



VISTAS



Season's Blessings

From VISTAS to you, our readers.

Just this morning I was lying in bed and heard a snowblower close by. When I finally emerged from my warm cocoon, I looked outside the living room window to see that my neighbour had snow blown my driveway. What a sweet thing to do. It got me thinking about how this season of cold, snow and holidays could be an opportunity to be a blessing to those around me.

Here are some suggestions for our Alta Vista/Canterbury community to participate in a style of neighbourly blessings:

- If you're a baker, who doesn't like cinnamon buns? Bake a pan, iced are better, and walk them over to a neighbour's house. Maybe you'll be invited in for tea and a chat.
- Put on the kettle and invite a neighbour in for a cup of tea. There are opportunities to share joys and concerns when we're together.
- Call a friend or acquaintance and invite them to go to a movie with you - add in a lunch. Are we not all lonely from time to time?
- Make a visit to a place of worship. 'Tis the season to reconnect with the faith of your parents or your youth. You'll find the closeness of a faith community is restorative.
- If you have a car, offer to go shopping with a neighbour. Help them carry their groceries and other purchases in to their house. Take a drive around the city with a neighbour and look at the seasonal lights on the houses.
- Do you have a fireplace? Invite a neighbour to come by and sit by the fire while you watch a seasonal movie or listen to some familiar music.

- Take a moment from your day to think about those who have less than you. Is there a local charity you could help financially or with an offer of volunteering?
- Take a neighbour to a local concert or bazaar. Many people have spent many hours preparing for these events. Show them your support by attending their seasonal events.
- Life is full of opportunities to be a blessing to someone. And sometimes, you even find yourself being blessed by others.

VISTAS Editor Needed

VISTAS, your community newspaper, is looking to restructure its Editor position(s). We need a person who is interested in the Alta Vista/Canterbury area and is willing to work with others to continue publication of a newspaper which the community will enjoy reading. The Editor will be responsible for informing contributors of the monthly deadline, receiving ads, listing carriers needed, listing existing carriers, reviewing e-mailed articles, handling editorial letters, liaising with the community, etc. The Editor will prepare ten monthly issues (September to June), and upload each issue to the printing company for printing and distribution. These and other duties are currently divided between two Co-editors. VISTAS is looking for a volunteer Editor who is willing to work as part of a team to redefine the division of duties and to take a lead role in the production of VISTAS, which is produced using the program InDesign. Knowledge of typesetting and the production of newspapers/newsletters would be helpful. The ability to work to deadlines is essential. If you are interested in serving your community in this way, please e-mail a letter of interest to editor@vistas-news.ca. (Previous editions of VISTAS can be found online at vistas-news.ca.)

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I will honour Christmas in my heart, and try to keep it all year.
Charles Dickens

Find this snowman buried somewhere in VISTAS!



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Website: vistas-news.ca
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Mailing Address: 411 Crestview Rd., Ottawa, ON, K1H 5G7
Circulation: 7,500 copies

SUBMISSIONS & COMMUNITY EVENTS

Pictures submitted should be 300 DPI resolution.
DEADLINE: 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 / 300 DPI resolution/ sent in final format as a print-ready PDF file. The quality of ads not meeting these standards cannot be guaranteed.

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

Full Page	\$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	

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

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

VISTAS Needs Volunteer Carriers

Anoka, 34 papers	Florida, Atwater, 40 papers
Bloor, Penhill, Crestwood, 56 papers	Grasmere, 39 papers
Chomley, 40 papers	Heron Road (Alta Vista to Greenbelt), 13 papers
Dahlia, 28 papers	Lorraine & Palm, 50 papers
Edge Hill, 58 papers	Portland, 24 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.

Remembrance Day Dinner St. Thomas the Apostle

St. Thomas the Apostle Anglican Church had a Remembrance Day dinner on November 13. Two parishioners who are veterans brought up the wreath – Jean Thompson who is 99 and Jack Nichols who is 95. The second photograph is of veterans who were guests, and the speaker, Lt. Gen. (ret'd) Michael Jeffery who spoke on today's Perley Rideau. The people in the second photo are: John Gazely, Jack Nichols, Jean Thompson, Michael Jeffery, David Salisbury, Gerry Wharton, and The Ven. Peter Crosby, minister of St. Thomas.



Photos by Gerri Doherty



Sunday Services
8:00 a.m. Holy Eucharist
10:00 a.m. Holy Eucharist

Weekday Services
There are no midweek services between Christmas and New Years. The 10:00 a.m. Wednesday service & the 6:45 p.m. Thursday service resume in January.

Come and Celebrate Christmas

Sunday, December 16
10:00 a.m.
Advent Lessons and Carols
Service with reception

Monday, December 24
4:00 p.m.
Holy Eucharist
A service for all ages including a pageant in which all children can participate

Monday, December 24
10:00 p.m.
Holy Eucharist
Traditional Christmas Eve service

Tuesday, December 25
10:00 a.m.
Holy Eucharist with Carols for Christmas

Contact the Office for more information.



St. Thomas the Apostle Anglican Church
2345 Alta Vista Drive
613-733-0336 www.stthomasaltavista.ca



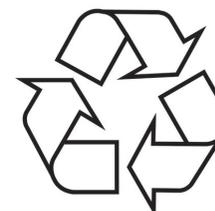
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*Christmas waves a magic wand
over this world, and behold,
everything is softer and more
beautiful.*

Norman Vincent Peale

Heroes of Heron Emergency Food Centre (HEFC)

By Lynn Sherwood



Darlene Myles

Often when I attend community events to talk about HEFC, people ask if their donations really make a difference, if what they give is really needed. Let me tell you about Darlene Myles, our Hero for December.

Darlene volunteers at HEFC. What you notice most about Darlene is her broad smile and her friendly open attitude; you can't spend time with her without smiling yourself. A 55-year-old single mom raising her 15-year-old daughter who has Down Syndrome and autism, she has been a volunteer with HEFC for about five years.

Darlene explained that she first became involved with HEFC as a client. For many years she suffered from acute anxiety and agoraphobia. Allergic to most medications, she was unable to leave her house, and arranged with Louisa Simms, the Executive Co-ordinator, to have emergency food brought to her. But, gradually, as she gained more control over the agoraphobia, she decided to try to get there herself. She contacted Louisa who suggested that she come at the end of the afternoon when fewer people were around, so that she could get her groceries quickly and leave in an unobtrusive fashion. Louisa even gave her a special rock from her collection of rocks from Newfoundland, to carry with her to give her courage. Gradually things became easier, and people were so nice and friendly that she thought she might be able to help out by volunteering her time. Now she assists new clients who, in their turn, feel shamed and overwhelmed by having to ask for food. Darlene says she is expert at making the 3-day rations stretch for a week or more and is able to point out to newcomers which foods combine the best to stretch rations the most. She remarked that in the last couple of years the quality of food has really improved, frozen meat and fresh produce really help a lot. You feel better when you have tasty food.

Darlene states that she loves volunteering at HEFC, a happy and positive place where she feels valued and respected. People come on the same day every month because they get to know and look forward to seeing each other. A kind of friendship develops between volunteers and clients over time. Darlene attributes this pleasant atmosphere to the kindness, positivity and nonjudgmental approach of Louisa Simms, our Executive Co-ordinator, who treats everyone in a friendly, welcoming and respectful fashion.

Darlene talked about how hard it can be to make ends meet, using her own experience as an example. Darlene is struggling with breast cancer, currently in remission, but of a type which is likely to return. She described how she waited many months to get a proper diagnosis, followed by a biopsy and immediate surgery. After the surgery she required radiation treatment every day for 30 days, which was made even harder for her because of her intense anxiety. Additionally, her daughter, still quite young, was unable to understand why her mother was so ill and why all her normal routines, so important to a child with her kind of special needs, were upset. But one of the most difficult things was that she did not have enough money to pay for parking every day at the cancer centre and still put food on the table, since, after rent and utilities were paid, she has \$125 a week left for everything else. Once again, she became a client of HEFC and was able to feed her daughter and herself high quality food while she underwent radiation therapy. Now she is much better, so she is again a volunteer.

Darlene says "It's been a rough go, but you've got to just keep on going. I used to find it embarrassing to sit in that lineup for food. But

when you look at the crowd, you realize that something is missing in society when all these people are in this situation. This is a wealthy country. If everyone in this city helped one other person, the whole community would be better off."

Darlene is right. No one needs to doubt that their donations to the food bank are important. Many of us live in difficult situations; one trauma, one disabled child, or one biopsy away from an empty refrigerator. We all need help at some time in life and we all have the ability to help each other in turn. We can only hope that when our turn comes, we will be able to find the courage and grace that Darlene showed me.



Waiting for help at HEFC

The holiday season is always a busy time at HEFC as churches, service organizations, families and businesses remember the folks in our community who are going through hard times. Funds and food supplies donated through food drives and special events at this time of the year help us provide nutritious and tasty food for people throughout the winter.

Members of the Board of HEFC are happy to attend your holiday event or fundraiser to talk about the service we provide for our community. Call us at 613 737-9090 or e-mail us at hefc-info@rogers.com for more information.

Heron Emergency Food Centre is located at 1480 Heron Road and is open 4 days a week to provide emergency food to people in need in Ottawa South. Check out our Facebook page at Heron Emergency Food Centre @hefcottawa.

December Wish List

A little extra for our clients during the holiday season helps to lift spirits all round. It means so much to someone down on their luck to feel that others care. We like to be able to provide a little extra during this season. Personal toiletries such as soap, shampoo, toothbrushes, tooth paste, and deodorant are much appreciated. We also welcome cash and food donations including tuna, canned vegetables, canned tomato sauce, canned soup, chick peas, kidney beans, cereal, and snacks for children.



Distribution of VISTAS

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

VISTAS' Delivery Schedule

2019	VISTAS Delivery Date
January Issue	January 2, 2019
February Issue	January 25, 2019
March Issue	February 22, 2019

Gentle Reminder

We appreciate our volunteers, and as such, would like to remind you, the reader, that it is important to keep the way safe and clear, so that your copy of VISTAS can be delivered to your home each month. Winter is coming, and with it, come the perils of ice and snow. We appreciate our readers doing what they can! Thank you.

Time for a Giggle

What do you call a droid that takes the long way around?

R2 detour.

What is a witch's favorite subject in school?

Spelling!

What falls in winter but never gets hurt?

Snow!

How do we know that the ocean is friendly?

It waves!

What did the banana say to the dog?

Nothing. Bananas can't talk.

How do you make an octopus laugh?

With ten-tickles!

What do you call an old snowman?

Water.



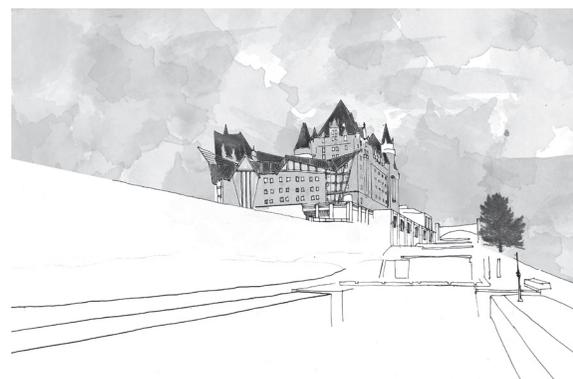
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Outside the Box

By Peter Coffman



A design by Teagan Hyndman and Lauren Liebe

**Exhibition of Alternative Designs for
an Addition to the Château Laurier**

This exhibition was organized by Heritage Ottawa board member, Peter Coffman, also Supervisor of Carleton's History and Theory of Architecture program. "The students' designs are a breath of fresh air, full of thoughtful and creative ideas. (<https://heritageottawa.org/>). December 8, 11a.m. to 4 p.m. & December 9, 10 a.m. to 4 p.m. Hintonburg Community Centre, 1064 Wellington Street West.

Family Matters

In the Realm of Hungry Ghosts?

By Walter Clare

(Walter Clare is a workshop facilitator for Serenity Renewal for Families, an Alta Vista Charity that assists individuals and families affected by addiction and other impactful issues. To donate to families needing assistance or for more information, call 613-523-5143 or visit serenityrenewal.ca.)

Dr. Gabor Maté worked with the desperately addicted on the streets of East Vancouver. His highly acclaimed book, *In the Realm of Hungry Ghosts*, is more than 10-years-old, yet it remains our clearest window for understanding how the addiction crisis affects our communities, families and children.

Listening to Dr. Maté in a recent CBC Radio interview, I began to wonder what the founding pioneers of Alcoholics Anonymous (AA) might think of his theories on addiction. William Wilson (Bill W.) co-founded AA, in 1935. Today, AA has more than 20 million members. In 1999, Time Magazine listed Wilson among the 100 most important people of the 20th century.

Bill Wilson was born in the Green Mountain region of Vermont. His father Gilly was a heavy drinker and left the family home when Bill was only 10-years-old. Bill never saw his father again. Shortly after, Bill's mother Emily decided to pursue a career in medicine, in Boston, and left Bill and his sister Dorothy with her parents. She remarried and began her medical studies.

Bill was an excellent student, a member of the school band, and captain of the football team. His girlfriend Bertha Bamford was the daughter of a local Minister. Bertha died from internal bleeding, following the removal of a tumour.



**Bill Wilson, Co-Founder,
Alcoholics Anonymous**

At 18, virtually everyone Bill cared for was gone. Bill felt lost and alone and experienced his first severe depression. Years later, he would write that he always wondered if he was responsible. What did he do to cause his mother and father to divorce?

Bill volunteered for the Army, and it was then that he experienced his first serious adult drink. He remembered it in almost spiritual terms, explaining that all of the tensions he had felt for so long instantly disappeared. That first drink was the beginning of a desperate slide to the bottom. Despite numerous attempts to stop, including hospitalizations, Bill was unable to escape the demons on his own.

Dr. Maté believes addiction is rooted in an initial wounding, emotional pain or trauma. Understanding the hurt, Dr. Maté stresses, is critical to understanding your addiction. Like Bill W., all addicts struggle in their desire for meaningful human connectedness. They feel detached and isolated, despite a desire to belong, even when surrounded by others who care for them.

The spiritual void left by addiction can also include feelings of despair and hopelessness. This pit of spiritual emptiness severely compromises any attempt for recovery. However, Dr. Maté explains that spirituality can exist in many forms not the least of which is the spirit of humanity - living in community and caring for one another.

Bill W's great discovery was that the only way he could stay sober was by reaching out and helping others who were suffering. Dr. Maté observed the power of that premise, while assisting drug addicts on the streets of East Vancouver:

"It is difficult to convey the grace that we witness — we who have the privilege of working down here: the courage, the human connection, the tenacious struggle for human existence and even for dignity. The misery is extraordinary in the drug gulag. But so is the humanity."

For 36 years, Serenity Renewal for Families has helped individuals and families understand addiction and cope with the immediate and long term ramifications. Providing hope, a supportive community and a new sense of well-being to vulnerable citizens has been a privilege and a testament to the power of the human spirit.

Volunteer Carriers Needed for

Vistas Delivery East of Haig

Until mid-January, VISTAS had an arrangement for VISTAS to be delivered east of Haig and north of Smyth by and with the Ottawa South News publication. Because the Ottawa South News has ceased publication, the January VISTAS was the last VISTAS edition to be delivered under that arrangement. Accordingly, subsequent editions of VISTAS have not been delivered there, and VISTAS is now without a delivery system in that area. Some copies of VISTAS are delivered east of Haig to schools, community centres, and stores, and VISTAS is actively trying to find volunteer Carriers so that it can establish a new delivery system east of Haig.

VISTAS has commenced the search for a Distribution Manager for this area, and for Distributors, Captains and Carriers for the homes east of Haig, but does not know how long it might take to assemble these volunteers, or when a distribution system might be in place. The area described here generally as east of Haig and north of Smyth is actually bounded by Haig, Roger Guindon, Coronation, Russell, Sheffield and Walkley. Of course, for those not receiving VISTAS, it can be read online on its website, vistas-news.ca.

Please call the Distribution Manager, Ernie McArthur at 613-521-4658, or email Distribution@vistas-news.ca with your name, address, phone number, and the street(s) on which you wish to deliver, if you are able to deliver to:

- the homes on your street or a neighbouring street,
- or to act as Distribution Manager for this area,
- or as a Distributor to take bundles to Captains,
- or as a Captain to deliver bundles to individual Carriers.

The streets without Carriers, are as follows:

Adams	Cross	Haig	Raglan
Arch	Dakota	Halifax	Russell
Audrey	Dauphin	Halstead	Samuel
Avenue N	Devon	Hamlet	Sandra
Avenue P	Dickens	Harding	Saunderson (Halifax to Pleasant Park)
Avenue Q	Dorval	Hastings	Saunderson (Pleasant Park to Smyth)
Avenue R	Drew	Heaton	Saunderson (Smyth to Halstead)
Avenue S	Dunelm	Howland	Shamir
Avenue T	Dwellingham	Hutton	Shelley
Avenue U	Dwight	Joliffe	Smyth (Dauphin to Russell)
Balharrie	Edgecombe	Keats	Sonata
Bingham	Edmond	Magnus	Southvale
Blackstone	Elderfield	Martha	St Laurent (Walkley to Russell)
Botsford	Ellen	Maywood	Susan
Botsford South	Elsett	Melford	Tawney
Browning	Emslie	Monteith	Tupper
Canterbury (Kilborn to Halifax)	Erinbrook	Naples	Urbandale
Carnegie	Fairdale	Nerta	Valley
Caverley	Fleming	Olympia	Weston
Chadburn	Foley	Orchid	Weyburn
Chapman	Folkstone	Othello	Wingate
Chaucer	Furby	Plesser	
Circle	Gill	Portage	
Connery	Glendevon	Pullen	
Cornish	Goren		
Crane			



Sustainability Star Awards 2018

By Kristina Inrig, Executive Director, Sustainable Eastern Ontario

The Board of Sustainable Eastern Ontario selected four winners for the Sustainability Star Awards for 2018. This award program was launched in 2017 and is a way to recognize organizations and partners in the community that are doing great work for sustainability. The awards were given out at the RA Centre on Thursday, November 15, 2018. This year, our special Energy Outlook case studies project was used as a guide to award three energy winners of the Sustainability Star Award. The fourth award went to a non-profit partner for community leadership.

Our Energy Outlook case studies were funded in part by the City of Ottawa and the Independent Electricity System Operator (IESO) through the Education and Capacity-Building program. Over the past year, 20 Energy Case Studies were written about Public Sector Entities and the City of Ottawa to profile leadership on energy efficiency, conservation,

and renewable energy measures. The full case studies document is available at www.SustainableEasternOntario.ca and is a great resource.

The Sustainability Star energy winners for 2018 were selected out of these 20 case studies. The winners are: the Ottawa Catholic School Board, the Perley and Rideau Veterans Health Centre, and the City of Ottawa Building Engineering and Energy Management (BEEM) Unit. All of these organizations have done excellent work to save energy and reduce costs. The full story of their efforts can be found in the Case Study report.

The final winner of the Sustainability Star Award is Tucker House Renewal Centre, a local non-profit that helped to found the National Capital Environmental Non-profit Network (NCENN). The NCENN has just celebrated its 10 year anniversary and part of the award celebration was an opportunity to celebrate this milestone. The NCENN meetings are now held in the Alta Vista area and the new office of Tucker House is located in "The Apartment: Sustainability Office" at Rideau Park. You can find out more about this great, local organization at www.maisontuckerhouse.ca.

Sustainable Eastern Ontario continues to work to promote the great activities and efforts of environmental organizations across the city.



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Season's Greetings

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The spirit of Christmas is the spirit of love and of generosity and of goodness. It illuminates the picture window of the soul, and we look out upon the world's busy life and become more interested in people than in things. Thomas S. Monson



RIDGEMONT HIGH SCHOOL

In the World of Sports

Submitted by Shelley Brown



Ridgemont Senior Volleyball Champs

The Ridgemont Spartans are off to a strong start this season. For the third year in a row, the senior boys have secured the Tier II volleyball championship title beating out St. Matthew High School in a best-of-five game final (3-0). Strong graduating players led the team including captain Jeffin Meas, Setters, Besnik Selmani and Danny Chow, and all-star middle, Shohaib Yaqubee. Notably, the team impressively garnered 30 wins and only 5 losses during the regular season. Head coach and Ridgemont teacher, Jed Narraway, would like to congratulate the Senior boys for winning the city championship.

Coached by Jesse Collins and Katie McColeman, the cross-country team had another solid season. We had our biggest team yet, with 22 athletes competing in a total of six meets. Highlights include our senior boys team winning the Louis Riel Invitational on October 4, led by an individual win by Harun Omar Ali – his very first country cross win! Our

senior boys also finished second in Run Ottawa's Capital XC Challenge, led by Joe Fast's 2nd place finish, with Harun Omar Ali and Muhammad Luqman placing in the top 10. The senior boys also advanced to OFSAA (Ontario Federation of School Athletics Association) which was held on November 3 in Hamilton.



Lucia and Robiya Finish Together

What it Really Means to be a Ridgemont Spartan

On October 25, the senior girls City Championship cross country meet started like any other. All athletes at the start line anxiously awaited the starting pistol. But this year, Lucia Martinez, a Spanish exchange student from Longfields-Davidson Heights, was also among the runners. During the second half of the race, Lucia had fallen at the top of a hill. Without thinking, Ridgemont student Robiya Abdullayeva helped Lucia up, and made sure Lucia finished the race. Robiya held Lucia's arm for the rest of the race as they ran side-by-side. As they approached the finish line, Lucia wanted Robiya to cross first, but Robiya insisted they cross together, and so they did, hand-in-hand. After a quick hug, Robiya and Lucia parted ways. Thank you Robiya for personifying the Ridgemont community spirit and reminding us that it isn't always about winning. Spartan Proud!

PLEASANT PARK PUBLIC SCHOOL

Submitted by Luca S. and Eliana A.

Pleasant Park Public School's 5/6 and 6 classes made over 1,000 paper cranes as a tribute to world peace and a young Japanese girl named Sadako.

Sadako was a girl who tried to make 1,000 paper cranes to cure her leukemia. She got the idea of making 1,000 paper cranes from a legend that said if a sick person folded 1,000 paper cranes they would be cured. She only got to 644 before the leukemia killed her.

The project of 1,000 paper cranes started when grade 5 student, Charlie M., had the idea of making 1,000 paper cranes before Remembrance Day. The classes started the project of making 1,000 paper cranes on Tuesday, October 23rd. At first, it was hard for most people to get the hang of it, but with time everyone could make paper cranes easily. After we finished making 1,000 paper cranes, we decided

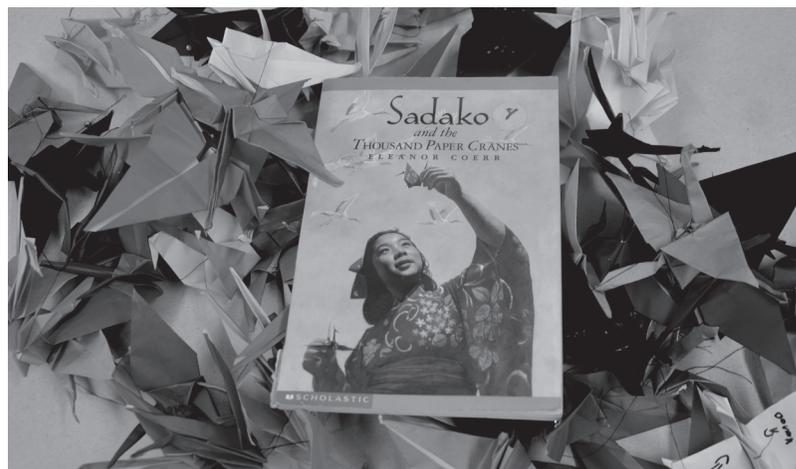


Photo by Rahma Y.

to hang them on strings around our school. After Remembrance Day we made sure every student in our school got a paper crane, along with our wish for peace.

Vice-Principal, Caroline Rassi, stated, "I was deeply touched by your leadership and generosity to include every student in our school. When I learned that you decided to give a crane to every student here it filled my heart. You created a positive impact on our entire community, because students are going to tell their parents about the crane they received, who will tell their neighbours and so on. I feel that I am the proudest vice-principal at the Ottawa Carleton District

School Board in this moment. I don't remember thinking so deeply and generously about the world around me when I was your age. With your initiative of the 1,000 paper cranes at Pleasant Park Public School, you have inspired me to think daily about what I can do to make the world a better place than the way I found it when I woke up."

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Walking the Camino de Santiago

By Helen McGurrin



Helen, Tim, Kelly McGurrin and Ken Walker doing the Camino

Encouraged by a friend who had done the French Camino, (a walk of over 700 km from St. Jean Pied de Port, France to Santiago, Spain), my daughter Kelly, Ken, her husband, my son Tim, and I attended an information session sponsored by the Canadian Company of Pilgrims in March 2018. It helped prepare us for walking the Camino. We chose to carry only essential daily use items in individual backpacks and pack the rest of our stuff in one large travel pack that we shipped on ahead to our next night's lodging. Kelly was our travel manager and pre-booked private lodgings with bathrooms for every night of our journey.

As recommended, we prepared ourselves physically for over five months: we walked the many beautiful trails in Ottawa and the more difficult ones in Gatineau Park. We carried our backpacks with rain gear, change of socks, sunscreen, foot care products and WATER! These practices helped us identify hot spots forming on our feet and apply

moleskin patches on them to prevent blisters. Foot care three times a day using Foot Glide, Nivea Cream and good foot rubs was a practice carried on through our Camino experience.

We started our walk on September 6th and finished on October 8th, averaging over 24 km per day. The terrain is not a "walk in the park", but we were rewarded with breathtaking views and spectacular sunrises. We climbed Mount Everest twice, if you count the daily elevations and descents during our walk.

We walked by flat plains of bare cornstalk fields, vineyards with vines bending full of blue grapes, vineyards of green grapes, fields of sunflowers, and a fill-your-own water bottle or glass from a faucet pouring local wine. We learned to appreciate the same choice of three course Pilgrim Meals – the sameness was comforting in that you knew that you were getting the right amount and choice of food to nourish you throughout the journey. It has worked for millions of pilgrims. You also received a bottle of white or red wine (your choice) with your pilgrim meal.

Our initial goal was to meet the physical challenge of completing the Camino. But not only is walking the Camino a physical challenge, it is a mental/spiritual exercise. It is not a social walk but very much a single file, solitary walk; the terrain demands it. I did not start walking with a specific goal or intention in mind, but certainly visiting the many churches and religious sites along the way travelled by millions over millennia, starting with (so tradition says) St. James, an apostle of Christ, was an incredible experience. At unexpected times, I was moved to tears and would feel overwhelmingly grateful and awed by this opportunity to be able to do this journey.

Would I do it again? Well some of the Portugal Caminos sound very tempting and they are considerably shorter. Who knows? Whatever happens, I feel very blessed to have done this Camino accompanied by Kelly, Ken, and for the last 170 km, my son Tim.



Kelly, Helen, Tim and Ken posing with seashell symbol representing the Camino de Santiago de Compostela

Invitation to the March on December 1st

To Mark the 16 Days of Activism to End Gender-Based Violence



The Grandmothers Advocacy Network (GRAN), in collaboration with Women in International Security-Canada (WIIS-Canada), the Ottawa Coalition to End Violence Against Women (OCTEVAW) and Crime Prevention Ottawa, is holding a candlelight march on **Saturday, December 1st**, from Minto Park to

Ottawa City Hall to mark the 16 Days of Activism to End Violence Against Women and Girls. Once the march reaches City Hall, Councillor Catherine McKenney will stand in for Mayor Jim Watson to issue a proclamation to commemorate this important activity.

GRAN's event is organized as a key component of the United Nations' Secretary-General's Orange Campaign, UNiTE to End Violence against Women. Launched in 2008, the campaign invites governments, UN agencies, civil society organizations, and individuals to mark the days between 25 November and 10 December as the 16 Days of Activism Against Gender-Based Violence. WIIS-Canada supports the 16 Days Canada Campaign, which uses the colour purple.

This year, during the 16 Days of Activism, GRAN will spotlight the multiple challenges that older women in sub-Saharan Africa face: access to life saving medicines, access to life-long learning, and freedom from violence. GRAN's goal is to raise awareness of these challenges in our own communities and beyond. The 2018 campaign will be spreading the word using #HearMeToo

Everyone is invited to **meet at 4:15 p.m. at Minto Park**, where the march will proceed to the Human Rights Monument. Immediately after, **at 5 p.m., a proclamation ceremony will be held at City Hall in Jean Pigott Hall** including special guest speakers: Mercy Lawluvi, Executive Director of the Immigrant Women's Services of Ottawa, and Algonquin Elder, Annie Smith St-George. Those attending are encouraged to wear orange and purple, the colours associated with the campaigns.

For further information on GRAN or the event, please contact: Stella Val at 613-225-8879 or Bev McKibbin at 613-821-4981.

GRAN is a cross-Canada network of volunteers advocating at local, national and international levels to engage Canadian and international support for policies and programs that will address the needs of African grandmothers as they strive to sustain their families and communities in the wake of the HIV/AIDS pandemic.

What a Difference a Day Makes...

By Hans Foerstel

The words of this lovely Golden Oldie song intimate so much more than just time...the difference that a smile and 'thank you' can make, small and timely acts and gestures of all kinds, such as the June VISTAS article on Judge Kenneth Binks. Alas, he died on September 14, 2018. His daughter Martha Binks' recent words of appreciation and insight below attest to that. They are something to be shared with all of us, and especially the VISTAS team.

They made this possible. So when we next see "the judge's house" plaque on 553 Thessaly Circle, we can thank the new owners for keeping a bit of history alive for us.



Hello Hans,

I want to extend my thanks personally and that of my late father for your piece in the Alta Vista Canterbury community newspaper. He wanted to write a personal note, but did not get to it. I do want you to know how much it meant to him. For those who age and whose lives change, it is easy to feel irrelevant and not respected. Your piece helped overcome both. Thank you for writing it, and for sending it along. We have been in touch with the new owners. They are going to have a little plaque made that says "the judge's house"; such a lovely gesture.

Warm Regards,
Martha

I can't imagine a more fascinating short read than his obituary. It can be found on the Ottawa Citizen website. His educational "path" for one, his professional and community engagements, and a tantalizing sideline like the following one are of interest: While working at the Library of Parliament, he created a weekly column of anecdotes and literary comment over a period of 10 years that appeared in the Ottawa Journal as "Attic Salt Shaker," and in a number of other papers as "Of Cabbages and Kings," under the pen name Peter Elliot. He also wrote a book on the Parliamentary Library, so he has left quite a bit for us to explore yet.



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Steven was born and raised in Alta Vista; after studying law and practicing in Saskatchewan, he has returned to the area to begin practicing in association with Cheryl Payette (formerly of Conlin & Payette).

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Computer Tricks and Tips

By Malcolm and John Harding, of Compu-Home

Updates and Upgrades...Oh My!

We sense that lots of our clients regard software updates with great suspicion, based on the number of people who reject them outright or ask us which ones are safe and which are not. Our usual answer is that the great majority of updates are not only safe but also necessary for the secure and efficient operation of your computer.

It is important to understand the difference between upgrades and updates. Upgrades are entirely new versions of the program, with significant differences and sometimes improvements over your current edition. You usually have to pay for an upgrade and this can lead to deliberate confusion in which the publisher tries to convince you to switch from a free version of the software to an upgrade that is so vastly better that you will be extremely grateful to have bought it! Sadly, it is more likely that you will find that the advantages of the upgraded version are subtle or minimal, with added bells and whistles that don't apply to you. In the case of many software titles it is a smart strategy to skip a few upgrades and then go with the newest version when it truly has new features that will be helpful, or when you replace your computer.

Updates, on the other hand, are relatively simple downloads that provide fixes and patches to the current version of your software. Often these changes are related to security, and you are almost always well advised to apply them to keep the bad guys at bay as well as to improve performance.

One group of programs being updated frequently are the little utilities that enhance the operation of your computer. Java, Acrobat Reader, Flash, office suites, media players, browsers, printer drivers and your anti-virus are examples of software that work best when they are kept up to date. You can and probably should check the box that allows such programs to update automatically, in the background while you are doing something else.

Operating System (OS) updates belong in a different category. This is not because they are not necessary; on the contrary, they are considered so vital that both Windows and Macintosh no longer ask you if you wish to update, and usually don't allow opting out. A fairly recent development in these OS updates is that instead of minor fixes being pushed out incessantly, there are now major updates happening approximately quarterly, with only emergency essentials happening in between. The result to the user is greater inconvenience, but less often.

Because OS updates are now such a big deal, there is a slightly greater chance of them causing their own problem(s). Sometimes, for example, a printer stops working the day after an OS update. Fortunately these glitches are quite rare and usually quickly and easily fixed.

With smartphones and tablets there is one extra dimension to the OS updates. In non-technical terms, there seems to be a closer relationship between the Apps and the OS in mobile devices. This means that when an OS update has happened, you would be wise to check a few days later for potential updates for your Apps as well, in order to ensure compatibility and smooth, efficient operation.

We at Compu-Home wish all of our readers a very happy holiday and safe travel later this month, and best wishes for a terrific 2019!

It's our 20th anniversary! 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.

Merry Christmas and a Happy, Healthy 2019



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J.K. Rowling

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Bookworm's Delight

By Judith Evans

(Available from the Ottawa Public Library)

"Alone time"

By Stephanie Rosenbloom

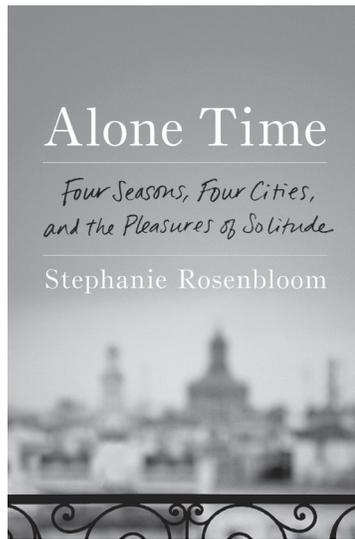
Stephanie Rosenbloom decided, after a solo trip to Paris for work, to take three solo vacations in the next year – travelling to Paris for a week in spring; Istanbul for a week in summer; and Florence for a week in autumn. In the winter, she instituted "Tourist Tuesdays," giving herself permission on those days to stop rushing and just be in the moment to observe the city around her.

In Paris, she rediscovered the joys of travelling by herself. She spent her days strolling the streets like a real Parisian "flaneur" (stroller). She thoroughly enjoyed her meals which she ate at a variety of outdoor cafes, with many other single people, who were passing time reading books or newspapers, or just watching the world go by.

Stephanie also got a lot of enjoyment from going to one of the many markets in Paris to buy herself some fresh fruit, cheese and bread so that she could go off to a nearby park for a picnic.

In Istanbul, she explored the pleasures of trying new food and new experiences, including the Turkish bath or "hamam." Having heard about the skin-removing force with which the hamam attendants give body scrubs, she decided to ask for a "self serve" bath and then found herself rather at a loss because she didn't get any instructions about what she was supposed to do. She ended up enjoying her time at the hamam in her own special way.

Stephanie also visited a mosque. She went upstairs and found herself in the women's prayer area where she was kindly welcomed and spent time watching as the women prayed and chatted with each other. Her visit came at the end when she noticed a little girl peeking around a wall on the ground floor to see what the men were doing and the two



of them exchanged smiles. She said that one of the reasons she enjoyed travelling was for moments like this.

In Florence, she was surprised to find that the town was as busy in October as she would have expected it to be in the summer. She finally took a walk up a hill on the outskirts of town to visit a cemetery. It was quite a climb on a hot day, and when she arrived, she found that church nearby was very busy. However, the cemetery itself was lovely and peaceful and she enjoyed the distant views of the Duomo.

Another treat Stephanie enjoyed was some time at the Uffizi gallery – which is usually very busy – when she went from room to room, visiting favourite art works, in solitary splendour except for the security guard. She was delighted to have time to just savour the beauty of the pictures that she had so looked forward to seeing in "real life".

In the winter months, she was back in her home town of New York. She spent Tuesdays taking special care to notice the scenery and buildings around her. She was interested to learn that a building she had often passed, which she took for a church because of the stained-glass windows, was in fact the Jefferson Market Library.

Another Tuesday, she went to Guggenheim Museum to see a retrospective exhibit of work by a local artist. When she read more about the artist, she found that as a child, the woman had lived on Coenties Slip, a street Stephanie had never heard about. She looked it up on a New York City map, located it near the tip of Manhattan Island, and went to visit to see what it was like now. Where previously it had been a run-down part of town near the docks, now it was a more upper-class area with high rents.

I thoroughly enjoyed this book and found myself inspired to try some solo outings myself. Like Stephanie, I enjoyed the experience of eating alone in a restaurant and going to an art gallery by myself extremely pleasant experiences. Maybe if you read the book, you'll decide to try the same experiment. Good luck and happy journeys!

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Come Join Us!

I am hosting our annual festive Pancake Breakfast on December 22, 2018 from 8:30am-11am at the Albion-Heatherington Recreation Centre (1560 Heatherington Rd.) All are welcome to come and enjoy some holiday cheer!

Operation Big Turkey

Operation Big Turkey will be welcoming people from all across Ottawa on Monday, December 24 to several locations, one of which is in Ottawa South at the Hunt Club-Riverside Park Community Centre (3320 Paul Anka Drive) from 2:30-4:30pm. Please join them for a delicious made-from-scratch turkey dinner.

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



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Film Review

By Tony Wohlfarth

Tony Wohlfarth is an Ottawa based freelance film writer. He is currently covering the 2018 Venice Film Festival on the Lido in Italy.



Transit

Christian Petzold is a fifty-eight-year-old German film director. His latest film, *Transit*, premiered at the Berlin Film Festival in February and is currently screening in Ottawa.

Petzold's previous film, *Phoenix*, in 2014, was about a reunion of Holocaust survivors in Berlin after World War II. *Transit* is set (and filmed) in Marseille, France. An immigrant, Georg, (performed by Franz Rogowski) escapes Nazi occupied France to the "free zone" in the south of France, where he meets Marie (Paula Beer). Georg clings to a friend's manuscript, assuming his identity when he learns of his death. Marie wants to travel to Mexico to be re-united with her husband and she has a visa for safe passage on board a ship leaving the port city. The goal of escaping Marseille bonds the duo in this gripping drama.



What is both novel and intriguing about *Transit* is that the director sets the historic events of World War II in a modern city. Contemporary Marseille is gritty, and *Transit* shows the city like it is today. What exactly is Petzold saying? That the persecution which drove refugees from Paris to the south of France in the 1940's is now being reversed? I was fascinated by the look and feel of *Transit* because it explores this theme in a contemporary setting.

The script for *Transit* is adapted from a novel of the same name written by Anna Seghers in 1942. Seghers died in Berlin in 1983.

Petzold's film won the top award at the 2018 Nuremburg Film Festival and the film was released in Canada on November 9. *Transit* is screening at the ByTowne Cinema (325 Rideau Street) in Ottawa with numerous dates beginning on November 30 and running through until December 6. The running time is one hour and forty-one minutes.

What's New on Netflix?

22 July

Norway is one of the most spectacular and socially progressive countries in Europe. Its reputation was rocked on July 22, 2011 when

a 32-year-old right-wing terrorist mounted two brazen, simultaneous attacks on a teenage summer camp and the government sector of Oslo. The terrorist attacks left seventy-seven young people dead and the country reeling in its aftermath.



The perpetrator, Anders Behring Breivik, chose the summer camp at Utoya because of its affiliation with the governing Norwegian Labour Party, led by Jens Stoltenberg. The summer camp was where teenagers went to grow and become future leaders.

22 July begins with a recreation of the simultaneous attacks on the Prime Minister's quarters in Oslo and on the remote island. The film recreates the trial and the national inquiry called by Stoltenberg. The trial led to a sentence of lifetime imprisonment. I was interested to learn that Breivik was motivated by a vile hatred of immigrants. The script is based on the book, *One of Us*, written in 2007 by Asne Seierstad in 2007. Seierstad's prior books are all about life in war zones (Kabul, Baghdad and Grozny).

I saw 22 July at the 2018 Venice Film Festival and found it a compelling film. The portrayal of the young victims and their stories of survival are truly gripping. Their futures were before them, and everything changed in an instant. Filmed on location principally in Iceland, 22 July follows both the trial and the national inquiry, which explains how the attack was perpetrated. Learning the details of Breivik's past and the national inquiry which followed were particularly fascinating. Survivors have criticized the film as not doing justice to their truths. (1)

The director of 22 July is Paul Greengrass. Greengrass is a sixty-three-year-old British director. His previous films include *Jason Bourne* in 2016 and *United 93* in 2006. The running time is two hours and twenty-three minutes.

Operation Finale

Operation Finale is a 2018 film directed by an American, Chris Weitz, and is based on real life events.

Adolph Eichmann, the architect of the Nazi's final solution in World War II, is living incognito in Buenos Aires, Argentina. Israel's intelligence service mounts a daring and brazen raid to capture the fugitive and bring him to Israel to stand trial for international war crimes. *Operation Finale* was filmed on location in Argentina. Ben Kingsley plays the role of Eichmann, while Oscar Isaac performs the role of Peter Malkin one of the Israeli team members. Running time: 2 hours and 2 minutes.

Harmonia Choir and Ottawa Wind Ensemble at Christmas

By Kurt Ala-Kantti

Looking for a way to get in the Christmas spirit? Don't miss the latest offering from Harmonia Choir and Ottawa Wind Ensemble, December 16 at 3 p.m. at St. Thomas the Apostle, right here in Alta Vista!

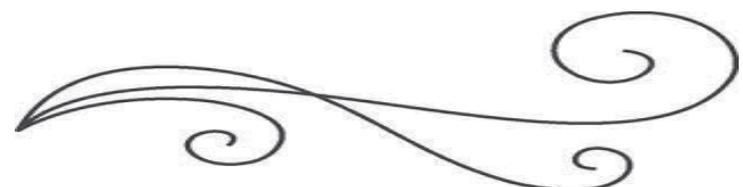
Since 2003, Harmonia Choir has rehearsed and presented concerts in Alta Vista ranging from Handel's *Messiah* and Brahms *Requiem* to Black History Month concerts and Christmas concerts and this event follows last year's extremely successful seasonal partnership with the Ottawa Wind Ensemble. The Wind Ensemble was formed in 2005 and brings together professional musicians from across the city. Together the two groups have prepared an exciting concert of holiday music to share!

Fans of traditional Christmas music will not be disappointed, with holiday favourites such as *Deck the Halls*, *Ave Maria*, and *Tchaikovsky* on offer. There will also be contemporary selections, like a piece from

Norwegian-American composer Ola Gjello and a medley of arrangements used by a cappella sensations Pentatonix. The concert takes its name from a piece by renowned choral composer John Rutter, using verse from Shakespeare evoking the joys and occasional melancholy of this time of year. And warm up your singing voice, as the audience will have the opportunity to join in some carolling!

"What a wonderful set of tunes", says Artistic Director Kurt Ala-Kantti. "Truly something for everyone, and a whole lot of fun for the choir. We can't wait to share it with the Alta Vista community".

"Blow Thou Winter Wind" takes place at St Thomas the Apostle, 2345 Alta Vista Drive, on Sunday, December 16, at 3 p.m. Tickets are available for \$20 online from wind2018.bpt.me (use code vistas) or from HarmoniaChoir.com. Also available in the office of St. Thomas the Apostle, (open 9-noon weekdays), or \$25 at the door. As always, accompanied children and youth are free!



Our People

By Courtney Tower

Pressing Olives, Bombs, Deliverance Now, Safe in Alta Vista

In a corner of the comfortable apartment living room, Osama Awad plays with fixed 10-year-old intensity at a computer war game which his mother, Safaa, views with parental mistrust. It is a mistrust with special meaning. She knows about real war. As Mohammad, 13, sits near his parents, Ali Awad and Safaa Al-Zoubi, to be able to help them with their English, the story emerges of a family that fled the bombs and guns of Syrian warfare, spent three years as refugees in cramped Jordan, came here 2 1/2 years ago, and are thriving at work and at school. That's the reality.



The family Awad: Mohammad, 13; Osama, 10; Ahmad, 18; and parents Ali and Safaa

Ali and Safaa, in between her putting out snacks of apple segments, Arabic sweets and dates during an interview, show phone photos of love and regret and continuing worry. The pictures are of a fine four-bedroom home and spacious property left behind in a town just outside of Damascus when the parents and three of their children fled Syria in 2011. Most importantly, they are of the older son, Manhal, now 24, and daughter, Ayat, now 20, both married and with adorable grandchildren, still in Syria. "Our house suffered some damage in the fighting but Manhal has repaired it and lives in it," Ali said. "We worry about them all the time. We keep in connection on the smartphone, but we hope that someday they can come to Canada as well."

Fleeing to Jordan

The two adult children were in post-secondary education and stayed behind when Ali and Safaa, with Ahmad, now 18, Mohammad, 13, and Osama, 10, then so much younger and smaller, fled to Jordan in the family car seven-plus years ago. In that small country, crammed with refugee Palestinians, turned out of Israel over decades or the recent many thousands in refugee camps now from Syria, they sold their car and another vehicle in order to exist. They managed to rent a very small apartment outside of the refugee camp proper.

Ali, now 49, had tended machines for pressing olives for a Syrian-German company for 19 years and drove a truck for the company in winters, while Safaa had raised the five children and operated a small store. In Jordan, Ali found some work, "under the table since Jordan would not let us officially work," again pressing olives and keeping that machinery working. But what he earned was well less than half of what the family had to pay for rent and food. Ahmad, then still really a child, found occasional work driving vehicles and working as a mechanic. Eventually, they got on a list to come to Canada through a United Nations agency.

What So Many Churches Did

In Ottawa, at a time when the churches of our community were raising money and volunteers supporting applications to sponsor Syrian refugees, Rideau Park United Church won the gift of sponsoring the Awad family. A committee with parishioner Marilyn Law as chair undertook the exhaustive work of raising funds, finding an apartment, collecting donated furniture, bedsheets, towels, utensils and so much else needed for a family of five. On February 8, 2016, in a huge snowstorm, the Awads descended from an aircraft to meet Marilyn Law and her group, a day and event that Ali and Safaa recall was one of strangeness but of welcoming. They were touched by the placards held out by the Canadians, welcoming the Awads in Arabic.

As with other church groups here, with other Syrian refugees, the Awads were helped financially to begin with and guided through the intricacies of hospital insurance, supermarket shopping, getting library cards, signing up for schools for the children and ESL (English as a Second Language) courses for Ali and Safaa, who spoke only Arabic.

On Their Own, Doing Fine

Now, just 2 1/2 years later, the Awads function without financial support, although the ties with Marilyn Law and the Rideau Park people remain close and active. They rent a comfortable three bedroom apartment near Elmvale Acres, a short walk from the supermarket where Ali is employed in the produce department. Son Ahmed works there part-time as a cashier. Mother Safaa is happy helping tend small children at a daycare nursery operated by Trinity Anglican Church on Bank Street.

Ahmad pursues his education and intends going to Carleton University next year to study computer science. Mohammad and Osama are in Grades 8 and 5 at Hawthorne Public School. Like Ahmad, they learned English quickly and fully and are both Boy Scouts at St. Aidan's Anglican Church in Elmvale Acres. They are active in soccer and swimming. Mohammad, who says he wants eventually to become a doctor, shows busy leadership in working with children at Rideau Park United's summertime Camp Awesome and other events. Osama doesn't know yet what he wants to be, but like 10-year-old Canadian youngsters everywhere, is awesome, to an aged visitor, in his dexterity with the computer in the living room.

Studying to Become Canadians



Family home

Ali and Safaa, juggling everything while being diligent about their ESL lessons, have each reached level 5 of 8 levels in that discipline. They manage very well in English, with Mohammed hovering to help out but not often needed. Ali even finds the time to volunteer

a day a week at the Heron Emergency Food Centre, helping others.

In February, the family will have been in Canada for three years and will apply for citizenship. They show a well-thumbed brochure that they study for the history, places, culture, institutions, political structure, of Canada. For them to pass citizenship exams it can be humbling to be aware that they will know much detail that a born-Canadian may well not know.

"We want to take the exams, become citizens of Canada," Ali says. "We sought to come here for the children, so they can go to schools, go to university or colleges. We are happy here. It is very good for them and for ourselves."

Building Networks

The children are busy at school and outside. The parents work and study, but that does not mean isolation. They build friendships in the established Syrian and Middle Eastern community in Ottawa and among their fellow newcomers. They maintain their Muslim religion. The ties to their former life in Syria are strong, "but we will stay here and the children especially will benefit," Safaa says.

Of course, there is the one thing that tugs at their hearts: the two older children and the grandchildren back in Syria. The parents' faces soften as they look at those images on the phone. But then the tone returns to today and now: "Please have some dates, and these sweetmeats," Safaa says.

Photos by Gerri Doherty



In Practice

By Steven A. Neal, Lawyer



Essential Terms

When buying or selling a home, most of us turn to our realtor and lawyer for advice and guidance. Our energies are rightly focused on finding the right home, organizing the move, arranging a mortgage, and getting a fair price. The technical and legal details of the transfer are left in the hands of our advisors.

This is a sensible approach because a veritable library of standard forms has been developed by groups like the Ontario Real Estate Association and the County of Carleton Law Association. These forms ensure that the essential terms are included – and included correctly. They also provide piece of mind that all the ‘non-essential’ – but still important to you – terms are taken care of as well.

Basic research will tell you that there are only three main terms that must be specified in order to have a real estate contract. These are the parties, the property, and the price; or in other words: Who, what, and for how much? However, the reality is that these terms must be framed and presented correctly. On top of that, ‘non-essential’ doesn’t mean ‘unimportant.’

For example, some items which are very important and which most people assume are essential terms, are in fact ‘non-essential’. The most topical example is the closing date. The closing date is very important and has a big impact on your family’s move into their new home, but at law it is not an essential term. A recent Superior Court case in Ontario illustrates this point.

The case, known as Rolling Meadows, featured an ambiguous contract that didn’t specify an exact closing date. One side wanted to back out of the deal and argued that the lack of a closing date meant the contract was invalid. The Court did not agree and reiterated that the only truly essential terms are the parties, the property, and the price.

Some other ‘non-essential’ terms that most people would consider important include the right to a home inspection and the contract being conditional on getting mortgage financing. Contracts also typically make clear if there are any rental items, like a hot-water or propane tank, that are to be taken over by the buyer. A list of what appliances are included, and a warranty that they will be in good working condition is also common and important. You do not want to buy a home with a beautiful new kitchen, only to find the stove doesn’t work.

For these reasons, being advised by an experienced realtor and a qualified lawyer is your best defence in any real estate transaction. Not only will they help you find the right home, but they will work to make sure the legal transfer is handled smoothly.

This column contains information only and is not legal advice nor legal opinion; it should not be relied on as if it were in any way.

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Flowers are happy things. P.G. Wodehouse

Health List of Dos

By Susan Reive, Owner of Kilborn Physiotherapy Clinic

Recently I received a request for a list of “Do’s” to follow the previous article on the list of Don’ts. So here it is:

1. Do work at the computer with a proper ergonomic set up. Using a laptop can create a lot of strain on the neck if you are looking down at the screen or aggravate the shoulders if your arms are raised up trying to type. Ideally the elbows, knees, and hips should be at 90 degree angles with the top of the screen at eye level and arms by your sides.

Correct Sitting Posture for Computer

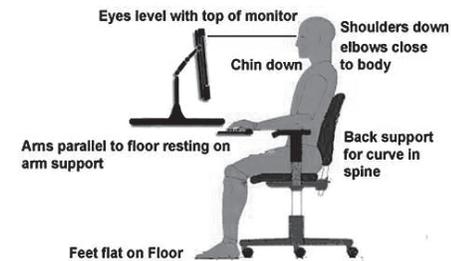


Photo from www.321tipsandtricks.blogspot.com

2. Do stretching exercises daily. With aging we lose flexibility due to decreased water content in the tissues. In addition, the connective tissue (elastin and collagen) which holds us together loses elastin which is more flexible, resulting in a larger ratio of collagen to elastin. Hence, more stiffness. Be sure to stretch after activity i.e. a walk or bike ride, as the muscles will be tighter from contracting.
3. Do sit in a supportive chair. A soft deep couch is a sure way to aggravate the spine (neck or back). The spine has three curvatures which you are trying to maintain whether you are sitting, standing, or lying; this reduces the stress on the soft tissues and discs.

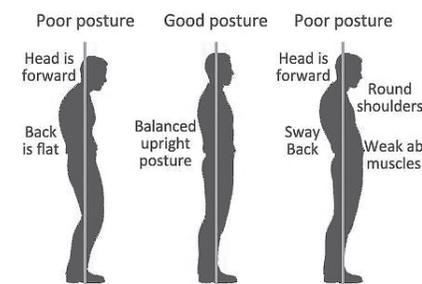


Photo from www.armstrongamerika.com

4. Do change your position frequently. We were not meant to sit all day. Prolonged sitting can cause shortening of the hip flexor muscles, which may aggravate the lower back. Indeed, there is more pressure on the spinal discs with sitting versus walking. Get out of your chair every hour if possible even for a few minutes and move around.
5. Do strength training three times a week. There is a loss of muscle mass with aging (50 years and older). This can lead to weakness and increased difficulty with activities of daily living. I have noticed that older individuals have a lot of difficulty with climbing stairs, squatting or bending down, and getting in and out of the car or an armless chair. A physiotherapist can assess patients and provide strength exercises specific for their needs.
6. Do walk every day if possible. Walking is a great exercise both for mobility, strength, and for the cardiovascular system. Moreover, it’s a functional activity.
7. Do smile and say hello to people. It is good for the soul and fosters a nice community.

Your Finances

By Bob Jamieson, CFP

(Edward Jones, Member Canadian Investor Protection Fund

www.edwardjones.ca/bob-jamieson)

Talking about Financial and Estate Plans with the Family

The holiday season is a time for family gatherings, and good times. It can also be a good time to discuss financial matters which span the different generations, specifically between older parents and their adult children.

Some of these topics are easy, such as your grandchildren's post-secondary education and how you'd like to help your children save for it. It may be more difficult to discuss estate planning with your children. Even though they're adults, they may feel uncomfortable discussing topics dealing with your death. In fact, surveys have shown that fewer than one in three families have had meaningful conversations about estate planning.

What type of financial legacy would you like to leave to your adult children? Whatever you have in mind, share it with them. Make sure they understand your estate plan so you can avoid potential confusion, hard feelings and family squabbles when it's time to settle your affairs.

Once you've broken the ice, it will be easier to move into the finer details of your estate plan. Give your children an idea of what's in your Will, who the executor is, who helped prepare it and where a copy can be found. Better still, give them a copy. Wills should also be reviewed regularly to make sure they capture any developments that might call for changes in beneficiaries or terms. And don't forget about beneficiaries designated on insurance policies, and registered accounts.

It's also important to discuss how your affairs should be managed if you become incapacitated. You should prepare powers of attorney for financial matters and personal care. That means deciding who will act on your behalf if you can't make financial or medical decisions. If you pick one of your children as your representative, explain the choice to your other children.

Adult children can also take the lead on raising these topics. Especially while your parents are healthy, you should take the opportunity to discuss matters of significance – such as their financial situation, and if assistance may be needed.

In addition to their Wills, it is useful to know if they work with a financial advisor. If so, whom? Are their investments and life insurance policies spread out among a variety of financial institutions, or consolidated?

Long-term care and health care expenses can be a major concern of the elderly. Adult children should have a basic understanding of any health insurance program they may have through a current or former employer for the payment of drugs and extra care services. Of course, the chances are pretty good that your parents already know all these things; nevertheless, it doesn't hurt to make sure they're well informed and that their health-care bills are under control.

Some of these conversations can be awkward to initiate but, once started, you may find it easier than you expected. Sharing this type of information can avoid unexpected surprises, and lead to additional support in both directions between the generations.



As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.

Audrey Hepburn



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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.

About Santa and those Reindeer

As you've probably heard, Santa Claus is (loosely) based on an actual person, Saint Nicholas of Myra, who lived from around the year 270-343 in modern-day Turkey during the Roman Empire. The patron saint of sailors, merchants, archers, brewers, children, and students (what a combination!), "Saint Nick" earned a reputation for secret gift-giving, but very little else is known about the historical figure. His alleged exploits include rescuing children from harm on multiple occasions, calming seas to stop storms, and rescuing sailors from wrongful execution. By some accounts, he was listed as an attendee of the First Council of Nicaea in 325, which unified Christian doctrine, but it's unclear if he was actually there (other accounts don't mention him).

In medieval times, thanks to St. Nicholas' reputation for helping children and gift-giving, nuns would circulate through European towns leaving baskets of food and clothes at needy doorsteps on December 6 (the original St. Nicholas Day). By the late Renaissance, a St. Nicholas Day celebration became popular in Holland, the leading naval power of the day (St. Nick being the patron of sailors). Crowds would throng the harbours, stopping at "Nicholas fairs" to buy baked goods and gifts for their families. In Holland, "St. Nicholas" was known as "Sinterklass".



Illustration accompanying "A Visit from St. Nicholas", which helped to create the modern image of Santa Claus (1881)

When the Dutch established the colony of New Amsterdam (New York City), they brought along the traditions of Sinterklaas, but he was originally diminutive (like an elf!) in order to be able to fit down chimneys, and was often depicted wearing green instead of red. As non-Dutch residents of North America adopted the Dutch tradition, "Santa Claus" was born, often depicted in the early days as a potbellied Dutch sailor (in a lampoon of New York Dutch culture). Modern ideas of Santa Claus were introduced in *The Night Before Christmas*, originally written in Troy, New York, in 1823, where Santa's portly shape and reindeer emerged.

What about the reindeer? Most people think of reindeer ("caribou" in North America) as wild animals, so it may come as a surprise to learn that they have in fact been domesticated, thousands of years ago in Scandinavia. Arctic and subarctic people like the Sami of Finland have, for generations, herded reindeer for meat, milk, hides, and antlers, to provide clothing, shelter, tools, and weapons. And also, of course, to pull sleds. With large, broad hooves and thick fur coats, reindeer are marvelously adapted to cross vast tracts of frozen tundra that would otherwise be difficult to reach. In Canada, caribou herds often migrate thousands of miles every year. Reindeer are so important to some nomadic groups like the Sami that their language contains unique words for reindeer sizes, textures of fur, colour variations, antler patterns, degree of tameness, and sled-pulling proficiency.



Domesticated reindeer in Finland

The famous Norwegian explorer, Fridtjof Nansen, discovered that there is a difference between the domesticated reindeer of Scandinavia and the North American variety. In 1888, Nansen set out to cross Greenland on skis. He hired a team of Finnish reindeer herders, planning to haul supplies on reindeer-pulled sleds. Unfortunately, unlike domesticated reindeer back home, the wild variety stubbornly refused to haul sleds. Nansen's team had to pull the sleds themselves, but expert skiers nevertheless succeeded in crossing Greenland. I guess Santa's reindeer must be the Scandinavian variety.

Consultation on a New Strategic Plan

By Chris Ellis, OCDSB Trustee Zone 6, Chris.Ellis@ocdsb.ca



Eight incumbent trustees and four new candidates were elected on October 22. The new term starts on December 3 and an early priority will be to develop a new four year strategic plan by the end of the school year. The associated consultation plan recognizes the importance of input from parents and community members and provides for a

parent/community online consultation as well as three in-person forums.

The online survey is scheduled to run from mid-November to mid-December. It will allow you to share your thoughts about the key issues and challenges facing the district and to learn about the thoughts of others. There will be a link on the home page of OCDSB.ca to the survey.

The in-person forums will take place in January. They will build on the themes raised in the online consultation, enabling parents and the community to discuss the emerging themes and to develop strategies for making progress in priority areas. In April, staff will present a draft strategic plan at Committee of the Whole (COW) and, in May, the public will have the opportunity to comment. In June, the Board of Trustees will approve the final plan.

Special Education Review

At the October Board meeting a motion was passed to direct staff "to undertake an operational review of the process for identification, needs assessment (including the use of tiered interventions as support for all students, and as identification and placement evidence) and placement for all exceptionalities." It also directed staff to provide a report "to Board no later than February 2019 with a proposed outline and timeline for the operational review."

I believe this will be one of the signature efforts of the new board. I will be advocating for a good analysis of the Individual Education Plan (IEP) process and the implementation of Tiered Intervention as part of the Operational Review. Trustee colleagues and I will hold a joint zone meeting in January with a focus on parents' experiences with navigating and getting services for their children. The stories we hear there will help us identify areas the Special Education operational review needs to look at.

Parent Conference

Every year the OCDSB holds a parent conference. This year it was on November 3. Among the many workshops was one on the Provincial Ministry of Education Consultation on Education Reform (more information at ontario.ca/page/for-the-parents). This workshop broke into three groups. The consensus of the group I was in reflected my concern about the intent of the consultation and how biased it seems to be. That being said, everyone felt the need to participate in the consultation. The information from this workshop will be summarized and shared with trustees and the community.

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. (Registration for all programs requires a valid OPL library card for each registrant.)

Closed on Sunday, November 11. Open on Monday, November 12

ADULT PROGRAMS

Book Banter

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

Thursday December 6

The Stranger in the Woods: The Extraordinary Story of the Last True Hermit by Michael Finkel

Thursday, January 3, 2019

Everything I Never Told You by Celeste Ng

Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30 - 8:00 p.m.

Thursday, December 20,

Christmas Planning Party

Thursday, January 17, 2019

Ian Rankin

Infusions littéraires

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

Le lundi 17 décembre

Le peintre d'aquarelles et Conversations avec un enfant curieux de Michel Tremblay

Le lundi 21 janvier, 2019

L'attentat de Yasmina Khadra

Conversation Groups

Groupe de conversation en français – débutant / French Conversation Group – beginner

Améliorez votre français parlé et rencontrez des gens dans une ambiance conviviale et décontractée. Aucune inscription requise. / Practice your French language conversation skills and meet new friends in a relaxed and friendly environment. No registration required.

Mondays, 4:45 – 6:00 p.m. No group December 24 or 31.

Les lundis de 16h45 à 18h. Pas de groupe les 24 et 31 décembre.

Groupe de conversation en français (intermédiaire) / French Conversation Group (intermediate)

Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise.

Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required.

Tuesdays, 6:30 – 8:00 p.m. No group December 25, January 1 or 8

Les mardis de 18h30 à 20h. Pas de groupe le 24 décembre et les 1er et 8 janvier.

English Conversation Groups

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

Mondays, 6:00 to 7:30 p.m. No group December 24 or 31.

Tuesdays, 12:00 to 1:00 p.m. No group December 25, January 1.

Les lundis de 18h à 19h30. Pas de groupe les 24 et 31 décembre.

Les mardis de midi à 13h. Pas de groupe le 25 décembre et les 1er janvier.

Other Adult Programs

One-on-One Computer Tutorials

Book a one-on-one tutorial to learn computer, email and Internet basics. Please visit the branch for more information or to schedule an appointment

Health

Prenatal Classes - Ottawa Public Health

Prenatal Class offered by Ottawa Public Health (OPH). A public health nurse will lead this mini-series of three small group sessions. Only one parent must register but both are welcome.

Session 1. Birth Basics-Confidence & Comfort.

Session 2: Breastfeeding Basics-Tips & Techniques.

Session 3: Baby Basics-Preparing for Parenthood.

Thursdays, November 29, December 6, 13; 6:00- 8:00 p.m.

Saturdays, December 1, 8, 15; 10:15 a.m. -12:15 p.m.

Thursdays, January 3, 10, 24; 6:00- 8:00 p.m.

Saturdays, January 5, 12, 19; 10:15 a.m. -12:15 p.m.

The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call 613-580-2940.

La bibliothèque Alta Vista est située au 2516, promenade Alta Vista. Pour de plus amples renseignements, veuillez composer le 613-580-2940.

Children's Programs

STORYTIMES / CONTES

Babytime

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. No registration required.

*Session 2

Mondays, November 5 to December 3, 10: 30 a.m. to 11 a.m.

Family Storytime

Stories, rhymes, and songs for all ages and a parent or caregiver. No registration required. *Session 2

Tuesdays, November 6 to December 4, 10:30 a.m. to 11 a.m.

Toddler time

Stories, rhymes and songs for babies and a parent or caregiver. 18 to 36 months. No registration required.

*Session 2

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

SPECIAL PROGRAMS

Lego Block Party

Create and build with Lego! Ages 6 to 12. No registration required. Wednesdays, November 7 to December 5, 3 p.m. to 4:30 p.m.

Reading Buddies

This program aims to help children practice and improve their reading skills! Children will receive individualized reading help and encouragement. Ages 6 to 12. Registration required.

*Session 2

Saturdays, November 17 to December 15, 1 p.m. to 3:45 p.m. (Each session lasts 30 minutes)

Gingerbread Fun!

Are you looking for something fun to do during the Christmas holidays? Come to the library for some gingerbread activities! You'll get to

(continued from page 20 - Alta Vista Public Library)

decorate your own gingerbread cookie and build a gingerbread house using cardboard boxes! No registration required. For the whole family.

Monday, December 24, 11 a.m. to 1 p.m.

Unplugged

Are you looking for something fun to do during the Christmas holidays? Come to the library for some “unplugged” gaming activities! You will be able to play classic board games (ex. Monopoly, chess, Guess who?) but also learn some new ones. No registration required. For the whole family.

Friday, December 28, 2 p.m. to 4 p.m.

Snow Day

Are you looking for something fun to do during the Christmas holidays? Come to the library for some “snow day” activities! You will get to watch a fun movie (La guerre des Tuques), build a snow fort and do a... paper snowball fight! No registration required. For the whole family.

Monday, December 31, 11 a.m. to 1 p.m.

108 Years and Going Strong!

Celebrating Canadian History and Culture



Submitted by Shauna Deamond

In this era of quick fixes and disposable everything, isn't it reassuring to know that some things can stand the test of time? The Ottawa Women's Canadian Club (OWCC) is proud of its history and contribution to Ottawa and Canada since its inception in 1910.



A club meeting in 1918 in front of their headquarters at 270 Cooper. Photo courtesy of the Ottawa Women's Canadian Club

Club members don't knit socks, fund ambulances and write op-eds suggesting their efforts be rewarded with the vote for women, as they did to support the First World War. They don't fundraise to provide comforts for an entire ship's company or to provide parcels for our troops overseas as they did during the Second World War. In 2018, the Ottawa Women's Canadian Club provides an opportunity for women to come together once a month to be educated and entertained, to donate to local charities through speaker's honorariums and collections on special occasions, and to provide scholarships through investments at three regional universities. The modern-day Club appeals to women of all ages and stages of life. Clearly, they have found the recipe for success.

The Club has been meeting in the same location, the Ballroom of the Chateau Laurier, since the hotel opened its doors in 1912. From September to May, approximately 275 women have lunch and listen to speakers on topical subjects. In the past, speakers ranged from princesses to prime ministers. In more recent years, guests have included: ambassadors, senators, authors, Olympic athletes, physicians, scientists, tv personalities, philanthropists, etc. The Board of Directors strives to select speakers who will promote life-long learning for Members.

This is how the Club has managed to survive for over 100 years! As times change, the Club adapts to the needs of its members. “We listen to our members and try to provide a program of speakers who are relevant and address contemporary issues. Just because some members are elderly, doesn't mean they have finished learning!” states Dianne Rummery, the Program Chair. The Club's President, Kathy Shultz Boettger, says that “like the women who came before us, we want to stay engaged with our community, our country and the world.” There are 44 women from the Alta Vista area who regularly attend the monthly luncheons. In fact, the President, Executive Secretary and the Students/Scholarships Chair come from Alta Vista.



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The second secret to their success is to keep membership costs low (only \$60/year). All Board Members are volunteers. They are always looking for ways to minimize costs and to attract more sponsors to the Club.



Board of Directors 2017-2018 at May 2017 High Tea/Fashion Show. Photo courtesy of the Ottawa Women's Canadian Club

Another secret to the ongoing success of the Ottawa Women's Canadian Club is the chance to tour around our region. Twice a year, the Club's tour director, Sandra Weedmark,

organizes a bus tour to sites of interest within a couple hours' drive from Ottawa. There is never an empty seat on the bus. The trips are impeccably planned and executed. This, combined with a few good laughs, keeps the women of the Club coming back for more.

In the past, the Club had the foresight to invest money to be used for a scholarship program. For decades, the Club has been awarding scholarships to students from the University of Ottawa, Carleton University and Queen's University. “We are strong proponents of higher learning and continuous learning. We want to help others succeed in life and we believe education plays a vital role in an individual's achievements and happiness in life”, says Carol MacKay, Student & Scholarship Chair. In addition, two lucky young women from local high schools are invited to attend the luncheons each month. They get to enjoy lunch and to learn from the day's speaker while the Club members learn from these young ladies through the sharing of their biographies. “Sometimes it seems to me that these young ladies have done more in 16 years than I have done in 50! It is important for us to hear what motivates them, what challenges they face and what their goals are for the future. It is our way of staying connected and informed in 2018”, says Shauna Deamond, Membership Chair.

“What I enjoy most about the Club is that there are no hidden fees, and no one is trying to sell me anything. I meet intelligent, talented women. I learn something new from our speakers and I enjoy a delicious meal at the Chateau Laurier.” says Shauna Deamond.

If you are interested in joining the Ottawa Women's Canadian Club, or you simply wish to attend a luncheon on a trial basis, go to: www.owcc.ca or call Judy Paré: 613-523-0098.

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A New Term of Council

By Jim Watson, Mayor of Ottawa



Every four years, elected officials and candidates running for office get a chance to engage their residents and learn about the issues that matter most in their wards and citywide. Municipal elections are about more than winning a seat on Council; they are about helping residents, delivering on the commitments and promises made during the campaign, and working with fellow Council colleagues to move the city in the right direction.

I am humbled by the tens of thousands of Ottawa residents who have supported me from every area of our city, and I am grateful to have been given a strong mandate as Mayor of Ottawa once again. I look forward to continuing the progress we have made together in the last eight years and to lead our great city for four more years.

This new Term of Council is an opportunity to foster new relationships around the Council table and with the community, and to work collaboratively on a number of major city building projects.

By the end of March 2019, we will launch the Confederation Line of our O-Train LRT system. This 12.5 km rail line is the backbone for a larger citywide LRT system that will connect our east, west and south ends of the city. Construction for Stage 2 LRT, which will bring rail farther east to Orléans and Trim Road, farther west to Bayshore, Algonquin College and Moodie Drive, and farther south to Riverside South and the Ottawa International Airport, will begin in 2019. The new Council will also work to pursue funding for Stage 3 of LRT, which will bring rail to Kanata-Stittsville and Barrhaven.

This year, we can also look forward to significant progress on the design of the new Ottawa Central Library project. The new joint facility, shared by the Ottawa Public Library and Library and Archives Canada, will be designed by the consortium of Diamond Schmitt Architects and KWC Architects, from Toronto and Ottawa, respectively. We look forward to consulting with residents on the design of this world-class cultural destination in the heart of the nation's capital.

I am committed to bringing a renewed sense of purpose, energy and cooperation to the new term of Council. I am grateful for the confidence you have placed in me to move our city forward.

From investing in our roads and our economy, helping our

From investing in our roads and our economy, helping our most vulnerable residents, to finishing the Ottawa River cleanup, we need to continue the work we have started to create a better city for all residents – a great city we are proud to call home.



Member of Parliament | Député

David McGuinty

Ottawa South | d'Ottawa-Sud



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

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

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

- » le Régime de pensions du Canada / la Sécurité de la vieillesse
- » le Supplément de revenu garanti
- » les demandes de renseignements relatives à la citoyenneté
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- » le passeport canadien / Affaires Consulaires
- » les occasions d'affaires / les options de financement
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Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

David McGuinty, MP | Député

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Raised to be Kind

Submitted by Sara Francis

The late Beryl Montgomery (née McCallum) capped off a life of kindness with a generous gift in her will to the Perley and Rideau Veteran's Health Centre Foundation. To those closest to Beryl, this final act of kindness came as no surprise; many Canadians of her generation dedicated their lives to community, country and family.



Beryl, along with sister Sybil and brother Gordon, were born and raised in Osgoode. Mom was a homemaker and Dad was a carpenter who had served in World War I.

"Beryl was the scholar in the family," recalls sister Sybil Brown, "I was always more of a tomboy. Our parents were very kind. I remember that when a neighbour became ill, Mom would make a pudding and get one of us kids to take it over. In those days, we all took care of one another."

In another sign of the family's kindness, they fostered a series of children from broken homes. The McCallums adopted one of them – a boy named Ronald – while a girl named Vicky Hubner moved in at the age of nine months and stayed the rest of her childhood.

With no high school in Osgoode, the McCallum children boarded the train into Ottawa every weekday to attend Nepean High School. Determined to complete her education, Beryl went on to Willis Business College, specializing in secretarial skills. Beryl soon became adept at shorthand, qualifying her for office work. Before she could start her career, though, she fell in love with Clifton Montgomery, an Osgoode boy who had served overseas in the Royal Canadian Air Force. The two married in the parlour of the McCallum home, with Vicky serving as flower girl. The marriage lasted for 67 years.

Clifton, like his father before him, worked for the Canadian National Railway. He began as a stoker – a labourer who shovels coal into the engine's furnace – but had to relocate to Montreal to qualify for a full-time job. The couple moved and Beryl soon landed an office job at Kraft Foods. Determined to advance with the Railway, Clifton devoted his vacation time to studying for and writing the necessary exams. He earned a promotion to engineer, a position he held until his retirement. The job was based in Ottawa, however. When Kraft Foods learned that Beryl was leaving, they presented her with a pair of earrings. Beryl would leave them in her will to Vicky.

Beryl and Clifton had no children, but loved animals and dogs – in particular, their pet Chihuahua, Chico. They held dinner parties and danced at the RA Centre, a recreation and sports facility that opened in the early 1960s. Beryl proved to be an excellent five-pin bowler.

"Like her parents, Beryl was friendly, caring and kind," says Vicky Paul (née Hubner). "She and Clifton really helped me out after my husband left. Suddenly, I had to raise four young children on my own. To make sure that I could hold on to my job, Beryl and Clifton would look after one child at a time for a week. I don't know how we would have made it otherwise."

After his retirement, Clifton began to suffer from dementia. Vicky Paul, a certified nursing assistant, helped Beryl to better understand and cope with her husband's condition. Clifton Montgomery eventually moved in to the Perley and Rideau Veterans' Health Centre, where he passed away in 2016.

"Beryl was impressed with the quality of care he received there," says Sybil Brown. "So I'm not surprised to learn that she would leave a substantial gift to the Rideau and Rideau Foundation. She also left significant gifts to a couple of other charities in her will."

This final act of kindness speaks to the true nature of Beryl Montgomery.

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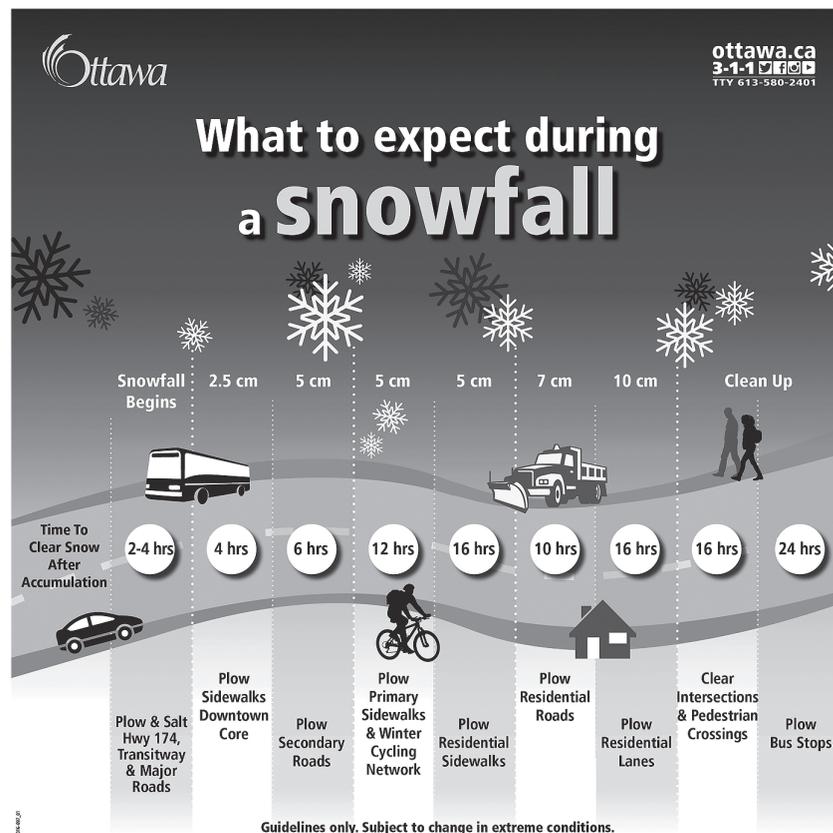
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Merry Christmas and Happy New Year!

Warm wishes to you and your family at this most wonderful time of the year.

Councillor Jean Cloutier, the Canterbury Community Association, and Urbandale Corporation present



Enjoy a free pancake breakfast and pose for photos with Santa!
Please consider bringing a non-perishable food item to donate to

the Heron Emergency Food Centre
Canterbury Community Centre, 2185 Arch St.
Saturday, December 8th,
7:30 to 10am



As we celebrate the season of love, peace, and joy, let's not forget those less fortunate. If able, lend a hand this holiday season.

Be sure to mark your calendars, write your list and join the fun at the Canterbury Community Centre!

On December 8, enjoy a delicious Breakfast with Santa, win great prizes and meet new neighbours.

Please bring non-perishable food items to donate to the Heron Emergency Food Centre.

Spread the holiday cheer this year!

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Conseiller / Councillor Jean Cloutier

The Ripple Effects of Fair Trade

Ten Thousand Villages Looks Beyond a Living Wage...

By Joanne Lalonde

(Ten Thousand Villages – 371 Richmond Road; Mon-Sat 10 a.m. – 6 p.m., Sun noon – 5 p.m.)

Every time you buy a beautiful handcrafted object or choose any of the Fairtrade food items at our Ten Thousand Villages store in Westboro or shop at the annual November Festival Sale at the Ottawa Mennonite Church, you are supporting artisans and growers to earn a fair and living wage in more than two dozen countries around the world.

What you may not realize is what happens beyond that: the amazing ripple effects of those purchases in the wider communities that the makers and farmers call home. Everything from literacy and vocational training, to empowering women and girls, to reforestation, to health care, to education for children are all made possible with your participation in Fairtrade through what you buy. ‘Beautiful things can do beautiful things’ so let’s throw our individual small pebble into the pond and watch what happens when we buy products from these Fairtrade organizations...

In Indonesia, the Lombok Pottery Project has built on 500 years of traditional pottery-making skills passed from mother to daughter to become a cooperative group of more than 200 female potters. There are now three production cooperatives making beautiful traditional pottery and new updated household décor items including my favorite, a stunning black tagine cooking vessel. Along with the staff management group, all positions are staffed by women. In order for the women to fully participate in the entire decision-making process of the co-op, literacy and numeracy classes have been established, and the women now have sustainable incomes and are able to plan for savings as well as offer their children a high level of education. In fact, the Lombok Pottery Project Production Sites have improved the social conditions for all villagers in whatever small town they have a workshop, and with continued capacity building and further expansion, the future of these communities is brighter than it has ever been.



Left to right: Yoko (accounting), her husband Luis, then Julio (head of Famicafe – Level Ground Trading’s non-profit organization), Bibiana in her scrubs, then Joshua (local Toastmaster and quality control expert in Columbia)

Level Ground Trading’s motto is “We Shake the Hands that Farm the Land...” and that handshake now extends from South America, to India, D.R. Congo, Tanzania, Uganda, Sri Lanka, and the Philippines as they export coffee, tea, spices, and dried fruit around the world. Begun in 1997 by four families that wanted to help disadvantaged farmers through ethical sustainable trade, the company now works with producers on capacity building that includes agricultural technical training, best growing practices, and the purchase of up to date production equipment such as pruning tools and picking tables. Level Ground involves itself in numerous cooperative projects with communities and supports local health care initiatives, but there has always been one primary focus for the company – Education. Level Ground invests in resources for local

schools and currently offers hundreds of scholarships per year to the children of producers. Perhaps no one better represents the ripple effect of investing in educating children than Bibiana-she is one of the first scholarship recipients in Columbia, and through Level Ground Trading’s ongoing support and Bibiana’s own hard work and perseverance, she is now a doctor specializing in hemophilia. While she lives and works in Medellin, Columbia, she is able to send money to her family in rural San Bartolo and visits home as often as possible. Though now that I reflect on her achievements, I would say she has made a big splash rather than a few ripples...so think of her and other children just like her whenever you have your cup of Level Ground coffee or tea in the morning...and you can smile as you throw in your own small pebble!

St. Mary’s Mahila Shikshan Kendra’s Artisan’s Cooperative produces exquisite Gujarati embroidery décor items that incorporate traditional designs and meticulous workmanship – all overseen by Dominican Sisters whose rigorous quality control is a source of great pride for the artisans! As a result, their household items and art pieces are appreciated around the world. St. Mary’s now has over 400 women working full time with another 100 artisans who work part time and the group is intentionally made up of Christian, Hindu and Muslim women, all of whom share in the project management and decision making for the group. More than 40% of the artisans are the sole wage earner in the family and while they do most of their work at home, the day when they deliver completed work and pick up the next projects is an opportunity to socialize, and take advantage of the many services offered at the convent. St. Mary’s provides access to health care, savings plans, vocational training, literacy classes, cooking classes and scholarships for children, so every beautiful décor item that is purchased for your home creates ripples throughout this community far across the globe.

Locally, Ten Thousand Villages and the annual Fairtrade Festival Sale at the Ottawa Mennonite Church makes its own significant waves! Over the years, Maria Rigby and her amazing team of volunteers have donated more than \$50,000 to the Ottawa Food Bank from the proceeds of the Festival Sale Saturday Tea Room and the Special Events including the ever-popular High Tea. At Ten Thousand Villages in Westboro, long-time manager, Judy Lincoln, works tirelessly to partner with, and support local community organizations that share a fundamental social justice perspective-that all members of our human family deserve to live in security and dignity. As a result, over the last few months alone, we have donated a percentage of selected daily sales to Cornerstone Housing for Women, MCCO’s Community Garden Kits and the Westboro Foodbank.

I leave you with the Dalai Lama’s words as I thank each of you for supporting Fairtrade with your purchases: Just as ripples spread out when a single pebble is dropped in the water, the actions of individuals can have far-reaching effects...



*May the Season and the New Year
bring you peace, contentment and
the joy of life’s blessings.*

*Seasons
Greetings, Judy*



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I will honour Christmas in my heart, and try to keep it all year.
Charles Dickens

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Euchre Club every Thurs. 1 - 3:30 p.m. (except Dec. 20 & 27) until next June at Rideau Park United Church, 2203 Alta Vista Dr. Join us for cards, refreshments, conversation and fun. A small donation will help cover refreshment expenses. For more info, call 613-733-3156 x229.

Ottawa Brahms Choir performs 'The Peace of Christmas' on Sunday, December 2, at 3 p.m., under direction of Christopher Askwith, accompanied by pianist Svetlana Logigan. **St. Thomas the Apostle Church, 2345 Alta Vista Drive.** Join us for a magical afternoon of choral music and carolling, featuring excerpts from Brahms, Mendelssohn, Rachmaninoff, J.S. Bach, Gounod, Schütz, Handel and more. \$20 at the door; \$10 for students; children under 12 are free. Tickets available: church office at St. Thomas the Apostle, Leading Note at 370 Elgin; Compact Music at 206 & 785 on Bank. Consult <http://OttawaBrahmsChoir.ca>.

December 2 – Concert "Festival of Light Across the World" 3 p.m. at St. Joseph's Church (Wilbrod and Cumberland) \$30 (\$25 in advance) \$15 students/youth. The University of Ottawa Choir takes you around the world in music, to celebrate light and the winter solstice: songs of our world, poetic narration and holiday music from home will all captivate your imagination. Tickets: tix@uottawachoir.ca.

Ring in Christmas - Handbell and Chimes Concert on Sunday Dec. 2, 7 p.m., at Rideau Park United Church, 2203 Alta Vista Dr. 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.

The Harmony Club for Seniors 60+ will hold its annual Christmas gathering on **Wed. Dec. 5 at Rideau Park United Church, 2203 Alta Vista Dr. From 1 – 2 p.m.** Enjoy a musical program with a Christmas Carol Sing-along. All seniors are welcome. This club is run by volunteers.

Bytown Voices Winter Concert "Peace On Earth" celebrates peace and renewal to mark the 100th anniversary of the end of WW1. **Sunday, Dec. 9 at 3 p.m. in St. Basil's Church, Maitland Ave., north of the Queensway.** Included will be songs of the First World War era; Gounod's Da Pacem Domine; Silent Night; a Canadian setting of In Flanders Fields, as well as other pieces and Christmas carols. Admission \$15. Children 12 and under free. Tickets available at Leading Note, 370 Elgin St. and at the door. www.bytownvoices.com.

The Compassionate Friends Worldwide Candle Lighting Celebration in memory of all children who have died will take place on **December 9,** at St. Augustine's Church Hall, 1060 Baseline Road in Ottawa. Please bring a free-standing picture of your children and arrive at 6:30 p.m. for a prompt **7 p.m. start.** Candles will be provided and there is no charge to attend. For more details please visit www.tcfottawa.net or tcfottawa@rogers.com.

You are invited to a Christmas Celebration Concert at Rideau Park United Church, 2203 Alta Vista Drive, on Sunday, December 9 at 7:30 p.m., featuring the Chancel Choir, A Touch of Brass Handbell choir, organist Andrew Ager, harpist Caroline Leonardelli, and a string quintet led by Kevin James. Enjoy Christmas music and sing some of your favourite carols. Freewill offering.

Ottawa South Women's Connection Thursday, December 13 from 9:30-11:00 a.m. 3280 Leitrim Rd. (Fred Barrett) Ottawa. Mill Street Flowers presents Christmas Floral Demonstrations – Joyce Poulin's faith story, "When Love is Found" **Admission: \$6** Info. 613 801-8758. Refreshments, door prizes, child care. RSVP ministries next event: January 10, 2019

UPCOMING CBTC CONCERTS: (Southminster UC) Dec 14 (7:30 p.m.) – COMMUNION Tenor **ÁLVARO ZAMBRANO** and pianist **FELIPE VERDUGO** present songs and opera arias exploring human communion, from subdued and prayerful introspection to the exuberant and passionate thrusts of romantic love, by composers Adam, Debussy, Donizetti, Liszt, Puccini, Vaughan Williams, and more. Tickets available at upbeatproductions.ca.

Annual Christmas Pageant: Join us on Sunday, Dec. 16, 10 a.m., at Rideau Park United Church, 2203 Alta Vista Dr., for the presentation by more than 60 children and youth of the story of Christmas through theatre, music and some humour, with a focus on what Christmas is really all about. Freewill offering. More information, 613-733-3156 ext. 229.

Blow Thou Winter Wind, Sunday, December 16 at 3:00 p.m. St. Thomas the Apostle Anglican Church 2345 Alta Vista Drive. Tickets: \$20 in advance at St. Thomas the Apostle office \$25 at the door, Free for children and youth. Online Tickets (Until Dec 15): wind2018.bpt.me (use code vistas) www.HarmoniaChoir.com 613-833-1812.

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COMMUNITY EVENTS

(continued from page 30, Community Events)

St. Aidan's Anglican Church Community Carol Sing and Concert. The Vyhovskyi Strings, Tea Mamaladze and guest artists will entertain you and invite you to sing some traditional Christmas carols. The concert will be held **Thursday, December 20 at 7:00 p.m.** Refreshments will follow. Freewill offerings will be gratefully accepted with proceeds going to the Heron Emergency Food Centre and the ministries of St. Aidan's. St. Aidan's Anglican Church is at **934 Hamlet Road.**

Monday Dec. 24, Christmas Eve Services at Rideau Park United Church, 2203 Alta Vista Dr: 6:30 p.m. a Family Service by Children and Youth – a musical retelling of the birth of Jesus, with music by Rideau Park's children and youth choirs, handbells and chimes. **8:30 p.m. and 10:30 p.m., Christmas Reflections** – Candlelight Worship Services reflecting on the birth of Jesus in scripture and music.

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HOLIDAYS - CRYPTOFAMILY

This puzzle is a direct letter for letter substitution. Figure out what letter is substituted for "e" and work from there to solve this list of words having to do with the holidays.

1. O A W D K Z F S K
2. Q D W Z A
3. Z W N N
4. A H U U C
5. O S W R K
6. V W N N Z D P V K
7. K S P Z S O U S E K
8. K P H G T U S B N K
9. J W N K N P Z K
10. G D P Z N W



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We are not living in a world where all roads are radii of a circle and where all, if followed long enough, will therefore gradually and finally meet at the centre; rather in a world where every road, after a few miles, forks into two, and each of those into two again, and at each fork, you must make a decision. - C.S. Lewis

MOVIES 'N STUFF

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December 4th

The Miseducation of Cameron Post

Based on the popular book, chronicles how hard it was for people to come out as gay in the 90s. When Cameron is caught with the prom queen, she's sent to a controversial treatment centre where she bonds with the other 'patients'. Chloë Grace Moretz.

Mission Impossible: Fallout

When Ethan Hunt's team has a mission go awry, he must choose between protecting his team and completing the mission. Filled with awesome stunts, wild action and boggling plot twists, this is the biggest title of December by far! Tom Cruise returns and is joined by a great cast!

The Happytime Murders

In the 80s, these puppets had a wonderful and huge hit show, but now something sinister is happening and the puppets are being killed one by one. It'll take the puppets combining forces with a disgraced detective to get to the bottom of this! Stars Melissa McCarthy.

Pope Francis: A Man of his Word

Many international figures have gone on "tour", but few have done a tour quite like this one. During this long, thoughtful journey, the Pope answers today's biggest problems with humble, simple solutions. He spreads messages of love, hope, peace and faith. Directed by the great Wim Wenders.

Attraction

After an alien ship crash lands in a Russian city, many who saw it and some of the occupants start to question their own existence while there are those who demand the aliens leave Earth.

1991

The third film in this wonderful trilogy (the other two are in stock now!). Ricardo recounts the adventures of his 21 year old self, when he went to Italy following love.

Change in the Air

When a beguiling young woman moves in next door, a quiet neighbourhood is awakened, bringing people face to face with their secrets and, ultimately, themselves. Stars Aidan Quinn.

What Keeps You Alive

Majestic mountains, a still lake and venomous betrayals engulf a female married couple attempting to celebrate their one-year anniversary. This is a white knuckle thriller!

Rellik

An interesting idea, this 6 part mini-series is told in reverse. It follows DCI Gabriel Markham and his team as they try to hunt down a serial killer (rellik backwards, get it?). This one's gonna be neat!

The Nun

A priest with a haunted past and a novice on the threshold of her final vows are sent by the Vatican to investigate the death of a young nun in Romania and confront a malevolent force in the form of a demonic nun. Huge hit for horror fans!

In Harm's Way

After the daring bombing on Japan, several of the bomber planes couldn't make it back to their Destroyers. One young pilot, Jack Turner, is hidden from brutal Japanese forces by local villagers, including a widow named Ying. With time running out, they take their one chance to make their break for safety, but not before falling for each other. Stars Emile Hirsch.

Also:

Operation Finale
Beautifully Broken
McQueen

December 11th

Peppermint

Riley North awakens from a coma after surviving a brutal attack that killed her husband and daughter. When the murderers are set free because of a corrupt system, Riley sets out to avenge her family. Big time action starring Jennifer Garner!

Unbroken: Path to Redemption

Haunted by nightmares of his horrific experiences, World War II hero Louis Zamperini meets Cynthia Applewhite, a young woman who becomes his wife. Zamperini's personal demons soon threaten to destroy his marriage -- until he hears the stirring words of the Rev. Billy Graham in 1949. Embracing his newfound Christian faith, Louis starts to turn his life around by learning to forgive his former oppressors and spreading the message of peace and love.

Colette

After moving to Paris, author Sidonie-Gabrielle Colette agrees to ghostwrite a semi-autobiographical novel for her husband. Its success soon inspires her to fight for creative ownership and overcome the societal constraints of the early 20th century. Tremendous reviews for this and starring Keira Knightley.

Galveston

After Roy, a heavy-drinking mob hit man is double crossed and badly wounded, he saves a hostage and reluctantly takes her with him as he plots his revenge. Ben Foster, star of last month's amazing Leave No Trace, stars with Elle Fanning.

River Runs Red

A vengeful judge takes the law into his own hands when two cops kill his young son during a routine traffic stop. Starring John Cusack.

Lizzie

In 1892 Lizzie Borden lives a quiet life in Massachusetts under the strict rules established by her father. Lizzie finds a kindred spirit in the live-in maid, Bridget, and friendship soon blossoms into a secret romance. But tension mounts in the Borden household, leading to a violent breaking point. Stars Kristen Stewart.

Equalizer 2

If you have a problem and there is nowhere else to turn, the mysterious and elusive Robert McCall will deliver the vigilante justice you seek. This time, however, McCall's past cuts especially close to home when thugs kill Susan Plummer -- his best friend and former colleague. Did they mess with the wrong guy? You better believe it! Staring Denzel Washington.

Smallfoot

Migo is a friendly Yeti whose world gets turned upside down when he discovers something that he didn't know existed -- a human. He soon faces banishment from his snowy home when the rest of the villagers refuse to believe his fantastic tale. Hoping to prove them wrong, Migo embarks on an epic journey to find the mysterious creature that can put him back in good graces with his simple community.

Also:

I Still See You
Sgt. Stubby: An American Hero

December 18th

The Predator

From the outer reaches of space to the small-town streets of suburbia, the hunt comes home. The universe's most lethal hunters are stronger, smarter and deadlier than ever before, having genetically upgraded themselves with DNA from other species. When a boy accidentally triggers their return to Earth, only a ragtag crew of ex-soldiers and an evolutionary biologist can prevent the end of the human race.

The House With a Clock in its Walls

Ten-year-old Lewis goes to live with his oddball uncle in a creaky old house that contains a mysterious 'tick tock' noise. He soon learns that Uncle Jonathan and his feisty neighbour, Mrs Zimmerman, are powerful practitioners of the magic arts. When Lewis accidentally awakens the dead, the town's sleepy facade suddenly springs to life, revealing a secret and dangerous world of witches, warlocks and deadly curses. Jack Black stars.

Life Itself

College sweethearts Will and Abby fall in love, get married and prepare to bring their first child into the world. As their story unfolds in New York, fate links them to a group of people in Seville, Spain, including a troubled young woman, a man and his granddaughter, a wealthy landowner and a plantation manager. Oscar Isaac stars.

The Sinner: Ssn 2

Air Strike

During World War II, five different Chinese people fight their way through Japanese Air Force attacks to protect an important military machine in Chongqing, 1940 aided by an American general (Bruce Willis).

Fahrenheit 11/9

The always controversial Michael Moore examines the state of American politics. Specifically, the filmmaker looks at the Donald J. Trump presidency and the failings of the Democratic party in 2016.

Also:

A Simple Favor
White Boy Rick

December 29:

A Private War

Celebrated war correspondent Marie Colvin is a woman who is as comfortable downing martinis with high society's elite as she is brazenly staring down warlords and fleeing from gunfire. Driven by an enduring desire to bear witness and give voice to the voiceless, Colvin charges into danger, constantly testing the limits between bravery and bravado. Rosamund Pike stars.

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