

VISTAS

www.vistas-news.ca

Alta Vista-Canterbury Community Newspaper (FREE)

Vol. 42 No. 1 January 2023



Eastern Cottontail; photo by Bob Baker

EASTERN COTTONTAIL

By Madelaine K. (age 9), Granddaughter of VISTAS' bird columnist Richard Knapton

I was looking out of my window into the garden when I spotted a bunny rabbit. I asked Grandad what type of rabbit it was and he told me it was an Eastern Cottontail. I wanted to know more about it, so I looked up "Eastern Cottontail" on the computer. I found out that it eats grass, flowers, clover, twigs, bark and other vegetation, but it does not eat daffodils because they are poisonous. Eastern Cottontails do not dig burrows. They scrape a depression on the ground. They can run very quickly, up to 29 km/h. A full-grown cottontail can be 48 cm long and weigh up to 2,000 grams. Females tend to be heavier than males. Females have three to four litters per year and up to 12 young per litter (a young cottontail is called a kit). Eastern Cottontails have many predators such as foxes, coyotes, weasels, raccoons, owls and hawks, and dogs and cats. Its average life span is 15 months. The longest-lived was five years. In winter when there is not much food, they eat twigs poking out of the ground and the snow. My grandma says that is how her shrubs get pruned in winter.

HAVE YOU RECEIVED YOUR VACANT UNIT TAX (VUT) LETTER?

By Victoria Askin, on behalf of the AVCA

REMEMBER: All owners of residential properties in Ottawa must complete a declaration of occupancy for each of their properties, every year. For 2022, the declaration must be submitted between January 1 and March 16, 2023.

In November, the City of Ottawa sent letters to each residential property owner advising on how to submit the declaration. If you have not received a letter and you are the owner of a residential property, contact the City by email at VUT_ILV@Ottawa.ca or call Revenue Services at 613-580-2444.

Further information is also available on the Alta Vista Community Association website at avca.ca/archives/1396.

Declarations can be submitted on MyService.Ottawa.ca or Ottawa.ca/VUT.

If the declaration is not submitted by March 16, the property will be deemed vacant and a tax of 1% of the assessed value of the property will be charged, whether or not it was vacant for a total of 184 days during the 2022 year. For example, on a property assessed at \$500,000, the tax charged would be \$5,000.

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SUBMISSIONS & COMMUNITY EVENTS

Articles submitted for consideration for publication should be 800 words or less and emails and letters 500 words or less. Pictures submitted should be 300 DPI resolution.

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

ADVERTISING

Ads should be submitted to the Advertising Manager, in electronic format copy / 300 DPI resolution/ sent in final format as a print-ready PDF file. The quality of ads not meeting these standards cannot be guaranteed.

Check for available ad sizes. Basic advertising rates and approximate size:

Full Page	\$275.00	(10" W x 13" H)
Half Page	\$160.00	(10" W x 6" H)
Quarter Page	\$100.00	(5" W x 6" H)
Business Card	\$ 35.00	

DEADLINE for ads: 15th of the month prior to publication.
 Email: Advertising@vistas-news.ca.
 Classified ads are \$10 (maximum 25 words).
 Accounts are due on publication.

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

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EDITORIAL MUSINGS

WHAT MAKES A COMMUNITY?

By Aldis Brennan



Reading through the December edition of VISTAS, it is difficult not to reflect on what brought these wonderfully unique stories from individuals of all walks of life to your neighbourhood front door.

Throughout the ages, humans have always felt an invisible yet relentless pull to band together, sometimes for protection, sometimes to accomplish a specific task, but also sometimes out of a need for something more. Sociologists will tell you that this need is alternatively either to be part of a larger more meaningful whole or to see our self-conception reflected by the group.

But in this era of virtual everything, these ideas about community are not enough. Social media offers the façade of forming a real relationship through a reflective screen, click-to-purchase shopping is delivered to your door from the ends of the earth, and a seething rage stoked by a fundamental disconnect between our values and our actions roars across the internet. These require no real investment from us. When less is demanded, we give less and less. Community crumbles.

Italian philosopher Roberto Esposito offers a different interpretation. He wrote in 1998 that *communitas* or community is not merely a collection of people sharing the same space or believing the same ideas, but an obligation to participate in the shared human condition. That the building of community requires action, it makes demands, it requires sacrifice.

While a community association or political apparatus may have determined the breadth and width of Alta Vista, it is in these pages you show that we are indeed a community. We grow food, not just for ourselves but for those in need. We stand up and speak when we see injustice. We remember those who gave their lives for a better future. We're wanderers, nature lovers, churchgoers, athletes, students. Each one grateful for the brief interruption of our own self-interest. Each moment an opportunity to fully embody what it means to be human. So be proud of our community. It is no small thing.

Aldis Brennan has over eight years of storytelling experience starting with his university newspaper through to his current position as Communications Advisor for the Canadian Red Cross. During his postgraduate degree in Journalism at Centennial College in Toronto, he was the Features Editor for the college newspaper as well as an editor for the East York Observer; following graduation, he worked as a journalist at Global News.

Aldis and his fiancée recently bought a house in Alta Vista and moved to the neighbourhood in August. They both already love the sense of community here and he will continue fostering that through volunteering with VISTAS.



LETTERS TO THE EDITOR

New Vacancy Unit Tax

Dear Editor,

Recently elected City Council is moving forward with the introduction of a large new residential property tax. Shamefully, a “negative option billing” regime is being adopted for this new tax. All residential property owners, who do not by the end of the first quarter of each year file an attestation that their residence was occupied for at least 181 days in the previous year, will be liable for a tax equal to 1% of its assessed value. Such a home, assessed at a modest half million dollars, would be subject to a \$5,000 tax. This tax would be added to the City Final Tax Bill due in June.

It is projected that for every 350 attestations, one residence would be identified as subject to this new tax. One in four dollars derived from the tax would be required to cover administrative costs. The remaining funds would be used for low-income housing initiatives. Interestingly, residences in buildings of more than six units would be considered automatically exempt from this new residential tax.

Toronto, Hamilton and Ottawa are introducing the tax at a 1% rate for the year 2022. Vancouver, which initiated a comparable tax at the same 1% rate, has now increased the tax to 3% of the residence’s assessed value.

Zealous advocates are now considering the introduction of a comparable regime for taxing under-utilized vehicles. A “negative option billing” regime would similarly be adopted. Vehicle owners would be required every year to attest that their vehicles were each driven on at least 181 days in the past year or the owner would be liable for a tax of 1% of the market value of the under-utilized vehicle. Net revenues after significant administrative costs would be used to further fund transit fares for individuals with incomes below the poverty line.

Several City Councillors have expressed a great interest in hearing from the community.

Russ Jackson, PEng

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COULD THIS BE YOU?

Do you have spare time that you would love to fill with meaningful volunteer work for your community?

We are looking for a team player who has a gift for layout and design; someone who will work with the Content Editor to craft submitted stories and advertisements into a readable newspaper format.

We are looking for a Layout Editor for Vistas.

LAYOUT EDITOR

As Layout Editor, you will work with the Content Editor, as well as our team of regular writers and a photographer to produce a monthly community paper that our Alta Vista / Canterbury / Ellwood readers look forward to each month.

This is your opportunity to bring fresh vision to our paper, which has been bringing news and interesting stories to our local area for four decades.

ARE YOU READY FOR ADVENTURE?

If you are interested in serving your community in this way, please email a letter of interest to editor@vistas-news.ca.

VISTAS' Delivery Schedule

2023	VISTAS Delivery Date
February Issue	February 3, 2023
March Issue	March 3, 2023

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



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Malcolm and John Harding



“Be at war with your vices, at peace with your neighbours, and let every new year find you a better man.” – Benjamin Franklin

VISTAS Volunteer Carriers Needed

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- Bloor, Penhill, Crestwood, 56 papers
- Chomley, 40 papers
- Crestview (Alta Vista to Fairbanks), 31 papers
- Grasmere, 39 papers
- Heron (Alta Vista to Greenbelt), 13 papers
- Manor Hill Private, 32 papers
- Mimosa, 30 papers
- Neighbourhood Way, 35 papers
- Pixley, 60 papers
- Renova, 55 papers
- Station Boulevard, 40 papers
- Utah, 32 papers

For East of Haig

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Avenue P	Edmond	Melfort
Avenue Q	Elderfield	Monteith
Avenue R	Elsett	Nerta
Avenue S	Erinbrook	Orchid
Avenue T	Fairdale	Othello
Avenue U	Fife	Pleasant Park
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Banghor	Folkstone	Pullen
Blackstone	Furby	Russell
Carnegie	Gill	Shamir
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Chadburn	Goren	Shelburne
Chaucer	Haig	Smyth (Dauphin to Russell)
Connery	Hamlet	Sonata
Cornish	Haney	Southvale
Corry	Heaton	St Laurent (Walkley to Russell)
Dakota	Howland	Susan
Devon	Holt	Tilson
Dickens	Joliffe	Tupper
Dorval	Keats	Weston
Drew	Lemay	Weyburn

VISTAS Vision

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

LETTERS TO THE EDITOR

Let children live normal lives; we owe them our duty of care

RE: New Alta Vista trustee already going to bat on student safety, December 2022

Dear Editor,

Your letter writer Lesly Bauer applauds appeals to mandatory mask-wearing policies for the youngest pushed by some local activists. Unfortunately, these appeals stem from a misunderstanding of what we are dealing with.

The reason why our pediatric hospital increased its ICU capacity is not directly related to the increase in seasonal upper respiratory outbreaks among children. Ottawa population has grown steadily and significantly over the past few years, year after year, without any increases to the CHEO ICU capacity, while more and more children have been added to local schools and communities:

- The metro area population of Ottawa-Gatineau in 2022 was 1,423,000, a 1.07% increase from 2021.
- The metro area population of Ottawa-Gatineau in 2021 was 1,408,000, a 1.08% increase from 2020.
- The metro area population of Ottawa-Gatineau in 2020 was 1,393,000, a 1.09% increase from 2019.

No wonder, then, when a severe crunch comes one season, the ICUs become overwhelmed.

As for why this particular autumn season is more severe than past seasons for children, it is because Ontario had the longest period in North America of isolation of children from each other and from society.

When you do what Ontario has done to children, you end up with many more thousands of children whose immune systems have not been subjected to normal seasonal viruses, and when they do eventually end up receiving those signals to force an immune response (upon return to school), many end up getting sick and too many of them at the same time.

Our past knee-jerk reaction to save children from COVID-19, a virus that caused mild infections in most, resulted in our children becoming very vulnerable to normal seasonal viruses. In an effort to protect society, we made our children weaker and our hospitals are now paying the price of this political decision. Yet, some activists are calling for the same again: isolation of children and protection from contact, preventing children from living normal lives.

Instead of ruining their lives as we did for the past three years, we should invest in additional healthcare capacity and do so in light of ongoing and unstoppable demographic growth. If you are an adult vulnerable to COVID-19 due to age or illness, protect yourself and isolate if you need to, but let children live normal lives. We owe them our duty of care.

Michael Paduch

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- » Citizenship Inquiries
- » Canadian Passport / Consular Affairs
- » Business Opportunities / Grants & Funding
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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:

- » le Régime de pensions du Canada / la Sécurité de la vieillesse
- » le Supplément de revenu garanti
- » les demandes de renseignements relatives à la citoyenneté
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- » les occasions d'affaires / les options de financement
- » les prêts aux étudiants / les questions sur l'impôt

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

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OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

Greetings all, as we move into the third year of this pandemic and a world that continues to change far more quickly than we could have imagined just a few years ago. I, for one, never want to hear the word “pivot” again. This Christmas season has continued to require ongoing change and adaptation.

While with a waning pandemic and a greater sense of our world evolving towards more hope and less fear for the future, we at HEFC are experiencing an unprecedented surge in demand for food. We are serving the highest numbers of people in our history. This situation is corroborated by reports from every emergency organization in Ottawa, indeed in all of Canada. The revival of our economy as the pandemic wanes, along with the termination of the many emergency financial support programs, has exacerbated repressed need, increasing expectations and general weariness and frustration. Our current high inflation has affected the most vulnerable in our society the most severely. Not only has the cost of shelter and utilities risen sharply, but the cost of basic food supplies has also experienced the most dramatic inflation.

At HEFC we have been struggling to meet the need as more and more people show up at our doors. We have been opening early and closing late all through the month of December in order to accommodate the folks lined up and waiting. While (in early December) we have not yet collated statistics, when I stopped by at HEFC, despite the fact that the Centre was supposed to close at 11:30 a.m., at least 10 people were still waiting in line. Slightly overwhelmed volunteers were attempting to serve our (mostly) patient clients, no doubt worrying about other commitments that were not going to be met because they needed to stay late. We thank all the wonderful front-line volunteers who are managing to assist clients during these challenging times. We could not function without you; people would go hungry without you.

The other side of the volunteer effort that enables us to feed people is, of course, all the wonderful community donations we receive. This month I want to update you on the efforts of two young children who were also featured in the January 2021 edition of VISTAS, Mila Rousseau now aged 10 and her brother Madden Rousseau aged 8, guided by their parents, Stacey Lance and Philippe Rousseau. They have been organizing drives and collecting food in their neighbourhood for the last five years. They are indeed Heroes of HEFC.



HEFC Heroes Mila and Madden Rousseau have been organizing drives and collecting food in their neighbourhood for the last five years.

Their mother Stacey writes:

“Since the pandemic, we have been collecting food twice a year. When our city went into lockdown in April 2021, we decided to organize a collection from front steps. We read about the stress food banks were under due to the increase in food insecurities and we wanted to find a way to help. So we started collecting in April and December to help our community through this tough time.

“Now that they are older, I find they are able to take this on themselves. They hand out 250 pamphlets to all of the homes in our neighbourhood. Then a week later, they walk door-to-door to collect donations left on the step. We load up the car and then come home to sort it all. They always get so excited to see their neighbours give to their drive. Once the collection is complete, my husband and I create a letter to put in the mailboxes of all the homes that donated, to thank them for showing up for our children and their community. It takes a village to raise a child, and our community surely helps us teach our children the values of empathy and connection.

“I asked them why they like doing the collection and why they feel it is important. Mila says: ‘I look forward to our collection because I get excited to see how much food we get. I want to help families that need help right now because nobody should have to worry about where they will get food from.’ Madden says: ‘Doing our collection makes me realize how lucky I am. Everyone should be lucky like I am. Nobody should feel hungry.’”

Thank you, Mila and Madden and your parents. Your efforts make a huge difference to people in our neighbourhood. Louisa Simms, our Executive Coordinator, reports that they have, themselves, collected over \$2000 in food and monetary donations each year. In the January 2021 VISTAS, I wrote: “We empower ourselves and others when we share our unique abilities to build a strong community and to take care of each other.”

Members of the Board of HEFC are happy to share information about the service we, all together, provide for our community, and to make presentations at community events. Call us at 613-737-9090 or email us at hefc-info@rogers.com.

For more information:

- Check out hefc-info@rogers.com;
- On Facebook www.facebook.com/HeronFoodCentre;
- On Twitter [@HeronFoodCentre](https://twitter.com/HEFC.ca).

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.

JANUARY WISH LIST

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OUR COMMUNITY

Major General George Randolph Pearkes, VC, PC, CC, CB, DSO, MC, CD, OD World War I Victoria Cross Recipient

By J.J. Healy, RCMP Veterans, Ottawa



Superintendent J. J. Healy & Gracie

Most people in Ottawa are familiar with the Department of National Defence building that is located downtown. Most of us have driven by it on numerous occasions and may even remember when it was possible to literally drive underneath it as a shortcut between Colonel By Drive and Nicholas Street. However, not very many Canadians would know that the DND building is named after a very distinguished person who served our country honourably and

admirably as a police officer, military officer and politician, Major-General George Randolph Pearkes.

Many men who began their careers in the RCMP became soldiers in response to Canada's engagement in war. Many of these men also performed heroic acts of bravery. Yet Reg.#5529 Constable George R. Pearkes' service record stands out based not only on his courageous acts in WWI, but also due to his impressive military career, his significant contribution to Canadian politics and his rich community service.

George Pearkes was born in Watford, Hertfordshire, England. Accompanied by his younger brother, the pair immigrated to Canada in 1906 and settled in Red Deer, Alberta. Pearkes joined the Royal Northwest Mounted Police on February 13, 1913, and he went on to serve in the Yukon until the outbreak of WWI.

Pearkes then "purchased his discharge" from the RNWMP to join the Canadian Expeditionary Force and was assigned to the 2nd Regiment of the Canadian Mounted Rifles. At 29 years of age, he found himself at the Battle of Passchendaele as an Acting Major, and it was here that his bravery and courage in the face of the enemy were recognized with the highest military distinction, the Victoria Cross. The citation read:

"For most conspicuous bravery and skillful handling of the troops under his command during the capture and consolidation of considerably more than the objectives allotted to him, in an attack. Just prior to the advance Maj. Pearkes was wounded in the left thigh. Regardless of his wound, he continued to lead his men with the utmost gallantry, despite many obstacles. At a particular stage of the attack, his further advance was threatened by a strong point which was an objective of the battalion on his left, but which they had not succeeded in capturing. Quickly appreciating the situation, he captured and held this point, thus enabling his further advance to be successfully pushed forward. It was entirely due to his determination and fearless personality that he was able to maintain his objective with the small number of men at his command against repeated enemy counter-attacks, both his flanks being unprotected for a considerable depth meanwhile. His appreciation of the situation throughout and the reports rendered by him were invaluable to his Commanding Officer in making dispositions of troops to hold the position captured. He showed throughout a supreme contempt of danger and wonderful powers of control and leading." (London Gazette. No.30471, 11 January 1918).



A Wikipedia photo

This man of courage and capability was subsequently promoted to the ranks of Lieutenant-Colonel and Major-General.

After WWI, George Pearkes joined the Princess Patricia's Canadian Light Infantry and was posted to Calgary. He married in 1925, and he and his wife had two children. As time went on, Pearkes served in Winnipeg, Calgary, and at the Royal Military College in Kingston.

In 1939, former Constable Pearkes joined WWII as a Brigadier-General and he commanded the 2nd Canadian Infantry Brigade. In 1942, he was appointed as General Officer of the Pacific Command, which was responsible for defending the West Coast of Canada.

In 1957, Mr. Pearkes entered federal politics and won the Conservative seat for the Nanaimo, BC riding. He was named Minister of National Defence under Prime Minister John Diefenbaker. Mr. Pearkes resigned from federal politics in 1960 and was then appointed Lieutenant-Governor of British Columbia. He held the LG's Office until 1968. He retired in Victoria.

Mr. Pearkes led a highly distinguished military career and rose to the rank of Major-General. Among the military awards which he won were: the Victoria Cross, the Distinguished Service Order, the Military Cross and the French Croix de Guerre.

General Pearkes died on May 30, 1984. He was buried beside Holy Trinity Church in West Saanich, BC. He ended his career as a Lieutenant-Governor, but he started his career as a constable with the Royal Northwest Mounted Police. The Major-General George Pearkes Building, the National Defence building in Ottawa, is named in his honour. As citizens of Ottawa, it is good for us to know something about the people whose names we may see on a sign or etched in the stone of a building. Mounties are proud to claim Major-General Pearkes as one of our own.



The Major-General George R Pearkes Building in Ottawa, ON.

A Wikipedia photo

OUR COMMUNITY

ALTA VISTA'S FASCINATING LEFTOVER BITS AND 'IN-BETWEEN' SPACES

By Chris Wiebe



In Ottawa's older neighbourhoods – the Glebe, New Edinburgh – you'll quickly notice the only greenspaces are parks with names and fences. Virtually every other square metre has been maximized with real estate development or "use value" of some kind. Alta Vista, always a bit different, is peppered with pockets of forest, stray strips of volunteer bush, and orphaned patches of thigh-high grass. They aren't parks, or strictly "wild" areas either. Like Tupperware containers at the back of the fridge, these spaces seem to be leftovers from some long-forgotten plan or broken remnants left behind in the rush to the next thing. What is the purpose of these many overlooked spaces today? Or, perhaps more precisely, what function do they now perform? It turns out that they may be "doing" much more than we might have imagined.

This past November, Carleton University biologist Lenore Fahrig won Canada's most prestigious scientific award, NSERC's Gerhard Herzberg Canada Gold Medal. A Guggenheim Fellow and no stranger to accolades, Fahrig is renowned for her work on habitat fragmentation where she has shown protecting many small blocks of habitat is just as valuable for species conservation as is protecting a few large ones of the same total area. As a graduate student, she ran computer models in the 1980s that suggested having habitat in a few large blocks or many little ones didn't make a difference when it came to species survival. "Then over time," she explained recently on CBC Radio's *Quirks and Quarks*, "there were some field tests of this and we found that yes, usually there was no effect of the fragmentation itself. And when there was an effect, it looked like it was more often a positive one. So, if you looked across a large number of small patches, you'd end up with a higher total abundance of species than if you looked at a few large blocks of habitat of the same total area." This is pretty counterintuitive stuff in a culture that likes

compartments here urban, there rural, way out there, wilderness. So isn't it interesting to speculate that while most of these patches in Alta Vista may not be pristine landscapes – most heavily modified for farming before their recent rewilding by neglect – and are located in a densely populated neighbourhood, they may still be playing an important habitat role.

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One of the many "in-between" places in Alta Vista

Mulling the in-between, I recalled an episode while backpacking in Europe in the early 1990s. It was an "in-between" of time all its own with few jobs, so those who could scrape together some traveller's cheques wandered around, drinking Trappist beer, eating cheap camembert on cold park benches, and couch surfing. I stopped to visit a friend who was studying architecture for the winter at a Swiss villa above Lake Lugano. It was a breathtaking place of winding stone walls, steep slopes, and tall, dark cypress trees providing visual exclamation marks for every vista.

During my visit, Texas architecture guru Lars Lerup gave an epic lecture on the Pantheon in Rome. Flashing through his carousels of Kodachrome slides, he expounded on the "interstitial space" between the inner dome of the monument's interior and the round-roofed exterior. Between these two curved surfaces, he explained, was a vast space unseen by the building's visitor, yet pregnant with significance. "What role did this gap, this dead volume of air, perform?" he asked his young audience. It all felt very mind-blowingly important and postmodern. Turning over that memory now, I realize that Lerup was onto something with his jargon-filled barrage. The things we can't see, or those we refuse to see, are integral parts of a place, nevertheless. Pay attention to the gaps and not just the surfaces, he insisted. Notice what you are "editing out" when you are looking.

One Alta Vista afternoon I decided I would kick the tires on Professor Fahrig's ideas and visit a nearby forest patch I had walked past many times before – an unkempt chunk of bush bordering the cricket pitches on Lynda Lane. The little forest trail quickly petered out and I was soon stumbling over fallen trees and battling my way through sharp undergrowth. Pausing to look about, its forest's previous life as the edge of a farm field was still easily readable. There was a shallow ditch running through the forest with a low ridge of rocks following it to one side – most likely plough-busters handpicked for decades from the fields. Above the rock ridge, at the old field edge, stood a couple of massive old oak trees, Burr Oaks with deeply grooved bark, like the trees in the Wizard of Oz. Looking up into the gnarled branches of one, I realized I was being studied very intently by a Barred Owl. Her head pivoted to follow me as I tried to get a better view. This wasn't a useless place after all, a filler space or damaged cast-off. This little forest was her home! We looked at each other for a while until she lost interest in me and swivelled her head in the other direction. After a bit, I continued on, crashing through the thorny brush to a nearby clearing.



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Welcome to 2023! I hope that you were able to spend some quality time with family and friends over the festive season.

I am excited about working with you, my Council colleagues, and City of Ottawa staff in the coming year. City Hall has been a whirlwind of activity since Councillors were sworn in on November 14th. Orientation sessions on city files and facilities, setting up my office to serve the ward, and getting to know my colleagues has been energizing. With several Council meetings now under our belts and appointments made to boards and committees, we are ready to work together to build a better Ottawa. I look forward to contributing fully and to bringing Alta Vista views to the table.

Please reach out to me at anytime. And from my family to yours, Happy New Year!

January Community Cafés

Join me for coffee and conversation in your neighbourhood to share ideas and talk about issues that are important to you.

Heron Gate (the Hub): Wednesday January 11, 2023
2850 Cedarwood Drive, 3 p.m. to 5 p.m.

Heron Gate (Vista Local): Friday January 27, 2023
2826 Sandalwood Drive (Lounge), 5 p.m. to 7 p.m.

Alta Vista Residents' Town Hall on Vacant Unit Tax:

Join me and City of Ottawa staff to discuss the process to declare your property's occupancy status and have your questions answered.

Thursday January 26, 2023 - 6:30 to 8:30 p.m.

Location to be determined (Follow me on Facebook or email me for details)

In-person attendance will be limited to 100 participants. Virtual attendance via Zoom will be available. To register email marty.carr@ottawa.ca.

Alta Vista Nursery School

In my first few days as City Councillor, I paid a visit to the Alta Vista Nursery School. It was fun to meet staff and kids at this busy school, including spending time with pre-schoolers at the activity table.



Alta Vista Nursery School joined Andrew Fleck Children's Services in April 2022. The Nursery School was recently renovated with new children's washrooms, new exterior windows, updated flooring and wall finishes, as well as new playgrounds. Alta Vista Nursery School is a wonderful example of a successful collaboration between Trinity Church of the Nazarene, Andrew Fleck Children's Services, and the City of Ottawa to provide quality childcare in the community.

Marty Carr's Appointments to City of Ottawa Committees and Boards

Vice Chair:

Environment and Climate Change

Member:

Audit Committee

City of Ottawa Superannuation Fund

Community Services Committee

Ottawa Board of Health

Ottawa Community Housing Corporation

Ottawa Police Services Board

Transit Commission

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OUR COMMUNITY

ELLWOOD – A UNIQUE SNAPSHOT

By Norman Payne, President of Ellwood's Ridgemont Community Association



Happy New Year! We begin 2023 with hope and optimism yet tinged with trepidation on how some issues will unfold.

2021 Canadian census results

You may be fascinated by the latest census details for Ellwood. In 2016, we had 2,949 residents, and in 2021, 3,110 residents, a 5.5% increase.

Alas, no centenarians – yet! According to the 2021 Canadian census, 535 residents are 0–14 years, 2,175 are 15–64 years, and 400 are 65 years and over (including 115 65–69, 95 70–74, 65 75–79, and 125 80–94). While the census reports that 535 residents are under 15, you would perhaps disagree with that as we rarely see that many children around, even at Halloween. Males, at 1,580, outnumber females by 50, at 1530.

The average private household size is 2.6. Most households live in single-detached houses, with 535 in the high-rise on Annand Private. All 3,110 Ellwood residents live in privately-owned dwellings, some of which are rented. There are 25 multi-generational households. Around 400 households earn from \$100,000 to over \$150,000. Of the homes in Ellwood, 185 were built before 1960, 465 were built between 1961 and 1980, and the rest between 1981 and 2021.

By marital status for Ellwood residents 15 years or older, one-third are married or living common-law, 145 are never married, and the remainder are widowed, divorced, or separated.

The immigration status of the Ellwood population is divided almost 50/50. With regard to citizenship, 2,535 are Canadian citizens, the rest are not.

English is the most widely spoken first language with French second and an extremely eclectic variety of languages from around the world. For the first official language spoken, 2,070 reported English only, 80 French only, 880 both English and French, and 85 neither English nor French. Regarding other spoken languages, 40 speak Metis and 20 speak other First Nations languages; 530 speak Afro-Asiatic languages; 55 speak Slavic languages like Russian and Polish; 90 speak Indo-Aryan languages like Hindi; 120 speak Romance languages like Italian, Portuguese and Spanish; and 65 speak Chinese. A generation ago the four most common languages in Ellwood were English, German, Italian and French.

A total of 1,350 Ellwood residents have a post-secondary certificate, diploma or degree: 35 have degrees in medicine, dentistry, veterinary medicine, or optometry, 185 have a Master's degree, and 25 have a doctorate. In terms of occupation, 220 residents are in business, finance, and administration; 450 are in sales and service; 270 are in health care; 124 are in professional, scientific, and technical services; 80 are in education; 235 are in public administration; and the rest are in myriad other occupations. At work, 1,325 speak English, 50 speak French, and 55 speak other languages. For place of work status, 385 residents work from home, 15 work outside Canada, 150 work at no fixed workplace address, and 830 work at a usual place of work. Of 980 people who commute to work, 705 drive a car, van, or truck to work, 65 are driven by someone, 200 use OC Transpo, 40 walk, 10 bike, and 20 use some other means.

On a very positive note, Justin McGillivray and Christine Haliburton, who recently bought into our neighbourhood, had a baby boy, Malcolm, over Christmas; and Huda Alsraj and Amer Adas, both directors of *Ellwood's* Ridgemont Community Association board, were recently married. We are growing our community!

Ellwood's tax breakdown

The City of Ottawa's latest tax breakdown for Ellwood – on both sides of Bank Street and of Kitchener, west of Albion Road, and south of

Walkley Road – had a total property assessment in 2021 of \$270 million: \$56 million in commercial, \$191 million in residential, and \$21 million is tax-exempt (such as religious buildings, City properties and non-profits' buildings).

The commercial establishments together pay \$960 thousand in municipal tax and \$400 thousand in education tax – yes businesses pay this tax. The total taxes paid by the commercial sector is 1.4 million dollars. The residential sector, that is all the homes, paid \$1,840,000 in municipal tax and \$292,000 in education tax, for a total of just over two million dollars. The total taxes paid by the commercial and residential sectors is about 3.5 million dollars. Percentage-wise, homeowners pay 61% and businesses 39% of the taxes. These figures are courtesy of Chief Financial Officer (now City Manager) Wendy Stephanson and Deputy City Treasurer Revenue Joseph Muhuni.

Intensification file

On the intensification file, two key changes made to Bill 23 are that third-party appeals have been reinstated and sustainable design can once again be considered in the site plan, with limitations.

Some residents reported they received a notice from the Ottawa Home Builders' Association inviting them to “easily turn your home into three units” and “an opportunity to earn passive income, add additional income streams and build multi-generational wealth and you can get these types of projects 100% financed.” Plus, how “this can give you more equity and an opportunity to earn extra income.” Not a word about promoting affordable housing or any altruistic intent.

Community rinks insurance program

Over the last few months, incorporated community associations across Ottawa have had difficulty understanding the changes to the City's insurance program covering the operation of community rinks. Recently, our association received word from the City confirming that it has purchased limited group Accidental Death and Dismemberment (AD&D) benefits coverage for outdoor rink operators and their volunteers. Benefits will be available for these rink operators and volunteers who sustain a qualifying injury while completing rink maintenance and supervision duties. Benefits are effective December 20, 2022, and are subject to the policy's terms, limitations, exclusions, and conditions. The AD&D benefits wording will be distributed to the rink operators once available, and formalized communication will be provided to rink operators in the new year. Seasonal Recreation is consulting with Legal Services to determine the best procedure to formally amend the rink supervision and maintenance agreements.

This is important – ***All rink volunteers wishing to receive coverage for AD&D must sign-up with the City's volunteer online registration system.*** It appears that volunteers will need to register on a yet-to-be-constructed website by a yet-to-be-determined deadline; the system is currently being updated and is expected to be finalized over the next two weeks. The registration link along with instructions to register will be sent out to all outdoor rink contract holders with the request to forward to volunteer teams with instructions to register.

In addition, the City will provide third-party Commercial General Liability (CGL) Insurance for special events associated with the outdoor rink program, such as a winter carnival. The City is also looking into risk-mitigating measures that need to be added when providing exclusive use to individuals or groups within the outdoor rink program, such as hockey team practice, birthday parties and other special occasions. *Ellwood's* Ridgemont Community Association has never engaged in these types of booked activities and is unlikely to do so in the future.

Also, City Solicitor David White has noted the Ontario Government's *Not-for-Profit Incorporator's Handbook*, which states that members of the boards, like *Ellwood's* Ridgemont Community Association, being an incorporated organization, are not individually personally liable.

OUR COMMUNITY

Ellwood community events

Councillor Riley Brockington’s Ward Holiday Dinner on December 22 (to which *Ellwood’s* Ridgemont Community Association contributed) was a smashing success, with about 170 attendees. Johnny Vegas was in top form singing the season’s favourite hits, the menu was full – turkey, ham, veg stir fry, mashed potatoes, stuffing, fresh rolls, assorted pickles, and more, plus a boatload of deserts.

Ellwood’s Ridgemont Community Association will again be operating the Community Rink and Kiddy Rink for the 2022/2023 season and will be holding its Winter Carnival on Saturday, February 11 from 1 to 3 p.m. As before, treats will be served followed by games and activities as allowed by the insurance coverage. If you wish to help out with the rink, please get in touch at 613-288-0034. Volunteer hours by high school students are tracked and count towards community service hours required to graduate. Below are the times when the field house will be staffed (subject to minor adjustments).

- Monday–Friday, 6:30–9 p.m.
- Saturday, 1–5 p.m.
- Sunday, 1:30–5 p.m.

WINTER SPORTS

By Isaac T, VISTAS Kids Reporter

Here are some winter sports that you can do and where to do them.

First, we have hockey, ringette and skating, which you can do at the Jim Tubman Rink.

Next, we have skiing – you can ski at Mooney’s Bay.

And, there is sledding at Grasshopper Hill.

It is all very fun, and for all ages!

OUR COMMUNITY REPS

HAWTHORNE MEADOWS COMMUNITY DONATES TO CONFEDERATION COURT

By Annette Beaudoin, Hawthorne Meadows Community

On Monday, December 19th, 2022, Annette Beaudoin and Miriam Campbell, Administrators of the Hawthorne Meadows Community Facebook Group, presented an extremely generous food donation to the Confederation Court Community House Food Bank. The donation was collected in the Hawthorne Meadows community and the Executive Director of Confederation Court, Andrea Thompson, was thrilled with the donation noting it was particularly timely as the Food Bank at Confederation Court has been experiencing very high demand. In 2023, the Hawthorne Meadows Community Association, HMCA, is looking forward to working closely on other goals, which we hope will benefit all residents within our boundaries.



Hawthorne Meadows community members, Confederation Court staff and Alta Vista city councillor at Confederation Court Food Bank



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OUR COMMUNITY

INTRODUCING CFUW

By Marcia Armstrong, Past President – CFUW Nepean, VP Membership

What women’s organization donates \$1,000,000 in scholarships annually to deserving women students at universities and colleges across Canada? The answer is CFUW, the Canadian Federation of University Women! Through these awards, CFUW empowers women to become leaders.

Historically, CFUW, established in 1919, was a group of women university graduates who provided each other mutual support and encouragement and advocated for women at a time when women graduates were few and far between. Now any woman who supports the mission of CFUW is welcome to be a member. The organization works to improve the status of women and to promote human rights, public education, lifelong learning, social justice, and peace – all while providing the opportunity for fellowship and making new friends.



There are over 75 CFUW Clubs across the country in every province. There are three Clubs in the Ottawa area, with a total membership of about 600 women. Each Club has a different “personality” and meets monthly with a speaker on an engaging topic.

Which Club suits you?

- CFUW Ottawa (www.cfuw-ottawa.org) meets the first Monday of the month at 7 p.m. at Riverside United Church or on Zoom.
- CFUW Nepean (cfuwnepean.ca) meets the first Tuesday of the month at 1 p.m. at Bells Corners United Church or on Zoom.
- CFUW Kanata (cfuwkanata.ca) meets the second Tuesday of the month at 7 p.m. on Zoom.

These three groups raise funds for scholarships at local high schools, Ottawa and Carleton Universities, and Algonquin College. All support local women’s shelters and have groups that walk on The Coldest Night of the Year in support of Cornerstone Housing for Women. All offer interest groups such as book clubs, bridge groups, dining out, French conversation, hiking, skiing, singing, etc. All Clubs advocate for issues of importance to women such as child care, long-term care, the environment, and education.



Join us! Advocate for women; donate scholarships; enjoy lifelong learning; make new friends!

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OUR COMMUNITY

BRINGING BASEBALL TO EVERYONE IN ALTA VISTA

By Aldis Brennan

Sophie LeVasseur steps calmly up to the plate, kicks her cleated shoe into the ochre dirt once, twice, raises her arms and then is still. In this one moment, nothing else exists. There is no homework, no hurt feelings, no nagging doubts. Just Sophie, the rugged diamond field and the handful of others who join her in this holy ritual of sport. Then, the crack of the bat as it connects sends shivers down her arms, and the ball, abruptly reversing course, soars into the outfield with an audible whizz.

That, for Sophie, is the best feeling in the world. But recently it struck her that there are some people who rarely get the opportunity to capture that moment and, being raised in a family committed to giving back, she realized she could do something about it. With help from her sister Valérie, she quickly discovered the Jays Care Foundation Challenger Baseball program.

“They sponsor associations and teams who want to create a program to help kids who have difficulties and to reach kids who may not have access to baseball,” Sophie said. “We decided to help kids who have Down syndrome, cognitive disabilities or are deaf.”

The Foundation, a charitable extension of the Toronto Blue Jays, was interested so Sophie organized three sessions in Alta Vista of about an hour each, also convincing the Ottawa Nepean Baseball Club to lend a hand.

“The Blue Jays provided us with a kit that had wiffle balls, foam balls, bases adapted to special needs, foam bats, and other special equipment made for everyone to use,” Sophie said. “We got a lot of things that we would never think of using for baseball and that made the experience with the participants so much better.”

Each session starts with a bit of basic baseball knowledge to help the participants get a feel for the rules of the game. Then comes the fun part.

“We roll ground balls to each other or throw a foam ball into a circle. They’re games but they’re also practicing skills,” Sophie said. “At the end we have wiffle ball games, which are like a mini baseball game. We practice those skills but it’s fun.”



Sophie (right) poses with Patrick (centre) and her sister Valérie (left) at the baseball event she and her sister organized for people who do not normally have access to the game. Photo credit: Gilles LeVasseur

One of those participants is Patrick Beauregard who just so happens to also be Sophie’s neighbour.

“Since we were young, Patrick has always been the kind of guy who plays basketball outside and he’s a really nice guy so when I started the baseball program, I told my dad ‘We have to get Patrick to come out,’” Sophie said. “I felt like he could really get something from it because he’s always outside playing sports and loving it.”

Patrick does love being active. He skis, swims, sails, camps and delivers VISTAS, but the closest he has come to baseball is watching it on TV and the lucky few times he’s seen the Blue Jays play in Toronto. When Sophie asked him to play, he was immediately excited but some of the other participants were a bit unsure.

“If you don’t try it, you’re never going to find out,” Sophie said. “People can judge you, but at the end of the day, it’s what you feel towards the sport that matters.”

So, clad in gym shorts and an oversized red Blue Jays t-shirt, Patrick stepped onto the field. He threw, hit, caught, ran, and in those instants between thinking where the body just does, he too, felt the magic of the moment.

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LEARN ABOUT RIDEAU WINTER TRAIL MAINTENANCE FROM GROOMER PETE

By Martha Jeacle, Volunteer

The Rideau Winter Trail is a free recreational trail groomed from Donald Street to Bank Street for cross-country skiing (skate and classic), walking, snowshoeing and fat biking. It is run entirely by volunteers, with support from the City of Ottawa, the NCC, some government grants, amazing sponsors and donations from community members. Please follow the RWT on Twitter, Instagram or Facebook to learn more (and visit the website: www.rideauwintertrail.ca).

Q&A with Peter Nor (aka Groomer Pete)

Q: Trail prep starts well in advance of the snow falling, right? What does that involve?

A: Prep for next season starts during the current season. We are always looking for input on how to improve the trail by listening to users, skiing, grooming, and observing where the wind is blowing the snow. In late summer, we finalize our plans for the coming season and coordinate with our partners. Important preseason activities include grass cutting, tree and brush clearing, coordination with waste removal and snow clearing. Our partners at the National Capital Commission and City of Ottawa are great to work with!

Q: How do you determine when you can do the first grooming of the season?

A: There are a couple of factors, mostly to avoid damage to the land around the trail. We look for at least 10 cm of snow on the ground. In the early season, we try to pack the snow as much as possible so that we have a good base that will last. This means that until we get enough snow we cannot set tracks for classic skiing without damaging the ground underneath the snow and our equipment.

Q: When the snow is falling during the season, how do you decide when to groom?

A: That's a tricky one, and one that can often result in much discussion in the grooming shed. Generally, the snow needs a couple of hours to set after being groomed and before being used. Ideally, we look for temperatures to be in the -1 to -10C range.



Groomer Peter Nor

Q: What kind of equipment does it take to groom an urban winter trail?

A: We have been improving our stable of equipment every year. The equipment we use for the RWT is considered light equipment and includes a variety of implements that are dragged behind an ATV or snowmobile. For packing deep and fluffy snow, we use a roller that is basically a very large rolling pin, two feet in diameter and eight feet long. When snow is icy or compacted from being walked and skied on, the snow requires renovation by chopping up the hard snow and breaking it down to a nice powder. This is where our light equipment has limitations compared to a snow-cat that you would see at a ski resort, but we are able to get really good results, sometimes it just takes more passes. Once that snow is "just right," we form it into a nice corduroy pattern and if we have enough snow depth, we set tracks for classic skiing.

Q: How long does it take to groom the RWT from end to end?

A: This depends on which equipment we are using and the conditions. Heavy snowfall and ice slow down operations significantly and a full groom can easily take six to eight hours.

Q: How do you determine how to set the trail around the Hurdman Hills?

A: We have been refining the trail in this area annually and have some great improvements for this season. It is a balancing act that includes identifying where the snow accumulates, finding a good fall line, and avoiding places where water flows and erodes the snow or the wind blows drifts. For this season, we have a new trail added in this area which means a better loop and no need to cross pavement.

Q: How do you deal with the ice rain that mother nature delivers on occasion?

A: Another factor that impacts when we start grooming. If we have snow turning to ice rain or vice versa, we wait until everything has fallen and then mix it all together. We are trying our best to avoid making "cement," which could happen if we groom and then receive freezing rain. Even the heavy equipment at resorts has a hard time with this, and our only option is to wait until it warms up if we end up with this situation.

Q: Do you have a favourite part of the trail (although we know you love it all!)?

A: I have to say that grooming at night in the Hurdman Hills area is spectacular and I often see wildlife that I cannot believe lives in the city. That being said, meeting folks that are enjoying the trail anywhere makes me happy.

Q: Anything interesting about the grooming process that Groomer Pete would like to share?

A: Don't get me started. The engineer in me gets excited about the physics of snow and the realization that I have lots to learn. I love being outside and the snow is like a huge Zen garden that I get to play with.



ARTS & CULTURE

**NEW OPERA LYRA JANUARY CONCERT –
 PICTURES AND DANCES
 WHO CAN RESIST MUSSORGSKY?
 (OR A GOOD STORY ...)**

By Nadine Dawson

I would implore you to attend the second offering of Andrew Ager's New Opera Lyra, *Pictures and Dances – an Evening of Mussorgsky*. But like me, you probably don't like to be told what to do.

I could tell you how excited I am to hear Antonina Ermolenko interpret "Songs and Dances of Death," and how intrigued I am by the prospect of listening to Andrew Ager's new setting of "Pictures at an Exhibition." But you may have no idea what I'm talking about.

I might politely invite you to join me – but without knowing who I am, you are wise not to take my word for it that this will be a concert to remember.

And anyway, who wants to dwell on *death*, you add. Indeed.

This, then, is the writer's challenge: to decide how to address the audience (you!) in such a way as to achieve a purpose (mine!) by applying various writing craft moves (infinite!). In other words, how can I persuade you, and here I have to guess: a classical music lover? classical-curious? someone who has yet to be swayed by the power of the bassoon? Yes, how can I convince you that this is Art Worth Paying Attention To? Put frankly, how do I persuade you to leave your cozy homes and venture into the dark of winter to listen to Mussorgsky (*whoever that is*)?

I can see you nodding sagely at my depiction of The Creative Process – perhaps you, too, have wrestled with creativity? and as we proceed, no doubt you will also recognize some of the craft moves I've chosen for this particular task.

Once upon a time ... (just joking – or *am I*?)

Picture this: a pandemic strikes fear into the hearts of people everywhere. (melodrama) Stores close, businesses shut, school children are sent home. (repetition with variation) To save us from Death, not to mention the Unknown, ordinary citizens are told not to leave their houses. (appealing to feeling) The streets are eerily quiet. (mystery)

The Question: What do you do, confined as you are, day after day after day ...? (appealing to common experience – I guess you get the idea)



Ottawa composer, Andrew Ager



Ukrainian-Canadian soprano, Antonino Ermolenko; photo credit Robert McGee

The Answer: If you are an artist, you do what you love more than anything: you create. Hidden in these Terrible Times is the gift of, well, time. With your schedule suddenly and unexpectedly cleared, you become an urban hermit, you lose yourself in your passion.

Zoom in closer: And if you are Andrew Ager, and a composer, naturally you write an opera – perhaps you saw it? *Dracula*? – and you amuse yourself by playing with Mussorgsky's music.

Zoom out again: And because you are Andrew Ager, whom we might also call Artist-Entrepreneur, you find yourself creating and posting on Facebook, just for fun, a chamber arrangement of "Pictures at an Exhibition," which is one of Mussorgsky's compositions that you have known for as long as you can remember and that you played over and over again as a child – and here, we might pause to add Precocious to our characterization of Ager. Lo and behold, a cellist from the Regina Symphony Orchestra is interested in the piece, and you find yourself assembling a group of musicians from the National Arts Centre Orchestra to workshop it before sending it off to its premiere. Meanwhile, the NACO musicians express interest in performing it in Ottawa, so intrigued are they by this new adaptation of a familiar piece. Serendipitously, Ukrainian-Canadian soprano, Antonino Ermolenko, introduces herself and now the idea hits you: why not combine "Pictures at an Exhibition" with the aforementioned "Songs and Dances of Death," and add in, say, Merina's Aria from "Boris Godunov"? When you rehearse Ermolenko, you are astounded by her ability to express the drama and sentiment of the songs.

And voila! *Pictures and Dances – an Evening of Mussorgsky* is born!

(Isn't that a story worth telling? And how much more so will be experiencing firsthand the music that inspired it, you wonder. Just so!)

Lend me your ear: Can you hear the seductive and compelling poetry of Arseny Golenishchev-Kutuzov in "Songs and Dances of Death"? How Death Personified lulls young and old alike under his spell? No? What about "Pictures at an Exhibition"? Can you feel the depth of Mussorgsky's fiery sadness at the death of his friend, artist, Viktor Hartmann? Do you feel the stirring of your soul at the power and drama of his tribute to his lost friend's visual art? Not quite?

Well, if you happen to find yourself at St Andrew's Presbyterian Church on January 28th, you will certainly fall under Mussorgsky's spell – and when you do, you'll be in good company.

For more information or to purchase tickets, visit newoperalyra.ca.

Nadine Dawson is an artist of fickle loyalties who lives in Old Ottawa South. She is the almost completely unknown author of Lavender, Longing, Love; A Choose-Your-Own-Adventure Memoir.

Andrew Ager, born in Ottawa, recently made the city his home and has been entwined with the local music scene ever since, including working at Rideau Park United Church in Alta Vista.

ARTS & CULTURE

What's On in Ottawa & Beyond in January 2023

By Tony Wohlfarth



Laura Poitras is an Academy Award-winning documentary filmmaker. Laura was the guest of honour at the International Documentary Film Festival in Amsterdam (IDFA) in November. This month, I review *My Country, My Country*, which she directed in 2006, about the aftermath of 9/11 in Iraq. I also review an Academy Award-nominated film, *The Auschwitz Report*, about two brave souls

who escaped in 1943 and alerted the world to the horrors underway in the most notorious of all the Nazi death camps. From IDFA, I review an Israeli film, *Innocence*, about compulsory military service. As well, I preview what to see at the Canadian Museum of History.

My Country, My Country

In 2004, Laura Poitras and her camera were given access to Abu Ghraib, the US military prison in Iraq. She met Dr. Riyadh, a Baghdad physician who was investigating the conditions for the detainees. She formed a relationship with Dr. Riyadh, who became the basis of the film, *My Country, My Country*.

The film opens on Election Day in Baghdad in 2005 – two years after the US-led invasion of Iraq. Voter registration has been underway for six months, and Richard Armitage has declared this election will be Iraq's first "democratic" election.

Riyadh's patients see it differently. How can Iraqis vote when the country is occupied and citizens face unprecedented levels of ethnic violence? *My Country, My Country* is unnarrated, and no experts are called upon to explain the situation. Riyadh (a Sunni) is asked by his patients to be a candidate, and his silence speaks volumes. A proud Iraqi, he has no illusions about these elections.

The film then moves to Abu Ghraib, where Riyadh interviews hundreds of detainees through the fence, closely supervised by US soldiers. The exchanges – in Arabic with English subtitles – form the basis of growing skepticism about the special military prisons. Youth (as young as 14) have been in prison for months, without a hearing, as the US considers them very dangerous.

I was curious about whatever happened to Dr. Riyadh? I found him via YouTube, giving a lecture on public health in Iraq; it is worth watching at [youtube.com/watch?v=z87VXUO3B-Q](https://www.youtube.com/watch?v=z87VXUO3B-Q).

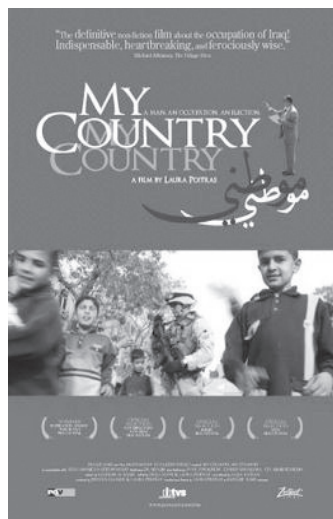
My Country, My Country was released in 2006. The film was nominated for Best Documentary at the 2007 Academy Awards. The running time is one hour and 30 minutes.

More about Laura Poitras

Poitras presented a retrospective of her documentary films in Amsterdam and gave a masterclass on the art of filmmaking. She directed *Citizenfour* in 2014 and won an Oscar for best documentary film. She directed *Terror Contagion* in 2021, which was the basis of an exhibition at the Museum of Contemporary Art (MCA) in Montreal last year.



Laura Poitras

**The Auschwitz Report**

The Auschwitz Report is a compelling drama (based on real life events) about two Jews who escaped the concentration camp and give voice to the horrors within. *The Auschwitz Report* begins in 1942 in Auschwitz-Birkenau in Poland. Two inmates clandestinely escape, cross the Polish-Slovak border and meet with the International Red Cross. They give voice to the voiceless and - dramatically - call on the Allies to conduct an aerial bombardment of the death camp. The VRBA-Wetzler Report, as it was known, was a thirty-two-page firsthand account of the genocide. The script is based on a book by Alfred Wetzler. The *Auschwitz Report* is gruelling and difficult to watch. Much of the film takes place in darkness under claustrophobic conditions. The film relies on English subtitles to convey its sparse dialogue (some of it in Slovak, some in German). One of its authors, Rudolf Vrba, died in Vancouver on March 27, 2006. In 1963, he wrote the book, *I Cannot Forgive*, about his experience. The running time is one hour and 34 minutes.

How can I see My Country, My Country and The Auschwitz Report?

My Country, My Country and *The Auschwitz Report* are both available to rent from Movies'n Stuff at 1787 Kilborn Avenue. Call Peter at 613-738-1607 to reserve your copy. Bonus coverage is included with the CDs and is worth watching.

Innocence

For Israeli youth, serving in the Army is compulsory. Guy Davidi spent a decade making this film which is based on diaries and archival images. *Innocence* captures children who talk about this obligation as early as in pre-school. I especially appreciated its use of animation to see this responsibility from the kids' perspectives. The loss of a child is a heavy burden, and *Innocence* examines this with uncanny sensitivity.

Innocence is directed by Guy Davidi. In 2011, he directed *Five Broken Cameras*, which was nominated for an Oscar for best documentary feature in 2013.

Live at the NAC

The National Arts Centre (1 Elgin) is the place to be in January; here are few highlights to catch:

Through until January 8, Broadway Across Canada's production of *Come From Away*;

January 18–19, Hilary Hahn and the music of Dvorak;

January 19, Katia Rock;

January 20, Nick Schofield;

January 24, Silent Tears: The Last Yiddish Tango;

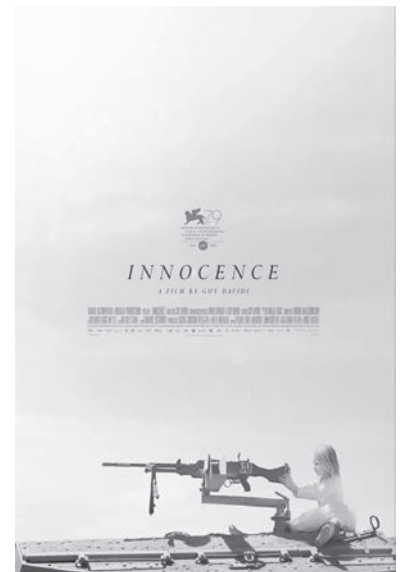
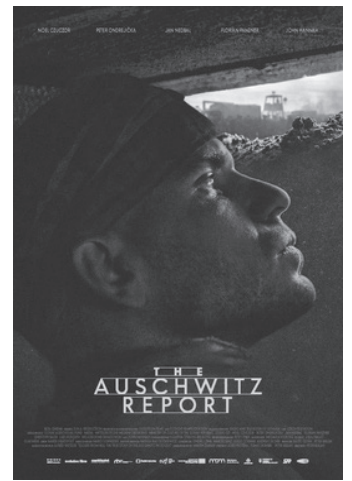
January 28, The Sheepdogs;

January 29, The Beatles: Abbey Road; and

January 31, The Iris Trio.

For tickets and event information, check out: nac-cna.ca/en/calendar/list/2023/01

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ARTS & CULTURE

What's New at the Canadian Museum of History?

I ventured across the Gatineau River (100 Laurier Avenue in Gatineau) to check out what is on at the history museum. Two special exhibits are worth a visit:

From *Pepinot* to *PAW Patrol*, a retrospective of shows from children's television – until September 1, 2023;

Unexpected: Surprising Treasures from Library & Archives Canada – until November 26, 2023.

For tickets and times, check out: www.historymuseum.ca.



Out of Town

Leonard Cohen – Everybody Knows

The Art Gallery of Ontario (317 Dundas Street West in Toronto) has an intriguing exhibition underway from the private collection of the late Leonard Cohen. Cohen died in 2016 and now his notebooks, photos and poetry are on display through April 10, 2023. See www.ago.ca for more information.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He covered the International Documentary Film Festival (IDFA) in Amsterdam in November.

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OUR ENVIRONMENT

BIRDS OF ALTA VISTA – Winter birding

By Richard Knapton

Summer birds have gone, fall migrants have passed through our area for warmer climates farther south, and we are left with a handful of species that will attempt to survive the winter. Berry-eating species such as waxwings and robins seek out those shrubs and small trees bearing fruit, seed-eating species such as juncos and goldfinches look for plants still bearing seeds that haven't fallen or seeds that haven't been covered in snow, woodpeckers look for insects and their larvae on or in tree branches, omnivores such as Blue Jays and crows look for just about anything edible, and several species gravitate towards bird feeders – chickadees, nuthatches, House Finches, cardinals. This could be a time of doldrums for birders; a walk through a woodland may net you only four or five species. However, on the contrary, this has become a time when birders become involved in exciting and challenging bird counts and bird lists, which are both organized and casual; the Christmas Bird Counts, Project FeederWatch, winter bird lists and annual bird lists, to name just a few. So, what are these lists and counts all about?



Bohemian Waxwing; photo by Bob Baker

Christmas Bird Count

Quite remarkably, the Christmas Bird Count (CBC) is North America's longest-running Citizen Science project. Every year, round about Christmas time, folks in more than 2,000 locations throughout the Western Hemisphere participate in the CBC. It started in 1900. Prior to the turn of the 20th century, hunters engaged in a holiday tradition known as the Christmas "Side Hunt." They would choose sides and go afield with their guns—whoever brought in the biggest pile of feathered (and furred) quarry won. Conservation was in its beginning stages in that era, and many observers and scientists were becoming concerned about declining bird populations. Beginning on Christmas Day 1900, ornithologist Frank M. Chapman, an early officer in the then-nascent Audubon Society, proposed a new holiday tradition – a "Christmas Bird Census" that would count birds during the holidays rather than hunt them. So began the Christmas Bird Count. Thanks to the inspiration of Chapman and the enthusiasm of 27 dedicated birders, 25 Christmas Bird Counts were held that day. The locations ranged from Toronto, Ontario to Pacific Grove, California with most counts in or near the population centres of northeastern North America. Those original 27 Christmas Bird Counts tallied around 90 species on all the counts combined.

Nowadays, from December 14 through January 5 each year, tens of thousands of volunteers throughout the Americas brave snow, wind, or rain, and take part in the effort, although more and more feeder counters are getting involved. The information collected by these thousands of CBC volunteer participants forms one of the world's largest sets of wildlife survey data. This allows Audubon researchers, conservation biologists, wildlife agencies, environmental planners, and naturalists to assess the population trends and distribution of birds and to study the long-term health and status of bird populations across North America.

When combined with other surveys such as the Breeding Bird Survey, it provides a picture of how the continent's bird populations have changed in time and space over the past hundred years (www.birdscanada.org/bird-science/christmas-bird-count).

The count is set up as a 24-kilometre diameter circle. Each circle is divided into sections, and there is a leader within each section. Birders (bush-beaters and feeder watchers) are given an area to cover, and they tally as many different species and individuals of those species as possible over the course of a single day within that area. Ontario Nature is a good source of information on CBCs (ontarionature.org/events/christmas-bird-count).

Usually in November, birders interested in taking part in the CBC can sign up and join in through the Audubon website. Effort for each circle is organized by a compiler, who is a fellow volunteer (or team of volunteers) at the local level, often supported by a birding club or naturalist organization. The long-term perspective is vital for conservationists. It informs strategies to protect birds and their habitat, and helps identify environmental issues with implications for people as well. What conservationists have learned through Christmas Bird Count data include predictions on how climate change could affect the ranges of 588 North American birds, more than half of which will be in trouble.

Between December 15 and January 5, there are numerous Christmas Bird Counts in our region. The Ottawa–Gatineau Count is on December 18; the compilers are Bernie Ladouceur (vbladouceur@rogers.com or 613-829-2473) for Ottawa and Daniel Toussaint (danieltoussaint@videotron.ca) for Gatineau. The count circle is divided up into sections with a leader sorting out who goes where to avoid overlap and duplication. We here in Alta Vista are in the Ottawa Centre section. This can be an enjoyable social activity, and you get a chance to participate in "citizen science." Aside from this, due to significant scouting beforehand, intense activity during the count, and active efforts to encourage feeder owners to report their sightings, there is a good chance that some rarities will be discovered in this period. If you would like to find a CBC near where you live, then visit the Christmas-Bird-Count Calendar at ofnc.ca/wp-content/uploads/2022/11/Christmas-Bird-Count-Calendar-2022-23.pdf.

Project FeederWatch

Project FeederWatch is a joint research and education project of Birds Canada and the Cornell Lab of Ornithology that depends on volunteers to help us all learn more about bird populations. Project FeederWatch is a winter-long survey of birds that visit feeders at backyards. Project FeederWatch runs from November to April, and anyone can take part – see feederwatch.org.



Dark-eyed Junco; photo by Bob Baker

The schedule is completely flexible. Participants can count birds for as long as wanted on days of choosing, then enter count species and numbers online. These counts allow one to track what is happening to birds around the home and to contribute to a continental data set of bird distribution and abundance. Project FeederWatch is supported almost entirely by its participants. Canadians can participate by donating any amount to Birds Canada. These contributions cover materials, staff support, web design, data analysis, and the year-end report (Winter Bird Highlights). In the United States, the project is run through the Cornell Lab of Ornithology (www.birds.cornell.edu/home) and in Canada, through Birds Canada (www.birdscanada.org/diversitystatement). FeederWatch is conducted by people of all skill levels and backgrounds. When thousands of FeederWatchers in communities across North America count birds and send their tallies to the FeederWatch database,

Continued on Page 21

OUR ENVIRONMENT

the result is a treasure trove of numbers, which FeederWatch scientists analyze to draw a picture of winter bird abundance and distribution. FeederWatch data show which bird species visit feeders at thousands of locations across the continent every winter. The data also indicate how many individuals of each species are seen. This information can be used to measure changes in the winter ranges and abundances of bird species over time. With each season, FeederWatch increases in importance as a unique monitoring tool for more than 100 bird species that winter in North America.

What sets FeederWatch apart from other monitoring programs is the detailed picture that FeederWatch data provide about weekly changes in bird distribution and abundance across the United States and Canada. Importantly, FeederWatch data tell us where birds are as well as where they are not. This crucial information enables scientists to piece together the most accurate population maps.

Because FeederWatchers count the number of individuals of each species they see several times throughout the winter, FeederWatch data are extremely powerful for detecting and explaining gradual changes in the wintering ranges of many species. In short, FeederWatch data are important because they provide information about bird population biology that cannot be detected by any other available method.

Population sizes of many species vary from year to year. Downward trends for two, three, or even more years may not indicate actual population declines; in fact, such trends may simply reflect short-term weather patterns or other variations in natural food supply and abundance. Sometimes, however, the data reveal a long-term population decline of a particular species. When bird population scientists become aware of such a trend, they evaluate what they know about the species, its habitat, and other factors that may be causing its decline. For example, is the species' food in short supply? Has the amount of suitable habitat changed on the species' breeding or wintering grounds? Has a potentially competitive species shown a population increase?

So, by combining all they know about a species from monitoring data and intensive research projects, scientists can begin to understand why a species is declining and to make recommendations for its recovery before it is too late.

Winter bird lists

Winter bird lists have been kept on a casual basis for years. The "winter birding season" covers the months of December, January and February. Keeping track of winter lists is a tradition that goes back several years. During the winter doldrums, it can be hard for birders to keep motivated to go out and look for birds. Keeping an annual winter list or a life winter list can act as motivation to get birders out the door on chilly mornings. The idea of a winter bird list has taken off throughout Canada, and quite a few birders now keep one. Usually, the geographic area in Canada is the province, although it could be any area, including your backyard or the Greater Ottawa area. Recently, keeping winter bird lists has become more structured, and the contact for Ontario bird lists is Josh Vandermeulen (joshvandermeulen.blogspot.com/p/ontario-winter-bird-list.html).

Annual year lists

A further bird listing venture is an annual list, starting January 1st. Again, the geographic boundaries of the list can be anything, from a backyard to global, although usually, the most satisfying boundaries are the local area, such as the Ottawa area, or provincial. It is once again an incentive to get out and about, especially in winter. To keep track of observations, one highly recommended site is the Cornell Lab of Ornithology eBird which is described on Wikipedia as "an online database of bird observations providing scientists, researchers and amateur naturalists with real-time data about bird distribution and abundance." The project has expanded to cover the whole world. eBird has been described as an ambitious example of enlisting amateurs to gather data on biodiversity for use in science.

OUR ENVIRONMENT

ELLWOOD BIRDS IN WINTER: Photos by Gary Howard



Male American Goldfinch in winter plumage



Male American Black Duck to the left and a female Mallard Duck to the right. It is quite common for Mallards and American Black Ducks to interbreed.



American Robin on a cold day. This time of year, robins can congregate in fairly large groups; this robin was one of about 30.

OUR ENVIRONMENT

FRIENDS OF PLEASANT PARK WOODS

By the Alta Vista Community Association (AVCA) Greenspace Stewardship Committee

Welcome to a new year! If you have made any New Year’s resolutions to improve your health and well-being, then we suggest you spend some time in Pleasant Park Woods. Research is showing that getting outside can boost your immunity, ease stress and worry, and lower blood pressure. It can help you relax, clear your mind, and think more clearly. Being in nature can improve energy and vitality, and can refresh and rejuvenate us.

Dr. Qing Li, a medical doctor at Tokyo’s Nippon Medical School, has written the book *Forest Bathing: How Trees Can Help You Find Health Happiness* (2018). “Shinrin-yoku” is the Japanese term for “forest bathing,” which means bathing in the forest atmosphere or taking in the forest through our senses. This practice is becoming more popular, and the fifth International Forest Bathing Day occurred on September 10, 2022. Dr. Li is encouraging people to spend quality time in nature to improve one’s health.

We in Alta Vista are fortunate to enjoy Pleasant Park Woods, so easily accessible in our community. Enjoy a walk and spend time in the woods. Use all your senses to take in all that our woods provide, and feel the health benefits. January can be cold and short on sunlight, but a walk on snowy pathways in Pleasant Park Woods reminds us that this natural beauty can restore mind and spirit in times of stress.



A walk on snowy pathways in Pleasant Park Woods can restore mind and spirit in times of stress. Photo credit: Gillian Godwin

*There is nothing in the world so irresistibly contagious as laughter and good-humour.”
- Charles Dickens, A Christmas Carol*



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OUR PEOPLE

OUR PEOPLE: Christopher Wiebe

By Courtney Tower

He Rambles Far He Rambles Wide In Our Alta Vista



Think that's not likely? That anyone would or could ramble far and wide through sleepy Alta Vista? What's there to see, in a community placid and peaceful and new-ish poky? Right? Wrong, to the rambler, Christopher Wiebe, who forays on foot, by bike, through an Alta Vista in which he finds gems "hidden in plain sight" for those with his sort of eyes to see, senses to feel, and love of mysteries to unravel.

Take, as one instance, that "hidden in plain sight" quote which Christopher in his enthusiasm ---enthusiasm is a trademark Wiebe-ism --- wrote about what the rest of us might consider an ordinary little strip mall, the one at Arch Street and Canterbury Avenue.

To Chris Wiebe, writing in the February 2021 issue of VISTAS, Canterbury Plaza in its construction in the 1960s represented and represents a glad openness of intent and style with its "thrusting brown steel beams" connecting and holding together the whole strip from Lorenzo's Pizzeria to what now is the 3 Sisters Bakeshop. He sees in it "a chic Euro-style mini 'piazza'" clad in "brash red brick."

A Fountain Of Joy

My favourite of all his columns in VISTAS is about something all our readers, all Alta Vistas, readily see and enjoy --- although most of us after a quick glance never think twice about it. Only when Chris Wiebe writes about that fountain at the top of the hill, at Alta Vista Drive and Smyth Road, do we see its splashing colours in spring, summer and fall, an endless delight softening the tensions or tedium of commuters passing by.

Wiebe interviews homeowners Garry and Marilyn Rae who have been "keeping the waters plashing for almost 35 years" since they bought 1900 Alta Vista Drive in 1988. The fountain already had "plashed" there for many years under previous owners. He writes about the joy it brings to thousands, about how it lifts one's senses on the journey home, about the huge depths of feeling that it engenders in Alta Vistas who pose for photographs in front of it and who pepper the fountain's bowl with coins thrown in for good luck.

Dad, and Winnipeg Fed His Interests

Chris Wiebe grew up in a Mennonite family in Edmonton, 53 years ago, where his love of unearthing the stories of places and people was planted by Rudy Wiebe, his father, a writer of historical fiction and a university professor.

"My father was very interested in taking the family, my mother Tena and my sister Adrienne and me to places where things had happened, places of history," Chris said in an interview with me.

"And then, in the 1970s, when Edmonton was going through boom years, the city was busy demolishing itself. It was tearing down its history, so-called slum clearance, to replace that with glass and steel and tidy streetscapes," he said. "So, when I went to Winnipeg to study at the Canadian Mennonite University and at the University of Winnipeg, it

blew my mind to see a downtown that was, unbelievably, largely intact. There were residential areas with some of the fine houses of earlier days still standing. That was a joy, and a lesson, to me."

After further university studies, this time creative writing at the University of Alberta in Edmonton, and a two-year stint teaching English in South Korea, visiting China and Japan, Chris and wife Dr. Janice Schroeder moved to Ottawa. Jan became a professor at Carleton University and Chris joined the National Trust, which lobbies for the preservation of historic places. He is its Manager of Heritage Policy and organizes national conferences on the subject. Chris and Janice have daughters Anna and Sylvia, at Canterbury High School and Alta Vista Public School, respectively.

Leave Them Be Carbon Captors

The National Trust, and Wiebe, share a core belief that they say contributes to resolving problems of climate change. It can be summed up as "don't tear down that house, leave it and large buildings standing (though repaired)." And that is because, they argue, standing buildings have built in them more carbon than is saved by new-built buildings with all the latest carbon-saving features in them.

"There needs to be more attention paid to preserving existing housing stock," Wiebe says. "We should not be removing houses or other buildings, because of the carbon energy of the materials in them and their environmental value. It would take 20 to 40 years for a new efficient and 'green' house to pay back the carbon debt of their construction."

"Intensification as it is called is needed here and throughout Canada, but not the intensification of knocking down housing. We should intensify our housing to take care of larger populations that are inevitable, but by adding housing and not removing housing. More can be built on Alta Vista's large lots, for example as Toronto and Edmonton and Vancouver are building in former alleyways."

Add Without Removing Here And In All Canada

Wiebe sees a wealth of opportunity in Alta Vista for just what he is talking about --- adding without removing --- but he also sees much more. He uses the word "quirky" time and again to describe the things he finds, like the movement here of grey and multi-coloured stucco on a few buildings from their prominent place in Western Canada homes. Or changes in architectural styles of houses built in different successive decades here.

There is what he sees as this area's profound Indigenous history going back 9,000 years at least with the finding of a projectile point "on the banks of Sawmill Creek near the Billings Estate."

There is the sad and wrong transition of neighbourhoods in Alta Vista and everywhere by the demolition of great trees and perfectly comfortable homes to make way for huge housing covering all or nearly all of those large lots.

There is that large and great "Wisdom Mural" providing "a bold splash of ideas and colour (that) has transformed a dingy stretch of Bank Street at Billings Bridge." Or Wiebe's unhappiness with the choice of the Roman Catholic Church to kill off the Diocesan Centre, "that handsome yellow and glazed brown building at 1243-1247 Kilborn Place." It is infirm and not "sustainable" to the diocese. To Wiebe, it is "a large, imposing place, pregnant with possibilities."

And so it goes for Chris Wiebe. He loves to walk or bicycle through Alta Vista, seeing things anew, some "quirky" and others just plain interesting. A community of things to see, things hidden in plain sight.



Christopher Wiebe and Janice Schroeder, each finds gems hidden in plain sight. Photo credit: Gerri Doherty



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BOOKWORMS DELIGHT

SOFT CITY: BUILDING DENSITY FOR EVERYDAY LIFE (2019)

By David Sim

Reviewed by Janet Mark Wallace

David Sim is a Scottish-born architect who lives in Denmark. In 2002, he joined the architectural firm headed by Jan Gehl, and dedicated his practice to “making cities for people.”

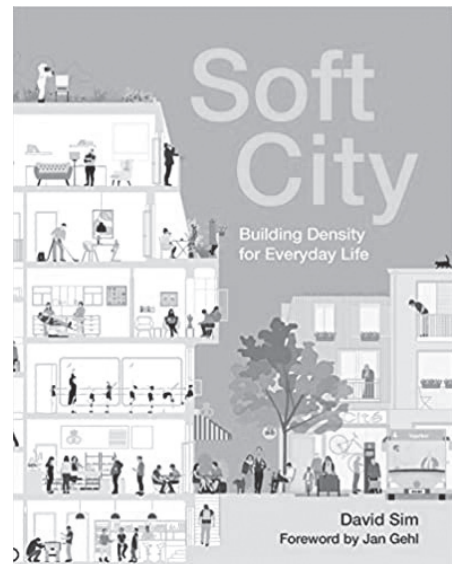
In 2019, Sim published *Soft City: Building Density for Everyday Life*. In it, he outlines how the urban environment can be built to better connect people to nature and to each other. He uses examples from Denmark, Sweden, Germany, Japan and Australia to show how the classic four-to-six-storey courtyard block pattern can be built in order to encourage walking, foster small businesses, provide urban greenery and create a sense of place. He says:

“A liveable, resilient, high-density area should have a diversity of built forms and of outdoor spaces, flexibility, a human scale, walkability, a sense of control and identity, a pleasant microclimate, a smaller carbon footprint, and greater biodiversity.”

Soft City is full of photos and diagrams that demonstrate how cities designed on these classic urban design principles can accommodate high population densities while enhancing the quality of life.

There are many changes on the horizon in urban development for Ottawa and Alta Vista. Residents who wish to take an active role in determining how their community takes shape will benefit from reading this book. *Soft City* is for anyone who wants the tools to talk about how well-planned, dense urban communities can accommodate a mix of demographics, reduce automobile dependency, support locally-owned businesses, and foster a sense of community. The book's layout and ample illustrations make it easy to refer to in any discussions.

Soft City is available at the Ottawa Public Library; it is an enjoyable read.



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HEALTH & FITNESS

RIB CAGE INJURIES

By Sue Reive, Owner of Kilborn Physiotherapy Clinic

The onset of winter brings snow and icy conditions. Unfortunately, many people will slip and fall sustaining a potential injury. One common area of injury is the rib cage. Whether it's a bruised rib, a slipped rib, or a fracture, it is very painful. Knowing what to do and when to seek medical attention is important.

The rib cage is composed of 12 pairs of ribs which house internal organs (e.g., heart and lungs) and enable respiration. All of the ribs attach to their corresponding vertebrae in the spine, while ribs two to eight also attach to the vertebrae above.

The ribs are divided into three groups: true, false, and floating. The first to seventh ribs are considered true ribs as they attach directly to the

sternum (breastbone) in front via their costal cartilages. The false ribs (eight to 10) attach via the costal cartilage to the seventh costal cartilage in front. The 11th and 12th ribs float and only attach to their corresponding vertebral body in the spine; hence these floating ribs are more mobile and not usually fractured. The most commonly injured ribs tend to be the fourth and 10th ribs.

There are numerous muscles that attach to the ribs: the intercostal muscles run between the ribs and aid in inspiration (breathing in) and expiration (breathing out); the external oblique abdominal muscles originate off the fifth to 12th ribs on the side of the rib cage and aid in twisting and flexion; the diaphragm attaches to the inner surface of the costal cartilage of the lower ribs and functions to enable respiration by expanding and contracting the rib cage. Some back muscles insert into the ribs, specifically, the quadratus lumborum (inserts into the 12th rib) and the latissimus dorsi (inserts into the lower ribs). In between the ribs, running between the intercostal muscles, are the intercostal nerves which are mixed nerves, carrying motor and sensory fibres.

Rib cage injuries due to falls can cause an intercostal muscle strain, a fractured rib, a bruised rib, or a slipped rib. Signs and symptoms are similar for all of these and include:

- pain on deep breath/coughing;
- pain on palpation;
- possible bruising;
- difficulty sleeping;
- difficulty changing positions (e.g., rolling over in bed, going from sitting to lying down, going from sitting to standing); and
- pain which radiates along the rib.

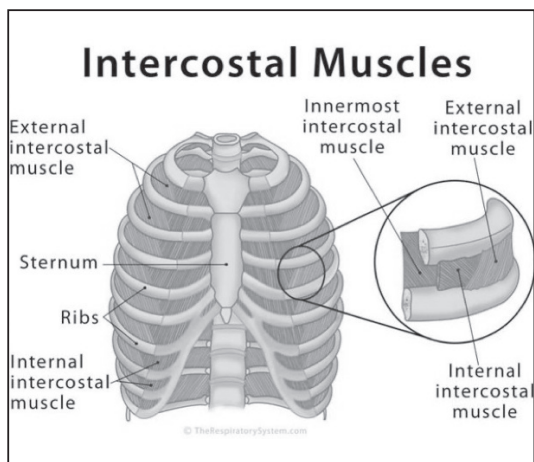


Photo from TheRespiratorySystem.com

Rib fractures will often present with pain on resisted isometric muscle testing and there is often a palpable gap at the site of the fracture. Moreover, on inspiration, there is often a cracking sound at the site of the fracture. Medical attention is recommended if a fracture is suspected to rule out serious trauma to internal organs (e.g., the lungs). Imaging such as X-rays will be done.

A slipped rib is rare but occurs when the floating and false ribs eight to 12 "slip" and shift upwards under the adjacent rib, thus irritating the intercostal nerves and muscles. The pain can be described as stabbing at times to aching at other times.

Treatment varies depending on the injury. A fracture requires time to heal, usually six to eight weeks. During this time, patients must avoid aggravating activities. Pain medication and the use of ice initially help to relieve the inflammation. Compression wrapping is not recommended as it restricts respiration which can lead to pneumonia. Once the pain has decreased sufficiently and healing has begun, range of motion exercises can be started. Intercostal muscle strains, a bruised rib, and a slipped rib can all benefit from physiotherapy. Modalities enhance the healing process, taping with Kinesio Tape offers support without restricting rib cage movement, and gentle soft tissue techniques are employed to regain flexibility in the intercostal muscles and on the adjacent muscles which attach to the ribs.

After a rib injury, most people will rest and avoid activities until the pain resolves and the injury has healed; exactly what should be done. However, it is important to ensure that there is full mobility of the ribs. Scar tissue within the intercostal muscles can restrict rib cage expansion and cause occasional discomfort. Physiotherapy can help, even months after the injury, to regain any restricted rib movement.

The goal of therapy is to relieve pain, regain full thoracic spine mobility (i.e., twisting, bending, and deep breathing without pain) and return the patient to activities of daily living without pain.



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HEALTH & FITNESS

SHOULD I TAKE MEDICATION FOR MY MENTAL HEALTH?

By Dr. Sarah Chan



Taking medication for mental health is a very personal decision. Patients tell me of the stigma they feel when on medications classified as antidepressants or antipsychotics.

When deciding to take a medication for mental health, the principles from other realms of medicine apply:

1. Know the reasons for taking the medication and what symptom(s) or illness it is for;
2. Know what to expect from the medication in terms of benefits and side effects; and
3. Aim for the minimum dose that is effective to avoid being over-medicated.

It is also important to know that a medication does not have to be what one turns to first in many cases. An example would be targeting weight loss and diet changes for the early stages of diabetes to help prevent or delay the need for medication management. In many psychiatric disorders, therapy and lifestyle changes are the first line of treatment and should be the focus, with medications playing a supportive role. Mental illnesses that fall into this category include obsessive-compulsive disorders, post-traumatic stress disorder and personality disorders, to name only a few.

Psychiatric illnesses where medications are recommended first include bipolar illness and psychotic disorders. In these cases, medication is usually necessary for stability and often needs to be taken for a lifetime.

Deciding between psychotherapy and medication can be difficult. Psychotherapy is time-intensive, costly and difficult. However, it is the best at striking at the heart of an issue and giving a corrective experience and tools that are long-lasting. Medications need to be taken regularly, usually daily, and there are side effects to contend with. Patients give feedback that taking medication can be both disempowering and empowering. For some, it is a reminder every day of their illness and they do not like it that they depend on medications to function. Others feel that taking medication gives them more control of their disease and this gives them the confidence to push forward in their lives.

Patients should know that medication is meant to help improve their lives and/or lengthen their lives. If after starting a medication for several months the patient does not feel this way, it is reasonable to have the medication and symptoms reassessed and to ask their physician if they should, in fact, continue taking it. Most physicians do not benefit financially or otherwise from prescribing medications. This comes up quite often in my practice so I think it is important to mention. If you are concerned, I encourage you to have a frank conversation with your prescribing physician about it.

The last point I would like to make is that if a patient believes taking medication will be helpful but has hesitation for whatever reason, in psychiatry, there is a lot of choice and so starting a medication does not mean it is permanent. I tell patients that they can choose to stop or start medication whenever they want, but I would like to be informed so I can guide them on how to do it safely. I see a physician's job as telling patients their options, and tailoring recommendations based on what we know from the evidence, our own clinical experience, and what we know about the patient. You will hear me say quite often, "I can tell you what works, and what is safe. The rest of the decision-making is up to you. It is your life after all, not mine."

Sarah Chan is a psychiatrist who works at The Ottawa Hospital and in the community. She is writing this column to increase community awareness and education about mental health. Dr. Chan is interested in receiving suggestions for topics for future articles. Please send your emails to: Drchanvistas@gmail.com.

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"I was born on January 8, 1942, exactly three hundred years after the death of Galileo. I estimate, however, that about two hundred thousand other babies were also born that day. I don't know whether any of them was later interested in astronomy." - Stephen Hawking

SCHOOL NEWS

FEATHERSTON DRIVE R7/8A'S GOOD COMPANION CARD WRITING CAMPAIGN A SUCCESS!

By Aria A., Grade 8 student in Ms. Conley's Class

The winter holidays are a time of rejoicing and excitement for lots of people. Many spend their time engulfed with the warmth of loved ones and good food, forming bitter-sweet memories. But for many others, it's quite the opposite. In 2021, more than 20,000 elderly people spent the holidays by themselves. Moreover, the large impact of COVID-19 in the past few years does not help combat that. Many of these people also suffer from food insecurity. The Good Companions is a non-profit organization helping seniors all across Ottawa. Every year during the holidays, the Good Companions sends out holiday care packages with food and essentials to seniors in need. Along with the packages, sincere handwritten letters from students are attached.

Featherston Drive Public School's R7/8A class, with the support of their teachers Ms. Conley and Mrs. O'Brien, have been collaborating with The Good Companions Seniors' Centre for three years in a row, writing heartwarming messages to uplift our senior friends. Last year, we were able to spread our message across the school, leading to 13 plus classes along with the parent council coming together and contributing for the greater good. In the end, we surpassed our goal with a total of 361 cards! which were all distributed to elders living in our area.

This year, students in R7/8A continue their initiative of spreading PMA (positive mental attitude) with heartwarming holiday cards. We started spreading the message through morning announcements and posters around the school. Various other classes from different grades joined in, and kind people from our community donated holiday cards.

In the front hall, we set up a showcase along with a mailbox for students to put their letters in to go through quality control. Soon, cards and artwork started piling in. While in quality control, the cards were looked over thoroughly for grammatical errors and decorated with cute stickers! As the deadline was drawing near, we hustled through and in the end, successfully completed a total of 311 cards!

This was a great chance for us to give back to the people who helped shape our present and also to reflect and be grateful. We appreciate everyone who helped us through the process and bring a contented end to our Good Companion Card Writing Campaign this year.



*“Mine is a long and a sad tale!”
said the Mouse, turning to Alice and sighing.
‘It is a long tail, certainly,’ said Alice,
looking down with wonder at the
Mouse’s tail; ‘but why do you call it sad?’” -
Lewis Carroll, Alice’s Adventures
in Wonderland*

FEATHERSTON FLAMES FIGHT FOOD INSECURITY

By Samichha C. and Hassan E. from R7/8A at Featherston Drive Public School

Did you know that one in six households struggle with food insecurity!?! There are around 2.3 million people in Ontario alone! We know that this impacts our community as well.

Our class, R7/8 at Featherston Drive Public School, with support from our teachers Mrs. O'Brien and Ms. Conley, organized and promoted a Community Food Drive to help those who are struggling with day-to-day food insecurity. We wrote letters to various community stores and organizations to explain our idea and seek contributions. This Community Food Drive was held from December 1st to December 16th and people were encouraged to leave donations at the front lobby of the school. Every single non-perishable food item was more than welcome for this great cause.

All food donations that we received were split equally between the Heron Emergency Food Centre and the Clementine Food Pantry. Both of these organizations help those who struggle with getting food on the table for their families or for themselves.

On behalf of all Featherston Drive Public School Flames, we thank you for your generous donations, especially Laura's Your Independent Grocer (Elmvale) for donating frozen food items. We appreciate every student, educator and community member who donated or spread awareness for this important cause.



JUST GOOD ADVICE

THE GARDEN GATE

By Patricia Mosher

Feature: Ten trees and shrubs with colourful bark



While our gardens are snoozing this month it's easy to forget that bark, (yes bark!), can add colour and texture to a landscape throughout the growing season, even into the depths of winter. The following suggestions will add a surprising amount of vertical intrigue to your garden all year round but have extra-

special appeal at this time of year.

1. Golden Curls Willow – A small version of the Weeping Willow that produces branches that weep gracefully downward, curling and twisting, all while retaining a golden-yellow glow throughout the winter months.
2. Coral-Bark Japanese Maple – These small maples are grown for their extraordinarily vibrant foliage, as well as their bright, coral-red bark, adding a much-cherished splash of colour in the winter landscape.
3. Black Cherry – The inner bark and leaves were once used by early settlers to make tonics, cough syrups and sedatives. The bark of the Black Cherry separates into square-shaped scales and is said to resemble burnt potato chips.
4. Red Osier Dogwood – Vibrant red stems add a brilliant pop of colour throughout the snowy, dull months of winter. Look for dogwood stems peeking through the snow throughout the Alta Vista area.
5. Tatarian Dogwood (Bud's Yellow) – This cultivar of dogwood reaches 5' tall and wide. The striking yellow twigs will add winter interest to the landscape and contrast beautifully with Red Osier Dogwood.

6. Striped-bark Maple – This somewhat shrubby, slow-growing hybrid maple is grown primarily for its showy, striped bark. The colour of the bark can vary from purple and red to green depending on the cultivar, but all have attractive vertical, silvery-white stripes.



Photo Credit: University of Guelph

7. Carolina Silverbell – A beautiful small tree best suited for shady locations with acidic soil. In younger trees, the bark is a red-brown colour with white streaks organized into a roughly diamond pattern. Older trees radiate an interwoven pattern of thick, scaly bark with ridges and furrows, streaked with red.

Continued on Page 29

A New Year, A New Outlook!

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8. Shagbark Hickory – These trees derive their unique name from the interesting peeling bark they bear. Strips of the tree's bark curl outward in a sloping fashion, providing the trunk with a unique texture.
9. Silver Birch – This weeping ornamental tree is well known for its paper-thin, white bark and is found throughout our neighbourhood. As the trees mature, the bark develops dark, diamond-shaped fissures.
10. Paperbark Maple – A relatively small deciduous maple tree that provides unique beauty to the landscape year-round thanks to its gorgeous fall colour and its peeling, copper-orange to reddish-brown bark (quite unusual for maples).

Plant of the month: Red Osier Dogwood

This hardy, ornamental shrub is my plant choice for January as it can be depended upon to deliver vibrant red colour to the winter landscape. At about 5–6' tall and wide, this particular dogwood (also known as Red-twig) features a number of notable attributes including stunning fall leaf colour, attractive berries for the birds, vibrant red stems, and (depending on the sub-variety), handsome, variegated summer foliage.

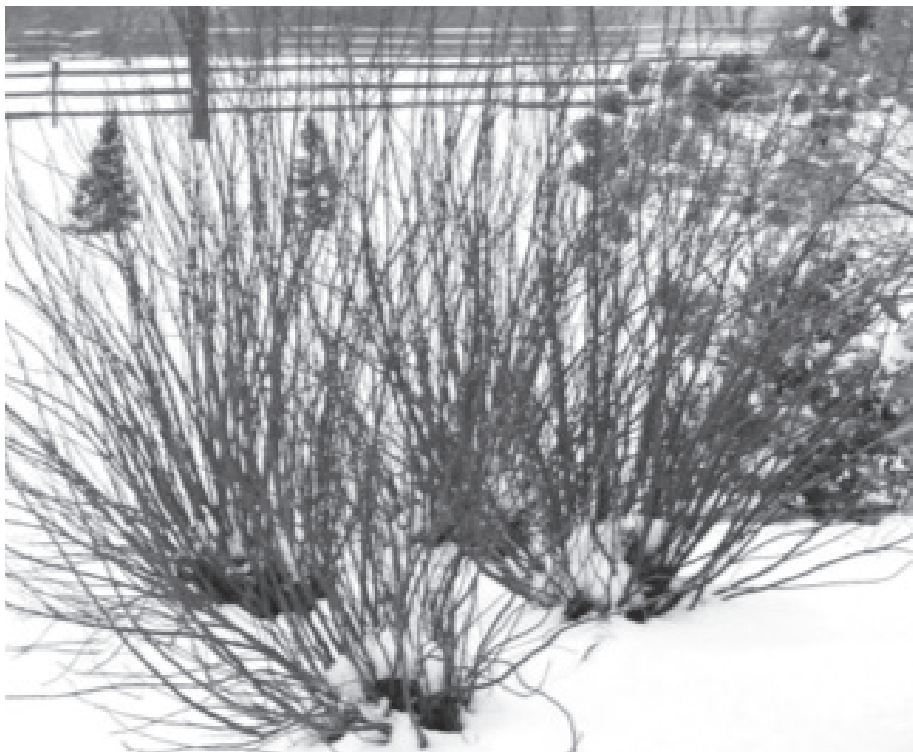


Photo Credit: Proven Winners

While many dogwoods are rather slow-growing shrubs, Red Osier dogwoods are among the faster-growing varieties. You can expect the plants to add about 1–2' of growth each year. They can be trimmed back all the way to the ground every few years, which will both rejuvenate the plant and control its growth. It will return within a year with young red stems.

These dogwood shrubs should be planted where they can be easily viewed, especially if grown for their prized red bark colour. Red Osier dogwoods will tolerate partial shade, but their signature red bark will be optimal if they are planted in full sun.

January gardening

Even though our gardens are covered in snow these days, there's still so much you can do to enjoy gardening this time of year.

- Observe your garden and take note of where some of the above-mentioned plants could make a welcome contribution to your yard next year.
- Put your poinsettia plant in a sunny window and water it when the soil surface is dry to the touch.
- Transform your outdoor birdbath into a wintertime focal point using evergreen boughs draped around the edges, topped with pine cones and red berry sprigs, and centred with an oversized ornament or obelisk to create an instant winter showstopper.



Photo Credit: BGH.com

- Create a “contained” winter wonderland by your front door by filling an outdoor urn with a variety of evergreen boughs, colourful twigs and dried perennials or ornamental grasses (and maybe even a small set of fairy lights for an evening glow). No watering necessary!

The Garden Gate is a monthly feature about all things gardening. Opinions are the author's own. If you have ideas for upcoming features or want to share your thoughts about this month's article, please contact Patricia by email: OttawaPlantByNumbers@gmail.com or on Instagram: [@ottawaplantbynumbers](https://www.instagram.com/ottawaplantbynumbers). Patricia has lived in and been an avid gardener in Alta Vista for over 30 years.



FAITH NEWS



Have you ever been physically assaulted by a tree? I have.

A palm tree attacked me as I crossed a multi-lane road while honeymooning in Mexico. (An overnight windstorm, a broken branch, residual gusts . . . you get the picture.) Yet, I do not harbour any resentment toward palm trees. To me, these beauties represent tropical destinations, the warm sun, and relaxing vacations (when you're not running for your life from flying branches). Every winter, when the thermometer sticks at numbers well below zero, I begin to dream of hugging such a tree.

In the Bible, the branch of this tall majestic tree acts as a symbol of victory. King Solomon included carvings of palm trees alongside cherubim and open flowers on the golden walls and doors of the temple he built for God. Remember the triumphal ride of Jesus into Jerusalem? People lined the path with palm tree branches for the victorious Messiah.

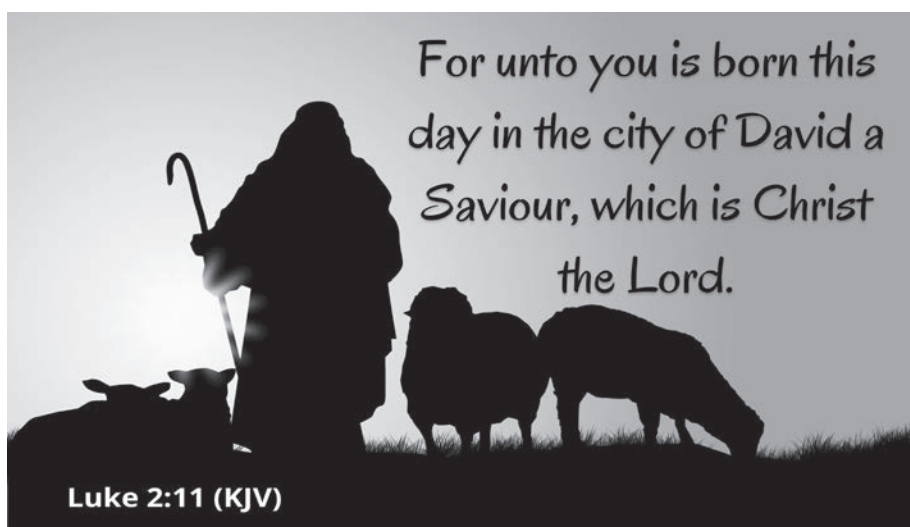
The psalmist tells us we are meant to grow in our walk with God to be like the palm tree:

*But the godly will flourish like palm trees
and grow strong like the cedars of Lebanon (Psalm 92:12).*

That means we should be victorious too.

What do you need God to do for you? Pray for victory in your situation today, my friend. The battle is yours for the asking with God fighting for you.

Stand tall, mighty palm!



This short devotional is taken from my book *Tickle Me with a Crowbar: A 30-Day Devotional for Busy People*. Each message of encouragement is preceded by an illustrated joke to make you smile as you start your time with God. The title of the book is based on my Dad's response to a groaner joke: "Tickle me with a crowbar!" This is usually accompanied by an eye roll. This joke qualifies:



Valda Goudie is a teacher and author of the Tickle Me with a Crowbar! series (available on Amazon and Kobo.com). Visit her site at valsstage.com and download Book 1 for free.

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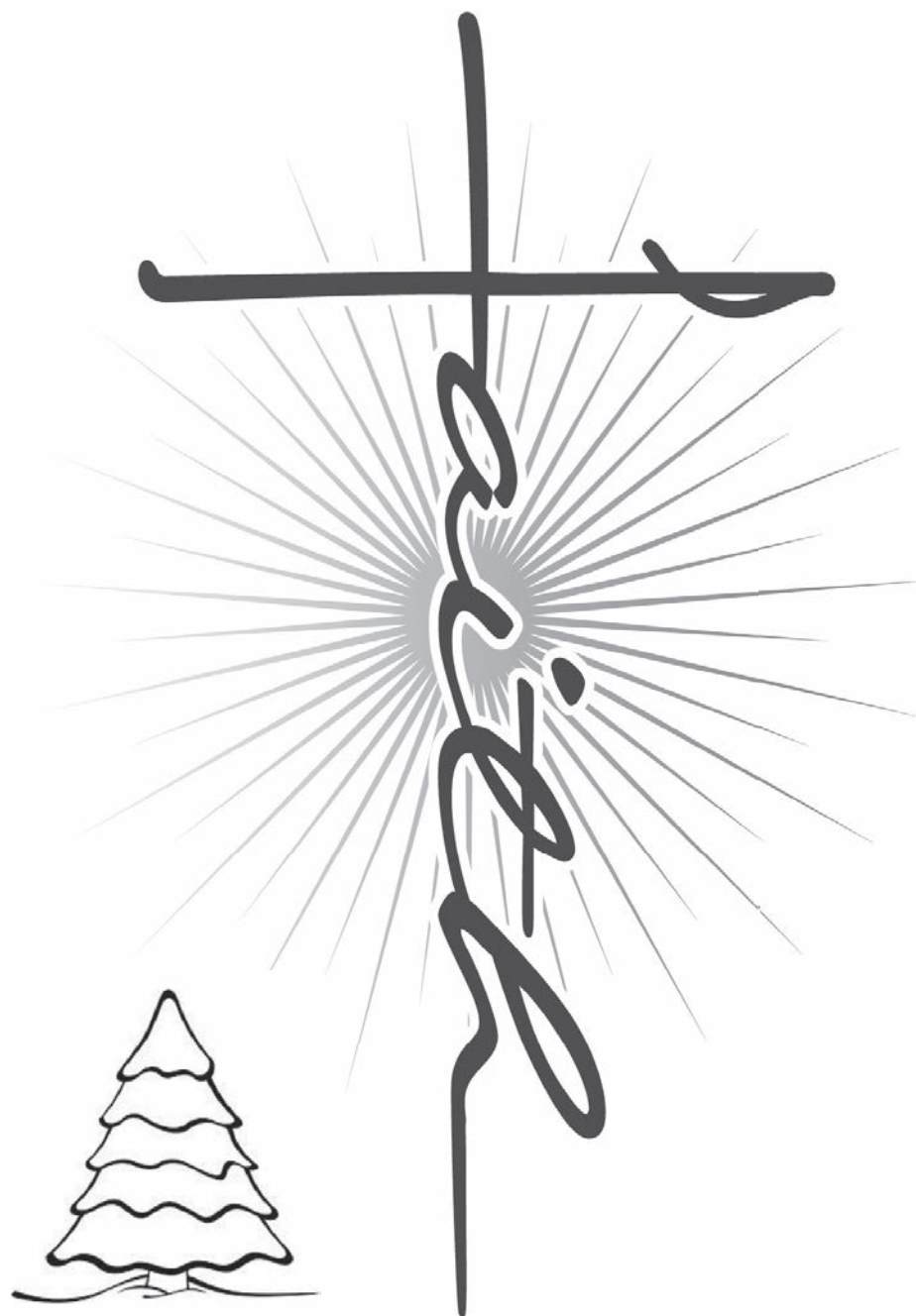
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"January is my favourite month, when the light is plainest, least coloured. And I like the feeling of beginnings." - Anne Truitt

SCIENCE & TECHNOLOGY

COMPUTER TIPS AND TRICKS

By Malcolm and John Harding, of Compu-Home

Windows 11 Report Card

Happy New Year to our VISTAS readers! 2022 did not exactly set a high bar in order for 2023 to promise to be considerably better, and we at Compu-Home certainly hope that is the way it turns out for you.

On October 5, 2021, Microsoft made available a new Operating System for Windows Computers. Microsoft does not have a reputation for logical progression in the names of Windows generations, but for once, Windows 11 followed Windows 10. The Operating System (OS) is the most basic software that organizes and manages the operation of a computer, tablet or smartphone, allowing it to start up and launch the additional installed Apps that you will need. Apple users will no doubt smile indulgently at there being a column about a Windows OS, since Apple's progression through the generations is historically smoother and less troublesome.

Windows 10 was introduced in 2015; it will be supported by Microsoft until 2025 and remain in useful service for many more years after that. It is currently the OS for more than a billion devices. Windows 11 is the OS that is now shipped on all new Windows computers and if your "Win 10" computer has sufficient specifications, Microsoft will automatically invite you to upgrade to "Win 11" and allow you to accept or decline the upgrade. There is traditional folklore among users that a new OS must be vastly inferior to the predecessor and full of blunders and fatal errors, and since Win 10 was well-liked by users, Win 11 undeservedly bears that burden among those who have not used it. It is our experience that Win 11 is stable and predictable, with a short learning curve and some advantages that can be helpful.



One of the first differences that new Win 11 users will experience is an emphasis on the "Microsoft Account." It is possible to set up a computer without the Microsoft Account, but it is a bit of a tricky process and if you keep that account's Username and Password safe and handy, the additional security is probably worth the occasional extra steps. You will need to use that account to buy any Microsoft products or software such as MS Office. Maybe we should mention the phrase "safe and handy" again!

We have been very pleased to see that almost all software that was in use in recent previous OS versions works just fine in Win 11. Your web browser, email, word processor and banking Apps will be unchanged. This also includes anti-virus software and printer drivers, and that is a great convenience. In addition, many of the Windows accessory Apps, like *Media Player*, *Clock*, *Paint* and *Notepad*, have been updated to make them more useful. Microsoft *Edge* web browser has been improved again and it may soon become a more serious competitor for Google's *Chrome*. We think it may have already surpassed *Firefox*.

Many users will appreciate greater flexibility in Win 11 for personalizing features and appearances; you can remove certain distractions (like "Widgets," for example) and make frequently used Apps and features more prominent and accessible.

For more specific online advice and instructions on customizing and learning the features of Win 11, we suggest that you look up PC Mag's *Everything You Need to Know about Windows 11*. For even more specific and step-by-step guides (unfortunately riddled with advertising) look for The Windows Club's *Windows 11 Tutorial for Beginners*.

We are looking forward to your comments, questions and suggestions.

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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SMALL RENOVATIONS

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Steven was born and raised in Alta Vista, where he lives with his wife and their two boys. He studied and practiced law in Saskatchewan from 2009 to 2016. Steven has been practicing in association with Cheryl Payette (formerly of Conlin & Payette) since 2017.

LOCAL BUSINESSES



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Real Estate Broker, Shareholder, MBA

613-262-0606

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No one has sold more properties in Faircrest Heights for 2019, 2020 & 2021. This is based on OREB MLS sales data, by either # of ends sold or total dollar sales volume. The neighbourhood of Faircrest Heights, comprising of approximately 667 homes, is the north part of Alta Vista and is defined by many as the area between Smyth Road to the north, Lynda Lane to the east, homes on both sides of Pleasant Park Road to the south and the Via Rail corridor to the west. This material is not intended to solicit properties already listed.

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FAMILY MATTERS

HELP THOSE POST-HOLIDAY BLUES

By Dawn Hajjar, Family and Youth Program Coordinator at Serenity Renewal for Families

With the holidays having just passed, it is so easy to get wrapped up in the stress of it all and forget about connecting with our families. This year, between the pandemic ending and inflation, it can wear so heavily on families, especially those already struggling. Support for families is needed more than ever right now. This time of the year can be especially hard on individuals in recovery from the misuse of substances, or those who have been affected by a loved one who has struggled with (or who is still struggling with) the misuse of substances.

As the new Family and Youth Program Coordinator at Serenity Renewal for Families, I have been so privileged to hear so many beautiful stories of how individuals and families have been supported through their journeys of healing and recovery. It has been inspiring to hear from individuals and families that have benefited from the services provided here, and who have expressed such gratitude for the support of Serenity Renewal for Families. During these cold months, I can assure you these stories and experiences certainly warm my heart!

If you have ever had any experience with Serenity Renewal for Families, you know how much we value providing a safe space. When I first started at Serenity Renewal for Families, I knew immediately that the team of individuals I met truly cared about the well-being of the families and individuals reaching out for help. There is a feeling of acceptance without judgement, and true empathy for others. There is a genuine desire to help others and an understanding that everyone's journey looks unique and different.

We want to help support you in your journey, whatever that may look like. Coming out of the pandemic, young people are now more than ever struggling to find their place in the world. To families who have been affected by addiction, there have been many barriers to connection. Healing our families helps us heal the world, and as we can see, the world is in need of some healing. We mustn't forget to give ourselves and our families compassion, empathy, kindness and connection.



Serenity Renewal for Families has started our in-person programming once again, to support families affected by addiction, and help them connect in a healthy and open way. We have various programs based on education, compassion, communication, coping skill development, emotional regulation, and healthy relationships. In our upcoming Strengthening Families for the Future program, we help families develop healthy expression and communication to help bring closeness to families. PhotoVoice, an upcoming teen program, allows for healthy and creative expression while learning emotional identification and regulation.

Serenity Renewal for Families does not turn away anyone who has been directly or indirectly affected by addiction. We understand that not every family is able to contribute financially to their healing process, no matter how badly they may need or want to access our services. We offer a sliding scale for our fees so that everyone who needs support has access to it. We also offer 100% subsidies for those in need. If your family has been impacted by addictions, directly or indirectly, we want to help support your healing and strengthen your family bonds in a healthy and open way. With the new year upon us, now is as good a time as any to start putting yourself and your family first. For more information, you can go to our website at www.serenityrenewal.ca. We wish everyone the best of health in 2023!

WORD SEARCH ANSWERS

S	N	A	K	E	E	L	E	P	H	A	N	T	O
R	T	A	H	A	L	L	I	R	O	G	A	D	O
R	P	L	O	E	S	T	E	R	M	I	T	E	T
A	W	R	H	I	N	O	C	E	R	O	S	P	H
T	K	E	O	O	R	A	G	N	A	K	R	A	E
S	O	R	L	L	O	M	T	E	L	T	R	U	T
C	H	R	L	O	P	G	A	Z	E	L	L	E	M
E	G	A	R	E	M	L	H	E	R	T	R	L	D
L	H	E	R	A	E	R	U	M	E	A	T	I	R
I	C	I	R	K	P	N	L	I	T	P	H	P	L
P	H	A	E	H	O	R	S	E	A	T	G	A	S
I	L	L	M	H	P	R	D	R	A	P	O	E	L
G	I	R	H	E	M	A	O	W	H	A	L	E	C
R	E	G	I	T	L	P	O	W	E	A	S	E	L

“Leaving a bookstore is hard, especially on a day in January, when the ice is treacherous, the wind is blowing, and the books inside seem to gather together in colourful warmth.” –

Jane Smiley

LOCAL BUSINESSES



HAPPY
New Year's

Thank you for a great year and your continued support of your local community based companies!

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CHAIR YOGA at Rideau Park United Church - Live classes on Thursday mornings at 10:30am (60 mins) starting January 12, 2023. Also available on Zoom. A perfect practice for those with arthritis, fibromyalgia, past injuries or balance issues. Contact Marg Hillier, Certified Yoga Instructor, **mhillier144@gmail.com** or **613-299-8324.** Visit **www.newmoonyoga.ca** for class details. Class packages available.

GENTLE MOBILITY MAT YOGA at Rideau Park United Church - Live classes on Friday mornings at 10:30am (60 mins) starting January 13, 2023. Also available on Zoom. Get your body moving, increasing balance, strength, flexibility and breathing in a gentle, mindful practice. Contact Marg Hillier, Certified Yoga Instructor, **mhillier144@gmail.com** or **613-299-8324.** Visit **www.newmoonyoga.ca** for class details. Class packages available.

SKYLAR'S KIDS PAGE

WORD SEARCH

ANIMALS

S	N	A	K	E	E	L	E	P	H	A	N	T	O
R	T	A	H	A	L	L	I	R	O	G	A	D	O
R	P	L	O	E	S	T	E	R	M	I	T	E	T
A	W	R	H	I	N	O	C	E	R	O	S	P	H
T	K	E	O	O	R	A	G	N	A	K	R	A	E
S	O	R	L	L	O	M	T	E	L	T	R	U	T
C	H	R	L	O	P	G	A	Z	E	L	L	E	M
E	G	A	R	E	M	L	H	E	R	T	R	L	D
L	H	E	R	A	E	R	U	M	E	A	T	I	R
I	C	I	R	K	P	N	L	I	T	P	H	P	L
P	H	A	E	H	O	R	S	E	A	T	G	A	S
I	L	L	M	H	P	R	D	R	A	P	O	E	L
G	I	R	H	E	M	A	O	W	H	A	L	E	C
R	E	G	I	T	L	P	O	W	E	A	S	E	L

- PARROT
- LEOPARD
- HORSE
- MOLE
- KANGAROO
- TURTLE
- CAMEL
- TERMITE
- EMU
- ELEPHANT
- SNAKE
- WEASEL
- RHINOCEROS
- TIGER
- GORILLA
- RAT
- WHALE
- PIG
- GAZELLE
- SHARK

JOKE OF THE MONTH



Q: What did the ghost say on January 1?

A: Happy Boo Year!



Search the entire paper for these seasonal items.



UPCOMING EVENTS



ALTA VISTA LIBRARY – JANUARY 2023

The Alta Vista Library is open, and many in-person services are now available. For the most current updates as well as information about available services, please visit www.biblioottawalibrary.ca or call 613-580-2940.

The Library has temporarily adjusted its hours of operation due to current staffing pressures. Until further notice, the Library's hours are:

- Monday and Wednesday: 10 a.m. to 6 p.m.
- Tuesday and Thursday: 10 a.m. to 8 p.m.
- Friday: 1 p.m. to 6 p.m.
- Saturday: 10 a.m. to 5 p.m.

CLOSED – Sunday, January 1 – New Year's Day

OPEN – Monday, January 2 – Open regular hours

Please note the following when visiting:

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Most public computer stations are now available. Public computer use is currently limited to two hours per user per day. There are no exceptions. Reservations can be made either at the branch or online from home.
- All seating is now available.
- Meeting and program rooms are now available for booking.
- Please visit our website for the most up-to-date information with regards to programming.
- Outdoor book drops are open 24 hours a day, 7 days a week.
- Museum passes are available once again on a first-come, first-serve basis. Please contact the museum in question before you visit to inquire about hours, closures, protocol, etc.

Please visit www.biblioottawalibrary.ca for the most up-to-date information.

Info Service is available for many inquiries and services by calling 613-580-2940 or emailing: infoservice@biblioottawalibrary.ca.

FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

The Friends of the Ottawa Public Library Book Sale is on at the Alta Vista Branch. Books, music CDs and DVD movies are available for children, teens and adults in both English and French. Prices are as follows:

- Children's Books – \$1
- Adult and Teen Mass Market Paperbacks – \$1
- Adult and Teen Soft Cover Books – \$2
- Adult and Teen Hard Cover Books – \$3
- CDs and DVDs – \$2 per disc

The price of certain items may be different than shown here. Prices are subject to change.

BOARD GAME AND PUZZLE SWAP

The Alta Vista Branch is now hosting a small, self-serve board game and puzzle swap, located on the shelves next to the washrooms on the main floor. Bring in a **complete** board game or puzzle and trade it in for one that is "new to you." Please make sure that any games or puzzles that are brought in are complete with no pieces missing.

CHILDRENS PROGRAMMING

Family Storytime (Alta Vista branch)

Stories, rhymes and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program.

Monday and Wednesday mornings at 10:30 a.m. beginning the week of January 9 (30 minutes – All ages).

ADULT PROGRAMMING

Sleuth Hounds Mystery Book Club (Alta Vista Branch)

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30–8 p.m. All are welcome.

Thursday, January 19, 2023 *The Apollo Murders*
by Chris Hadfield

Thursday, February 16, 2023 **TBD**

Book Banter (In-Person)

Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month 2 p.m.–3 p.m. All are welcome.

Thursday, January 5, 2023 *Klara and the Sun*
by Kazuo Ishiguro

Thursday, February 2, 2023 *Every Note Played*
by Lisa Genova

Infusions Littéraires (en personne)

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.

Le lundi 16 janvier, 2023 *Regardez-nous danser*
de Leila Slimani

Le lundi 16 janvier, 2023 *La ville orpheline*
de Victoria Hislop

Please visit biblioottawalibrary.ca/en/program for the most up-to-date information about programming as well as registration or visit the branch in person for more information.

ONLINE COLLECTIONS AND SERVICES

Please check out some of the activities and resources that we have for adults, teens, and kids alike. We have digital eBooks and Audiobooks, movies, language learning courses, as well as magazines and newspapers.

These resources include:

- **Digital eBooks and Audiobooks** via Overdrive and CloudLibrary for English titles and Cantook Station for French titles.
- **Language learning courses** via Mango Languages.
- **Streaming movies** via Hoopla, the Kanopy Collection, Kanopy Kids and Access Video on Demand.
- **Free magazines and newspapers** via Flipster, Overdrive Magazines or PressReader.
- **Children's resources for educational videos and online books** such as Just for Kids and the Tumblebook Library.

To access these resources and much more, please visit www.biblioottawalibrary.ca/isolation-recreation. A valid Library card is required. For assistance, please call Info Service at 613-580-2940 or email infoservice@biblioottawalibrary.ca.

"The shortest day has passed, and whatever nastiness of weather we may look forward to in January and February, at least we notice that the days are getting longer."

– Vita Sackville-West

UPCOMING EVENTS

COMMUNITY EVENTS – JANUARY 2023

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

“We Have a Dream Service”: Sunday, January 22, 10 a.m. (In-person or online). Celebrate civil rights through music, prayer and an interesting presentation. Guest speaker is Ken Tong, currently Chair of Council at Rideau Park. More information at www.rideaupark.ca.

Forest Church: Sunday January 22, 4–4:45 p.m. In-person only. Meet at the church for a walk in the Cunningham Woods and a pause for reflection on God’s creation. Lead by Elizabeth Bryce – don’t forget to dress warmly for the weather!

Yoga Classes: Chair Yoga and Gentle Mat Yoga with Margaret – deepen your breathing, improve balance, strength, and flexibility in a gentle, mindful practice. The winter session starts at 10:30 a.m., Thursday, January 12 (Chair Yoga) and Friday, January 13 (Gentle Mat) – 10-week, in-person sessions.

Fitness Classes: Start the New Year with 50+ Fitness with Faiza – cardio, stretching and strengthening exercises for all fitness levels. The winter session starts at 9 a.m., Thursday, January 5 – 10 week, in-person sessions, Tuesday and/or Thursday options available.

Meditation Group Online: Join us each Thursday at 10 a.m. (by Zoom) for 20 minutes of quiet, peace, and mindfulness. Contact Steve (sclyfton@rideaupark.ca) for a Zoom invitation.

Euchre Club: Every Thursday at 1 p.m., in the Parlour at Rideau Park. Community participants of all ages are welcome for cards, fun and friendship!

OASIS (Alcoholics Anonymous) has in-person (and online) meetings at the church on Mondays, 8–9 p.m., while **Twelve Steps to Serenity** (also Alcoholics Anonymous) has in-person sessions at Rideau Park on Thursdays, 7:30 p.m.

EMMANUEL UNITED CHURCH

691 Smyth Road

Office: 613-733-0437; Email: office@emmanuelunited.ca; Website: www.emmanuelunited.ca

Children’s and Youth Christian Education Programs: Nursery is available every Sunday. In-person Sunday school activities for children, aged 4 to 12, are being held during Sunday services.

Seniors’ Exercise Program: TttbW or Take Time to be Wholey, our light exercise program for seniors, will resume on January 9 with sessions at 10:30 a.m. every Monday and Thursday.

Worship Services: Sundays 10–11 a.m., in person or online. The service includes a welcoming message, hymns, prayers, videos, scripture, and a thoughtful reflection. Join us for coffee and conversation after.

Meditation: Monday, 7–8 p.m.: Jesus says, “When two or three pray together in my name, I am there among them.” We live in a noisy world filled with ceaseless activity. We seek space to be quiet and be with God within ourselves. If you wish to learn how to meditate and find more quietness, you are welcome to join fellow meditators (by Zoom).

Coffee with Roxanne: Tuesdays 10–11 a.m. by Zoom. Join Roxanne Delmage, our Pastoral Care Provider, as participants share thoughts. Roxanne presents a different scripture reading and topic each week. Contact her at Roxanne.delmage@gmail.com.

Faith Study: Wednesdays 7–8 p.m., January 11, 18, and 25 by Zoom. Anyone is welcome to participate in one or more sessions; there is no homework.

Thursday Morning Discussion Group: Thursdays 10–11:30 a.m. by Zoom. The group is currently working with the book “Do I Stay Christian?” by Brian D. McLaren.

Just Gifts – On-line Christmas Market: A big thank you to everyone who contributed to making our market an overwhelming success. In addition to raising awareness of Fair Trade and buying local, the event netted over \$3,000 which will be split between our two partners: IBE in El Salvador and the United Church of Zambia, Chipembi Congregation.

ST AIDAN’S ANGLICAN CHURCH

934 Hamlet Road; website: staidansottawa.com

Happy New Year from St Aidan’s! Thank you so much to all who supported our joint Advent Outreach Project with St. Thomas. Your gifts were greatly appreciated by the residents of the Dempsey Women’s Shelter.

Come and worship at St Aidan’s on Sundays at 9:30 a.m. and on Wednesday mornings at 10 a.m.

Our Ecumenical Healing Prayer Group meets monthly on the first and last Wednesday at 10:30 a.m. Join members of St Aidan’s and faithful Christians from across Ottawa for an ecumenical time of prayer, scripture, and healing! For inquiries, give us a call at 613-733-0102, or drop us an email at staidans@bellnet.ca.

OTTAWA NEWCOMERS’ CLUB

Our club is a non-profit, social organization for women who have recently moved to this area or who have experienced significant life changes such as retirement, widowhood, etc. ONC provides opportunities to meet new people of similar interests by joining our many group activities and this year is our 50th anniversary. More information about us and what we do can be found on our website at ottawanewcomersclub.ca or by contacting newcomersclubottawa@gmail.com.



PROBUS CLUB OF OTTAWA ALTA VISTA

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, not to mention relaxed socializing.

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

C.A.R.P. OTTAWA WEBINAR

Humanizing Dementia Care in Long-Term Care, Presented by Family Councils Ontario & C.A.R.P. (Canadian Association of Retired Persons)

January 11, 2023 12–1 p.m.

Speaker: Aimee Forman

The presentation will cover the Hogeweyk model of long-term care and what is happening in Canada. In her presentation, Forman will discuss the importance of community relationships and the benefits of this emotion-based model of care as it relates to staff and residents’ satisfaction.

Register at: us06web.zoom.us/webinar/register/WN_7CLvGlcWRL6UOSx-8dOG7w



MOVIES 'N STUFF

1787 KILBORN AVE. JANUARY 2023 738-1607
www.moviesnstuff.com

Don't Forget About these HUGE December Releases

Magpie Murders: Season 1

A beguiling murder mystery with a solution that will both astonish and shock viewers, the plot of Magpie Murders revolves around the character Susan Ryeland, an editor who is given an unfinished manuscript of author Alan Conway's latest novel, but has little idea it will change her life!

House of the Dragon: Season 1

Annika

The sharp, witty and enigmatic DI Annika Strandhed heads up a new specialist Marine Homicide Unit (MHU), tasked with investigating unexplained, brutal, and seemingly unfathomable murders. Starring the one and only Nicola Walker.

The Split

Speaking of Nicola Walker...The Defoes, a family of female divorce lawyers, are forced to face their past following the return of their estranged father after a 30-year absence. 2 Seasons now out and it's hot!

The Offer: Season 1

Top Gun: Maverick

After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

Everything Everywhere All At Once

This also came out before December, but luckily we're able to see this now because the hype machine has been rolling since the day it was released in theaters, and now Michelle Yeoh and Stephanie Hsu are absolute LOCKS for Oscar nominations - and the movie will be named a Best Picture finalist without question.

Mack & Rita

A 30-year-old writer spends a wild weekend in Palm Springs and wakes up to find she has magically transformed into her 70-year-old self. The legendary Diane Keaton stars.

The Staircase

Tells the story of Michael Peterson, a crime novelist accused of killing his wife Kathleen after she is found dead at the bottom of a staircase in their home, and the 16-year judicial battle that followed. Stars Colin Firth and Toni Collette!

Recipes for Love & Murder: Season 1

When a letter writer to columnist Tannie Maria turns up dead, Maria & her colleague, Jessie spring into action. They're determined to solve the murder, to the annoyance of police detective Khaya. But will their investigation stir up too much trouble?

January 3rd

The Banshees Of Inisherin

One of the most talked about films of the year so far! Although Pádraic (Colin Farrell) and Colm (Brendan Gleeson) have been lifelong friends, they find themselves at an impasse when one abruptly ends their relationship, bringing alarming consequences for both of them. Lots of Oscar buzz!

Father of the Bride

Andy Garcia stars as a father must come to grips with his daughter's upcoming wedding and handle multiple relationships within his sprawling Cuban American family.

Miracle

A young nun sneaks out of her monastery to attend an urgent matter but never makes it back and a police detective's investigation into her fate, uncovers clues and revelations that lead not only to the truth but a miracle as well.

Lost Illusions

The rise and the fall of a young man in Paris who dreamed to be a writer and became a journalist.

Carmen

Carmen has looked after her brother, the priest at the local church, since she was sixteen years old. Now almost fifty, she is suddenly left to start a new life. Facing her past, Carmen brings colour to the lives of the villagers in this compelling story about a woman finding her voice.

Hold Me Tight

A woman one day simply walks out on her family. But why? As the pieces of the puzzle of this film come together, top critic Ty Burr says, "they gather into an emotional wallop as devastating as anything I've seen this year."

Darby & Joan: Season 1

Widowed English nurse Joan Kirkhope is on a quest to find answers about her husband's mysterious death, while ex-detective Jack Darby has taken to the open road; the two meet in the Australian outback and form an unlikely investigative team.

On the Line

A provocative and edgy radio host must play a dangerous game of cat and mouse with a mysterious caller who's kidnapped his family and is threatening to blow up the whole station. Mel Gibson stars!

Resident Alien: Season 1

A twisted and comedic fish-out-of-water story that follows a crash-landed alien named Dr. Harry who, after taking on the identity of a small-town Colorado doctor, slowly begins to wrestle with the moral dilemma of his secret mission of destruction on Earth.

J.S.A. Joint Security Area

After a shooting incident at the North/South Korean border leaves 2 North Korean soldiers dead, a neutral Swiss/Swedish team investigates what actually happened. Directed by Park Chan-wook, the genius behind Oldboy and The Handmaiden, this film is available for the first time since its release in 2000!

Barbarian

She arrives at her Airbnb rental late at night only to find that the house has been mistakenly double-booked and a strange man is already staying there! She soon finds that there is much more to be afraid of in the house than the other guest.

The School for Good and Evil

Best friends Sophie and Agatha find themselves on opposing sides of an epic battle when they're swept away into an enchanted school where aspiring heroes and villains are trained to protect the balance between good and evil.

Mr Inbetween: Seasons 1 & 2

Juggling a relationship, parental responsibilities, friendships and a sick brother while earning a living would be difficult for anyone, but it's particularly difficult for Ray since he's a criminal for hire. Another of the top rated series of the last few years arrives just in time to be binged!

January 10th

Black Adam

Nearly 5,000 years after he was bestowed with the almighty powers of the Egyptian gods--and imprisoned just as quickly--Black Adam is freed from his earthly tomb, ready to unleash his unique form of justice on the modern world..Starring the one and only Dwayne Johnson!

200 Meters

A Palestinian father trapped on the other side of the separation wall will stop at nothing to get to his injured son. A stirring film out of Turkey!

The Secrets She Keeps: Season 2

Decision to Leave

A detective investigating a man's death in the mountains ends up meeting and developing feelings for the dead man's mysterious wife in the course of his dogged sleuthing. Master director Park Chan-wook does it again!

January 17th

My Life Is Murder: Season 3

Retired detective Alexa Crowe moved back to her hometown of Auckland, New Zealand, to bake amazing sourdough and reconnect with her ex-con brother. But this irrepressible investigator can't help poking her nose into bizarre murder cases.

Halloween Ends

After 45 years, the most acclaimed, revered horror franchise in film history reaches its epic, terrifying conclusion as Laurie Strode faces off for the last time against the embodiment of evil, Michael Myers!

The Menu

A young couple travels to a remote island to eat at an exclusive restaurant where the chef has prepared a lavish menu, with some shocking surprises.

Ticket to Paradise

A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago! George Clooney and Julia Roberts

Till

The true story of Mamie Till-Mobley's relentless pursuit of justice for her 14-year-old son, Emmett Till, who was brutally lynched in 1955 while visiting his cousins in Mississippi.

Also:

Poker Face

January 24th

Tár

The story of world-renowned musician Lydia Tár (Cate Blanchett), who is just days away from recording the symphony that will take her to the very heights of her already formidable career. Loud Oscar buzz for Blanchett and the film!

January 31st

The Estate

Two sisters attempt to win over their terminally ill, difficult-to-please Aunt in hopes of becoming the beneficiaries of her wealthy estate, only to find the rest of their greedy family members have the same idea. Stars Toni Collette and Anna Faris!

Bones and All

Maren, a young woman, learns how to survive on the margins of society.

Les 12 travaux d'Imelda

A comic, rude, and affectionate valentine to Martin Villeneuve's late 101-year-old grandmother. He plays her as she feistily expounds on refusing to grow old.