

Remembrance Day 2016



Thanks to Veterans Affairs website, Ottawa's Capital, the Canadian Armed Forces, RCAF Pipes and Drums, Canadian Forces Music Branch, and other websites for the inspiration and information for writing this piece.

Remembrance Day, celebrated in Ottawa is a truly moving event. A celebration with choirs, bands, veterans, families, dignitaries, cadets, religious leaders and all Canadians who just want to remember leaves you shivery with emotion and shared memory. Elgin Street and Wellington are filled with waves, applause, and tears as we pay homage to the men and women who felt and feel called to contribute in their own special way to the goal of attaining peace in our world.

The Canadian Forces Music Branch provides support to all elements of the Canadian Forces and is represented in Navy, Army or Air Force dress as well as the Cameron Highlanders of Ottawa attire. The role of the CF Music Branch is to provide quality music that will support CF operations, help morale and promote DND and Canadian values here and abroad.

Lest We Forget...

On November 11, all over the country, ceremonies of remembrance provide an opportunity for us to reflect on the sacrifices of Canadian soldiers. The red poppies symbolize the fields where between the crosses, the poppies grow. Here is a list of events that you may wish to attend.

National War Memorial (10:30 a.m. to 12 p.m.)

The National Ceremony of Remembrance at the **National War Memorial** in downtown Ottawa is organized every year by the Royal Canadian Legion. There you will find the veterans on parade, the Prime Minister, the Governor General of Canada, and the Silver Cross Mother – a woman whose child has died while serving in the military. The area becomes covered with wreaths and we are treated to the honour of a fly-past. (www.legion.ca)

Canadian War Museum (10:40 a.m.)

The Canadian War Museum is dedicated to Canada's proud military history. On November 11, at 11 a.m. a beam of sunlight shines through a window into Memorial Hall to frame the headstone from the grave of Canada's Unknown Soldier. To observe this at 11 a.m., tickets are available on a first-come, first-served basis as of 9:30 a.m. Other special activities include choir performances throughout the day, practical activities throughout the museum and more. Museum admission is **free** on Remembrance Day.



Operation Veteran ensures that veterans eat for free at the Canadian War Museum every day the museum is open. Every year, the program invites students from across Canada to attend the wreath-laying ceremony at the National War Memorial and also attend a special tour of the War Museum, where students are invited to talk to veterans.

Deadly Skies – Air War, 1914-1918 is a special program running until **January 29, 2017**. This exhibit looks at how the first air war was experienced.

Beechwood Cemetery (10:30 a.m. to 12:00 p.m.) The **National Military Cemetery** holds a ceremony on the grounds of Beechwood Cemetery. The ceremony honours all those who have fallen in the service of Canada and all Canadian Forces members interred at the cemetery. There is also a marching contingent including veterans, a band and a children's choir.

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Hidden in VISTAS is the Chinese symbol for Peace.
Can you find it?

和平

VISTAS STAFF

Co-Editors: **Marcia Gosse** 613-731-2281
E-mail: Editor@vistas-news.ca
Christine Inrig
E-mail: Editor@vistas-news.ca
Advertising Manager: **Jim Doherty** 613-523-2487
E-mail: Advertising@vistas-news.ca
Business Manager: **Catherine Fyfe**
E-mail: BusinessManager@vistas-news.ca
Distribution Manager: **Ernie McArthur** 613-521-4658
E-mail: Distribution@vistas-news.ca

INFORMATION/SUBMISSIONS

Website: vistas-news.ca
E-mail: info@vistas-news.ca
Mailing Address: 271 Mountbatten Ave. Ottawa, K1H 5W2
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DEADLINE for article submissions & community events:
15th of the month prior to publication. E-mail: Editor@vistas-news.ca.

ADVERTISING

Ads should be submitted to the Advertising Manager, in electronic format copy / check for available ad sizes / basic advertising rates and approximate size as follows:

Full Page	\$250.00	(10" W x 13" H)
Half Page	\$140.00	(10" W x 6" H)
Quarter Page	\$ 90.00	(5" W x 6" H)
Business Card	\$ 30.00	

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

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.

VISTAS Needs Volunteer Carriers

- Anoka, 34 papers
Bathurst, 19 papers
Billings (Fairbanks to Alta Vista), 39 papers
Bloor, Penhill, Crestwood, 56 papers
Braeside (Randall to Kilborn), 20 papers
Chomley, 40 papers
Collins, 34 papers
Devlin, 40 papers
Erie, 26 papers
Evans and Evans Place, 31 papers
Florida, Atwater, 40 papers
Grasmere, 39 papers
Highridge, 14 papers
Kilborn (Alta Vista to Bank), 50 papers
- Lynda Lane & Oxbow, 19 papers
Livingston, 28 papers
McRobbie & Clontarf, 16 papers
Micmac & McQuaig, 38 papers
Mimosa, 30 papers
Pixley, Renova, 125 papers
Portal (west of Cavendish), Applewood & Cunningham (west of Alta Vista), 23 papers
Prospect, 40 papers
Randall (Alta Vista to Bank), 41 papers
Roger (Alta Vista to Fairbanks), 23 papers
Station Boulevard, 40 papers

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.

Editorial Musings

Seriously, Not Serious

So I thought I'd take a break from working on VISTAS to whip up this little recipe, Apple Fritter Bread, that a friend had shared on Facebook. I love to bake. It's therapy for me.

The photo on the recipe looked both easy and yummy. And everything went so smoothly. I cut up the apples, made the batter, made the sugar, cinnamon mixture and put it in layers in the loaf pan. Beautiful, it was beautiful. The loaf pan I used was found at the last Nearly New sale at the church and has a soft, well used, silvery patina to it; no doubt it was used by a church member over many years. I could feel the pan's history as I filled it up. But then...the smoke detector went off. (Understand, please that the oven was clean!)

While I went to get a chair and a skewer to reach the detector to stop it from beeping, the second smoke detector went off at twice the volume...and they're very close together. Climbing onto the chair, my hand was too shaky to hit the stop button, so I got a tea towel to cover the skewer to help me get the button pushed. That didn't work. I got my glass drinking bottle and, with a little persuasion, managed to push the magic button on the smoke detector changing it to occasional beeping mode.

Of course, the ear pain was excruciating because of the proximity of the second detector at the top of the stairs. Got a chair to work on that detector. Knocked a candle off the wall as I was reaching to push the button. Caught the candle's glass holder on the way to the floor (bonus!). After struggling to get the right button pushed, feeling my blood pressure reaching sky high because the damn detectors only ever seem to succeed in raising my blood pressure and not actually warning of imminent disaster, the house continued beeping. (Of course, the smoke detectors actually alerted me to my oven problem, thankfully!)

Down I went down to see what was up with the oven. I tried to get it to continue baking – it had a half hour left on the timer. Lights were flashing. "Feature not available" was the digital message. I looked at the loaf and it appeared that every element in the oven had heated up to its max and the top of my loaf was scorched black. Did I mention that while this was going on, I was grilling a cheese sandwich on the burner? It was nicely blackened by the time I got to remove it from the burner.

So, back to the detectors. They both restarted screeching so I went to calm them down and thought I would tear them off the ceilings and give them a talking to. Getting them returned to their beeping from their screeching, I decided that the smart thing to do was to remove their batteries. Their eyes were looking at me with that "just you wait..." attitude that comes with electronic gadgets. I managed to remove the batteries and open the doors and windows before my neighbours decided to call 911.

You have also to visualize the fact that the cats (Monty and Bella) flew vertically out of their comfy sleeping chairs and made for the safer lower floor – the basement. They returned to the first floor sometime early evening.

I was very shaky and needed food. I was so frustrated about the loaf and the effort I put in to doing work for a questionable end result. The thing was, just before the batter hit the fan, I thought I was safe, the mixing and chopping went perfectly, the pan was full, and it was going to be the best Apple Fritter Bread in the world. When hubby got home about 15 minutes later, I checked the loaf. It was gooey in the centre. We got the oven on again to 300 degrees, but in short order, I was informed that the temperature had gone up to 400 degrees and the loaf was burning even more. I had some lunch; my blood pressure settled, and when the mush cooled down, I determined it was heading to the garbage can. We left the loaf in the oven with the door open for about 20 more minutes and made a call to Whirlpool for repairs. But that's a story for another time.

The sweat was dripping off my forehead and my shirt needed changing from all the running I did. So, the end of the story is that after a while, I got the loaf out of the pan, cut the loaf in half, cut off the black parts, wrapped half up and got myself invited to my neighbour's house for a beer. The loaf is moist and delicious, but the beer was the best part. Should you by chance want the recipe, you can find it at tiphero.com/apple-fritter-bread/.

Walkathon Heroes Raise Over \$10,000 for Heron Emergency Food Centre

By Lynn Sherwood

On a perfect autumn morning, Saturday, September 23, twenty-six enthusiastic people and two dogs gathered at St. Thomas the Apostle Church on Alta Vista Drive for a 5 km walk through our beautiful neighbourhood to raise funds for Heron Emergency Food Centre (HEFC). Before leaving, we gathered at the church, meeting and sharing coffee and ideas with our political representatives, Ottawa Councillor Jean Cloutier, MPP John Fraser, and federal MP David McGuinty, for over an hour. The board of HEFC was gratified to see a number of young people and new families joining the walk; it was a great opportunity to meet and get to know new members of our community. We also want to thank our political representatives who took time to be with us at the beginning of a busy day, to meet our volunteers and to listen to our concerns about the situation of low income folk in our city.

Everyone who participated in the Walkathon appears to have done their homework as far as getting pledges from other community members. At the time of writing this article, the total amount collected was \$10,477, a tremendous contribution by this dedicated group of volunteers. We are so proud of our community for supporting our neighbours

who are experiencing food insecurity through this practical action to meet the need. Thank you to all our Walkathon Heroes! We also want to thank the congregation of St. Thomas the Apostle, who generously allowed us to use their facilities to host the Walkathon.

As I participate in the work of HEFC, I am continually heartened and impressed by the caring attitude of members of this community. In a world which, this year in particular, can seem to be becoming increasingly ruthless and indifferent to the welfare of others, people in this community continue to demonstrate compassion and decent behaviour. An example of this: hand-made Thanksgiving cards, created by grade 9 students at St. Patrick's High School, were distributed to HEFC clients to wish them well at Thanksgiving. Everyone who saw, or received a card, smiled. Small gestures of good will such as this are, in fact, the glue that holds our community together. These actions build bonds of trust, kindness and hope which transcend the stress, competition, and conflict of our complicated times and bring us back to a more unified, more gentle appreciation of our community. We all benefit.

The need for emergency food does increase as winter approaches and seasonal employment such as landscaping and roofing ceases.

The board of HEFC is pleased to meet with faith groups, youth groups and other community organizations to discuss our organization and to help plan holiday food drives. You can contact us at: 613-737-9090 or hefc-info@rogers.com.

Heron Emergency Food Centre is located at 1480 Heron Road, and is open four days a week to provide emergency food to folks in need in Ottawa South. Check out our new Facebook page at Heron Emergency Food Centre @hefcottawa.

November Wish List

Tuna, canned vegetables, canned tomato sauce, pasta, canned soup, chick peas, kidney beans, cereal, diapers, and school snacks for children.

HEFC Walkathon



(Continued from Page 1 - Remembrance Day)

Statue of Lieutenant-Colonel John McCrae

Located next to the **National Artillery Memorial**, just east of Parliament Hill, this new statue by Ruth Abernethy was unveiled last May and honours the man who wrote the WWI poem *In Flanders Fields*. McCrae wrote the lines to comfort himself after the death of his friend, Lieutenant Alexis Helmer, a member of Hull (Gatineau)-based Zion Presbyterian Church who died at the Second Battle of Ypres on May 2, 1915. He was 22 years-old.

Why Remember? (from Veterans Affairs)

These wars touched the lives of Canadians of all ages, all races, and social classes. The people who stayed in Canada also served by working in factories, and voluntary service organizations.

Lots of us have vague memories of war stories from grandparents, or pictures painted for us by journalists and war artists. The odd items such as photographs, medals, etc. seem vague and unconnected to the life of their owner. Born during peacetime, wars seem far removed from our daily lives.

Individual acts of heroism occur frequently during wars. Certainly not all are recorded or recognized. When we mark the lives of all who have served, we recognize their struggles and sacrifices made for us and Canada.

Canadians are quick to volunteer to serve their country in times of war. They come from farms, towns and large cities across the country. They join Canada's war effort in order to be of service by whatever means they can. War has always meant challenge, death, destruction, and being away from loved ones.

What Should We Remember?

While war statistics are interesting, loss of comrades, fear, extreme living conditions, intense training, spiritual, and mental hardship illuminates what the Canadian service person experiences in battle. The wars listed here (*The First World War 1914-1918*, *The Second World War 1939-1945*, *The Korean War 1950-1953*) have detailed and interesting descriptions at www.veterans.gc.ca/eng/remembrance/history/a-day-of-remembrance/worldwar. Please honour our veterans by reading this informative website. And continue to remember the offering that our men and women of today offer to the world through their peace keeping efforts.

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What's On At St. Thomas'

Sunday, October 30
4:00 p.m.
Evensong

Saturday, November 5
10:00 a.m.
Annual Bazaar

Tuesday, November 15
11:30 a.m.
Chat & Chew

Tuesday, November 29
5:30 p.m.
Words & Music

Contact the Office for more
information about these and
other events 613-733-0336

St. Thomas the Apostle Anglican Church
2345 Alta Vista Drive
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Two VISTAS Captains Needed

The distribution of VISTAS requires that “Captains” ensure that bundles are delivered in a particular area to Carriers. All that is required is a half to one hour of your time each month (not July or August), with the satisfaction not only of seeing the VISTAS distributed, but getting out and meeting some of your neighbours. We need you! A Captain is needed for the Portal, Applewood, Cavendish, Cunningham and part of Mountbatten area. As well, a Captain is needed for the delivery of bundles to the shops in the Kilborn Mall, the local Politicians, and the Playfair Tower blocks. As always, we need carriers for several streets in the Alta Vista area. For streets without a carrier, please refer to the list of streets in the *VISTAS Needs Volunteer Carriers* on page 2; and if you can help to ensure that this paper gets to every Alta Vista household, please call Ernie McArthur at 613-521-4658 or email: Distribution@vistas-news.ca.

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Website: www.sttimsottawa.com

CHARLES HULSE PUBLIC SCHOOL

The Terry Fox Run

By Rookie, Zeina, Maryam, and Olivia

When Terry Fox was in high school, he loved sports. His favourite sport was basketball. Sometimes Terry would call his friend and they would go to the gym and play basketball. His friend thought Terry was not that good but he didn't say anything to upset him. But Terry did not give up. And once he was in college he was the best player on the team. When he turned 18 his leg started to hurt. So he went to the doctor and the doctor said he had cancer. Terry was shocked. They had to amputate his foot. After that the cancer was gone. He was thinking he can help people with cancer by running across Canada. Every day he would practice running before the beginning of the Marathon of Hope. Terry Fox started the run in Saint John's, Newfoundland. The first few days, people were honking horns and saying rude things about him. But after like five days people started cheering for him. Terry even started making a speech about what he was doing. Everywhere Terry went people would cheer for him. When Terry was in the middle of the run he felt sick. But he didn't want to stop running. Then the doctor forced him to stop running so he stopped running. People started to raise money in Terry's name. Terry was happy. Everybody was trying to help. It was overwhelming. But sadly, on June 28, 1981, Terry Fox died. In 2005, the first Terry Fox Run started. Now every year we have the Terry Fox Run.

Terry has made all of Canada think of him as a hero for what he did to help kids who have cancer, so people decided to raise money for him and that become a tradition every year (around Canada). Around Canada Terry Fox raised over \$700,000,000!

At Charles H. Hulse it was the Terry Fox Run on September 29!! So people were running and walking – even the teachers were running. People were tired so much that they needed a lot of water. People's legs were hurting, even kindergarten children were running and walking. A teacher was taking pictures. People were tired. And I think people were hungry too. People were talking a lot. It was super, super funny. People started to stop at the rock beside the forest, but not lots of people stopped, only a couple of people. Some people had lots of laps, some people had 20, some people even had 30 and some people had least like 10 or 4, but all grades did awesome. Some people walked with the teachers. Some teachers were giving stamps. Some people ran with their friends. Everybody tried their best to run but they mostly walked. Thanks for running and walking.

In the Charles H. Hulse school, Terry made money in all of the school. We raised over \$200!! We are very proud of our teachers and students for giving in money. Thanks to the teachers and students who ran for Terry Fox Run, and for the students who brought in money. The money gets sent to the cancer hospital. We hope to raise more and more each year.



Lieutenant Colonel Frances Chilton-Mackay who recently retired from the Canadian Armed Forces directing the Governor General's footguard band in concert.

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The Conseil des écoles publiques de l'Est de l'Ontario (CEPEO) and Conseil d'école de l'ÉEP Marie Curie inaugurated the new wing of the school on Thursday, October 13 with dignitaries and community members gathering for the traditional ribbon cutting ceremony and official tour of the new premises. The school has everything to accommodate young and old. Linda Savard, President CEPEO, stated that "the need to expand the school reflects the growing interest in a public and secular education in French." For the past twelve years, the number of students in CEPEO is increasing. "You have to be able to offer learning environments of choice and this means, for us, new schools to build and renovate our current facilities" she suggests.

Conseil d'école de l'ÉEP Marie Curie is located at 837 Quinlan Street in Ottawa.

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Community Partner Award

With much appreciation, Marcia Gosse and Christine Inrig, co-editors of VISTAS, accepted a Community Partner Award on October 19, honouring a relationship of many years between VISTAS and the Alta Vista Community Association (AVCA). Clinton Cowan, AVCA President, spoke about VISTAS long relationship with AVCA and that this was the first year for the award. VISTAS appreciates the years and many, many hours of support of all of our volunteers, and we are thankful to have such a caring and active group (AVCA) watching out for our Alta Vista concerns. Many thanks from the VISTAS team for the honour.

In grateful appreciation for the enduring commitment to our community and being a partner in our success for the betterment of the entire Alta Vista community.



Left to Right: Christine Inrig, Marcia Gosse (VISTAS Co-Editors)
Clinton Cowan (Alta Vista Community Association President)
(Photo courtesy: Gerri Doherty)



(Above) Governor General David Johnston (right) presented the Sovereign's Medal for Volunteers to Gilles LeVasseur (left) who has been volunteering for 25 years dedicating himself to helping those less fortunate, youth, seniors, veterans, women and dying. Gilles LeVasseur gives of his time and energy to professional associations and orders, community associations and social functions. (For more information, please refer to the March 2016 edition of VISTAS.)



**Canterbury Community
Association News**

2185 Arch Street, Ottawa, Ontario, K1G 2H5 (613) 738-8998

Breakfast with SANTA!!

Please join us for breakfast with Santa on
Saturday December 10th 2016 from 8am to 10am

We'll have pancakes, games, and of course the
man in red himself will be there to say hello!

This event is sponsored by the office of
Councillor Jean Cloutier & the
Canterbury Community Association

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SCHOOLS

Changes to Elementary Schools

By Chris Ellis

Trustee, Zone 6, Alta Vista & Rideau-Rockcliffe
of the Ottawa-Carleton District School Board
chris.ellis@ocdsb.ca, www.SchoolZone6.org
613-818-7350

The Ottawa-Carleton District School Board (OCDSB) is consulting on a new policy, *Changes to Programs and Program Delivery Structures at Elementary Schools*, which includes a program framework that will affect the review of elementary and high schools in Alta Vista/Hunt Club scheduled to begin April 2017.

Like the *Changes to Programs and Program Delivery Structures at Secondary Schools*, updated last fall, the framework will inform recommendations by District staff and decisions by trustees on program and boundary changes as well as school closures throughout the multi-year pupil accommodation review process that began in September.

For the upcoming Alta Vista review, I believe that implications of the proposed Elementary Schools Framework's suggestion for school sizes – "one-and-a-half classes per grade level per program offered in elementary schools" – when combined with the Secondary Schools Framework's goal of "minimizing transitions for students" will tend to favour the grades 7-12 high school model. Adding Grade 7 and 8 students to high schools would remove them from elementary schools and increase pressure to close elementary schools.

For reference, the aim of "one-and-a-half classes per grade level per program" translates to 370 students in a single stream (i.e. English only or French Immersion only) JK to Grade 8 school (25 + 12 students times 10 grades) and 740 students in a dual track (French/English) JK to Grade 8 school. JK to Grade 6 schools would ideally have at least 296 students, single track and

A link to the draft *Changes to Programs and Program Delivery Structures at Elementary Schools* can be found on my website (www.SchoolZone6.org). I encourage you to read it and provide feedback to any of the committees listed below and/or to me.

The proposed consultation timelines for **Changes To Programs And Program Delivery Structures At Elementary Schools** are:

October 18 – Report to Committee of the Whole

November 3 – Student Senate

November date TBD – Student Presidents' Council

November 11 – Parental Involvement Committee

November 16 – Special Education Advisory Committee

November 17 – Ottawa-Carleton Assembly of School Councils

November 24 – Advisory Committee on Equity

November 28 – Advisory Committee on the Arts

October 24 to November 25 –
School Council Meetings

October 24 to November 25 –
School Staff Meetings

December 13 – Committee of the
Whole – Consider final staff re-
port

December 20 – Board Meeting -
Final decision for the Elementary
School Program Framework

Zone meetings

Trustee Zone meetings are an opportunity to ask me questions and provide input on Board and Zone 6 school issues and are open to everyone. It is important for me to hear from my constituents! The next meeting is on Saturday, November 12, from 9 a.m. to 11 a.m. at Rideau High School.



Remembrance/Memorial for Afghanistan in the Sandbanks area near Belleville

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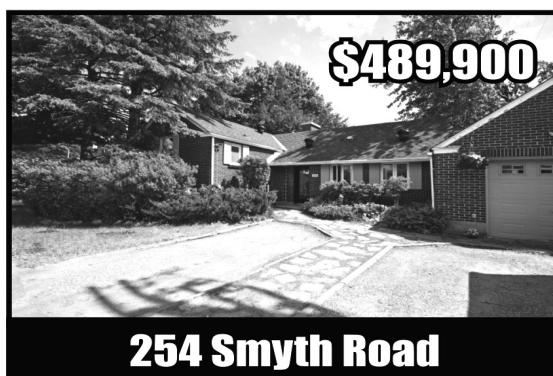


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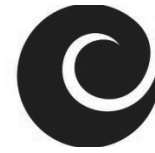
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Health

South-East Ottawa
Community Health Centre
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Chaque personne compte.

South-East Ottawa Community Health Centre

South-East Ottawa Community Health Centre, located at 1355 Bank Street, Suite 600 is a non-profit organization that provides a range of services to clients, including primary health care, social services, home support and community development. We have professional teams of physicians, nurse practitioners, nurses, social workers, nutritionists, early childhood educators, counsellors, chiropodists and others. We offer programs and services for children, youth, seniors, adults and families, all at low or no cost.

Did you know that:

The Community and Home Support Services program provides in-home practical supports to persons 60 and older or younger than 60 if physically disabled. Services include housekeeping, home maintenance, respite care, caregiver support, LunchAbility, medical transportation, the grocery bus and friendly visiting. For more information, call 613-737-5115 ext. 2430.

The Community Diabetes Education Program provides support and education from a Dietitian and/or Registered Nurse for people living with diabetes. For information call 613-233-6655.

Sciatica

By Susan Reive, Owner of Kilborn Physiotherapy Clinic

Autumn is here and the leaves are falling. That means lots of raking and bagging leaves. Many people overdo it and strain their lower back.

One of the most common injuries sustained in the lower back is a muscle strain. The erector spinae muscles run along the sides of the spine and function to move and support the spine. Unfortunately, they can get tight and weak from not enough regular exercise. Therefore, the muscles are vulnerable to strain when performing heavy activities which involve repetitive bending, twisting, or lifting. Symptoms of a lower back muscle strain include pain and limited mobility with bending both forwards and sideways. Patients have difficulty with changing positions (sit to stand) and even rolling over in bed. Palpation of the affected muscles reveals pain and tightness.

The erector spinae muscles help support and protect the lumbar discs. If the muscles are deconditioned, more stress is placed on the disc which could tear the disc fibers and produce a herniated disc. A bulging disc is quite painful and can pinch the adjacent nerve roots which presents as pain radiating down the leg with possibly tingling and numbness.

Treatment for a lower back pain varies depending on the cause, i.e. muscle vs. disc pain. Nevertheless, ice is used initially (first 48 hours) to reduce the inflammation and some individuals take anti-inflammatory medication to help with the pain and inflammation. Modalities such as ultrasound and electrical stimulation can enhance cellular healing. Ultimately, treatment involves exercises that improve core strength and flexibility, and dynamic strengthening such as lunges, weights, squats and step ups. Indeed, maintaining a good exercise program can help prevent lower back injury. Finally, be sure to mix it up when doing yard work: rake for 5 or 10 minutes, then bag leaves, then stretch.

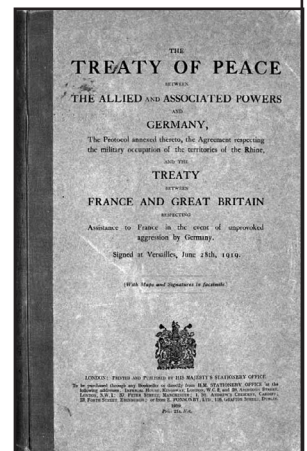
Every Monday from 9:30-11:30 a.m., nutritionists and nurses offer support to pregnant women regarding healthy eating, cooking, pregnancy, baby care, breastfeeding and more...to register for the Canadian Prenatal Nutrition Program, (CPNP) call 613-737-5115 ext. 2339.

The Parkinson's Society Ottawa will hold a free *Need to Know* session on Parkinson's Disease, on November 25 from 2-3:30 p.m. at 1355 Bank Street, 7th floor. To register, call 613-737-5115 ext. 2326.

For a complete list of the many programs and services offered by our Centre, visit our website at www.seochc.on.ca or contact us at 613-737-5115. You can also follow us on Twitter and Facebook.

Thank you to John Clay for this clarification of details from an article on page 1 of the October VISTAS. This will be of interest to all students of Canadian history.

"While fighting was halted on November 11, 1918, the reason the day was called an armistice or truce, the official end of the war did not happen until the signing of the Treaty of Versailles on June 28, 1919. Also, at the insistence of our Prime Minister, Robert Borden, Canada signed the treaty separately from Great Britain. This was an enhancement of our status as a separate nation and led to our separate membership in the League of Nations."



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Jean CLOUTIER

Neighbourhood office hours – bringing City Hall to the people of Alta Vista!

Councillor Cloutier will be holding neighbourhood office hours on Saturday, November 12th from 10:00 to 11:30 a.m. at Tim Hortons, 1600 Bank St.



Santa Claus is coming to town!

I am very excited to announce Breakfast with Santa will be held on Saturday December 10th from 8 to 10 a.m.

Please mark your calendars and join me at the
Canterbury Community Centre!

Many thanks to Urbandale Corporation, the
Canterbury Community Association and all of our
faithful sponsors.

Ottawa residents provide their feedback on the 2017 draft budget

Councillor Cloutier was joined by Mayor Watson, city staff and councillors from surrounding wards to provide information for the 2017 city budget process. The information session was held on October 6th, which gave residents an opportunity for to provide their ideas and suggestions for how they would like to see their tax dollars spent. If you were unable to attend the pre-budget meeting, you can still provide your comments and suggestions to budget@ottawa.ca.

Budget Timeline:

November 9th, 2016: Tabling of the draft 2017 budget at council

November 22nd to December 13th 2016: Committees, boards and commission will consider the draft budget and listen to public delegations. For dates and times of meetings, please visit www.Ottawa.ca

December 14th, 2016: Review of final recommendations and adoption by council

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Pacesetters Club at Billings Bridge (Photo courtesy: Gerri Doherty)

The Pacesetters Club at Billings Bridge Shopping Centre held their Fall Party on October 6. Located in the basement of the Office Tower in the north west corner of the mall, it is more than a walking club. Open from 7:30 to 10 a.m., you can work on jigsaw puzzles, read, knit blankets for CHEO, read, or meet friends over coffee and juice. For more information drop-in or call 613-721-6740 during open hours.



VISTAS Team: (Left to Right) *Missing: Cara Pickard*
 Back Row: Jim Doherty, Marcia Gosse, Christine Inrig,
 Ernie McArthur.
 Middle Row: Roz Sanderson, Gerri Doherty (Photo Courtesy)
 Front Row: Catherine Fyfe (New Business Manager),
 Sonja Hill (Outgoing Business Manager)



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Get W.I.T.H. It

The Healthy Lifestyle & Diabetes Team of The Ottawa Hospital Academic Family Health Team: Shannon, Simon, Theresa, Lisa, Josianne, Pam, Juanita & Kim

Due to reduced programming resources, the Get W.I.T.H. It Walking Program at Hillcrest High School will no longer continue.

We have all enjoyed offering this exciting and innovative program to you over the past 5 years, and we will miss the incredible and enthusiastic people we have met along the way. Included below is a list of other community walking programs that we feel will meet your needs.

On behalf of the Healthy Lifestyle & Diabetes Program, we wish you all the best of luck with your future physical activity endeavours.

List of Community Resources close to Hillcrest High School

Dempsey Community Centre, 1895 Russell Road, 613-247-4846, Website: ottawa.ca/en/residents/parks-and-recreation/recreation-facilities/recreation-centre-locations/dempsey-community

Info: \$20/year – walking program every Monday, Wednesday & Friday 10:30 a.m. – 12 p.m.

St. Laurent Shopping Centre – Wild About Walking, 1200 St. Laurent Blvd., 613-580-9620 / Betty-Ann Hamilton (Exec Director) 613-580-6744 ext. 26189, Website: ottawa.cioc.ca/record/OCR1736

Info: \$15/year – every Monday, Wednesday & Friday 8:30-10:30 a.m.

Billings Bridge Pacesetters, 227 Riverside Drive, 613-521-6740, Website: billingsbridge.com/mall-walkers

Info: \$10/year – Monday through Friday 7:30-10 a.m.

Canterbury Recreation Centre, 2185 Arch Street, 613-247-4869, Website: ottawa.ca/en/residents/parks-and-recreation/recreation-facilities/recreation-centre-locations/canterbury

Info: varying costs – offer classes for all ages including evenings

Dinner Conversation Questions

1. Can you share two things that you would like to learn how to do? Think of things that you can't do already.
2. If God came to dinner, what three questions would you ask of God?
3. Do you talk to your plants or are you a tree hugger? What effect does your interaction with plants have on them? On you?
4. If you won a million dollars, what would you do with the money?



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“I Wanted To See If I Could Do It” - Seniors Get Active

By Lauren Dufort

In a virtual world, the possibilities seem endless: groceries, doctor consultations, education, have for years been available online; but a marathon?

When the University of Ottawa’s Heart Institute decided to forego the traditional 5 km charity marathon and replace it with a virtual one; many were skeptical.

The Heart in Motion virtual 5 km was carried out over the month of June and allowed participants to walk, run or bike their way to health and did so with great success!

“We were able to reach participants that would otherwise not be able to participate in traditional marathons, the inclusion and support for this event was nothing short of remarkable.”

Riverstone Retirement Communities saw the Hearts in Motion virtual 5 km as a great opportunity for their residents to get active and could not wait to get involved. “I wanted to see if I could do it” said Lois Schmidt, resident at Oakpark Retirement Community, one of 31 residents from three Riverstone properties who participated.

“I had a double bypass and a valve replacement last year, so I was challenged to complete the 5 km” she adds. Each participant was awarded with a medal at a ceremony in early August that was held at Bridlewood Retirement Community in Kanata.

“The participation of these seniors is very inspirational and furthers our initiative” to raise money for a new \$4M hybrid operating room. The state of the art over-sized procedure room will enable interventional cardiologists, surgeons and imaging specialists to work on patients simultaneously; making for less invasive procedures and improved outcomes.

To date the virtual 5 km has raised \$16,435 towards its campaign. With residents anxiously awaiting the next virtual 5 km, the next virtual run is sure to be a success!

Lois Schmidt has realized the success of Heart research, which “has allowed me to participate in two of my grandchildren’s weddings... thank you to the people who have provided the research and skills to allow me to continue with a reasonable life after 85!”



Jim Orban, President and CEO of the University of Ottawa Heart Institute Foundation, presents a medal to Lois Schmidt for participating in the Heart In Motion Virtual 5 km.



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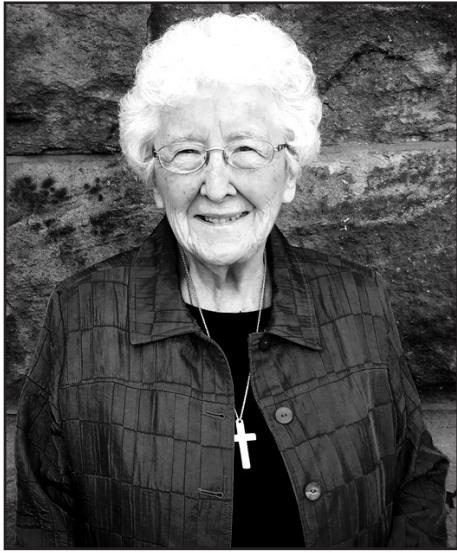
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Sister Louise Dunn

*With input from Marcia Gosse, Mike Beauregard,
Wally, Clare and Jenny*



Sister Louise Dunn has lived in the Alta Vista area for about 27 years, and has watched the changes in the Alta Vista area – the growth of houses from the fields to the emergence of the city, but it is the people in the area who make it great for her.

Sister Louise was the youngest of a large family. She grew up in Toronto, became a nun at 18 and joined the congregation of Notre Dame. She had a successful 28 year career as a teacher and eventually became Vice Principal of St. Patrick's High School where she started to notice the impact drugs and alcohol was having on her students. In the beginning of her ministry, she worked with the alcohol addicted, and then it became a combination of alcohol and drug addiction. The students would often come to talk with her and her work evolved from there. She was always available after school for the students, but did not discuss their issues with the parents. Marion Dewar was the school nurse at the time.

She left the school system for Hazelton, Minnesota, the location of an International Training Centre, in order to study the field of counseling. At the age of 48, she spent three months working with families, three months working with women, three months with men, and three months working with youth, before completing the course. Sister Louise chose the treatment centre for men and women after graduation, but quickly asked herself "Why are we only working with addicted people? What about the non-addicted who are affected by people they know who are addicted."

In the mid-70's she wondered what people in the addiction counseling field would choose if they could do it all again, and she asked five individuals. The general consensus was that they would have chosen the same field again, but would begin with a specific area such as women versus the actual treatment centre.

In the mid-80's, there was a limit to the services that were available. It was a privilege to be involved in this project – a recovery journey. How did one live this journey while recovering from addictions? Serenity Renewal was created and originally financed by the congregation of Notre Dame starting November 15, 1983. Alexis Smith, who co-founded the centre with Sister Louise Dunn, retired to Nova Scotia three years ago. Serenity Renewal for families has served over 100,000 people since it was founded. It counsels and provides counselling and workshops for addicted individuals, their children and families. They serve over 2,500 people every year.

They're just a small charity, but one which fills gaps in the system with novel programs for children and adults, offering them free of charge if need be. Addiction affects everyone in the home, not just the individual with the direct problem. In any given year, 1 in 5 Canadians experiences an addiction problem.

Serenity Renewal is a team of volunteers, a Board of Directors, and a staff psychologist. Now it is funded by fees, etc. but no one is turned away.

Serenity Renewal is a team of volunteers, a Board of Directors, and a staff psychologist. Now it is funded by fees, etc. but no one is turned away.

Sister Louise is a very good listener who is passionate about her project. She's a sweet but no-nonsense nun who has a tremendous reputation in the 12 step community for getting results – often times with those who have been battling addictions for years.

She has seen the ups and downs in the progression of lives, and encourages whatever lifestyle the individual on the recovery journey has chosen. She is now 83 years young and works 8 hours a day, 40 hours a week for this organization.

Recently Sister Louise was recognized for her work by the recovery community at City Hall, as part of Recovery Day, a gathering of more than 50 agencies, people in recovery, and former clients of Sister Louise. Back in July, she was invited to visit with Prime Minister Justin Trudeau.



Prime Minister Justin Trudeau with Sister Louise Dunn

Statement in the House of Commons

By David McGuinty, Member of Parliament, Ottawa South

September 20, 2016

Mr. Speaker, I am delighted to announce that my constituent and friend, Sister Louise Dunn of the Congregation of Notre Dame, is receiving the annual Recovery Day Ottawa Award for commitment and perseverance in supporting recovery for families affected by addiction.

As a high school teacher, she became concerned about the terrible impact of drugs and alcohol on her students, so at the tender age of 48, she retrained as an addiction counsellor. Thirty-three years ago, she co-founded Serenity Renewal for Families in my riding of Ottawa South.

Sister Louise has overseen the development and implementation of a wide range of unique dynamic programs that have helped thousands of individuals and families cope with the long-term effects of addiction. Sister Louise exemplifies what it is to be a Canadian by graciously helping those who are most in need.

Congratulations to Sister Louise.

We at VISTAS recognize the wonderful work of Serenity Renewal and the gifts that Sister Louise has given to this very special, caring ministry of love. Thank you for your ministry, Sister Louise.

The centre is located at 2255 St. Laurent Blvd. It is open all day at 9 a.m., and Mondays and Wednesday evenings from 7-9 p.m. If you would like to see a wonderful video about Serenity Renewal, take a look here: www.serenityrenewal.ca/drupal/. Donations can also be made through their website. People who you could contact for more information: Mike Beauregard, Director of Development, 613-523-5143; Wally Clare, CEO – Serenity Renewal for Families, wclare@serenityrenewal.ca, 613-523-5143.

Then to Now

Bruce McLelland is retiring from TD, but his history goes a long ways back with VISTAS. Of course it was amazing to go back through the archives of VISTAS, and find this picture from 1991.

Bruce has been a long-standing face at the TD branch on Kilborn, and we wish him luck in his future endeavours.



*(Left to Right) Then (1991)
Back Row: the late Ron Collings, the late Irene Kube, the late Mary Bryant,
Frank Savard, the late Jim Whitridge
Front Row: the late Celine Tower, Bruce McLelland, Gerri Doherty.
(Photo courtesy of Gerri Doherty.)*



*To Now (2016)
Bruce McLelland
(Photo courtesy of Gerri Doherty.)*

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Sunday, November 27 at 2 pm

Enjoy an afternoon of excellent music presented by a bell choir, soloists, instrumentalists and choirs. Refreshments following
Free will offering for Heron Emergency Food Centre and St. Tim's

An Evening of Celebration: African Fusion

On Saturday, November 5, the community of Ottawa is invited to participate in a family-friendly, Africa-themed evening of celebration organized by CanUgan, a local charity.

Guests will have the opportunity to dance to the vibrant African rhythms of the Tine Rufaro Marimba Band. They will also meet Patrice Dagenais, co-captain of Canada's wheelchair rugby team at the Paralympics in Rio. A silent auction of Ugandan handicrafts, arts and crafts, and many one-of-a-kind articles will be held. Other highlights will be a live auction conducted by Dave Smith, a philanthropist, restaurateur and untiring community volunteer. The evening features an African buffet.

Based in Ottawa, CanUgan provides assistive devices such as hand-pedaled tricycles, crutches and white canes to persons with disabilities living in the rural areas of Western Uganda. Since its founding in 2010, CanUgan has helped over 680 people regain their mobility and independence, while supporting local businesses and economic development. Proceeds from this event will help even more Ugandans to overcome their disabilities to become self-sufficient.

The Evening of Celebration will be held Saturday, November 5 at 6 p.m. at Knox Presbyterian Church (Geneva Room), 120 Lisgar St. Tickets are \$30 for adults and \$15 for children under 12. The venue is wheelchair accessible. For more information, contact President Navin Parekh by phone at 613-224-8174 or by email at canugan@canugan.org. Visit CanUgan's website at: www.canugan.org.

CanUgan
Disability Support

IF there IS to be peace IN the WORLD,
there MUST be peace IN the NATIONS.
IF there IS to be peace IN the NATIONS,
there MUST be peace IN the CITIES.
IF there IS to be peace IN the CITIES,
there MUST be peace BETWEEN Neighbours.
IF there IS to be peace BETWEEN Neighbours,
there MUST be peace IN the HOME.
IF there IS to be peace IN the HOME,
there MUST be peace IN the HEART.

Lao Tzu



Words and Music: An Hour of Readings, Music and Reflection

St. Thomas the Apostle Anglican Church, Alta Vista Drive

St. Thomas is very pleased to introduce the series "Words and Music". Initiated by newly appointed Assistant Curate, the Reverend Victoria Scott, each "Words and Music" offers an hour of readings, music and silence for reflection, with the intention of creating an oasis of peace and quiet in the midst of this busy world. The readings are not necessarily religious, but are chosen as "food for thought". The music is chosen with a view to creating a relaxing and refreshing atmosphere. Following this time of listening and reflection in the sanctuary, a light meal of soup, bread and cheese will be offered, so that those gathered may share in a time of fellowship.

The first "Words and Music" at St. Thomas will take place on **Tuesday, November 29 at 5:30 p.m.** Admission is free, but a freewill offering will be gratefully received.

Why not plan to spend this time on November 29 in quiet reflection, listening, and enjoying the space St. Thomas offers?

For more information, contact the Church Office at 613-733-0336 or see the Church website at www.stthomasaltavista.ca/.

Saving Money on Food

An offering from EatRightOntario.ca – a great website - check it out!

Here are some ways to help you save money on food. Healthy eating is your goal!

See what's on sale. Look at grocery store flyers, newspaper ads and online.

Make a grocery list and stick to it. Your grocery list should include the ingredients that you need to make healthy meals and snacks. Make a menu plan to help you put together your grocery list so you buy only what you need.

Coupons can help you save money only if you will actually eat or use the food. Check the expiry date on the coupons.

Bring a calculator. As you shop, add up your grocery bill to help you stay on budget.

Shop at grocery stores or supermarkets. These stores offer more variety and usually cheaper prices than convenience stores or small specialty shops.

Get to know the food prices. Write down the regular prices of foods you buy often. This will help you figure out which stores have the best prices and if you are getting a good deal on sale items.

Avoid shopping when you're hungry!

Get to know the supermarket layout and where the healthy foods are located. On the perimeter (or outside aisles) of the store you will usually find the fresh vegetables, fruit, fish, lean meat, eggs and lower fat milk products. Go to the inside aisles for other nutritious staples such as grain products, beans, nuts, seeds, peanut butter and whole grains. Skip the aisles with the pop, candy and chips.

Buy in season. Vegetables and fruit are cheaper when they are in season. Avoid waste by buying fresh fruit at different stages of ripeness. Choose some fruit that is ripe and ready to eat, and some that will ripen in a few days. That way you'll have enough time to eat all your purchases.

Buy frozen or canned. When fresh is out of season or too expensive, buy frozen or canned vegetables and fruit. They are just as nutritious. If using canned vegetables, rinse them under cold water first to wash away some of the salt.

Look high and low – not in the middle. The most expensive items are usually put on the shelves where you can easily see and reach them. Some of the less expensive items may be on the higher or lower shelves.

Look at the "best before" and expiry dates.

Check out the "reduced" section. Reduced vegetables are good for soups and stews. Ripe bananas are perfect for making muffins or banana bread. Day-old bread is fine for eating and makes good French toast or grilled sandwiches. Ripe melons can be diced and frozen, or puréed to make smoothies.

Choose store brands. No-name or store brand items are nutritious and are usually cheaper than the brands with fancy packaging. Try no-name or store brand products such as cereal, pasta, vegetables and canned goods. Compare the unit price for similar items. The unit price tells you how much something costs per "unit" or per 100 grams (g) or 100 millilitres (mL). Don't worry about using a calculator to figure this out. You can usually find the unit price in small print under the main price. This price can help you compare whether a large or small size of an item is a better buy.



Bulk bins are good for ingredients such as dried herbs, spices, rice, pasta, flour and different whole grains. Buy only the amount that you need to save money. (If you have food allergies, be aware that bulk bins are not allergy-safe).

Stock up on the basics. Rice, pasta, low sodium canned fish, and dried legumes (beans, lentils, peas) all have a long shelf life. Stock up when they are on sale, but only if you have space to store them.

Store your food properly at home. Prevent waste by storing foods properly. Apples turn soft quickly if you leave them at room temperature, so keep them in a plastic bag in the refrigerator crisper. Store mushrooms in a paper bag, not in a plastic bag. Keep potatoes in a cool, dark, dry place away from the onions.

Make your own meals. Whenever you can, make your own meals. It is less expensive than buying ready-to-eat, prepared meals.

Grow your own. If you can, grow your own vegetables and herbs in the summer – even if you don't have a backyard. Tomatoes, lettuce, basil, radishes, cucumber, spinach and many others can be grown in containers on a sunny balcony.

Never be afraid to fail. Be afraid of not learning from mistakes.
W. Brett Wilson

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Nov 2 IN MEMORIAM

Music for *All Souls Day* with acclaimed Canadian organist Thomas Gonder, featuring music by Bach, Bales and Vierne.

Nov 9 BEAUTIFUL LOVE

Jazz standards by Goodman, Shaw and Daniels. David Renaud, clarinet and bass clarinet and Brian Browne, piano.

Nov 16 A SANCTUARY IN SONG

Songs by Warlock, Howells, Rubbra, Vaughan Williams and Finzi. Daniel Cabena, countertenor and Stephen Runge, piano.

Nov 23 CONCERTINO!

Classic transcriptions and 20th- century works for percussion. Zac Pulak, marimba/vibraphone and Thomas Annand, piano.

Nov 30 LATE ROMANTICISM TODAY

Chamber music from Brahms to Widmann. Pedro Molina, clarinet, Juan Sebastian Delgado, cello and Tomoko Inui, piano.

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I do not want to be the angel of any home; I want for myself what I want for other women, absolute equality. After that is secured, then men and women can take turns at being angels. Agnes Macphail, first woman member of Parliament in Canada

Bookworm's Delight

By Judith Evans

Esther, the Wonder Pig

By Steve Jenkins and Derek Walter (with Caprice Crane)

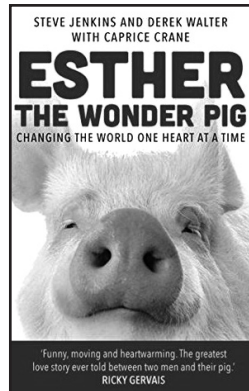
(Available from the Ottawa Public Library)

Steve and Derek's lives have not been the same since Steve received an e-mail from a childhood friend, asking him if he was interested in adopting a piglet. He responded that he would do some research and give the matter some thought. The reply email tipped him over the edge – it said that someone else was interested in the little pig so he'd better make up his mind fast. That was all it took. Suddenly, Steve knew he had to have the pig, despite the fact that he knew Derek would be beyond furious when he brought home another animal to join their two medium-sized dogs and two cats in their small house (especially without first consulting him!)

When Steve arrived to pick up the baby pig, one look at the tiny pig convinced him that he was making the right decision – she was adorable and so small that he found it hard to believe that she might grow to be about 70 lbs. He brought the wee thing home and then started his plan to distract Derek until he was in a good frame of mind before springing the new family member on him. However, soon after Derek's return home he noticed the dogs' unusual interest in the closed guest room door and went to investigate.

That is when things got very uncomfortable for Steve. Derek was livid and told him clearly that the pig had to leave because there was just no room for another body in their home. After a week or two of refusing to acknowledge the pig in the house, Derek did relent a bit, and their new addition finally got a name – Esther. He did however specify that Steve had to take full responsibility for feeding her and, more importantly, cleaning up her accidents in the house.

The book contains many descriptions of their lives with an ever-growing pig in their midst. She didn't stop growing at 70 lbs. or even 80 lbs. but instead



seemed to grow a bit bigger every time they looked around – until she was 650 lbs and still considered herself a house pig who wanted to share the bed and sleep on the sofa and generally enjoy being with her people.

After a couple of years, Derek again started making noises about Esther needing to leave, this time because she was just too big and was getting into way too much trouble.

One of her memorable escapades was to get into a 128-ounce bottle of vegetable oil and spread it all over the kitchen – the floor and the walls. And then, she rolled in the stuff before wandering through the rest of the house, occasionally rubbing her side against the wall, until she ended up in the bedroom, in the middle of the bed, where she rolled around until the sheets were good and greasy, before having a well-deserved nap. Poor Steve came home to a shambles which he had to put right before Derek got home and started once again suggested that Esther needed to go.

Finally, the two men made the necessary decision – they were going to move to the country where there would be more room for their family. Not only that, but they would set up an animal sanctuary to care for other farm animals that needed a safe and loving home. This came about because Steve had started a website for Esther, which included pictures (she's very cute – if you can be cute at 650 lbs!) and tales about her many wild adventures. Although the page was initially intended for family and a few friends, it quickly garnered a large audience of enthusiastic followers.

When Steve and Derek found their dream property, the asking price was way beyond their means but in a bold move, they made a very low offer, added an unusual condition, and included a letter explaining why they wanted the farm and what they planned to do with it if their bid was accepted. Amazingly, it was. The next step was to put a plea out on their (Esther's) website asking for help raising the money to pay for their farm – and even more incredibly, they got all the money they needed.

Now, they have their farm, which is called Happily Ever Esther Farm Sanctuary. Check it out online at www.happilyeveresther.ca/ and they have a number of volunteers helping them run the farm, which is not far from Toronto.

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it. Henry Ford

Sweet Days and Sour

By Rafal Pomian, 2016, Baico Publishing

Book Review by June Coxon

June M. Coxon is an award-winning Ottawa freelance writer who, in addition to a career as a writer/editor in the federal government, has written for radio, television and print media. In 2001 a number of her stories appeared in an anthology and in 2007 her children's book, *Just Call Me Ernie*, was published.

Sweet Days and Sour is an interesting novel of mystery and intrigue, set in China, the United States and Canada. As noted at the beginning of the book, its title comes from a favourite song of Mao Zedong, the founding father of the People's Republic of China. The back cover explains that the novel is about "a rogue dictator (who) gains power in China and sets his sight on destroying the Canadian and American way of life."

Central characters in the novel include Chen Yunwei, founder and leader of a group based in China called Greys who wants to take over the Chinese government when that country is in turmoil; Lao Pengyou, a Buddhist monk living a solitary life in a remote part of China who many of the main characters visit for advice; three doctors in Canada who work at the Ottawa Hospital - Mary Wiggins, who is head of Pharmacology, her colleague Ed Domanski, head of Radiology, and their boss Philip Yip. Secondary figures include government officials in all three countries. The author has included a convenient list of the key players and their professions in the first pages of the book which is particularly useful for referring to the Chinese characters while reading the book.



Set sometime in the future, this story revolves around Chen's mission and the lengths he will go to achieve it. It also involves the developing romance between doctors Mary Wiggins and Ed Domanski, as well as Chen Yunwei's use of seduction to gain political power. Along the way we learn about hospital life, of Mary's interest in toxic substances, and eavesdrop on a discussion about Rasputin's ability to survive attempts to poison him. The mystery begins when Canada is used as a testing ground before the Greys strike their prime target – the USA.

Interest and suspense is created when key figures, first in Canada then in the United States and China begin dying of unexplained but similar ailments, all involving blood clots.

Pomian convincingly weaves real situations like the threat of Quebec separation in Canada and race riots and the Occupy Movement in the United States into his fiction and draws a parallel between China potentially annexing Taiwan.

Most chapters alternate between the East and the West. Believable dialogue moves the story along smoothly and quickly, alternating between light hearted banter and serious discussions of those creating the chaos and others trying to uncover the reasons behind odd, unexplained incidents, including the many mysterious deaths, suddenly occurring across North America.

The book's ending draws together all pieces of the puzzle in China, Canada and the United States.

This is Rafal Pomian's first novel. He lives in Ottawa's Glebe district where he and his late wife ran a successful bed and breakfast called *By the Way* after he retired from a 28-year career in the federal government. His book is available at Octopus Books on Third Avenue, Singing Pebble Books, on Main Street, Perfect Books on Elgin, or directly from the author.



John Fraser, MPP

Ottawa South

Vision Care for Children

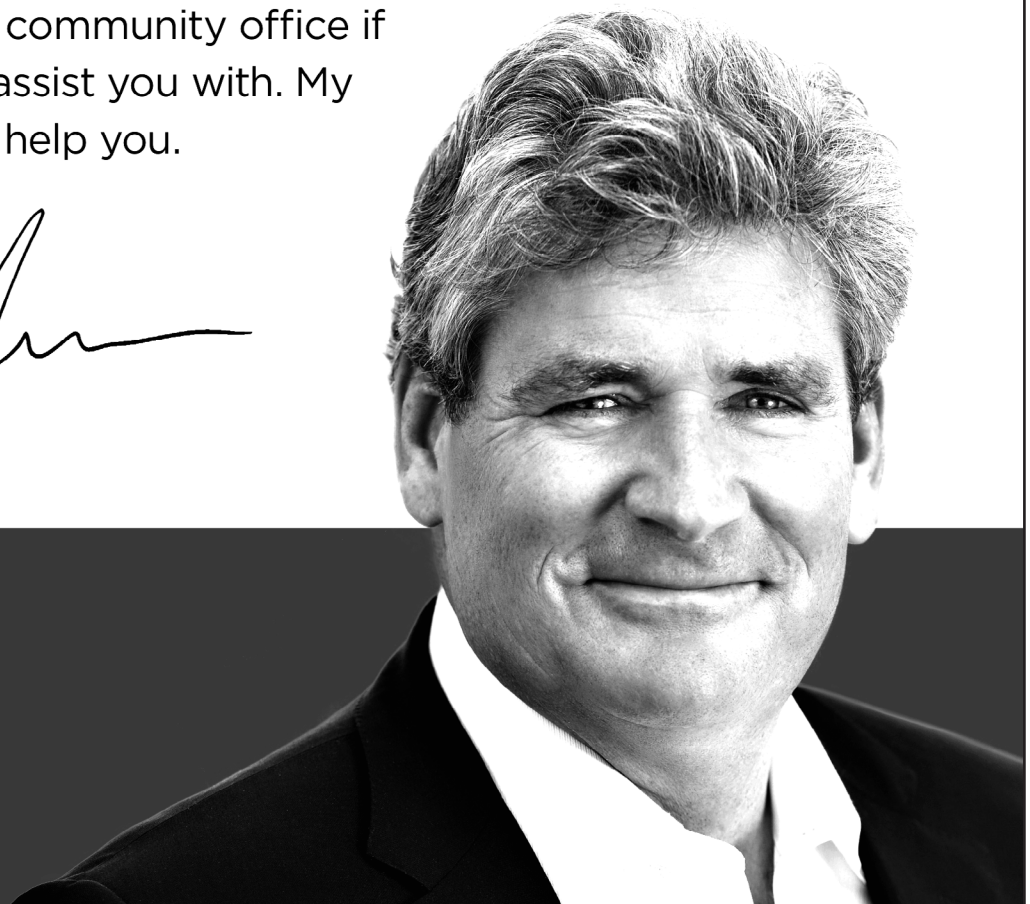
As October is Children's Vision Awareness Month, I wanted to remind parents that in Ontario, those who are younger than 20 are covered by OHIP for a routine eye examination provided either by an optometrist or physician once every 12 months plus any follow up assessments that may be required.

Vision problems create obstacles for children to achieve their full learning potential. One in six children has a vision problem, yet most children do not get eye exams before the age of six. Since vision plays such an essential part in a child's ability to learn, excellent sight and eye health are critical for their development.

That's why I encourage all parents to book their child's eye exam to ensure our children are as confident as they could be and are fully able learners.

Here To Help

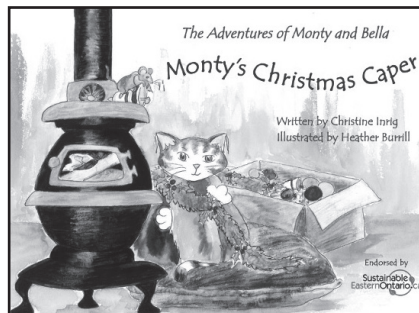
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The Adventures of Monty and Bella!

Chris Inrig would like to announce the third book in her *Monty and Bella* series. *Monty's Christmas Caper* is available along with her two previous books, *Monty's Soggy Day*, and *Monty's Midnight Meows*. Monty is in trouble yet again. This is another fun story of his latest adventure along with some lessons about animal footprints in the snow.



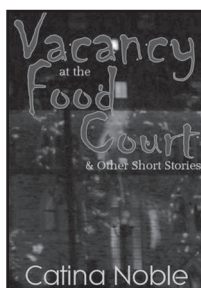
Children of all ages will have fun looking for the animals and, of course, the crow feathers in the paintings. Should you wish to purchase Monty's latest book or any of the others, please contact Chris Inrig at 613-738-5322 or email her at inrigc@gmail.com. She will be glad to get one to you! The price for any one of the three books is now \$15. Check out MontyandBella.ca for more information. (Postage will have to be added if the books are going out of town.)

Books by Catina Noble

CHEO is on board with Catina Noble's book: "I'm Glad I Didn't Kill Myself" and for each book sold, \$1 is donated to CHEO. The book is available on Amazon, Perfect Books and Prospero books.



The latest book "Vacancy at the Food Court & Other Short Stories" has just been released, published by Crowe Creations and available on Amazon.



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The "Eggs-traordinary" Benefits of Diversification

Remember the old saying, "Don't put all your eggs in one basket?" Today, "gathering eggs" typically consists of stopping by the store to pick up a dozen Grade A's. However, the wisdom of the sentiment still applies, especially when it comes to investing.

In yesteryear, this sage advice was meant to protect you (and your eggs) should some unfortunate mishap befall you between the house and the chicken coop. Today, when applied to investing, these words of wisdom are intended to help protect you and your investments against mishaps. Here's how.

Unlike eggs, which all basically look and taste alike, each investment is truly unique, and each is designed to fill a certain need. Income objective investments – such as bonds and income mutual funds – are designed to provide a regular stream of income to help meet monthly expenses. Growth objective investments, such as individual stocks and equity mutual funds, are designed to let your investment grow in value and, thus, try to stay ahead of inflation's erosive powers. Growth-and-income objective investments are designed to offer both income and growth. All three types of investments can be included in a well-balanced portfolio.

When you choose a variety of investments, it's called diversification. One of the greatest benefits of diversification is the protection it can help to provide. No investment performs well under all conditions. In fact, certain investments can counterbalance one another. For example, bonds typically perform well when the stock market declines, while stocks typically perform strongly when the bond market declines. Owning both helps cushion you against the market's ups and downs. However, remember that diversification does not protect against market loss.

Of course, knowing you should diversify your investments and actually diversifying them are two different things. Sometimes, investors fall into the habit of relying on income investments such as bonds alone. Unfortunately, limiting yourself to income investments can undermine your money's long-term purchasing power.

Although there is comfort in knowing how much your investment is expected to earn each year and return in principal at maturity, what you don't know is how much purchasing power that money will retain. That's why it can be important to place a portion of your investment dollars in growth objective investments, which typically outpace inflation, so you have the potential to keep up with the cost of living and even keep ahead of it.

When diversifying, it's important to remember that not only should you diversify in different types of investments, you should also diversify within each type of investment.

For example, when choosing stocks for growth potential, don't limit yourself to one stock or even one type of stock, such as consumer goods or utility stock. Instead, spread your dollars among a number of stocks.

Which mix of investments is right for you? Which investments should you choose? How much should be invested outside of Canada? How to use the tax advantages of TFSAs and RRSPs? This all depends on your needs and goals. There is no *one size fits all* investment plan.

Proper diversification requires serious thought and takes time to implement. If you need help determining which investments are best-suited to your needs, seek the help of an investment professional. He or she can explain what types of investments are available and how they would fit in your portfolio.

If you would like to review the diversification of your current investments, and how it might be improved, please give me a call at 613-526-3030. www.edwardjones.ca/bob-jamieson

Film Review

By Tony Wohlfarth

Tony Wohlfarth is a freelance film writer and critic. He attended the 2016 Ottawa International Animation Festival in September.



The 40th anniversary edition of the Ottawa International Animation Festival (OIAF) drew some 28,000 students, industry professionals and animation film buffs to venues throughout downtown Ottawa on September 21-25. The OIAF is the largest event of its kind in North America.

A total of 87 films were selected for screening at this year's annual animation film fest. Each year, a jury determines which films deserve special recognition. The Nelvana Grand Prize was awarded to Diane Obomsawin for her short film, *J'Aimes les Filles*, during the awards ceremony at St. Brigid's Church. The Grand Prize was awarded to *Louise en Hiver*, directed by Jean-Francois Laguionie.



Animated films have been a mainstay in Ottawa since the festival's inception in 1976. The major studios – Disney XD, Nickelodeon, and Cartoon Network – recruit talent in the capital and rely on Ottawa-based animation studios for digital, 3D animation, story boarding and other professional skills. Fuelled by provincial tax credits, animation is an important component of technology employment in Ottawa. Firms like *Jam Filled*, *Nelvana* and *Big Jump* are amongst the major employers. The student day featured recruiters from Sheridan and Algonquin College, which offer technical community college training. This year, participants had a chance to screen four virtual reality (VR) films and learn more about this emerging technology.

The annual industry conference (at the Chateau Laurier) drew industry executives from Disney, Nickelodeon and the National Film Board for workshops and networking events.

Nickelodeon launched three new animation programs at OIAF. The new offerings – *The Loud House*, *Pinky Malinky* and *Welcome to the Wayne* – launched on multiple platforms (cable television, on-line and via hand held apps.) For more information, readers can check: www.ytv.com/shows.

All year, the OIAF has an active jobs board for talent and animation opportunities. Readers can check this out on the festival's website: www.canadiananimationresources.ca/category/jobs/.

Champlain Local Health Integration Network (LHIN)

The 2016-17 performance report includes indicators that align with the *Integrated Health Service Plan 2016-19*. New indicators that are introduced this year include those related to: primary care, Indigenous cultural competency, use of telemedicine, palliative care and Health Links.

Of the 30 indicators included in the report, 14 are determined by the Ministry of Health and Long-Term Care and shared by all LHINs.

For these 14 indicators, during the first quarter of 2016-17, Champlain LHIN was 83 per cent of the way to achieving the Ministry targets. This is an improvement of three per cent from a year earlier.

The progress was largely due to a decrease in the time new clients of the Champlain Community Care Access Centre wait for their first home care visit. This metric improved by 29 per cent, from 55 per cent to 84 per cent of the provincial target. Brian Schnarch (Champlain LHIN Director of System Performance and Analysis) cautioned that this improvement may not be sustainable long-term due to increasing demand.

Some indicators proved more challenging. There was some deterioration in repeat visits to the emergency room for people with mental health and addictions; however, the Champlain LHIN is still close to the provincial target.

Achieving the target for MRI wait-times for persons with non-urgent conditions continues to be difficult. This trend is seen across the province. There was an improvement from the previous quarter that was largely due to additional one-time LHIN funding to increase operating hours.

The LHIN continues to work with health service providers on strategies to reduce MRI wait times, such a central intake system as well as developing clinical protocols to guide when MRI scans should be ordered.

Patients First: Action Plan for Health Care is the next phase of Ontario's plan for changing and improving Ontario's health system, building on the progress that's been made since 2012 under the original Action Plan for Health Care. It exemplifies the commitment to put people and patients at the centre of the system by focusing on putting patients' needs first. (See more info on page 27.)



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Science and Technology

By Andrew Rader, Ph.D.,
www.andrew-rader.com

Andrew is working as a Mission Integrator at SpaceX in California. He has experience on dozens of space missions. In 2013, he won Discovery Channel's #1 competitive television series *Canada's Greatest Know-it-All*.

Journey to Mars

Interest in sending humans to Mars seem to be a hot topic these days, so I thought this month I'd include some thoughts on the subject (summarized excerpts from my book *Leaving Earth*).

Humans have an innate drive to explore. As a species, we have spent far longer ranging over vast tracts of land in pursuit of migrating herds than we have in cities. After millions of years of evolution, we are just now at the point where we have the technology to settle other worlds and start the process of becoming a multi-planet species. But why should we bother? Since Earth is the most habitable planet we know of, why shouldn't we just stay here?

There are many answers to this question, but perhaps the simplest is basic survival. We already know of many threats to our civilization, ranging from nuclear war, disease, and resource depletion, to environmental collapse, and impacts from space. Considering how the list has been growing over the past 50 years, it seems likely that there are other threats we aren't even aware of. As Carl Sagan famously put it: in the long run, every civilization must become spacefaring to ensure its very survival. A sustainable off-Earth presence would provide an insurance policy. This could ensure our continued existence, and prevent us from going the way of the dinosaurs. Considering how little it would cost us (we currently spend less than 0.1% of our global output on all forms of spaceflight), isn't it simply negligent not to take basic steps to avert potential extinction?

Establishing branches of civilization on other worlds would not only insulate our species from disaster, but it might go a long way towards preventing it. As individuals, and as societies, challenges bring out the best in us. New cultures inevitably face new challenges, and develop novel solutions in response. A highly visible and international challenge like going to Mars would provide a positive vision for all of humanity. This kind of inspiration, though intangible, would give all people on Earth a shared goal and common purpose. It would be a beckon call to our youth to develop their technological skills, so that they too might participate in the greatest adventure of our age.

Another reason to go to Mars is the pursuit of scientific knowledge. It seems clear that Mars was once a much warmer and wetter place. Billions of years ago, Mars had a thicker atmosphere, and supported oceans. What changed Mars into the cold desert we find today? Could the same thing happen to Earth? Can we one day restore Mars to its life-friendly past, and make it a true second home for humanity? Comparative planetology is no mere matter of scientific curiosity. In the 1970s, atmospheric studies of Venus, a lead-melting inferno with crushing pressures, first alerted us to the dangers of a runaway greenhouse effect. Studies of planet-wide Martian dust storms alerted a Cold War Earth to the potential of nuclear winter – one more reason to stand back from the brink of mutual assured destruction.



*Earthrise:
First human
view of Earth
from afar.*

Having humans on Mars would benefit our planet in other ways. Travelling to space and looking back on Earth has given us perspective as a species. We've seen the thin blue atmosphere protecting us from the void. From *Voyager*, the most distant human creation, we looked back on Earth, a pale blue dot against the blackness of space. These experiences underscore the importance of preserving our planet, the only oasis we currently have. The early environmental movement was fueled by this realization – in large part thanks to the astonishing Earthrise photograph, taken as Apollo 8 orbited the Moon on Christmas Eve, 1968. Imagine the social impact of having humans gaze back on Earth from another planet for the first time. What unique perspectives would Martian settlers have, struggling to survive on a hostile world? What would they be able to teach us?

*What a cruel thing war is... to fill our hearts with hatred
instead of love for our neighbours. Robert E. Lee*



Recognition for Kinnon Elliott:

You will notice that the masthead used in October was different than our usual masthead. The October masthead was designed by Kinnon Elliott of Kinnon Elliott Illustration and Design at www.kinnonelliott.com/. Kinnon grew up in this area where her grandfather and father were both doctors. We were happy to try something a little different to grace the October VISTAS.

**Chris
Ellis**



Public School Trustee
Alta Vista/Rideau-Rockcliffe
Zone 6 Ottawa-Carleton District School Board

www.SchoolZone6.org

613-818-7350 - Chris.Ellis@ocdsb.ca

Small Loblaws, Big Heart

By May Turcot

While it is not always easy to have a no-car lifestyle, it is a choice we have made for our little family of four. We chose to settle in the Elmvale Acres area because of its proximity to hospitals, public transit, bicycle paths, community services, and shopping. When speaking of shopping, we are regular patrons of the Loblaws at Elmvale Shopping Centre.

Though we miss out on the bulk savings (and the weekend traffic jams) of Costco warehouses and the small thrill my mother used to enjoy of sales shopping around various stores, we are not let down by our little neighbourhood grocery store.



Yes, sometimes an item we love gets discontinued because there is not enough shelf space. Yes, sometimes there are no grocery carts readily available. Yes, the produce selection sometimes varies or the warehouse doesn't send something that was ordered. But, taken in context, this store is a gem. Here is why:

- It is within walking distance for a large number of families with no car access.
- A smaller store means, if one is a regular shopper, one soon

Sabrina Tremblay, secretary at École élémentaire publique Marie-Curie, decorated one of twenty pumpkins donated by Loblaws Elmvale as part of the school's Fall Fair festivities.

Photo credit: Gabriel Drouin

gets to know the familiar faces. In our case, about half the employees at this store have watched our family grow over the years.

- A smaller store means that, if one forgets the fish when already in the produce section, it's not a ½ kilometre to get back!
- Mr. Paul Boyer, the manager at this store, is always around. Sometimes I see him strolling the strip. Sometimes he's getting a haircut in the mall or looking in at the flower shop. Sometimes, like in early October this past year, he's able to receive and accept a request for a donation to the community.

I want to take a moment to thank Mr. Paul Boyer and his team at Elmvale Loblaws for their continued involvement with the Elmvale Acres community and École élémentaire publique, Marie-Curie specifically. On vous apprécie énormément! You are a small Loblaws with a big heart!

"Nightmare on Elsett Drive"

A Rare Scare to Support the National Gaucher Foundation of Canada

Jason Sedlar is once again turning his home into a Tim Burton movie set for the Halloween season. Calling his creation, "A very scary fairy tale", visitors can come by for a night of fun and fear October 28, 29 or 31. Last year's event drew over 600 people and this year Sedlar hopes to double that number. Admission is by donation, with all funds raised going to the National Gaucher Foundation of Canada's patient support program.

Christine White, family friend and president of the National Gaucher Foundation of Canada, says: "About 1 in 12 Canadians suffer from a rare disease and about two-thirds of them are children". In Canada there are about 200 individuals with Gaucher. Two of White's children were born with Gaucher disease so she knows first-hand the struggles families face living with a rare condition.

Nightmare on Elsett Drive is open to visitors from 6:30-10 p.m. on October 28, 29 and 31. More information:

www.averyscaryfairytales.com/ or visit: www.gauchercanada.ca



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Computer Tricks and Tips

By Malcolm and John Harding, of Compu-Home

Who's in Charge of My Computer, Anyway? Part 2

Last time, we talked about the incursions on our privacy that can occur when we use free services, such as social media sites, search engines and email. The relationships among these services and the information about us that they share among themselves can be a significant source of revenue for them and it seems like there is not much we can do about that, since we don't pay to use them and we agreed up front to a long list of conditions that give them carte blanche to use our data in any way that suits them.

There are measures that you can take to protect yourself. These range from some heavy-duty strategies that require serious effort and pretty high-end know-how, to more straightforward day-to-day practices that can go a long way in protecting you from simple annoyances and threats.

At the upper end of this scale is an article by Ian Paul in *PCWorld* that can be found at tinyurl.com/hnrbbf online. Some of us may be concerned about law enforcement agencies at home and abroad accessing our information but we suspect that the majority of users are more concerned about more mundane inconveniences and annoyances.

Christina DesMarais in *Time Magazine* at tinyurl.com/ogf7ntg gives us eleven straightforward suggestions of ways that we can make our information more secure when we are using our daily services such as banking and email.

Google, even with its motto of "Don't be evil," is sometimes accused of infringing on our privacy, and it is easy to see why this could happen. Google is such a massive and multi-tentacled presence in our technological lives, with email, and search services, as well as document and photo storage and sharing capabilities (just to scratch the surface) that it is understandable that some people get the feeling that the line has been crossed and the result is intrusive. Some of us think that an appropriate analogy is that Google acts like an anxiously over-eager friend who constantly tries so hard to be helpful that sometimes we react with a bit of exasperation.

Last but certainly not least is our old friend Facebook. (Only in the tech world would something invented 12 years ago be our "old" friend.) Using Facebook is superficially extremely simple – why else would there be close to two billion users worldwide and why else would 60% of Canadians be users? On the other hand, managing your Facebook settings to govern such things as your privacy has hapless users permanently bewildered; the instructions are not friendly and they change constantly. To help us master this challenge we turn again to *Time Magazine*, where Victor Luckerson's article at tinyurl.com/hevokwr provides a careful description of the pitfalls of not understanding your Facebook security settings and an up-to-date guide to making yourself safer.

We must remember that almost all of the measures that security experts advise do come at the expense of a certain amount of inconvenience. For example: the pervasive "Keep me signed in," is a great convenience in avoiding continually having to enter IDs and passwords, but it provides a straight pipe for the information you entered at one site to be shared into another. In "Privacy Is an Afterthought when Convenience Is King" at tinyurl.com/gmr4sjh on the *fusion.net* site, Felix Salmon examines the balance between the two and asks where common sense ends and paranoia begins.

Go to compu-home.com/blog for an archive of our columns (including this one) and lots more tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. You can even sign up for automatic updates. Have a look at compu-home.com/blog soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns. Our email address is info@compu-home.com.



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A Clean, Green City

By Mayor Jim Watson

Following its residents, Ottawa's best asset may be its natural beauty and geographic diversity. It is our responsibility, as the current stewards, to ensure the vibrancy and health of Ottawa's natural features for future generations.

Through investments like the Ottawa River Action Plan (ORAP) and Light Rail Transit (LRT), we have made tremendous strides in ensuring the health of our city and its residents by cutting down carbon emissions, reducing pollution and waste, protecting our green spaces and much more.

As an organization, the City of Ottawa needs to strike a balance between developing the city as a green community, while ensuring the long-term affordability of services.

Alongside Energy Ottawa, a subsidiary of Hydro Ottawa, I recently had the pleasure of announcing the installation of solar panels on eight City buildings as part of our ongoing commitment to expand renewable energy generation in Ottawa. This is following the success of the 2010 pilot project, where smaller solar energy systems were installed at City Hall and at the Integrated Transit Operations Control Centre on Belfast Road.

Once all eight solar projects are complete, the system is expected to generate nearly 3,000,000 kWh/year; the equivalent of removing more than 300 homes from the grid annually. The renewable energy generated from these panels is expected to reduce greenhouse gas emissions by 41,382 metric tonnes over the next 20 years.

Additionally, the City of Ottawa is expected to receive approximately \$85,000 a year or \$1.7 million in revenue over the 20-year contract. That's revenue for important services from renting roof space that otherwise would not be used.

The cost of solar panels has reduced dramatically, which is why solar projects and this partnership with Energy Ottawa make good sense.

The ultimate goal is to add solar panels on all city buildings that can accommodate them, as long as it makes financial sense – and so far, it does. As solar panels and other green technologies become more affordable, these projects will become more widespread.

In 1885, Ottawa became the first city in the world to light all of its streets with electricity. It's fitting that we continue to pioneer innovative new green technology.

Last month, alongside Environment Committee Chair, Councillor David Chernushenko, I announced the conversion of 58,000 streetlights to LED technology. An initiative that, upon completion, will save the City an estimated \$6 million annually.

Street lighting accounts for 17% of the electricity used by the City. The conversion is expected to reduce energy

consumption by 50% per fixture. Since converting 750 lights on Carling Avenue in 2015, the City has already saved more than \$72,000 annually.

Tapping into the potential of green technology is not only fiscally prudent: it will generate new revenue for the City, improve the quality of life for its residents and ensure the longevity of the natural splendour of our city.

If you would like to learn more, visit www.jimwatsonottawa.ca.



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The cornerstone of your estate plan is a will

Every adult should have a will, no matter how large or small their estate. Without a will, your property will be distributed by means of an impersonal formula established by provincial laws. In essence, this means the government would write the terms of your will for you.

A valid will ensures your property will be dealt with according to your wishes and with a minimum of complications and expense for your estate. Without a will, your spouse may not receive as much as you would wish, your heirs will receive fixed percentages regardless of their individual needs, and a court-appointed administrator will handle your affairs.

When making your will it's important to give careful thought to what persons, needs, or organizations you would like to benefit. It's best to consult a lawyer or notary to ensure your will is properly drawn. And it's much less expensive than most people imagine.

Here are the top eight reasons for drafting a will:

- 1. Children/grandchildren:** A will provides for the care of your children who are minors, enabling you to choose a guardian. Should both parents die, it assures children do not become wards of the court.
- 2. Speedy settlement of affairs:** Without a will, lengthy court delays could create undue hardship for your family.
- 3. Estate planning:** When skillfully drafted, a will allows you to incorporate tax saving measures and avoid unnecessary taxes. This in turns results in increased funds for your beneficiaries.
- 4. Simplify the distribution of your estate:** By providing a blueprint and a list of directions, families will not have to guess about what you wanted.
- 5. Peace of mind:** A certain peace of mind comes from knowing you've drafted a will that sets out your true intentions.
- 6. Questions of capacity:** If a person loses mental capacity, for example, through Alzheimer's, it's not legally possible to write a will.
- 7. Supporting your favourite causes:** A will assures that you can continue to help organizations you have believed in during your lifetime, such as a health charity or a human rights organization like Amnesty International.
- 8. Relieving any burden on your family:** Reviewing the contents and nature of your estate and making your decisions known ahead of time makes it easier on other family members.

For a free information package on wills and bequests, write to Amnesty International, 312 Laurier Avenue East, Ottawa, ON K1N 1H9.

Source: www.newscanada.com



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David McGuinty

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My office provides information on the services offered by the Government of Canada, including:

- » The Canada Pension Plan / Old Age Security
- » Guaranteed Income Supplement
- » Immigration Matters
- » Citizenship Inquiries
- » Canadian Passport / Consular Affairs
- » Business Opportunities / Grants & Funding
- » Student Loans / Taxation Issues

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

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

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

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

David McGuinty, MP | Député

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Web Site | Site Web: www.davidmcguinty.ca

Alta Vista Public Library

The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call 613-580-2424, ext. 30426. / La bibliothèque Alta Vista est située au 2516, promenade Alta Vista. Pour de plus amples renseignements, veuillez composer le 613-580-2424, poste 30426.

STORYTIMES / CONTES

(Closed : Friday, November 11 / Fermée le vendredi 11 novembre.)

Babytime / Bébés à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. No registration required. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise.

Mondays, November 7 to December 5, 10:30-11 a.m.

Les lundis du 7 novembre au 5 décembre de 10h30 à 11h.

Family Storytime

Stories, rhymes, and songs for all ages and a parent or caregiver. No registration.

Tuesdays, November 8 to December 6, 10:30-11 a.m.

Toddler time / Tout-petits à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 18-36 months. No registration required. / Contes, rimes et chansons pour les tout-petits et un parent ou gardien. Pour les 18-36 mois. Aucune inscription requise.

Thursdays, November 10 to December 8, 10:30-11 a.m.

Les jeudis du 10 novembre au 8 décembre de 10h30 à 11h.

SPECIAL PROGRAM / PROGRAMME SPECIAL

PD Day: Game On! / À vos jeux! (Congé pédagogique)

Roll the dice, pick a suit or grab a nunchuk! Come play cards, board games or Wii with us! / Joue aux dés, choisis ta couleur ou saisis un nunchuk. Viens jouer aux cartes, à un jeu de société ou au Wii avec nous.

Friday, November 18, 2-4 p.m.

Le vendredi 18 novembre de 14 h à 16 h.

BOOK CLUBS

Book Banter

Share the enjoyment of good books in a relaxed atmosphere.

Thursday, November 3, 2-3 p.m. - The Calligrapher's Daughter by Eugenia Kim

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Dr. Gabriela Adamache is very pleased to announce that Dr. Duncan Cameron has recently joined the staff at the Kilborn Dental Centre.

DR. Cameron is a general dentist who now limits his practice to treatment of chronic pain symptoms.



Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere.

Thursday, November 17, 6:30-8 p.m. - Special Crimes Unit mysteries by Kay Hooper

Infusions littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue.

Le lundi 21 novembre, de 14h00 à 15h00 - Le vent en parle encore de Michel Jean

Tuesday Book Group

Join us for a discussion of selections from the Great Books Reading and Discussion Program Series 2 – Hobbs, Melville, Smith, Shakespeare and Kierkegaard, and more.

Tuesdays, November, 1, 15, 29; 7-8:30 p.m.

CONVERSATION GROUPS

French Conversation Group

Practice your French language conversation skills and meet new friends in a relaxed and friendly environment. No registration required.

Beginner - Mondays, October 31 – November 28, 4:45-6 p.m.

Intermediate - Tuesdays, November 1 – November 29, 6:30-8 p.m.

Beginner - Wednesdays, November 2 – November 30, 4:4-6 p.m.

English Conversation Group

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required.

Mondays, October 31 – November 28, 6-7:30 p.m.

Tuesdays, November 1 – November 29, 12-1:45 p.m.

ADULT PROGRAMS

A Quick Killing: Writing the Mystery Short Story

Short stories are the best way to launch your writing career, and contests are a great way to enter the field. Join us as Melanie Fogel from Capital Crime Writers presents an overview of the fundamentals of mystery short story writing.

Monday, November 7, 6:15-8:15 p.m.

Getting Started in Genealogy

Do you want to research your family tree but are not sure how to start? Learn about first steps, organizing information, the records you need and where to find them, and tips for effective searching.

Wednesday, November 9, 6:30-8 p.m.

Managing Your Finances in Retirement

We will discuss understanding your spending patterns, stretching your retirement resources, discretionary spending, protecting your assets, and various retirement strategies. We will share resources and tools for planning your retirement income.

Wednesday, November 16, 6:30-8 p.m.

Better Soft Skills for a thriving Workplace

Are you a small business owner hiring employees, a manager, or an employee looking to advance your career? Come discover how being a better team mate, thinking critically, effectively selling your ideas, and making strategic decisions can bolster your performance at work!

Wednesday, November 23, 6:30-8 p.m.

Protecting your computer

The average time it takes for an unprotected computer to be compromised after connecting to the Internet is under 15 minutes. Don't let it be yours. Chris Taylor, President of the Ottawa PC Users' Group will show you the simple steps you need to take to keep your computer from being hacked.

Wednesday, November 30, 6:30-8:30 p.m.

Action Plan for Health Care

Action Plan for Health Care promises to help build a health care system that was patient-centered. Patients First is the blueprint. It builds on that commitment and sets the framework for the next phase of health care system transformation. This plan is designed to deliver on one clear health promise – to put people and patients first by improving their health care experience and their health outcomes. This plan focuses on four key objectives:

1. **Access:** Improve access – providing faster access to the right care.
2. **Connect:** Connect services – delivering better coordinated and integrated care in the community, closer to home.
3. **Inform:** Support people and patients – providing the education, information and transparency they need to make the right decisions about their health.
4. **Protect:** Protect our universal public health care system – making evidence based decisions on value and quality, to sustain the system for generations to come.

Source: Champlain Local Health Integration Network (LHIN)

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When you stop and look back at what's happened in the markets, it's easy to realize how quickly things can change. That's why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a free portfolio review to help you decide if you should make changes to your investments and talk about opportunities to be had.

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E-Waste Collection at St. Timothy's

By Ernie McArthur

A huge success. "Thank you so much for giving me somewhere to dump all of this stuff." And, "I have been trying to clean out my basement for years." And, "I did not know what to do with these old electronics". The St. Timothy's Presbyterian Church volunteers were not expecting this reaction from the community when it set up a huge bin in its parking lot with signs directing people to this e-waste and clothing collection site. Nor were they expecting that they would be turning people away at 3 p.m. on Sunday afternoon because not one more old television could be crammed into the bin.

As a means of proper disposal and recycling, this was a success. And on top of that there will be a small financial return to St. Timothy's. Ontario Electronics Stewardship delivered the bin on Friday and removed it on Monday. It also provided posters and signs. For two days, six to eight St. Timothy's volunteers directed traffic, helped unload cars, and stacked the bin as tightly as was possible. It was fun. We will know soon, but as of writing it is still unknown, how much St. Timothy's squeezed into this forty foot container, but we believe the hundreds of TV's, monitors, lap tops, computers, sound systems, cables and electrical components, plus the fifty or sixty bags of clothes, will amount to a few tons in weight. I believe St. Tim's will be paid \$185 per tonne. And right now we do not know the answer to the frequently asked question, "When will you do this again?", but St. Timothy's will probably consider having another collection in the fall of 2017.

This was the first season for a garden. The initial intention was to have a community garden. That is, offering plots to the neighbours. But then we decided to do this as a pilot project, whereby one third of the produce was dedicated to the HEFC, and the remainder to the six St. Timothy's persons who adopted the garden plot and cared for it from beginning to end. The vegetable growing was a success, and the garden attracted a lot of attention within St. Timothy's. We have not decided on a format for next season.

Thank you for your support of our endeavours!



*The accumulation of E-Waste, collected in the bin at
St. Timothy's Presbyterian Church*

Sustainable Eastern Ontario

Local Churches Going Green

By Kathryn Norman



Kathryn Norman is the Programs and Communications Coordinator at Sustainable Eastern Ontario, a local non-profit organization that works on a variety of sustainability issues in partnership with many diverse groups, and the Coordinator of

the Peace and Environment Resource Centre. For more information, contact kathryn@sustainableeasternontario.ca.

For most people, going green isn't the first thing that springs to mind when they think about religion, but it turns out that all major world religions have scriptures supporting care for the natural world, and the local churches in the Alta Vista area are no exception.

Probably the most dramatic example is Emmanuel United Church, which several years ago learned how inefficient their building was with regard to energy, water use, and waste production; and made the tough but worthwhile decision to strip it down to its bones and rebuild to become the first LEED (Leadership in Energy and Environmental Design) certified church in Canada. Recently, it has been helping members, children, students and summer camp attendees connect with nature through gardening. Seven raised beds on church grounds produce vegetables and herbs, which are cooked in the church kitchen. All waste produced is composted, making this a great way for young people to connect with the food chain.

During these renovations, obviously the congregation at Emmanuel United needed a place to meet, which brings us to our next example, Rideau Park United Church. You may have noticed the Foster's Farm booth in the Rideau Park parking lot this summer, or maybe even stopped to pick up some local produce there. Rideau Park has also done numerous other environmental activities including special programming around care for creation, and rents out office space to the national non-profit Faith and the Common Good, which works with religious communities of all kinds on environmental and social justice issues.

Local food has been a theme for many communities this year, and St. Timothy's Presbyterian Church is no exception with their new veggie patch out front. This community also recently held a textile and electronic-waste recycling event to raise funds while diverting these items from landfill.

The Ottawa Mennonite Church is another local example of an environmentally active congregation; most notably for their longstanding partnership with 10,000 Villages, supporting socially and environmentally sustainable farming and manufacturing around the world.

These are just a few examples of what faith communities in our part of the city have been doing to take care of the planet. To find out more or to learn how your faith community can get involved, contact Faith and the Common Good at kforster@faithcommongood.org.



Will 2015 Be the Last Election Under FPTP?

By Teresa LeGrand

You may remember that around this time last year there was a federal election. The party that won the election ran on a promise to make 2015 the last federal election under the "First Past the Post" (FPTP) electoral system.

First Past the Post is named like a horse race because the election is conducted like one. In each riding, the person with the most votes wins the seat. With this winner-take-all system, it doesn't matter if that person got 60% of the vote or only 20%, they just need more than the second-place candidate. This sets us up for some interesting election-night results, and the pollsters, strategists and commentators get caught up in it – but does it give Canadians the best government?

This isn't how it's done in most other countries. Over 80% of OECD countries use an electoral system that yields more proportional results, better reflecting the popular vote. It's not possible for a political party to get 100% of the power with less than 40% of the vote (as has been the case in Canada's past two federal elections), so politicians have to work together cooperatively and put forward policies and programs that are supported by a majority of representatives.

What type of electoral system will work best for Canada and reflect the values of Canadians? That's what the Parliamentary Special Committee on Electoral Reform is studying, and they want to hear from Canadians.

Ottawa South has been thought of as a "safe seat" for a long time. How do you feel about that? What do you value about our current system and what would you like to see changed? Join with other voters from Ottawa South to explore electoral systems and solutions.



Photo from: www.elections.ca/content.aspx?section=med&dir=gall&document=index&lang=e

Ottawa South Community Dialogue on Electoral Reform
Wednesday, November 16, 7 to 9 p.m.
Canterbury Recreation Complex
2185 Arch Street
Limited space – RSVP to teresa.fvcncr@gmail.com.

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.
Martin Luther King Jr.

COMMUNITY CALENDAR

The OK Clean Water Project is hosting our annual brunch at the Centurion Conference and Event Centre, 170 Colonnade Road on **Sunday, October 30 at 11 a.m.** There will be a delicious brunch, an update on the project, a silent auction and a raffle. Advance tickets at \$40 for adults and \$20 for students are available at 613-737-3681 or horanc@sympatico.ca. Come on out for a great fun event as you support the life-giving gift of clean water for more people in Kumbo, Cameroon!

50+ Exercise Group: Tuesdays and Thursdays, 9-10:00 a.m., throughout **November** at Rideau Park United Church, 2203 Alta Vista Dr. Please join us and get moving, strengthening, and stretching. All levels of fitness (male and female) are encouraged and supported by Faiza, our experienced Seniors' Fitness Instructor (SFIC). Keep fit for walking, hiking and biking during the fall. Fees are \$60 for 10 weeks (20 classes), payable at your first class (prorated). Still not convinced? Come by and give us a try. Drop-in fee \$5. For more info, call the church office at 613-733-3156 ext 229.

Gentle Yoga: "Relax After Work" Wednesdays, 5:30 p.m. -OR- "Enlighten Your Mornings" Fridays, 9-10 a.m., continues throughout November at Rideau Park United Church, 2203 Alta Vista Dr. Join one or both of our new Yoga classes depending on your schedule. Yoga enhances any other exercise routine as well as stretching and strengthening. Certified Yoga instructor, Lynda Spalding, will lead beginner to advanced (male and female) students through a gentle flow mat class. Fees will be pro-rated for the remaining classes. Drop-in fee \$5. For more info, call the church office at 613-733-3156 ext 229.

The Ottawa Humane Society Auxiliary welcomes new members to help raise money to support the animals. Join us at our monthly business meeting **1:30-3 p.m. Thursday, November 3** at the animal shelter, 245 West Hunt Club Rd behind Hunt Club Nissan. Refreshments are served and all are welcome. For more information, call Linda 613-823-6770 or go to facebook.com/OttawaHumaneSocietyAuxiliary.

Annual Christmas Bazaar on Saturday, November 5 at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive (beside fire station) from **10 a.m. to**

2 p.m. Lunch from 11:30 to 1:30 p.m. Bake shop, clothing boutique, jewellery, handicrafts, books/CDs, plant room, general store, new to you, etc.

St. Aidan's Anglican Church Yuletide Bazaar will be held **Saturday, November 5, 10 a.m. – 2 p.m.** Start your Christmas shopping early with our homemade baking, jams and jellies, crafts and ladies boutique. Take part in our silent auction and pick a prize table and enjoy lunch in the Celtic Café. We are located at 934 Hamlet Rd. behind Elmvalle Shopping Centre. For more information call 613-733-0102.

Christmas Treasures Bazaar: mark your calendars and join us again this year on **Saturday, November 5 from 1-4 p.m.** at Rideau Park United Church, 2203 Alta Vista Drive. The Bazaar offers something for everyone, from meat pies to homemade baking, jams and relishes. You can peruse the Christmas decor collection, the Ladies' Boutique, cross-stitch gifts, and the garden centre. Be sure to search out the book alley for a great read and the general store for household and sporting goods. Drop by the children's toys, games and electronics, and make a bid at the silent auction. After shopping, stop by the tea room for refreshments and conversation. For more information, see www.rideaupark.ca or call 613-733-3156 ext 229.

An Evening of Celebration: African Fusion on Saturday, November 5 at 6 p.m. at Knox Presbyterian Church (Geneva Room), 120 Lisgar St. Ottawa. Tickets are \$30 for adults and 15\$ for children under 12. The venue is wheelchair accessible. Ottawa is invited to participate in a family-friendly, Africa-themed evening of celebration organized by CanUgan, a local charity. Guests will have the opportunity to dance, to meet Patrice Dagenais, co-captain of Canada's wheelchair rugby team at the Paralympics in Rio. A silent auction of Ugandan handicrafts, and many one-of-a-kind articles will be held. There will be a live auction conducted by Dave Smith and an African buffet. CanUgan provides assistive devices such as hand-pedaled tricycles, crutches and white canes to persons with disabilities living in the rural areas of Western Uganda. For more information, contact President Navin Parekh by phone at 613-224-8174 or by email at canugan@canugan.org. Visit CanUgan's website at: www.canugan.org. For more detail, see article in VISTAS.

Are you a Parent of a Military Member? Are you looking for support and information. Come to our meetings and discuss with other parents tips and tools needed to be mentally ready and strong to face the military lifestyle your son or daughter has begun. Meetings are held at the Military Family Resource Center, 330 Croil Private, Building 471, Ottawa (close to the airport). **Mondays, bi monthly, 6:30-8:30 p.m.** Next meeting **November 7**. To register, please call the Military Family Resource Centre and ask for Heather Cudmore-McCarthy at 613-998-4888 www.mfrc-ncr.com

Ottawa South Women's Connection, RSVP Ministries, will be having their **Fall Fair on Thursday, November 10 from 9:30-11 a.m.** at Fred Barrett Arena, 3280 Leitrim Rd. near Bank St. Faith story by Laura Pogson. refreshments, door prizes and child care available. Women connecting with God, each other and our community. Admission \$6. Contact 613-801-8758 for info.

Ottawa Council of Women Public presentation, Food Security – Food Access and Food Systems in Ottawa, Tuesday, November 15, at noon, Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham). Business meeting 11 a.m. Light lunch available. Ottawa Council of Women works to improve the lives of women, families and communities. For info call 613-731-2739.

The Harmony Club for Seniors 60+ will hold its monthly meeting on **Wednesday, November 16** at Rideau Park United Church, 2203 Alta Vista Dr. From **1-2 p.m.** come and enjoy a presentation on the Canada Agriculture and Food Museum from a museum representative. All seniors in the community are welcome. Prior notice is not required. The church is wheelchair accessible and parking is free. This club is run by volunteers with meetings held monthly. More information, 613-733-3156 ext 229.

The Ottawa Humane Society Auxiliary's Christmas Craft Sale will take place at Westgate Mall (Carling and The Queensway) **Thursday, November 17 and Friday, November 18, 9:30 a.m. – 9 p.m. and Saturday, November 19, 9:30 a.m. – 6 p.m.** The sale of lovely handmade crafts will support the animals at the Shelter. For more info call 613-823-6770 or go to facebook.com/OttawaHumaneSocietyAuxiliary.

(Continued on Page 31 - Community Events)

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C L A S S I F I E D A D S

BABYSITTER, Richard – 14 years old. I have taken the certified Canterbury Babysitting Course. Bilingual. 5+ years Scout. rsalo@ocdsb.ca. Please call **613-523-9934**.

BRENNAN BROTHERS LTD. Finish basements, bathrooms, kitchens, drywall, painting, all flooring, all roofing, repairs, doors & windows, decks, build houses. We do stipple ceilings and repair them. **10% Fall discount**. Free estimates, guaranteed workmanship. **613-733-6336**.

CLEANING – Mature European lady willing to clean your home. Excellent references. Police check. Please call **613-249-8445**.

FREE HOCKEY RINK plywood boards and plastic tarp for your backyard hockey enthusiasts. Mine have grown up and have other interests! Call Peter at **613-736-8146**.

GAEL, 16 YEARS OLD, BILINGUAL, MATURE BABYSITTER. Did the Red Cross babysitter and bronze courses. Doing the National Life Saver course. Also available for light duty work. Call **613-523-6686**.

HANDYMAN will do plumbing, carpentry, drywall, electric repair. Kitchen, bathroom, renovation, tile work. Excellent references. Police check. No HST. Please call Peter at **613-797-9905** or **613-249-8445**.

JAMIE NININGER, Alta Vista native. painting, (interior/exterior), plumbing, decks, patios, flooring (ceramic, wood, laminate), playrooms, vanities, faucets, countertops, etc. Call **613-852-8511** or **613-733-1951**.

LAWNMOWER / SNOWBLOWER TUNE-UPS / REPAIRS, Mobile service; we come to you. Lawnmower tune-up \$79.95. Tune-up for snowblower \$94.95 plus parts, tax and \$20 service charge. City-wide service. **613-747-2281**.

MARTIN'S PROPERTY AND GARDENING SERVICES, specializing in services to seniors in the Alta Vista area. Reliable, trustworthy, reasonable rates ! Call Martin at **613-979-2646**.

MODESTI MASONRY established in 1965. Chimney re-pointing, parging, flagstone, all masonry needs. Our reputation is quality. **613-293-6002**.

PAINTING, 20 years' experience. All types of plastering, painting interior/exterior, residential & commercial. Free estimates. We do stipple ceilings and repair them. **15% Fall Discount**. 2 year warranty on workmanship. **613-733-6336**.

STAIR LIFTS, WHEELCHAIR LIFTS, PORCH LIFTS, ramps, accessible showers, walk-in bath tubs. www.walkintubscanada.com Call **613-299-5522**.

(Continued from Page 30 - Community Events)

Christmas Marketplace on Saturday, November 19, from 10 a.m. to 1:30 p.m. St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive (beside fire station). Help the Daughters of the Nile support the Shriners' kids when you purchase baking, crafts, Christmas items, fashion accessories, or gift baskets. **Lunch from 11 to 1 p.m.** for \$10 at the door.

Candy Cane Bazaar on Saturday, November 19 from 10:30 a.m. to 1:30 p.m. St. Timothy's Presbyterian Church, 2400 Alta Vista Drive invites you to our annual bazaar, offering baking, deli, jewellery, crafts, silent auction and Christmas treasures. A delicious hot lunch served from 11:30 to 1 p.m. at a cost of \$15.

Trumpets in Concert – A very special Austrian Christmas concert with the Leonhard Leeb Trumpet group from Vienna, Austria on **Sunday, November 20 at 1 p.m.** at Southminster United Church, 15 Alymer Avenue (Bank at Canal). \$10 minimum donation at the door.

An Old Fashioned Roast Beef Dinner with all of the trimmings will be held on **Friday, November 25** at Rideau Park United Church, 2203 Alta Vista Drive, **starting at 5 p.m. with a second sitting at 6:30 p.m.** After the roast beef, enjoy apple crisp for dessert, along with tea and coffee. All are welcome. Proceeds will go to the work of the church. Tickets are \$18 for adults and \$10 for children ages 6-12. For tickets, please call 613-733-3156 ext 229., or come to the church office (M-F 9 a.m.-4 p.m.). For more information, see www.rideaupark.ca

Words and Music: An Hour of Readings, Music and Reflection at St. Thomas the Apostle Anglican Church, 2345 Alta Vista St. on **Tuesday, November 29 at 5:30 p.m.** For more information, please see the church website at www.stthom-asaltavista.ca/ or contact the church office at 613-733-0336.

Ottawa Brahms Choir presents a celebration of Mozart at its Christmas concert on **Sunday, December 4 at 3 p.m.** at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive, under direction of Christopher Askwith and accompanist, Svetlana Logigan. Reception following concert. Tickets \$20 at door, \$18 in advance from choir members, Compact Music. For further info, please consult www.ottawabrahmschoir.ca and 819-568-8169.

Ring in Christmas: start your Christmas season with the **handbell and chimes concert on Sunday, December 4, 7 p.m.** at Rideau Park United Church, 2203 Alta Vista Drive. All are invited to attend. The annual concert features the five handbell and chimes choirs from Rideau Park: Touch of Brass, Grace Notes, La Bell Ensemble, Note-Able Sound, and Ringing Praise, playing the popular and sacred music of Christmas. Not to be missed! Freewill offering. More Information, call 613-733-3156 ext 229, or see www.rideaupark.ca.

WORD SEARCH

Mars Crater Names

(No spaces between multi-word names!)

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

Enjoy finding these names.

ALEXEY TOLSTOY
BORDEAUX
CANBERRA
DAVINCI
ENDEAVOUR
FREEDOM
GANDER
HOUSTON
INNSBRUCK

JIJIGA
KINGSTON
LISMORE
MAIDSTONE
NEIVE
ORSON WELLES
PERSBO
QUICK
RAKKE

SCHMIDT
TAXCO
UZER
VALGA
WINDFALL
XAINZA
YEGROS
ZARAND

MOVIES 'N STUFF

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NOVEMBER 1:

ANTHROPOID

Based on the true story of Operation Anthropoid, we follow the WWII mission to assassinate SS General Reinhard Heydrich, the main architect behind the Final Solution and the Reich's third in command after Hitler and Himmler. Very well received, starring Jamie Dornan, Cillian Murphy, Brian Caspe.

BAD MOMS

Amy, an overworked and under-appreciated mom, resigns from the PTA and joins Carla and Kiki for a long overdue overnight bender. PTA head Gwendolyn doesn't take this well, and the claws come out! Superior comedy starring Mila Kunis, Kathryn Hahn, Kristen Bell, Christina Applegate, Jada Pinkett Smith.

BATMAN: RETURN OF THE CAPED CRUSADERS

In this animated feature, Batman and Robin are back in action to take down their fiendish foes once again. Adam West voices Batman, Burt Ward voices Robin, and Julie Newmar voices Catwoman.

GLEASON

After being diagnosed with ALS, former professional football player Steve Gleason began making a video diary for his unborn son, as he, his wife, and their friends and family worked to raise money for ALS research.

IMPERIUM

Inspired by actual events, young FBI agent Nate Foster goes undercover as a white supremacist to take down a radical right-wing terrorist group. Daniel Radcliffe, Toni Collette.

STAR TREK BEYOND

From *Fast & Furious* director Justin Lin comes this nail-biting sequel that sees the Enterprise crew marooned and facing an alien warrior race! Chris Pine, Zachary Quinto, Karl Urban, Anton Yelchin, John Cho, Simon Pegg.

Also:

The Durrells in Corfu: Season 1
Hell on Wheels: Season 5 Vol 2
Outlander: Season 2

NOVEMBER 8:

KICKBOXER: VENGEANCE

After his brother is brutally killed by the fighter Tong Po, Kurt Sloane travels to Thailand and trains with the legendary Master Durand to avenge his brother's death. Dave Bautista, Alain Moussi, Gina Carano, Jean-Claude Van Damme.

INDIGNATION

Based on Philip Roth's novel, Marcus, a working-class Jewish student from New Jersey attends a small Ohio college in 1951, where he struggles with sexual repression and cultural disaffection, amid the ongoing Korean War. Logan Lerman, Sarah Gadon, Tijuana Ricks.

NINE LIVES

When billionaire cat-hater Tom Brand finally acquiesces to his daughter's pleas for a kitty, he's involved in a terrible accident while returning from the pet store with Mr. Fuzzypants. When he finds himself inside the body of the cat, he must learn how to earn back his human existence. Kevin Spacey, Jennifer Garner, Robbie Amell, Christopher Walken.

CARDBOARD BOXER

Willie, living on L.A.'s Skid Row is lured by two rich teenagers into fighting other homeless men for cash. Stuck in a violent world he doesn't fully understand, Willie finds solace when he discovers the discarded diary of a troubled young girl. Thomas Haden Church, Terrence Howard, Boyd Holbrook, Marlo Thomas.

FINDING DORY

A year after reuniting Nemo with his father, Dory recalls that she too has a family and begins a search, with everyone learning a few things about the real meaning of family along the way. Ellen DeGeneres, Albert Brooks, Ed O'Neill, Diane Keaton, Eugene Levy, Sigourney Weaver.

KUBO AND THE TWO STRINGS

In this superior animation, Kubo lives a quiet, normal life in a small Japanese village until a spirit from the past turns his life upside down by re-igniting an age-old vendetta. To survive he must locate a magical suit of armour once worn by his late father a legendary Samurai warrior. Charlize Theron, Matthew McConaughey, Ralph Fiennes, Rooney Mara, George Takei.

NOVEMBER 29:

ABSOLUTELY FABULOUS

Relentlessly pursued by the paparazzi after accidentally knocking Kate Moss into the River Thames, Edina and Patsy have fled to the French Riviera in the hopes of escaping the spotlight and living the high life. Jennifer Saunders, Joanna Lumley.

THE BFG

Scared upon meeting the 24 foot tall Big Friendly Giant, ten-year-old Sophie soon realizes that he's actually quite gentle and charming. Their friendship soon attracts the attention of less friendly giants, however, requiring them to enlist the help of Queen Elizabeth. Mark Rylance, Ruby Barnhill, Penelope Wilton.

DON'T BREATHE

Three thieves think that breaking into the home of a wealthy blind man will be a piece of cake. They're dead wrong! Superior horror/thriller starring Stephen Lang, Jane Levy.

HELL OR HIGH WATER

The Texas Midlands Bank's about to foreclose on the family ranch, so brothers Toby and Tanner decide to level the playing field by robbing all the bank's branches. Things are going well until Texas Rangers Marcus Hamilton enters the scene. **Rave reviews**, starring Dale Dickey, Ben Foster, Chris Pine, Jeff Bridges, Gil Birmingham.

ORDINARY WORLD

Perry's punk rock career has been on hiatus for the past decade. For his 40th birthday, he and his brother stage a rockstar blowout where he encounters his beautiful ex-girlfriend and former bandmates who have since moved on to bigger and better things. Comedy/drama starring Billie Joe Armstrong, Selma Blair, Judy Greer.

PETE'S DRAGON

In this reimagining of the Disney classic, we follow the adventures of an orphaned boy named Pete and his best friend Elliot, who just so happens to be a dragon. Family fantasy starring Bryce Dallas Howard, Robert Redford.

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MOVIE OR GAME RENTAL

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SAUSAGE PARTY

At Shopwell's, grocery items worship the human shoppers as gods who take them to the "Great Beyond" when they are purchased. When they learn the truth, they plan revenge! Hilarious "R" rated animation starring Seth Rogen, Kristen Wiig, Jonah Hill, Bill Hader, Michael Cera, James Franco, Paul Rudd, Edward Norton, Salma Hayek.

SKIPTRACE

A detective from Hong Kong teams up with an American gambler to battle a notorious Chinese criminal. Jackie Chan, Johnny Knoxville, Bingbing Fan.

Also:

Billions: Season 1
Black Sails: Season 3

NOVEMBER 15:

WAR DOGS

Exploiting a government small-business initiative, two young friends land a 300 million dollar deal to arm the Afghan Military! Superior comedy-drama starring Jonah Hill, Miles Teller, Steve Lantz, Bradley Cooper, Kevin Pollak.

ARMY OF ONE

Ex-con Gary Faulkner believes he's been ordered by God to travel to Pakistan in the early 2000s to capture Osama bin Laden. Comedy loosely based on the story of the real Faulkner, starring Nicolas Cage, Russell Brand.

MIA MADRE

Margherita is a harried film director trying to juggle the demands of her latest movie and a personal life in crisis. Away from the shoot, she tries to hold her life together as her beloved mother's illness progresses, and her teenage daughter grows ever more distant. **Rave reviews** for this Italian film.

Also:

Better Call Saul: Season 2
Game of Thrones: Season 6
Ripper Street: Season 4
Wentworth: Season 1

NOVEMBER 22:

HANDS OF STONE

This biographical action flick follows the life of Roberto Duran, the Panamanian fighter who made his professional debut in 1968 as a 16 year-old and retired in 2002 at the age of 50. Edgar Ramirez, Usher Raymond, Robert De Niro.

MECHANIC: RESURRECTION

It's back to his murderous ways for "Mechanic" Arthur Bishop when the love of his life is kidnapped. To get her back he's given a list of the most dangerous men in the world to be eliminated. Jason Statham, Jessica Alba, Tommy Lee Jones.

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