House of Guinness: Season 1

After Sir Benjamin Guinness' death in 1868, his four children must navigate family dysfunction, the future of his brewing empire, and the intense political and religious tensions in Ireland. James Norton stars!

NOVEMBER 11th

Caught Stealing

When his punkrock neighbour asks him to take care of his cat for a few days, New York City bartender Hank Thompson suddenly finds himself caught in the middle of a motley crew of threatening gangsters who all want a piece of him. Austin Butler stars in this highly entertaining comedy/action!

Conjuring: Last Rites

In 1986 paranormal investigators Ed and Lorraine Warren travel to Pennsylvania to vanquish a demon from a family's home. But what they don't know is this is the first demon they ever encountered and it has a tie to their daughter!

Downton Abbey: The Grand Finale

In the summer of 1930, the Crawleys grapple with the threat of social disgrace when Mary finds herself at the centre of a public scandal and the family faces financial trouble. The entire cast returns for this heartwarming conclusion!

Freakier Friday

Two decades after an identity crisis, Anna's blended family faces new challenges. Tess and Anna discover their past may be repeating with the next generation. Really fun sequel that the whole family will enjoy!!

The Naked Gun (2025)

Lieutenant Frank Drebin Jr becomes a police officer like his legendary father and must save the police department from shutting down by

solving a case. Liam Neeson stars, along with Pamela Anderson!

Together

Years into their relationship, Tim and Millie find themselves at a crossroads when they move to the countryside, abandoning all that is familiar in their lives except each other. With tensions already flaring, a nightmarish encounter with a mysterious, unnatural force threatens to corrupt their lives, their love, and their flesh. Real life couple Alison Brie and Dave Franco star!

NOVEMBER 18th

40 Acres

Surviving on an isolated farm after a series of plagues and wars, a former soldier and her family make one last stand against a vicious militia that wants to take their land.

Eden

A group of disillusioned Europeans settles on a remote, uninhabited island in the Galápagos. They soon discover that their greatest threat isn't the brutal climate or deadly wildlife, but one another. As tensions spiral and desperation takes hold, a twisted power struggle unfolds, leading to betrayal, violence and death. Ana de Armas, Jude Law and Vanessa Kirby headline this Ron Howard film!

The One That Got Away: Season 1

Following the murder of a nurse in the Welsh town of Pembroke Dock, old cases are being reexamined under the suspicion of a copycat killer. Welsh detective series!

The Best Christmas Pageant Ever

The Herdmans are six siblings who have a reputation for being the worst kids in the world. However, when they take over the local church pageant during the holidays, they just might teach a shocked community the true meaning of Christmas.

NOVEMBER 25th

Him

Cameron Cade is a rising quarterback who suffers a potentially careerending injury after being attacked by an unhinged fan. Just when all seems lost, Cam receives a lifeline when his hero, Isaiah White, offers to train him at an isolated compound. However, as the training accelerates, Isaiah's charisma turns into something darker, sending Cam down a disorienting rabbit hole that may cost him more than he ever

bargained for. Newest production from Jordon Peele (Get Out).

Mobland: Season 1

A violent conflict between two rival London crime families, the Harrigans and the Stevensons, with Harry Da Souza, a resourceful "fixer," caught in the middle trying to protect his employers' interests as the families clash for territory and power. Awesome new series starring Pierce Brosnan, Tom Hardy, Helen Mirren and Joanne Froggatt!!

Spinal Tap: The End Continues

Documentarian Marty DiBergi follows estranged Spinal Tap bandmates David St. Hubbins, Nigel Tufnel and Derek Smalls as they search for a drummer and prepare for a reunion concert in New Orleans. Rob Reiner, Christopher Guest and the rest of the troupe return!

Jane (2017)

Rerelease of the 2017 documentary! Using a trove of neverbeforeseen footage, the film tells the story of Jane's early explorations and research in Tanzania, focusing on her groundbreaking field work, her relationship with her cameraman and husband Hugo van Lawick, and the chimpanzees that were the subject of her study.

Splitsville

When his wife asks for a divorce, a man runs to his friends for support, only to learn that the secret to their happiness is an open marriage. Dakota Johnson stars.

Special Mention: Living Proof

A true story of a doctor's search for a cure for breast cancer. Dennis Slamon sets to work on a drug called Herceptin, raising funds for his research and recruiting volunteers for clinical trials. Still being used today!!

It's a HIT!

The Top 5 movie rentals for October

1. Weapons
2. Mission Impossible: The Final Reckoning
3. F1: The Movie
4. Life of Chuck
5. Fantastic Four: First Steps

The Top 5 TV Show Rentals for October

1. Professor T: Season 4
2. Death Valley: Season 1
3. Dark Winds: Season 3
4. Mobland: Season 1
5. Unforgotten: Season 6

REMEMBERING DIANE KEATON

BY PETER THOMPSON

Love & Death

Woody Allen plays Boris, a Russian villager who secretly loves his cousin, Sonja (Keaton). Boris is forced to join the army and fight for his country and accidentally comes back a war hero. Noticing his apparent bravery, Sonja enlists Boris to help on a much bigger patriotic scheme, much to Boris' dismay. Both Allen and Keaton are comic gold in this!

Looking for Mr. Goodbar

Two years after Love & Death, Keaton garnered critical acclaim for playing a teacher who cruises nightclubs and discos at night looking for rough sex with random suitors and ignoring the wellmeaning gentlemen. Enchanted by danger, she instead pursues the likes of the knifewielding Tony (played by Richard Gere). Keaton wasn't nominated for an Oscar for this role, but it was her acting "coming out party" (she would win the next year for Annie Hall).

Marvin's Room

Bessie (Keaton) and Lee (Meryl Streep) are sisters who haven't talked for decades. But when Bessie's doctor (Robert De Niro) informs her that she has Leukemia, Bessie must swallow her pride and approach her sister for help and in the meantime form a special relationship with Lee's troubled son (Leonardo DiCaprio).

Finally, it's impossible to list the works of a legend like Keaton with synopses. So here's what else you should see from her, in no particular order: The Godfather, Play it Again, Sam, Sleeper, Annie Hall, Manhattan, Interiors, Reds, Radio Days, Father of the Bride, The First Wives Club.



You know it's a good time for shows when Patience isn't in the top 5 and is still a HUGE renter!!

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