

NEIGHBOURS OF
Old Ottawa

September 2026

AN EXCLUSIVE MAGAZINE FOR THE RESIDENTS OF OLD OTTAWA EAST,
OLD OTTAWA SOUTH, CANAL AND RIDEAU GARDENS COMMUNITIES

Meet
**Rudraksha
Chawla!**



BVM 
BEST VERSION MEDIA 

 **PROUDLY CANADIAN**
PRODUCED • PRINTED • MAILED

Photo by Rudraksha Chawla

Become a
Publisher
Find Out How
Inside!

Fall Family Fun!

Submitted by Lexi Breunig

Fall is perfect for family fun. Try apple picking, carving pumpkins, or baking fall treats. Set up a leaf obstacle course or go on a nature scavenger hunt. Visit corn mazes, local festivals, or go on a hayride. Host a fall movie night or themed dinner with friends.

Make crafts with natural materials or build a scarecrow for the yard. Stargaze on a clear night or dress up in homemade costumes. Don't forget to visit the farmers market for fresh seasonal meals.



Rideau  **Optometric**
Contact Lens & Eye Care Clinic

Rideau Centre
St. Laurent Centre

(613) 567-0800
www.RideauOptometric.com



R_O

Vision care solutions as diverse as your needs | Book an appointment today!

NEIGHBOURS OF
Old Ottawa

PUBLICATION TEAM

Content Coordinator: Nehaa Bimal
Contributing Photographer: Rudraksha Chawla
Designer: June Wallack

ADVERTISING

Contact: Jeff Scharf
Email: jscharf@bestversionmedia.com
Phone: 705-207-1700

FEEDBACK/IDEAS/SUBMISSIONS:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 10th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: nbimal@bestversionmedia.com.

Any content, resident submissions, guest columns, advertisements and advertorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, ratepayers or homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted, inclusive of materials generated or composed through artificial intelligence (AI). All content submitted is done so at the sole discretion of the submitting party.
© 2026 Best Version Media Canada. All rights reserved.



Dear Neighbours,

One of my favourite parts of working on *Neighbours of Old Ottawa* is discovering the people who make this community what it is.

If you know a neighbour, local business owner, community volunteer, artist, longtime resident or someone with a story you think others would enjoy, please nominate them for a future issue.

Sometimes, people are surprised when I reach out to them. They wonder why I would want to feature them. But after a conversation, there is almost always something worth sharing — a family history, a local business, a community connection, a passion or simply a story about how they came to call Old Ottawa home.

The families and residents we feature often keep their copies as a record of this chapter in their lives — something they can look back on and share with their children and grandchildren.

This month, I'm also excited to welcome our new photographer, **Rudraksha Chawla**, who brings the same curiosity about people to his camera that we bring to our stories. He loves meeting people, hearing their stories and finding the moments that make a photograph feel genuine.

So, if someone comes to mind, please send them my way.

Maybe it's the neighbour who has lived on your street for 40 years. Maybe it's the person who just opened a shop around the corner. Or maybe it's someone whose family has been part of Old Ottawa for generations.

Nominate them. I'd love to hear their story.



PROUDLY CANADIAN
PRODUCED • PRINTED • MAILED

Nehaa Bimal
Content
Coordinator



EXPERT *Contributors*

To learn more about becoming an Expert Contributor, contact **Jeff Scharf** at jscharf@bestversionmedia.com or 705-207-1700.



Contact Lenses

Dr. Sheldon Butler
Rideau Optometric
Contact Lens and Eye Care Clinic
Rideau Centre: 613-567-0800
St. Laurent Centre: 613-842-3993
rideauoptometric.com



Investment Advisor

Derek Seely
RBC Dominion Securities Inc.
613-721-4644
derek.seely@rbcc.com



Hair Styling

Steven Kyo
Maneland Hair Salon
(613) 565-8080
@manelandhairsalon



Interior Design

Natalie Cox
CPI Interiors
613-599-5564 x 231
cpiinteriors.ca

**Would you like to become an
Expert Contributor for
Neighbours of Old Ottawa?**

We are seeking industry professionals to write educational articles in the following areas of interest to homeowners:

Financial Advisor	Home Renovator
Life & Living Benefits Advisor	Veterinary Care
Home & Auto Insurance	Custom Home Builder
Mortgage Advisor	HVAC Specialist
Personal Training	Home Security
Dentistry	Senior Care
Chiropractor	

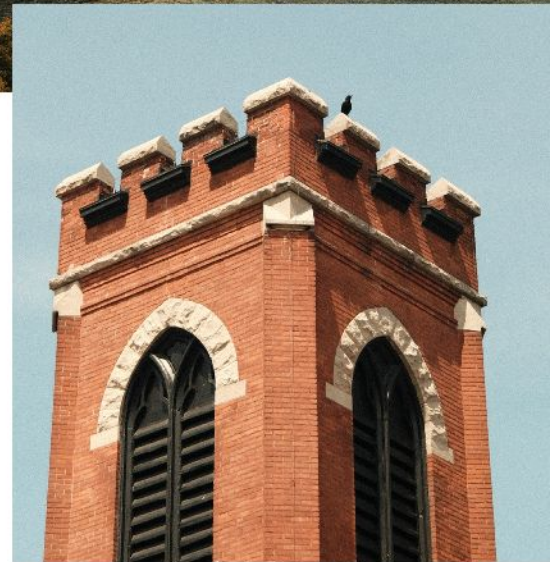
Contact Jeff Scharf at 705-207-1700 or
jscharf@bestversionmedia.com





He Came to Ottawa With a Camera. *He Found a Community.*

By Nehaa Bimal | Photos by Rudraksha Chawla



Rudraksha rarely heads out with a destination in mind; he follows whatever catches his eye.

A chance encounter with another photographer on the streets of Ottawa turned into a friendship. A coffee with a doctor he met through a Facebook photography group led to new clients and connections. And a chance photograph at a networking event resulted in a wedding shoot.

Now, Rudraksha is bringing that same curiosity and enthusiasm to his new role as a photographer for Neighbours of Old Ottawa.

“I love to meet strangers, new people,” he said. “I’m a person who loves to sit with a stranger, share a coffee, talk about life, share my thoughts, and listen to their story as they listen to mine.”

Originally from India, Rudraksha moved to Canada about three years ago. He has spent the past eight years developing

his photography skills, working across weddings, events, portraits, brand work and other genres.

Photography started as a hobby. He would take photographs of friends and experiment with his camera, never expecting it to become a profession.

After finishing school, he asked his parents if he could take photography more seriously. They helped him buy a new camera, and he began building his skills.

Today, photography has been a commercial business for him for seven years, beginning in 2020.

“Most of the work, whatever I have been doing, it’s been self-taught, often learning from YouTube. That’s my guru, you can say,” he said.

His education has also helped shape the way he approaches his work. He completed a Bachelor of Commerce and a photography

certification in India before studying Human Resources Management and Interactive Media Management at Algonquin College.

The latter program introduced him to graphic design, illustration, UX/UI design, animation, web development, video editing and photography.

As part of the program, he created a magazine using his own photographs — a project that remains on his website.

That combination of photography and design is something Rudraksha hopes to continue developing. He eventually wants to open his own agency and offer clients a range of creative services, from photography and video to websites and social media.

“I know something about everything,” he said.



That journey has also included some significant milestones.

In 2022, Rudraksha received a National Photography Award in the Festival category from CHITRANJALI, in collaboration with the Ministry of Culture, Government of India. In Ottawa, he photographed Kenya's Independence Day flag-hoisting ceremony at Ottawa City Hall last year, which was hosted by the Kenya High Commission.

What made that opportunity particularly meaningful, he said, was that it came without a referral or prior connection.

"Experiences like this are a powerful reminder that consistent, sincere work still gets noticed," he wrote on his website.

In 2025, he led a photography workshop in partnership with Henry's Camera in the city, bringing a group of budding photographers to showcase his work and talk about how the photography market works.

He has also returned to Algonquin College as a guest speaker last year, this time standing in front of entrepreneurship students rather than sitting among them.

He spoke about turning his hobby into a business and about building a career as an immigrant while balancing studies, work and life in a new country.

"Standing in front of students where I once sat felt surreal, a full circle moment that reminded me how passion, and vision can

turn creativity into opportunity," he wrote of the experience.

For him, building that career has gone hand in hand with building a community.

Before moving to Canada, he had already discovered the power of photography to bring people together through photowalks in India, which were not just about taking photographs, but about meeting people, sharing perspectives and finding beauty in everyday surroundings.

That community-building spirit has followed him to Ottawa. He joined Beyond Networking, a professional networking community that brings together people from different fields.

Another unexpected opportunity came through the same network. Rudraksha photographed a couple at one of the events and mentioned that he also shoots weddings.

They happened to be planning their wedding just 10 days later.

"I got a very good deal and it was one of my biggest gigs," he said.

The experience reinforced something Rudraksha has learned since arriving in Ottawa: sometimes the most important opportunities come from simply meeting people.

"You never know what opportunity comes to your table," he said.

He says he has been particularly struck by how supportive Ottawa's photography community has been. Photographers refer clients to one another and pass along projects when they are unavailable.

"If I am not available, I might give my project to my photographer friend," he said. "I tell them, 'You can trust this person and he is amazing at his job.'" For someone who has built much of his business through word of mouth, that support has made a significant difference.

Now, he is looking forward to putting those connections to work in his new role with Neighbours of Old Ottawa.

The magazine's focus on neighbours and community is a natural fit for the way Rudraksha approaches photography. "The more I'm connected to people, it will help my business," he said. "It will help me as a photographer to grow."

And his approach to photography reflects that interest in people.

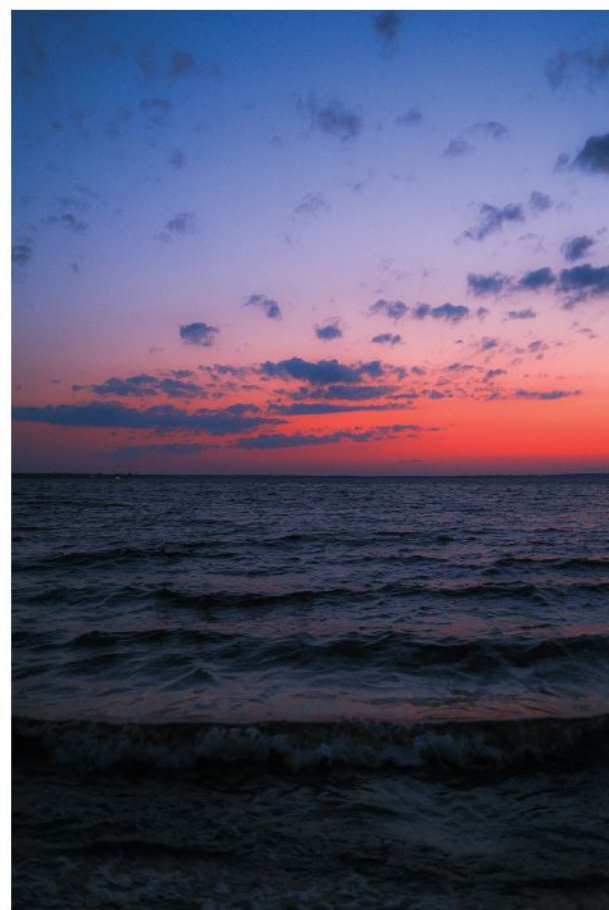
Rudraksha describes his style as candid and cinematic, with gentle direction that allows people to stay present rather than feeling overly posed.

He photographs weddings, portraits and brand work, as well as events and products.

When he is not photographing clients, Rudraksha often takes his Fujifilm X100VI out for what he calls a "solo date." The ByWard Market is one of his favourite places because of its energy, cafés and bakeries. Parliament Hill is another favourite, particularly because of the architecture.

And then there are Ottawa's sunsets.

"I have never seen some beautiful sunsets other than Ottawa," he said.



From the 38 people who showed up to his first photowalk in India to the strangers he befriended on Ottawa streets, his career has grown through a series of small connections and unexpected opportunities.

And now, he is ready to discover where the people of Old Ottawa will take his camera next.

To see more of Rudraksha's work, visit his website: rudqp.com.

Do you know someone who just moved to the area and would appreciate an introduction, someone involved in charity work, a neighbour with an interesting hobby, someone who won an accomplishment, neighbours who are recently retired, have been living in the neighbourhood for a long time, or a family with a new addition? We are currently looking for feature residents so send an email to nbimal@bestversionmedia.com and nominate your neighbours to be featured!

CALENDAR of Events

September 2026

THURSDAY, SEPTEMBER 3 & 10

Community BBQ

@ Brantwood Park, 39 Onslow Cres., Ottawa

Join your neighbours for an evening of food, music, games and conversation in Old Ottawa East. Vegetarian, halal and gluten-free options will be available, with activities and food reflecting the diverse community.

The BBQ runs rain or shine, except during thunder and lightning or tornado warnings.

Time: 5:30-7pm

Cost: Free

Info: OttawaEastCAG.ca

SATURDAY, SEPTEMBER 12

Old Ottawa South Porch Sale

@ Old Ottawa South, community-wide

260 Sunnyside Ave., Ottawa, Ont. K1S 0R7

Shop or sell at the annual Old Ottawa South Community Porch and Garage Sale, a neighbourhood tradition that takes over Old Ottawa South as neighbours open their porches, garages and yards to shoppers.

Looking to sell? Tables are available to rent for \$25 at the Old Ottawa South Community Centre.

Time: 8am-3pm

Cost: Free to shop; \$25 for a vendor table

Info: oldottawasouth.ca

SUNDAY, SEPTEMBER 13

OOS Fix & Learn

@ Old Firehall – Old Ottawa South Community Centre, 260 Sunnyside Ave., Ottawa

Bring your small household appliances or clothing to a hands-on repair session. Work alongside volunteer fixers to diagnose problems, learn practical repair skills and keep usable items out of the landfill.

This month features Small Appliances & Fabric Repair Stations, plus a dedicated Tool Station where participants can learn to safely use common repair tools.

Advance registration is encouraged so volunteers can prepare the right tools and supplies. This is a community learning experience, not a professional repair or drop-off service.

Time: 9-11:30am

THURSDAY, SEPTEMBER 24

Kitchen Design Seminar

@ Oneiric Design & Build, 18-J Enterprise Avenue, Ottawa

Are you curious about the benefits of hiring a full-service designer to design your kitchen? Join Natalie Cox, lead designer at CPI Interiors, for CPI's full-service design process and how they approach kitchen design projects. This seminar is hosted at Oneiric Design & Build featuring one of CPI's custom kitchens.

Time: 7-8:30pm

Seating is limited. Register at cpiinteriors.ca/events-cp

SATURDAY, SEPTEMBER 26

WALK-THE-BLOCK Concussion Awareness Event

@ Manotick Farmers' Market, 5525 Dickinson St., Manotick

Do you or someone you know have a CONCUSSION? Join us in bringing AWARENESS on the impact of CONCUSSIONS in our community. The Farmers' Market graciously donated a booth for our event. Dr. Shayne Baylis, a concussion specialist with Pro-Action Health and Performance, will be available to answer questions. The WALK itself starts at 11am. 3R Yoga will host a FREE restorative yoga session, starting at 11:30am.

Thank you to all our Sponsors, who support Concussion Awareness!

Time: 10am-2pm

Cost: FREE

facebook.com/concussionsneednotice

SATURDAY, SEPTEMBER 26

Ottawa 200 Block Party

@ Marion Dewar Plaza, 110 Laurier Ave. W., Ottawa

Ottawa will officially celebrate its 200th anniversary with the free, all-ages Ottawa 200 Block Party at Marion Dewar Plaza. The day will feature live music, family-friendly activities, interactive art, food vendors, a beer garden and more.

The event begins with an opening ceremony, welcome remarks and a performance of the Ottawa 200 anthem, "Heart of This Place | Adawe c'est ma ville." Throughout the day, visitors can explore Ottawa's history through OC Transpo displays, Ottawa Archives activities and trivia, while enjoying interactive art, including live murals, a community mural, wood carving, letterpress activities and chalk art.

The evening will feature a family-friendly drag performance, live music from Duava and Cody Coyote, a surprise headline act and the NO DEF Collective Block Party. The evening will also include the unveiling of interactive artwork.

Time: 10am-10pm

Cost: FREE

Morning: 10am-noon

Opening ceremony, family programming, community activities, interactive art, food vendors and beer garden.

Midday: noon-5pm

Live performances, Ottawa trivia, historical oddities and sports trivia, family programming, interactive art, food vendors and beer garden.

Evening: 5-10pm

Artwork unveiling, drag performance, live music, surprise headliner, NO DEF Collective Block Party and closing remarks.

Beer garden: 11am-9:30pm

Community — Self-Care



STAYING MOTIVATED

IN COOLER MONTHS

Submitted by Grace Schulte

As days get shorter and temperatures drop, it's easy to feel sluggish. I've definitely noticed my energy dip in fall, so I've started building habits to stay motivated.

Creating a routine is my go-to. Having a schedule—even a loose one—keeps me grounded and gives my day structure. A simple morning plan helps me feel accomplished early on.

I also stay active. I love getting outside before winter really hits—walks, hikes, even yard work. Once it's too cold, I move indoors. Yoga is great for staying centered and mobile.

Staying connected helps too. Even quick chats with friends or family make a big difference. Encouragement from loved ones can help keep us on track when motivation dips.

Finally, I make self-care a priority. It doesn't have to be fancy—just five minutes of stretching or a short walk can help. Taking care of ourselves physically and mentally helps keep the drive alive.

It's totally normal to feel a little off when the seasons change. Be kind to yourself, go easy when you need to, and lean into small habits that make you feel good. You're not alone in feeling that shift, and a few simple changes can go a long way.

Making the invisible ...**VISIBLE:**

Healing one step at a time. By Cheryl Ozen-Dyer

Do you, or someone you know, live with a concussion? Between 400,000 to 520,000 Canadians will sustain a concussion annually. Of those, between 15 and 30 percent experience post-concussion symptoms for months, years or even a lifetime. This means that 60,000 to 78,000 Canadians will navigate post-concussion symptoms for the rest of their lives. These are staggering figures.

In an instant, your whole life is uprooted. The person you were before seems to disappear, leaving you to grieve a loss of identity, while navigating an injury that nobody else can see.

Before my concussion, I had watched family members struggle with mental health challenges, but I had never experienced them myself. I had no idea of the profound agony that came with it. A concussion isn't only a physical injury to the brain—it deeply alters your emotional world, bringing on heavy mental health struggles, anxiety and depression that you have to learn to navigate every day.

Even normal daily activities like brushing your teeth, taking a shower, turning on the coffee maker, or making supper can be so

profoundly uncomfortable due to the brain injury itself, coupled with the inability to function correctly at times.

In 2014, following my first concussion, it took me about a year and a half to see a concussion specialist. Now, in 2026, it is still taking a year and a half to see someone. Research has shown that the longer we wait for treatment, the more susceptible we are to having post-concussion symptoms that are prolonged beyond a few months and weeks. It can mean a lifetime of struggle.

Join us on Saturday, September 26 for our 4th Annual **WALK-THE-BLOCK Concussion Awareness Event!** Let's make the INVISIBLE...**VISIBLE!**

If you or someone you know has a concussion, here are some valuable resources:

Adult Concussion Care:

ottawahospital.on.ca

biaov.org

proactionsportsclinic.com

Pediatric Concussion Care:

360concussioncare.com

cheo.on.ca

kidsphysio.ca

proactionsportsclinic.com



Community — *Volunteering*

**GIVING BACK
THIS FALL**

Submitted by Grace Schulte

Fall is a wonderful time to give back to your community. As temps drop, needs grow—especially for those without stable housing or reliable resources.

Organizing a coat drive is a great place to start. Gather new or gently used coats, scarves, and gloves. Local businesses, schools, and churches often make great drop-off points. Food drives are just as important. Partner with food banks or grocery stores to collect non-perishables. If you have school-aged kids, see if their class can join in.

Local shelters, both for people and animals, often need volunteers. You can help sort donations, serve meals, or simply offer a friendly presence. Animal shelters need help too—walking dogs, cleaning, or organizing supplies can be a huge help.

Schools may also need extra support this time of year. You might be able to tutor, help with after-school programs, or donate supplies like notebooks or backpacks.

Giving back doesn't have to be huge. A single bag of warm clothes or a few hours volunteering can make a meaningful impact. If you're not sure where to start, just ask a local shelter or food pantry—chances are they'll be grateful for any help you can offer.

FUN GUIDE FOR DOG SPORTS!

Submitted by Lucinda Hahn

Looking for a new way to bond with your dog while keeping them physically and mentally fit? Dog sports are a fun, energetic option—and there's something for every breed, energy level, and personality.

Nosework

If your dog loves sniffing on your daily walks, nosework might be their calling. Inspired by scent-detection dogs used by the police and other professionals, nosework trains dogs to identify and locate specific smells hidden in boxes, rooms or even vehicles. Handlers give a cue like “find it,” and the dog gets to work. (It's one of the few sports where the dog gets to take the lead.) This low-impact, high-reward sport builds confidence, especially for shy or anxious dogs.

- Perfect for: hounds, beagles

Rally

Think of rally as obedience with a twist. Instead of performing static commands in a straight line, you and your dog navigate a course with signs that prompt specific actions—sit, turn left, lie down, and more. Unlike traditional obedience trials, rally emphasizes teamwork and allows you to encourage your dog throughout the course. It's a great sport for dogs who thrive on structure and enjoy staying close to their humans.

- Perfect for: German shepherds, golden retrievers

Dock Diving

Got a water-loving dog and access to a big body of water? Dock diving might be your new favourite weekend activity. The sport is exactly what it sounds like: dogs sprint down a dock and leap into the water after a favourite toy. Distance and height are measured, and the biggest splash often draws the most applause. With the right motivation (and maybe a tennis ball), just about any dog can make a splash.

- Perfect for: Labrador retrievers, Belgian Malinois

Flyball

Imagine a relay race for dogs, complete with hurdles, a spring-loaded ball box and full-speed sprints. That's flyball in a nutshell. Teams of four dogs race one at a time over hurdles, trigger a box that launches a tennis ball, catch it mid-bounce and dash back to the start so the next

teammate can go. It's fast, loud and incredibly high-energy—ideal for ball-obsessed pups and owners who thrive in a team environment. It's also one of the most inclusive sports, often featuring mixed breeds and rescue dogs.

- Perfect for: Jack Russell terriers, whippets

Agility

Perhaps the most well-known dog sport, agility combines speed, coordination and obedience. Dogs run through a timed obstacle course filled with tunnels, weave poles, jumps and more—guided by the handler's voice and body language. It's like parkour for pups, and it builds an incredible bond between you and your dog. Compete or do it for fun; either way, agility provides the exercise and challenge that many dogs crave.

- Perfect for: Border collies, Australian shepherds



Our General Services Include:

- Free estimates
- Service/repairs
- Clogged drains
- Faucets/toilets/tubs and showers
- Backflow prevention
- Renovations

Call us today!

613-880-1276



REAL ESTATE *Listings*

Real estate statistics for Old Ottawa South were found on REALTOR.ca.

ADDRESS	PRICE	ADDRESS	PRICE
864 Colonel By Drive	\$2,400,000	304 Riverdale Avenue	\$1,025,000
343 Riverdale Avenue	\$1,759,000	9 Marco Lane.....	\$875,000
371 Sunnyside Avenue	\$1,498,000	6 Ossington Avenue	\$799,900
183-185 Belmont Avenue.....	\$1,445,000	107 - 499 Sunnyside Avenue W	\$674,000
31 Harvard Avenue	\$1,289,000	205 - 6 Grove Avenue.....	\$399,900

Best Version Media does not guarantee the accuracy of the statistical data on this page. The data does not represent the listings of any one agent or agency but represents the activity of the entire real estate community in the area. Any real estate agent's ad appearing in the magazine is separate from the statistical data provided which is in no way a part of their advertisement.



REAL ESTATE SPONSOR



Sponsor this page
and become the go-to
source for real estate
in the community.

CONTACT:



Jeff Scharf
705-207-1700
jscharf@bestversionmedia.com

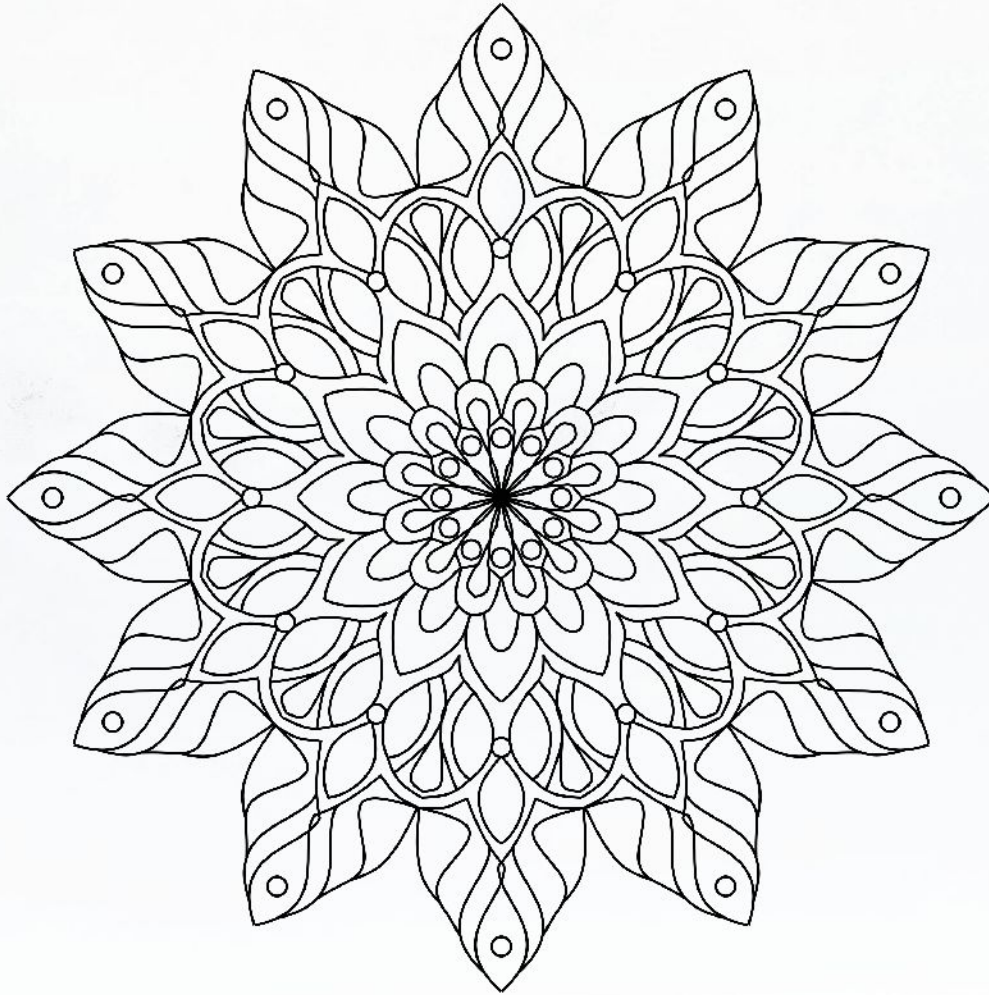
NEIGHBOURS OF
Old Ottawa



Colouring Page!

By local artist Sandra D. Halpenny

Time to get creative! Grab your crayons, markers or pencil crayons and bring this page to life with your own colours, patterns and imagination. Perfect for little artists looking for a fun activity to enjoy at home.



Markers work best on this page. If you wish to use pencils or crayons, we recommend photocopying the image on standard paper.

Mastery in Every Mane.

Expert Cut | Bespoke Color | Davines Care

Sustainable Beauty. Masterful Technique



MANELAND
HAIR & BOUTIQUE

MANELAND HAIR & BOUTIQUE

261 Laurier Ave. E Ottawa K1N 6P7

613-565-8080

@manelandhairsalon





A Cleaner Home. More Time for the Moments that Matter!

By Sahaj Durrin

Are you struggling to keep up with the daily demands of keeping your home clean and well maintained? You're not alone! At Brighter Space Cleaning Co., we believe your living space shouldn't be another source of stress. We've made it our mission to support local families by handling the cleaning burden, allowing you to focus on your family.

To us, cleaning isn't a mindless chore; it's an intentional practice that supports both physical health and mental well-being. This approach, plus our commitment to the Speed Cleaning Method (which is not speedy, rather more efficient), ensures a superior quality clean, fewer mistakes, and a deep respect for your personal environment.

We know how much trust it takes to let someone into your home, which is why we aim to treat you, your family, and your space with the utmost care.

This mindful philosophy extends directly to you, your family, and our planet.

Studies show that indoor air can be up to five times more polluted than outdoor air, a problem heavily worsened by conventional aerosolized chemicals and synthetic scents. For families with young children or pets suffering from allergies, asthma, or respiratory sensitivities, these harsh agents pose a real risk. Because we care deeply about the environment and your safety, Brighter Space uses almost exclusively all-natural, non-toxic, and biodegradable products. We leave your home genuinely fresh without compromising the air you breathe.

We also believe that a brighter space begins with a healthy work environment.

Because we believe so strongly in this, we are a proud member of the Ontario Living Wage Network. To belong to this network a company needs to pay a specific minimum wage (which differs region by region and is much higher than the local minimum wage). By investing in

our team, we strive to maintain impeccable service standards and gain your long-term trust. (This is also why we strive to match you with your designated cleaner).

We make getting help in Old Ottawa completely seamless.

With rigorously vetted cleaners, an easy online estimator, cash-free secure payments, and a 100% money-back guarantee, reclaiming your time has never been simpler.

Whether you're looking to maintain a busy home, have a deeper seasonal clean, are moving, or simply want to create more time for family more important things, Brighter Space Cleaning Co. has got you covered.

Give us a shout today—we would love to support you!

Brighter Space Cleaning Co.—making homes brighter, one thoughtful clean at a time.

FALL SCHEDULE FILLING FAST

Reserve your cleaning spot today!

We provide weekly, biweekly, monthly or one-time cleanings


 BRIGHTER
space
CLEANING CO.

613.709.8306
brighterspace.ca
hello@brighterspace.ca





Kitchen Renovation Tips for a Smooth Process

By Natalie Cox



Renovations can be energizing because you are making your home better. But without the right preparation, they can also feel chaotic. The good news is that much of the stress comes from uncertainty, and uncertainty disappears with good planning. That is something we emphasize early on

so there are almost no decisions left to make once construction begins.

Here are practical ways to get through the experience with less friction and more peace of mind.

Get clarity on the plan and timeline before construction begins

One of the biggest reasons renovations feel stressful is not knowing what comes next. A detailed schedule that outlines each stage of the project helps you see the sequence of work from demo to finish. This keeps surprises to a minimum and gives you landmarks to look forward to.

When the design, selections, and material orders are finalised before the work starts, you do not have to scramble to make decisions mid-build. That means fewer delays, clearer expectations, and a smoother process overall.

Set up a calm zone in your home

Liveable space matters. Choose a room or corner that is away from the worksite and stays clean and quiet. This could be a bedroom, a living room, or even a temporary cooking area. Having one place that feels normal makes a big difference in how you feel day to day.

Continued on pg. 13



Clear and protect the spaces being renovated

Packing up and decluttering before work starts helps keep your belongings safe and the process efficient. Label boxes clearly and remove fragile or cherished items from the work area.

It also helps when your contractor sets up dust barriers and pads at entry points. Even with great containment, dust can move, so think of this as part of managing daily comfort.

Plan for food and drink without a full kitchen

Without a functioning kitchen, meal routines change. Think about how you will handle meals ahead of time. Some people set up a temporary kitchenette with small appliances like a toaster oven, microwave, slow cooker, or air fryer. Others plan simple meals, use disposable plates and cups, or take advantage of nearby grocery deli options.

Use the disruption as a reset opportunity

Renovation time is also a chance to rethink how you live in your home. Sorting through items you no longer use feels good. Clearing out clutter before the new space goes in makes the finished home feel fresher. Deciding what stays and what goes can be surprisingly satisfying. Before long, the renovation will be behind you and the new space will be ready to enjoy.

If you stick to good planning, clear expectations, and simple daily routines, living through renovation becomes a series of manageable days rather than a long trial. Your future space will be worth the temporary inconvenience.



WWW.CPIINTERIORS.CA

CPI INTERIORS

DESIGN FOR ELEVATED LIVING

A to Z Pickleball!

Compiled by Lucinda Hahn



Do you know these 26 essential terms and what they mean?

A — Ace

A serve that lands in the correct service box and isn't touched by the opponent, winning the point immediately.

B — Backhand

A shot hit on the non-dominant side of your body, usually with the back of the hand facing the net.

C — Crosscourt

A shot hit diagonally across the court to the opponent's opposite side.

D — Dink

A soft, controlled shot that barely clears the net and lands in the opponent's court.

E — Erne

An advanced move where a player jumps outside the sideline near the kitchen to volley a shot, avoiding the non-volley rule.

F — Fault

Any rule violation that stops play, such as hitting the ball out or serving incorrectly.

G — Groundstroke

A shot hit after the ball bounces, usually from the baseline.

H — Half-Volley

A shot hit immediately after the ball bounces, before it rises very high.

I — Inside-Out Shot

A shot hit from one side of the court angled back toward the same side, surprising opponents.

J — Jump Smash

A powerful overhead shot where a player jumps while hitting, similar to a spike in volleyball.

K — Kitchen

The nickname for the non-volley zone, the area close to the net where players cannot volley the ball.

L — Lob

A high shot hit over opponents' heads, pushing them toward the back of the court.

M — Middle Reset

A soft shot aimed between opponents to neutralize an aggressive position.

N — Non-Volley Zone

The official name for the 7-foot area on both sides of the net where volleys are not allowed.

O — Overhead

A shot hit above the player's head, often used to finish a point.

P — Paddle

The solid racket that is used to hit the ball.

Q — Quick Hands

A term describing a player's fast reaction speed at the net during rapid exchanges.

R — Rally

A series of shots that's exchanged between players after the serve.

S — Skinny Singles

A practice game where players only use half the court, helping them practice control and placement.

T — Third Shot Drop

A strategic soft shot played after the serve and return, designed to land in the kitchen and allow the serving team to move forward.

U — Underhand Serve

The mandatory serve type in pickleball that is performed underhand with the paddle below the waist.

V — Volley

Hitting the ball before it bounces.

W — Winner

A shot that cannot be returned by the opponent, immediately ending the rally.

X — X-Court Angle

A slang variation of crosscourt, describing a sharply angled diagonal shot.

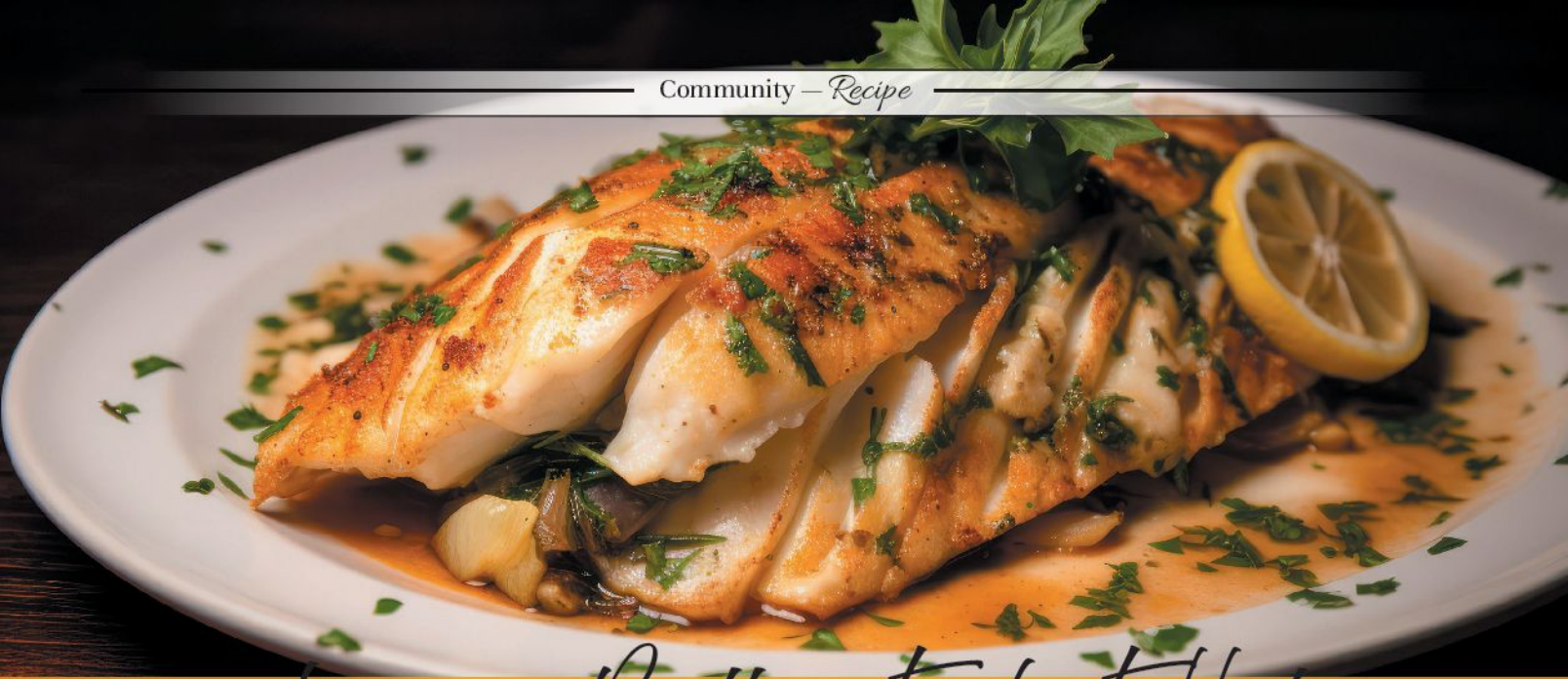
Y — Yellow Ball

Most pickleballs are bright yellow for better visibility during play.

Z — Zero Tolerance Zone

A humorous way players refer to the kitchen, emphasizing that volleys there are forbidden.





Lemon Butter Fish Fillet

By Nehaa Bimal

Ingredients

For the fish

- 2 white fish fillets
- 1 tsp olive oil
- 1-1/2 tsp paprika
- 1-1/2 tsp garlic powder
- 1-1/2 tsp onion powder
- Salt and pepper, to taste

For the lemon butter sauce

- 2 tbsp butter
- 1 tbsp olive oil
- 2 cloves garlic, minced
- Juice and zest of 1 lemon
- Salt and pepper, to taste
- Chopped fresh parsley, for garnish
- Lemon slices, for serving

Method

1. Season the fish

Pat the fish fillets dry with paper towels. Drizzle with olive oil and season both sides with paprika, garlic powder, onion powder, salt and pepper.

2. Cook the fish

Heat a skillet over medium heat. Add the fish and cook for 3–4 minutes per side, or until golden brown and the fish flakes easily with a fork. Remove from the skillet and set aside.

3. Make the sauce

Reduce the heat to medium-low. In the same skillet, add the butter and olive oil. Add the minced garlic and cook for 1–2 minutes, until fragrant.

Stir in the lemon juice and zest. Add the chopped parsley, salt and pepper. Simmer for 2–3 minutes.

4. Serve

Place the fish fillets on a serving plate and spoon the lemon butter sauce over top. Garnish with fresh parsley and lemon slices. Serve immediately.

**SUPPORT LOCAL.
SUCCEED LOCAL.**

Join our dynamic sales team!

SCAN TO CONNECT



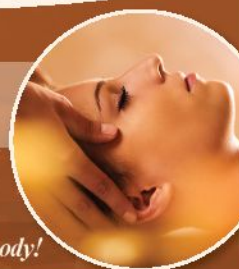
talent@bestversionmedia.com



**Ayurvedic Practitioner &
Registered Massage
Therapist** *Insurance coverage

Trained in India (2011)
RMT Certified (2023)

Together we will heal & strengthen your body!



**Supporting
a Balanced Life**

Viveda.ca
36 Simcoe St

613-867-5957



PROUDLY CANADIAN
PRODUCED • PRINTED • MAILED

NEIGHBOURS OF *Old Ottawa*

TELL US WHY YOU
LOVE THIS MAGAZINE!



www.bestversionmedia.com/feedback



RUDQP

*Pictures that make people
whisper about you.*

Award-winning wedding,
portrait and event photography
in Ottawa, turned into images
worth keeping.

www.rudqp.com
343.254.1555



BECOME A PUBLISHER!

APPLY TODAY!

Be the face of your local magazine for
financial growth opportunities.

Email talent@bestversionmedia.com to learn more.



POWERED BY
BVM
BEST VERSION MEDIA